

Tyler Rose Aquatic Club
Best of Both Worlds Meet
(SC Yards Friday, LC Meters Saturday)
April 12-13, 2024

- Sanction #:** NT 027-24
Held under the sanction of USA Swimming by North Texas Swimming, Inc.
- MAAPP:** All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- APT:** Adult athletes (18 and older) must complete Athlete Protection Training (APT) prior to the first day of the meet and show proof of completion in their USA Swimming account prior to competing. Times achieved by an adult athlete who competes without completing this membership requirement will NOT count for qualification or recognition in individual events or relays.
- Venue:** Tyler ISD Aquatic Center
3013 Earl Campbell Pkwy
Tyler, TX 75701
903-262-3220
- Facility:** Outdoor, heated pool. 25-yard courses (8 lanes each, 7 feet wide, short course yards) with blocks and touch pads.
1 x 50-meter course (8 lanes, 7 feet wide, long course meters) with blocks and touch pads.
Colorado Timing System. Hy-Tek Meet Manager.
- Water Depth:** The minimum water depth short course, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at the start end. The turn end is 7 feet, 0 inches measured for a distance of 1.0 to 5.0 meters from both end walls.
For long course, the water depth is 7 feet, 0 inches at the start end and 4 feet, 6 inches at the turn end.
- Course**
- Certification:** The competition course has not been certified in accordance with 104.2.2C (4).
- Spectator**
- Information:** Bleacher seating is available on the pool deck. Spectators may also bring their own chairs and sit in the grassy area around the pool.
- Sanction:** This meet has been sanctioned by North Texas Swimming and current USA Swimming rules and any relevant sections of the North Texas Policies & Procedures Manual will apply. All swimmers must be registered as athletes for 2024 with USA Swimming by the meet entry deadline. North Texas Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Liability: In granting this sanction and by any persons participation in the meet, it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., all meet officials, Tyler ISD and Tyler Rose Aquatic Club shall be free from any and all liabilities or any claims for any damages, even if such liabilities or claims are due to the negligence of such organizations, arising by reason of injuries to anyone during the conduct of the meet.
Damage to a facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's team, if attached, to be held accountable for repairs.

Medical

Supervision: Tyler Rose Aquatic Club has Full Time and Part Time American Red Cross Certified Lifeguards. Training includes, but is not limited to, CPR, AED, and First Aid.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently 2024 registered with USA Swimming. All Coaches are required to complete the USADA Coaching Advantage, and all officials and coaches are to have completed Concussion Protocol Training. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. All should also be prepared to present their USA Swimming Account as proof of their registration to the Meet Director or designee at any time. Swimmers who **1)** late enter when possible; **2)** need to be late entered because of clerical errors by the entering team or the meet host; or **3)** are not entered in this meet and choose to enter time trials, if offered, will be required to present their USA Swimming Account. Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format: Meet will be pre-seeded.

Timed finals. Seeding will be fastest to slowest with nonconforming times last.

We reserve the right to conduct flyover starts. Swimmers can choose 4 events on Friday and 5 events on Saturday.

Heat Sheets: Will be sold through Meet Mobile.

Qualifying

Times: No qualifying times required to enter an event.

Age-Up Date: The age of the swimmer must be his/her age on April 12, 2024

Restrictions: Swimmers may enter 4 individual events on Friday. Swimmers may enter 5 individual events on Saturday. Swimmers should enter using the following course order SCY, LCM, SCM for short course session and LCM, SCY, SCM for the long course sessions. The maximum number of swimmers per session is 180.

Teams

Invited: East Division, Group B: COPS, RACE, ATAC, DM, COR, FFE. TRAC reserves the right to invite any USA Swimming teams.

Entry

Deadline: All entries shall be received no later than 11:59 p.m. Central Time, on April 8, 2024. Fees shall be mailed and postmarked by the entry date.

Entry

Procedures: All entries must be submitted using Hy-Tek Team Manager or its equivalent to the Entries Chair. Email is the preferred method of delivery; if you need to submit entries in another format, please contact the Entries chair to make other arrangements.
Include a meet entry Report of your entries, listing the swimmer, USA Swimming ID, and entries by swimmer.

Entry Chair: Jason Petty 903-262-3220 Jason.Petty@tylerisd.org
3013 Earl Campbell Pkwy, Tyler, TX 75701

Daily

Schedule: **Friday (Session 1)- Short Course**
Warm up 5:00 pm
Meet starts 6:00 pm
Saturday (Session 2)- Long Course
Warm up 8:30 am
Meet starts 9:30 am

Entry Fees: Individual Event: \$5.00
Surcharge: \$12.00 (\$3.00 will go to North Texas Swimming, Inc.)

Deck Entries: Deck Entries will not be accepted.

Meet Staff: **Meet Referee:** Jana Morrison
Starter: Scott Eckert
Stroke & Turn Officials: Tricia Madison, Erik Hawkins
Admin Official: Brandy Meadows
Meet Director: Jason Petty
Head Safety Marshall: Abbi Roeland
Club Safe Sport Chair: Stan McDonald

Cell Phone

Restrictions: Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms.

Drone

Restrictions: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

Racing

Starts: Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. A racing start includes all forward starts from the block or deck, and any backstroke start, including the use of ledges.

Unaccompanied

Swimmers: When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Swimmer

Photographs

and Videos: There may be one or more photographers and/or videographers on deck at this meet. In the event such personnel are present, parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their athletes taken are required to contact the Meet Director prior to the beginning of warm-ups. Photographers and videographers are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present are specifically prohibited from making shots during the start phase of any race.

Deck

Changing: Deck changes are prohibited.

Swimmers with

Disabilities: Coaches and or swimmers are responsible for notifying the meet referee of any disability prior to the competition and for providing their own assistant or equipment. However, coaches/swimmers may contact the meet director at least 2 weeks in advance of the meet to reserve proper equipment.
In any meet sanctioned or approved by North Texas Swimming, Inc., which may include one or more swimmers with visual, hearing, mental, or physical disabilities; the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i.e., Article 105. Coaches and/or athletes must notify the Meet Referee before the event begins if they are to be judged under Article 105.

Officials: All currently 2024 certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2023 and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming.
The uniform for the meet will be a white polo shirt over navy pants, shorts or skirt.

Timers: The host team will attempt to provide backup timers but volunteers from visiting teams may be needed.

Awards: No awards

Scoring: This meet will not be scored

Order of Events

April 12, 2023 / Session 1 SC yards

GIRLS	EVENT DESCRIPTION	BOYS
1	12&U 100 IM	2
3	200 IM	4
5	12&U 50 Breast	6
7	100 Breast	8

9	50 Free	10
11	100 Free	12
13	12&U 50 Back	14
15	100 Back	16
17	12&U 50 Fly	18
19	100 Fly	20
21	200 Free	22

April 13, 2023 / Session 2 LC meters

GIRLS	EVENT DESCRIPTION	BOYS
23	200 IM	24
25	12&U 50 Breast	26
27	100 Breast	28
29	11&O 200 Breast	30
31	50 Free	32
33	100 Free	34
35	11&O 200 Free	36
37	12&U 50 Back	38
39	100 Back	40
41	11&O 200 Back	42
43	12&U 50 Fly	44
45	100 Fly	46
47	11&O 200 Fly	48
49	11&O 400 Free	50
51	11&O 400 IM	52

NORTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

- I. Assigned Warm-up Procedures
 - a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
 - b. All warm-up activities will be coordinated by the coach(es) supervising that lane.
 - c. Dive sprints may be done only under the direct supervision of the coach.
- II. Open Warm-up Procedures

LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
10 Lanes	1 and 10	2 and 9	3 through 8
8 Lanes	1 and 8	2 and 7	3 through 6
6 Lanes	1 and 6	2 and 5	3 and 4

- a. The first half of the assigned warm-up time shall be general warm-up for all lanes.
- b. Push/Pace lanes will push off one or two lengths from starting end.
- c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times—one way only.
- d. Dive sprints may only be done under the direct supervision of the coach.
- e. There will be no diving in the general warm-up lanes—circle swimming only.

III. Safety Guidelines

- a. Coaches are responsible for the following:
 1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
 2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
 3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.
- b. The host team will be responsible for the following:
 1. A minimum of four marshals who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warm-up session(s).
 2. Marshals will have the authority to remove from the deck for the remainder of a warm-up session, any swimmer or coach found to be in violation of these procedures.
 3. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
 4. Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area and the following statement will appear in the meet information: "North Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
 5. An announcer will be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
 6. Hazards in locker rooms, on deck, or in areas used by coaches, swimmers, or officials will be either removed or clearly marked.

NOTE: Host Clubs, with the consent of the Meet Referee, may modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations; so long as safety considerations are not compromised. Any such changes will be announced and/or prominently posted in the pool area.