

Lakeside Aquatic Club

14 & Under Heart Racer

February 24-26, 2023

- Sanction #:** NT 011-23
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:** Lewisville ISD Westside Aquatic Center
1750 Duncan Lane
Lewisville, Texas 75067
- Facility:** One 8 or 10 lane course, or two 8 lane courses for competition and at least 16 lanes available for pre meet warm up. Colorado timing system, Hy-Tek Meet Manager Software and 1 or 2 scoreboards will be utilized depending on the session setup.
- Water Depth:** The minimum water depth for the WAC, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at the start end and the turn end is 8 feet, 6 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls.
- Course Certification:** The competition course has been certified in accordance with 104.2.2C (4).
- Spectator Information:** Swimmers, coaches, volunteers, and officials ONLY will be allowed on the pool deck. Spectators may view the meet from the stands.
- 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 2023 with USA Swimming by the meet start date. 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, and LISD Westside Aquatic Center 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.

USA Swimming

- Registration:** All swimmers, coaches, and officials participating in this competition must be currently (2023) 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 Dashboard 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 Dashboard. Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format: This will be a 14 and under meet.

Meet will be pre-seeded for all events except for the 400 IM, 500 free, and 1000 free, which will require positive check in.

All heats will be swum fastest to slowest. The 400 IM, 500 free, and 1000 free will swim fastest to slowest, alternating 1 girls heat, 1 boys heat.

Relays will be swum as 10 & Under and 11-14, and may be combined at the discretion of the meet referee.

Lakeside Aquatic Club reserves the right to change the amount of lanes used in competition pool, number of pools used for competition, update meet start times, update meet warm up times, add in necessary breaks to allow for rest, including but not limited to; chase starts, change of warm-up sessions depending on meet size, etc.

Heat Sheets: Heat sheets will be available on LAC website, www.swimlac.org, prior to the start of the meet.

Qualifying

Times: No qualifying time standards for this meet.

Age-Up Date: The age of the swimmer will be his/her age on February 24, 2023.

Restrictions: Maximum of 4 individual events per day and 1 relay per day may be entered for this meet. Please use SCY times for entry.

Teams

Invited: All teams in West Division, and teams outside the division invited by LAC.

Entry

Deadline: All entries shall be received, not later than 6:00PM Central Time, February 16, 2023. There will be no changes or additions to entries after deadline.

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.

Entries Chair: Andrew Marsh - andrew.marsh@swimlac.org 716-338-7258
PO Box 270189, Flower Mound, TX 75027

Daily

Schedule: Warm-ups will be conducted in accordance with the current NTSI Safety Guidelines and Warm-up Procedures attached to the meet template.

Heat sheets will be available on the LAC website, www.swimlac.org, prior to start of the meet.

Friday February 24	Warm up	Meet Start
Session 1	5:15 pm	6:00 pm
Saturday February 25	Warm up	Meet Start
Session 2	8:00 am	9:20 am
Session 3	TBD	TBD
Sunday February 26	Warm up	Meet Start
Session 4	8:00 am	9:20 am
Session 5	TBD	TBD

Check ins will take place at the Clerk of Course table per the following schedule:

Check-ins:

Check in is required for the 400 IM, 500 Free, and 1000 Free

- 400 IM, 12 & U 500 Free, and 1000 Free – check in closes Friday February 24th at 5:30 pm
- 13 & O 500 Free – check in closes Saturday February 25th TBD based on session start times

Check-in has three options:

- ✓ Indicates that the athlete is present and will swim the event.
 SCRATCH Indicates the swimmer has scratched from this event.
 _____ Indicates swimmer is not swimming this event for reasons unknown.

Entry Fees: Individual Event: \$6.00
 Relay: \$10.00
 Surcharge: \$27.00 (\$3.00 will go to North Texas Swimming, Inc.)

Deck Entries: No Deck Entries allowed.

Meet Staff: **Meet Referee:** Scott Leeper
Starter: Chuck Chinnis
Stroke & Turn Officials: Nick DiSibio & Lindsey Petric
Admin Official (or Referee): Kristi Pottorff
Meet Director: Tony Arbogast
Head Safety Marshall: Donovan Pope
Club Safe Sport Chair: Leslie Wyatt

Cell Phone

Restrictions: Use of audio or visual recording devices, including a cell phone, 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 made 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 considered to be judged under Article 105.

Officials: All currently (**2023**) 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 all sessions will be white polo over navy blue pants, shorts, shirts, or skorts.

Timers: LAC will provide timers for all sessions. Swimmers will need to provide their own counters for the 500 and 1000 free.

Awards: First place heat winners receive an award recognition during the 10 & Under sessions/events only.

Scoring: No events will be scored for this meet.

Order of Events

Friday February 24, 2023

Session 1

Girls	Events	Boys
1	12 & U 500 Free	2
3	11 & O 400 IM	4
5	10 & U 200 IM	6
7	11 & O 1000 Free	8

Saturday February 25, 2023

Session 2

Girls	Events	Boys
9	10 & U 200 Medley Relay	10
11	10 & U 100 Free	12
13	10 & U 50 Back	14
15	10 & U 100 Fly	16
17	10 & U 50 Breast	18
19	10 & U 200 Free	20

Session 3

Girls	Events	Boys
21	11-14 200 Medley Relay	22
23	11-14 200 Breast	24
25	11-12 50 Back	26
27	11-14 100 Fly	28
29	11-14 100 Free	30
31	11-12 50 Breast	32
33	11-14 200 Back	34
35	11-12 100 IM	36
37	13-14 500 Free	38

Sunday February 26, 2023

Session 4

Girls	Events	Boys
39	10 & U 200 Free Relay	40
41	10 & U 100 Back	42
43	10 & U 50 Fly	44
45	10 & U 100 IM	46
47	10 & U 100 Breast	48
49	10 & U 50 Free	50

Session 5

Girls	Events	Boys
51	11-14 200 Free Relay	52
53	11-14 200 Fly	54
55	11-14 100 Breast	56
57	11-14 50 Free	58
59	11-14 200 IM	60
61	11-14 100 Back	62
63	11-12 50 Fly	64
65	11-14 200 Free	66

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.