

Cops 13 & Over Distance Meet

April 21 & 22, 2023

- Sanction #:** NT R027-23
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:** Garland ISD Natatorium -2585 Firewheel Pkwy Garland, TX 75040
- Facility:** Garland ISD Natatorium will be set up with one (1) 50 Meter pool. Colorado timing system and Hy-Tek meet manager will be utilized (primary timing system to touchpad with two button time and two stop-watch time as backups.)
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 8 inches at the start end and the turn end is 6 feet, 8 inches measured for 1.0 meter to 5.0 meters from both end walls.
- Course Certification:** The competition course **has not** been certified in accordance with 104.2.2C (4).
- Spectator Information:** Spectator seating for 1200. Spectators have a clear bag policy, and no outside food or drink is allowed. No overnight parking on premise. Overflow parking at Tom Thumb. Garland has a clear bag policy; you will not be allowed to spectate/enter to the building with a bag unless it is see-through.
- 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 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, Garland ISD Natatorium 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 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: The meet will be a timed finals meet with all events swam fastest to slowest based on entry times. Seed times will be seeded long course meters first and then short course yards, and short course meters. All events will be positive check in and then deck seeded.

Heat Sheets: Heat sheets will be provided through meet mobile.

Qualifying Times: There are no qualifying times.

Age-Up Date: The Age up date is April 21st 2023. All swimmers must be 13 or older on the start date of the meet.

Restrictions: This meet is open to 13 & over swimmers. All events are long course meters. Each swimmer may swim all events each session.

Teams

Invited: Teams in Group B of the North Texas LSC are invited to this meet. Teams outside of Group B may ask for an invitation to this meet.

Entry

Deadline: Deadline: Entries shall be received, not later than 6:00PM Central Time, on Thursday, April 12, 2023.

Entry

Procedures: All teams with five or more swimmers must submit entries 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. Teams with fewer than five swimmers may send an email to the Entries Chair with the team abbreviation, LSC, the swimmer's full name (as registered with USA Swimming), the swimmer's USA Swimming ID number, and the swimmer's events by number, description, and entry time. When submitting files to the Entries Chair, please include the name, email address, and phone number of the person submitting the entries. If you do not receive an email confirmation, your entries were not received.

Daily

Schedule: We will conduct warm-ups in accordance with the current NTSI Safety Guideline. Specific warm-up procedures are at the end of this meet's announcement. Warm-up times are subject to change at the host team's discretion.

Entry Fees: Individual Event: \$6.00
Relay: There will be no relays
Surcharge: \$25 (\$3.00 will go to North Texas Swimming, Inc.)

Deck Entries: No deck entries will be allowed.

Meet Staff: **Meet Referee:** Lorraine Temple lorraine.temple@ntswim.org
Starter: Nadia Atumah
Stroke & Turn Officials: Kevin Conner, John Seaman
Admin Official: Nathan Merrill.
Meet Director: Wendy Jones
Head Safety Marshall: Karen Sakalys
Club Safe Sport Chair: Peter Calabrese

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: The following USA Swimming rule will be followed: "Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement."

The team asks that unaccompanied swimmers notify the Meet Host (dean@planoswimming.org) prior to entering the meet for further guidelines.

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. Uniform for entire meet is white polo over navy slacks, shorts/skorts, white shoes/socks.

Timers: The host team will attempt to provide backup timers for this meet but volunteers from visiting teams may be needed. Each swimmer will need to provide their own timer/lap counter for the 800 Free.

Awards: Awards will be given through 1-8 place per event per age group. I.E 13 & 14, 15 & over. We will mail ribbons to the host club if the club is outside of North Texas. We will hand deliver residual awards to coaches that operate within the North Texas LSC at the next meet where both the host team and receiving club are present.

Scoring: We will not score events.

Order of Events

Distances are LC Meters

Session 1: April 21, 2023, Friday: Warm up 4:30-5:05 PM.

POSITIVE CHECK IN ENDS AT THE END OF WARMUP

Meet starts at 5:15 pm.

GIRLS EVENT #	EVENT Description	BOYS EVENT #
1	200 Breaststroke	2
3	200 Backstroke	4
5	400 Free	6

Session 2: April 22, 2023, Saturday: Warm up 7:30-8:05 AM

POSITIVE CHECK IN ENDS AT THE END OF WARMUP

Meet starts at 8:15 AM

GIRLS Event #	Event description	Boys Event #
7	400 IM	8
9	200 Fly	10
11	800 Free	12

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.