

LifeTime Texas Classic

Open to LifeTime Fitness Swim Teams

June 13-15, 2025

Sanction #: NT 038-25

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: LifeTime McKinney at Craig Ranch, 7910 Collin McKinney Pkwy, McKinney, TX 75070

Facility: 1 x 50-meter course 8 Lane (Competing in 7) with blocks and touch pads. 2 Lane short course pool and 1 lane Long course for warm up and cool down. Colorado Timing System. Hy-Tek Meet Manager.

Water Depth: The water depth is 4'11 inches from start to end.

Course

Certification: The competition course has not been certified in accordance with 104.2.2C (4).

Spectator

Information: Only coaches, athletes, essential volunteers, and officials will be allowed on the deck. Ample space for spectators in the courtyard to the pool. Canopies and lawn chairs will be permitted.

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 2025 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, LifeTime McKinney at Craig Ranch 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: LifeTime McKinney at Craig Ranch has Full Time and Part Time Starguard Elite Certified Lifeguards. Training includes, but are not limited to, CPR, AED, and First Aid.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently 2025 registered with USA Swimming and in good standing. No swimmer will be permitted to compete unless the swimmer is a member good standing of USA Swimming as outlined in Article 302 in the USA Swimming Rulebook. 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: This meet is a prelims/ final meet for individual events for 11 & over athletes; 10 & Under events will be swum as timed finals.

11 & Over 800/1500 free will be swum as timed finals events. Athletes will need to provide their own timers and counters.

All relays will be swum as timed final events in prelims.

Events 200 meters and below will be pre-seeded slowest to fastest. Fastest 3 heats are circle seeded.

Events 400 meters and above will be deck seeded and will have a check-in 1 hour before the start of the prelim session on the day the event will swim.

Finals Declaration: Athletes must declare their intent to swim or not in finals within 30 minutes of the event results being announced.

Finals: Top 14 will advance to finals with A Final/B Final Format swimming slowest to fastest.

Seeding shall be in the following order: LCM, SCM, SCY

Heat Sheets: Will be available through Meet Mobile.

Qualifying

Times: There are no qualifying times for all 11 & over events. For all 10 & Under events there will be no qualifying times for all events 200 meters or less. For all events 400 meters and longer, the current age group 2024-2024 Age Group Motivational Time Standards will be used.

10 & Under Girls 400 Free 7:01.69

10 & Under Boys 400 Free 6:52.49

Age-Up Date: The age of the swimmer will be his/her age on June 13, 2025.

Restrictions: Swimmers are limited to 3 individual events and 2 relays per day

Teams: **Open only to Life Time Swim Teams-** LifeTime Dallas, Life Time Houston, Life Time Central Texas, LifeTime Oklahoma

Entry

Deadline: All entries shall be received, not later than 6:00 pm Thursday June 5th, 2025

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.

Entries Chair: Hmaher@lt.life Heather Maher

The host team reserves the right to alter session and warmup times, change the number of lanes used in competition pool, add in necessary breaks to allow for rest, including but not limited to: change of warmup and number of sessions depending on meet size, etc.

Daily Schedule:

Friday (Session 1)- Prelims

Warm up – 7:30-8:10am, Teams to be assigned

Warm up - 8:10-8:50 am. Teams to be assigned

Meet Start - 9:00 am

Friday (Session 2) – Finals

Warm up – 4:30 – 5:20 pm

Meet Start – 5:30pm

Saturday (Session 3)- Prelims

Warm up – 7:30-8:10 am, Teams to be assigned

Warm up - 8:10-8:50 am Teams to be assigned

Meet Start 9:00 am

Saturday (Session 4) – Finals

Warm up – 4:30 – 5:20 pm

Meet Start – 5:30pm

Sunday (Session 5)- Prelims

Warm up – 7:30-8:10am Teams to be assigned

Warm up - 8:10-8:50am Teams to be assigned

Meet Start - 9:00 am

Sunday (Session 6) – Finals

Warm up – 4:30 – 5:20 pm

Meet Start – 5:30pm

Entry Fees: Individual Event: \$10.00
Relay Event: \$15.00
Meet Surcharge: \$25.00 (*\$3.00 will go to North Texas Swimming, Inc.*)

Deck Entries: No Deck Entries Allowed.

Meet Staff: **Meet Referee:** Amanda Wygant
Starter: Cindy Reynolds
Stroke & Turn Officials: Michael Krone & May Hoang
Admin Official: Ann Lang
Colorado Timing: Garrett Kipe
Meet Director: Megan Cantu
Head Safety Marshall: Heather Maher
Club Safe Sport Chair: Megan Cantu

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. No cameras (including cell phone cameras) or other recording devices are allowed behind the blocks at any time.

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. 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.

Unaccompanied

Swimmers: At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. (USA Swimming Rule 202.5.3)

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 2025 certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2025 and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming. The uniform will be white over navy pants, shorts, or skirts along with white shoes.

Timers: Teams will be assigned lane timing responsibilities based on the number of athletes entered in the meet. Swimmers will need to provide their own timers and/or counters for the 800/1500 Meter Freestyles.

Awards: Medals will be awarded in each event 1st- 3rd. Ribbons will be awarded for 4th-7th. Awards will be given as follows: 10 & Under, 11-12, 13-14, 15-Over for individual and relay events.

Scoring: Scoring will occur according to award criteria.

Lodging:

Home2 Suites By Hilton

2630 South Central Expressway

McKinney, Texas 75070

469-679-5045, reference LifeTime Swim

(4) Queen Suites + Sofa Bed w/ Kitchenette - (Sleeps up to 4 Guest) Rate: \$115

(4) Double Queen Suites w/ Kitchenette - (Sleeps up to 4 Guest) Rate: \$125

48 Hour Cancellation Policy
Breakfast is complimentary
Free self-parking
No Wi-Fi Fees

Springhill Suites by Marriott

2660 South Central Expressway
McKinney, Texas 75070
469-679-5047, reference LifeTime Swim
(4) King Suites + Sofa Bed- (Sleeps up to 4 Guest) Rate: \$115
(4) Double Queen Suites + Sofa Bed - (Sleeps up to 6 Guest) Rate: \$129
48 Hour Cancellation Policy
Breakfast is complimentary
Free self-parking
No Wi-Fi Fees

Courtyard by Marriott Dallas/Allen at Allen Event Center

210 East Stacy Road
Allen, TX 75002
214-383-1151, reference LifeTime Swim
(10) Standard Room: 2 Queen Beds (no pull out couch bed) Rate: \$149

Guest Check-In at 3:00 PM on arrival day. Any guest wishing special consideration for late checkout should inquire at the front desk on the day of departure.

Complimentary parking is available in the parking garage across from the hotel.
Breakfast: Room rates listed above are non-inclusive of Breakfast. The breakfast buffet is available at \$15+ per person, per day.

Order of Events

Girls		Boys
Event No.	Friday, June 13, 2025	Event No.
1	15 & Over 200 Meter Freestyle Relay (Timed Final)	2
3	13-14 200 Meter Freestyle Relay (Timed Final)	4
5	11-12 200 Meter Freestyle Relay (Timed Final)	6
7	10 & Under 200 Meter Freestyle Relay (Timed Final)	8
9	15 & Over 100 Meter Freestyle	10
11	13-14 100 Meter Freestyle	12
13	11-12 100 Meter Freestyle	14
15	10 & Under 50 Meter Freestyle (Timed Final)	16
17	15 & Over 50 Meter Backstroke	18
19	13-14 50 Meter Backstroke	20
21	11-12 50 Meter Backstroke	22
23	10 & Under 100 Meter Backstroke (Timed Final)	24

25	15 & Over 200 Meter Individual Medley	26
27	13-14 200 Meter Individual Medley	28
29	11-12 400 Meter Individual Medley	30
31	10 & Under 200 Meter Individual Medley (Timed Final)	32
33	15 & Over 100 Meter Breaststroke	34
35	13-14 100 Meter Breaststroke	36
37	11-12 100 Meter Breaststroke	38
39	15 & Over 200 Meter Butterfly	40
41	13-14 200 Meter Butterfly	42
43	11-12 200 Meter Butterfly	44
45	15 & Over 400 Meter Freestyle	46
47	13-14 400 Meter Freestyle	48
49	11-12 400 Meter Freestyle	50
51	15 & Over 200 Meter Medley Relay (Timed Final)	52
53	13-14 200 Meter Medley Relay (Timed Final)	54
55	11-12 200 Meter Medley Relay (Timed Final)	56
57	10 & Under 200 Meter Medley Relay (Timed Final)	58

	Saturday, June 14, 2025	
59	15 & Over 400 Meter Medley Relay (Timed Final)	60
61	13-14 400 Meter Medley Relay (Timed Final)	62
63	11-12 400 Meter Medley Relay (Timed Final)	64
65	10 & Under 400 Meter Medley Relay (Timed Final)	66
67	15 & Over 200 Meter Freestyle	68
69	13-14 200 Meter Freestyle	70
71	11-12 200 Meter Freestyle	72
73	10 & Under 100 Meter Freestyle (Timed Final)	74
75	10 & Under 50 Meter Butterfly (Timed Final)	76
77	15 & Over 50 Meter Butterfly	78
79	13-14 50 Meter Butterfly	80
81	11-12 50 Meter Butterfly	82
83	10 & Under 50 Meter Backstroke (Timed Final)	84
85	11-12 100 Meter Backstroke	86
87	13-14 100 Meter Backstroke	88
89	15 & Over 100 Meter Backstroke	90
91	15 & Over 400 Meter Individual Medley	92

93	13-14 400 Meter Individual Medley	94
95	11-12 200 Meter Individual Medley	96
97	10 & Under 400 Meter Freestyle (Timed Final)	98
99	15 & Over 200 Meter Backstroke	100
101	13-14 200 Meter Backstroke	102
103	11-12 200 Meter Backstroke	104
105	15 & Over 800 Meter Freestyle (Timed Final)	106
107	13-14 800 Meter Freestyle (Timed Final)	108
109	11-12 800 Meter Freestyle (Timed Final)	110

	Sunday, June 15, 2025	
111	10 & Under 400 Meter Freestyle Relay (Timed Final)	112
113	11-12 400 Meter Freestyle Relay (Timed Final)	114
115	13-14 400 Meter Freestyle Relay (Timed Final)	116
117	15 & Over 400 Meter Freestyle Relay (Timed Final)	118
119	10 & Under 200 Meter Freestyle (Timed Final)	120
121	15 & Over 50 Meter Freestyle	122
123	13-14 50 Meter Freestyle	124
125	11-12 50 Meter Freestyle	126
127	15 & Over 50 Meter Breaststroke	128
129	13-14 50 Meter Breaststroke	130
131	11-12 50 Meter Breaststroke	132
133	10 & Under 50 Meter Breaststroke (Timed Final)	134
135	15 & Over 100 Meter Butterfly	136
137	13-14 100 Meter Butterfly	138
139	11-12 100 Meter Butterfly	140
141	10 & Under 100 Meter Butterfly (Timed Final)	142
143	15 & Over 200 Meter Breaststroke	144
145	13-14 200 Meter Breaststroke	146
147	11-12 200 Meter Breaststroke	148
149	10 & Under 100 Meter Breaststroke (Timed Final)	150
151	15 & Over 1500 Meter Freestyle (Timed Final)	152
153	13-14 1500 Meter Freestyle (Timed Final)	154
155	11-12 1500 Meter Freestyle (Timed Final)	156

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 WARM UP
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.