

Mid-Cities Arlington Swimming

16th Annual Bill Nixon Memorial

June 6-9, 2024

Sanction # NT ***-**

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Held under the sanction of USA Swimming by North Texas Swimming, Inc.

Venue: Lewisville Westside Aquatic Center
1750 Duncan Lane
Lewisville, TX 75067

Facility: One 8 lane 50 meter course pools, with 4-25yd continuous warm-up lanes. Colorado Timing System and 2 scoreboards will be utilized.

Water Depth: The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at the start end and the turn end is 12 feet, 6 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls.

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 Deck Pass 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

Course

Certification: The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Safe Sport: Swimmers, coaches and officials ONLY will be allowed on the pool deck. Parents and spectators may view the swim meet from the grandstand area.

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 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 PERSON'S PARTICIPATION IN THE MEET IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING, INC., NORTH TEXAS SWIMMING, INC., ALL MEET OFFICIALS, MARS SWIMMING, LISD, 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 (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 ID Card or Deck Pass 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 ID card or Deck Pass (or a coach may present the club's official, watermarked roster from the USA Swimming club portal). Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format: This is a Prelims-Finals meet for all age-groups except for relays, Thursday events, and the 800 Free. All Relays will swim in Prelims. The meet host reserves the right to run chase starts in prelims. All final events will swim the top 8 qualifiers for 10&Under and 11-12 age groups, and top 16 qualifiers for 13-14 and 15&O from Prelims in Finals. The A heat of Finals will swim first and then followed by the B heat.

Relays:

Relays must be entered with the team entries.

All relays will be conducted as Timed Finals during the Prelim sessions.

All relays will start from the same end of the pool as designated by the meet referee.

All swimmers on relays must be entered in the meet with IE's. No relay-only swimmers.

400 Freestyle / 400 IM:

Limited to the fastest 32 female and 32 male swimmers in each age group (12 & U and 13 & O).

800 Freestyle:

Limited to the fastest 32 female and 32 male swimmers (overall, not by age group) after the check in deadline of 6:30pm on Saturday June 8, 2024. Swimmers can enter the 800 Freestyle with the 800 LCM, 1500 LCM, 1000 SCY, or 1650 SCY time. Swimmers will be seeded in the following order 800M,1000Y, 1500M, 1650Y.

Those swimmers that do not make the top 32 after check in will receive a refund for the entry. Swimmers that are in the top 32 after check in and scratch or no show the event will not receive a refund.

MARS reserves the right add chase starts, to flight the meet and/or add venues to safely accommodate the number of swimmers.

Seeding:

The meet will be pre-seeded with heats organized according to USA Swimming Rules 102.5. All events will be seeded fastest to slowest in the prelim sessions. Seeding for preliminary heats shall be LCM, SCY, SCM.

Scratching:

Scratches for all final events is required as outlined in the current USA Swimming rules 207.11.6D and 207.11.6E. **Scratching for all Preliminary events is required prior to the deadlines stated below.** Failure to scratch an event counts as one of your seven (7) events for the meet.

Qualifying**Times:**

Swimmers must have achieved at least the “BB” time from the 2021-2024 National Age-Group Motivational Times to enter all events.

Age up Date: The age of the swimmer will be his/her age on June 6, 2024

Eligible Teams: All teams registered in the North Texas LSC and other invited teams. **The meet will be limited to 450 athletes per session.** Entries will be accepted in the order in which they are received.

Entry

Restrictions: Entry Times: Swimmers must enter at their best time. All times need to be provable in USA Swimming’s SWIMS database at the time of entries.

Number of Events: Swimmers may compete in a maximum of 3 individual events per day and 1 relay event per day. Swimmers may enter and compete in a maximum of 7 individual events for the entire meet. Teams may enter a maximum of 3 relays per event.

Relay Entries: Teams may enter a maximum of 3 relays per event. No relay-only swimmers. All relay swimmers must have at least one individual event.

Entry**Deadline:**

All entries shall be received, not later than 6:00PM Central Time, on Thursday, May 30, 2024. Entries will open on Saturday, May 1, 2024. All entries must be submitted through USA Swimming’s Online Meet Entry System. Entry information is listed below.

Entry

Procedures: [USA Swimming’s Online Meet Entry System](#)

Entry into the meet is exclusively through the USA-Swimming Online Meet Entry process. The OME entry process will be active beginning **Saturday, May 1, 2024** at 11:00 am Central Time. Entry via the OME will close at **6:00 PM** Central Standard Time **Thursday, May 30, 2024**. No entries will be accepted through the OME after that date.

The Online Meet entry system does not accept Hy-Tek Team Manager files. The entry system is connected to the USA Swimming times and membership database. Only proven times in SWIMS will be accepted for priority seeding. No “override” times will be allowed.

OME is not an eligibility report for your athletes. You must know what events you wish to enter your athletes in before starting your entry in OME. We will not accept additions if you forgot to enter an event because the time did not show up in OME.

You may modify the entry time of an event within OME up to the normal entry deadline. You may NOT Delete an on line entry once it has been submitted. Once you check out of the OME you may not go back and modify any entry times.

The qualifying period for all entry times will close at **6:00 PM** Central Standard Time Friday, May 30, 2024. **No improved times swam at events after this date will be accepted as entry times for the meet.**

Once you have completed your online entry, you will be sent confirmation via e-mail. Please keep all electronic correspondence and bring them with you to the meet (just in case). Entries made through the OME need to be paid as outlined below. Payment through the OME will not be permitted for this event.

No late or deck entries will be permitted.

For help with the entries, contact Macie McNichols at USA Swimming (719-866-3506) or mmcnichols@usaswimming.org.

Online Meet Entry is the sole method of entry into the meet. Any club or individual needing special assistance must contact the Meet Director no later than Thursday, June 9, 2023.

Meet Director: Brian Dangelmaier (coachbrian@marswim.org; 817-925-0505)

Entry Fees:

\$14.00 per individual event and \$15.00 per relay event.

There is a \$30.00 athlete surcharge.

\$3.00 of each athlete surcharge will go to North Texas Swimming.

\$2.00 of each athlete surcharge will go to the Bill Nixon Scholarship Fund.

Coaches Deck Passes:

\$20 per coach. Coaches should register for this meet along with their entries using the OME System. Replacement fees for lost credentials are \$50 for coaches and \$25 for athletes.

Please include a Meet Entry Fee report with your payment. Refunds will not be given for any reason. All entry fees must be paid prior to the start of the meet. Credit cards will be accepted at check in.

Make checks payable to: **MARS**

Meet Staff:

Meet Referee: Adriane Sparks

Starter: Sam Smith

Stroke & Turn Officials : Henry Chin and Lindsay Petric

Admin Official (or Referee): Kenneth Chung

Meet Director: Brian Dangelmaier (coachbrian@marswim.org); 817-925-0505)

Head Safety Marshall: Shannon Gillespy

Safe Sport Chair: Jennifer McGonigle

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.

Unaccompanied

Swimmers: 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. 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 accommodation required prior to the completion and for providing their own assistant or equipment. However, coaches/swimmers are strongly recommended to 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 (2024) certified and in-training USA Swimming officials are cordially invited to participate. **All deck officials must be registered with USA Swimming for 2024 and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming.** Please email the Meet Referee prior to the meet with your availability and current certifications. Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments. **All sessions will be white over navy, no shorts for finals. Favorite meet shirt for Friday finals over navy pants or skirt.**
[Officials Application Link](#)

Timers: Each team entering 5 or more swimmers is asked to provide 2 timers during prelims. All swimmers in the 400IM, 400FR and 800FR will need to provide their own timer in prelims.

Awards: Medals for places 1-3 will be awarded for all individual events. Individual High Point Trophies, one male and one female, for each age group 10 & under, 11-12, 13-14 and 15 and over. High point will be determined by PowerPoints

Daily

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

Thursday

3:15-4:15 PM General Warm UP (No Warm Up assignments)

4:15-4:45 PM Dive/ Sprint/ Pace for all athletes

5:00 PM Session Starts

Friday, Saturday, and Sunday

7:00-8:30 AM General Warm Up

Warm Up Assignments will be posted at marswim.org on Monday, June 3, 2024

8:30-8:45 AM	Dive/ Sprint/ Pace for all athletes
9:00 AM	Prelim Session Starts
4:00- 4:45 PM	Finalist General Warm Up
4:45-5:00 PM	Dive/ Sprint/ Pace for all athletes
5:15 PM	Final Sessions Starts

Check-ins, Relay Card submissions, and Scratches will take place at the Resolution Table table per the following schedule.

Check Ins:

Check-in is required for all events held on Thursday. Check-in postings will be separated by age and gender. Check-in sheets will be posted at the clerk of course table.

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.

Scratching/No Shows:

Please note that you must scratch the events you don't want to swim by the deadline specified in the CHECK-IN/SCRATCH DEADLINES section above or the MEET SCHEDULE below. Failure to scratch an event counts as one of your seven (7) allowed events for the meet and as one of your three (3) events for the day. Penalty for no-show counts as a disqualification and one of the seven (7) allowable swims. USA Swimming rules 207.11.6D and 207.11.6E will apply. **A no-show for a finals qualifier will result in that swimmer being barred from the remainder of the meet, unless excused by the meet referee.**

Day/Event Deadlines:

Thursday 3:30 PM

400 IM – Positive Check-in
400 Free – Positive Check in
400 Freestyle Relay – Relay Cards Due

Friday's Relay Events – Relay Cards Due 6:00 pm Thursday

Friday's Individual Events – Scratch from Prelims by Thursday 6:00 PM

Saturday's Relay Events – Relay Cards Due 6:00 pm Friday

Saturday's Individual Events – Scratch from Prelims by Friday 6:00 PM

Sunday's Individual Events – Scratch from Prelims by Saturday 6:00 PM

Admission:

Session admission charge \$5, or \$25 for an all-session pass (7 sessions).

Order of Events
Distances are in Long Course Meters

Thursday, June 6, 2024

Girls	Event	Boys
1	10 & under 400 FR Relay	2
3	11-12 400 FR Relay	4
5	13-14 400 FR Relay	6
7	15 & Over 400 FR Relay	8
9	12 & Under 400FR	10
11	13-14 400IM	12
13	15 & Over 400IM	14

Friday, June 7, 2024

Girls	Event	Boys
15	10 & Under 200 FR Relay	16
17	11-12 200 FR Relay	18
19	13-14 200 FR Relay	20
21	15 & Over 200 FR Relay	22
23	11 & O 200FL	24
25	12 & Under 50FL	26
27	200IM	28
29	100FR	30

Girls	Event	Boys
31	13 & Over 400FR	32

Saturday, June 8, 2024

Girls	Event	Boys
33	10 & U 200 Medley Relay	34
35	11-12 200 Medley Relay	36
37	13-14 200 Medley Relay	38
39	15 & O 200 Medley Relay	40
41	11 & O 200BK	42
43	12 & Under 50BK	44
45	11 & O 200BR	46
47	100FL	48
49	13 & Over 50FR	50

Sunday, June 9, 2024

Girls	Event	Boys
51	200FR	52
53	100BK	54
55	12 & U 50BR	56
57	100BR	58
59	12 & U 50FR	60
61	13 & O 800FR **	62

The top 8 female and the top 8 male swimmers for the 800FR will swim during the finals session, unless they declare for the AM session. All other swimmers will swim during the prelims session.

Fastest to slowest alternating girls and boys.

*****Swimmers need to provide their own timers and counters for the 800 FR in the Prelim sessions******

NORTH TEXAS SWIMMING, Inc.
Safety Guidelines and Warm-up Procedures
(Adjust according to your pool and current policies and 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 & 7 *BK ledge in Lane 3	4 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: "South 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.