

Lakeside Aquatic Club
LC Time Trial
Thursday December 10, 2020

Sanction #: NT 091-20
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 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.

Venue: Lewisville ISD Westside Aquatic Center
1750 Duncan Lane
Lewisville, Texas 75067

Facility: One 8 lane 50 meter course pool with 10-25yd continuous warm-up lanes. Colorado timing system, Hy-Tek Meet Manager Software and 1 scoreboard 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 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). The copy of such certification is on file with USA Swimming.

COVID-19: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND NORTH TEXAS SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Guidelines: https://www.teamunify.com/ntlac/UserFiles/Image/QuickUpload/covid-guidelines_035869.pdf
<https://docs.google.com/document/d/192d3BVGt99PjBcveqbm7-l2rYXjf03fgyo4be0OiPmQ/edit?usp=sharing>

SAFE SPORT: Due to COVID-19 we are not allowing spectators in the building during the competition. All facility doors will be open, but we ask you do not congregate at the entrance. We may be live streaming the event to give parents and guardians an opportunity to watch their athlete compete. Live stream info will be posted on the LAC website prior to the start of the swim meet.

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 2020/21 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, 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.

COVID-19: We have taken enhanced health and safety measures – for you, our employees, swimmers, and members of North Texas Swimming. You must follow all posted instructions while participating in the meet at LISD (Westside Aquatic). An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in this meet, you voluntarily assume all risks related to exposure to COVID-19.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently (2020/21) 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: Meet will be pre-seeded. All heats will be swum fastest to slowest.

Lakeside Aquatic Club reserves the right to change the amount of lanes used in competition pool, 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.

The meet will be capped at 180 swimmers.

Qualifying

Times: No Qualifying Times for this meet

Age Up Date: The age of the swimmer will be his/her age on Thursday December 10, 2020.

Restrictions: Maximum of 2 events total may be entered for this meet. Please use LCM times for entry. If an LCM time is unavailable, enter NT.

Entry

Deadline: All entries shall be received, not later than 11:59PM Mountain Time, December 3, 2020. There will be no changes or additions to entries after deadline.

Entry

Procedures: All entry times submitted for this competition must be from official USA Swimming sanctioned, observed, or approved competitions and must be provable. Entries will be entered via the OME

All event entry questions should be directed to the Administrative Referee or Meet Director. Specific questions regarding OME can be addressed to Macie McNichols at mmcnichols@usaswimming.org (719-351-6511) and Bryan Welter at bryan.welter@swimlac.org.

- Enter the LAC Long Course Time Trial online at usaswimming.org/ome beginning 10:00 a.m. Mountain Time Tuesday, November 17, 2020 and no later than 11:59 p.m. Mountain Time, Thursday, December 3, 2020 provided the entry cap has not been reached.
- Once entry closes absolutely no changes, additions, deletions, or anything else.
- All entries must be finalized and paid for by Thursday December 3, 2020 11:59 p.m. Mountain Time.
- You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover. Once entries are submitted through OME, refunds will not be provided.
- Once you complete your online entry, you will be sent confirmations via email. Please keep all of these and bring them with you to the meet (just in case).

Entry Fees: \$30.00 per individual. This includes entry fee (1 event or 2), surcharge, and the \$3.00 of the fee that will go to North Texas swimming.
Please include a Meet Entry Fee report with your payment. Refunds will not be given for any reason.
Make checks payable to: **LAC**

Deck Entries: No Deck Entries allowed.

Meet Staff:
Meet Referee: Robin Magan
Starter: Sharon McGrath
Stroke & Turn Officials: Nick Disibio/ Kim Johnson
Admin Referee: Karen Rourke - swim.tex@verizon.net
Meet Director: Tony Arbogast
Head Safety Marshall: Bryan Welter
Club Safe Sport Chair: Jon Sakovich

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 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.

Swimmer Photographs and Videos:

By entering into this competition, you agree to be videoed for the purpose of live streaming during the meet for parents and family to observe the competition outside of the venue.

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 completion 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 (2020/21) certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2020/21 and have a current Background

Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming. Please contact the meet referee at least 7 days before the meet if you are interested in participating. Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments.

Timers: Timers will be provided by LAC.

Awards: There will be NO awards at this meet.

Daily

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

Restrooms: There will be a maximum of 4 swimmers at one time in the restrooms.

Heat Sheets &

Meet info: Will be available on LAC website, www.swimlac.org.

Warm ups: 4:45pm

Meet begins: 6:15pm

Order of Events
Distances are in LC meters

Thursday December 10, 2020

Girls	Events	Boys
1	50 Free	2
3	800 Free	4
5	400 IM	6
7	100 Back	8
9	200 Free	10
11	100 Breast	12
13	100 Fly	14
15	400 Free	16
17	200 IM	18
19	200 Back	20
21	200 Breast	22
23	200 Fly	24
25	100 Free	26
27	1500 Free	28

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.