

# Select Team of Aquatic Racers

## Select Swim Invitational

October 18, 2020

**Sanction #:** NT 062-20  
Held under the sanction of USA Swimming by North Texas Swimming, Inc.

**All participating athletes and clubs are registered with North Texas Swimming. No athletes will be allowed from another LSC. This meet is capped at 120 swimmers per session.**

**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. All 18 and older athletes registered with the club must have completed the Athlete Protection Training. Failing to complete the APT test will impact the athlete's ability to compete at meets or have their times loaded into SWIMS.

**Venue:** Lewisville ISD Aquatic Center 5729 Memorial Dr. The Colony, Texas 75056

**Facility:** 8 lanes, one 25 yard course with 10 additional 25 yard warm up cool down lanes. Colorado timing system will be utilized. In accordance with safety regulations, the pool deck is strictly limited to swimmers, coaches, officials, and meet personnel only. No spectators will be allowed in the facility.

**Water Depth:** The minimum water depth, measured in accordance with Article 103.2, is 12 feet, 6 inches at the start end and 6 feet, 8 inches at the turn end for one competition pool. 6 feet, 2 inches at the start end and 6 feet 6 inches at the turn end for warm up cool down pool.

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

**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:** **Conditions of Sanction:** As a condition of this sanction, the Select Team of Aquatic Racers agrees to comply and to enforce all COVID-19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, North Texas Swimming, the State of Texas, local jurisdictions, and the Select Team of Aquatic Racers Meet Plan detailed below.

The competition as stated is in compliance with the State of Texas Executive Order 29, the Governors order GA-23 Phase 2 requirements and all county and city requirements. <https://open.texas.gov/>  
<https://dallascityhall.com/DCH%20Documents/covid19/FAQ%20stay%20at%20home%20regulations%20-%20ENGLISH.pdf>

**COVID 19 protocol:**

<https://www.teamunify.com/team/scstoar/page/member-information/covid-19-protocols>

**COVID 19 Meet procedure:**

<https://www.teamunify.com/team/scstoar/page/member-information/covid-19-meet-protocols-lisd>

**SAFE SPORT:** Due to COVID-19 we are not allowing spectators in the pool during competition. We will be live streaming the event to give parents or guardians an opportunity to watch their athletes compete.

**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 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, LEWISVILLE ISD EASTSIDE 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 Eastside Aquatic Center. 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) 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, slowest to fastest, and will be timed finals. No deck entries allowed. No relays, awards, or scoring. This will be a tri-meet between STAR, ESP, and ATAC. This meet will have 2 sessions, each with 20 events. The first session is for 13 & Overs, and the second session will be for 12 & Unders. There is a maximum of 120 swimmers per session.

**Qualifying**

**Times:** This meet has no qualifying time standards.

**Age up Date:** The age of the swimmer will be his/her age on October 18, 2020

**Restrictions:** Entries will be in SCY or entered as NT (No Time). Each athlete will be limited to a maximum of 4 events. There will be no relays. Times must be provable in SWIMS.

**Entry**

**Deadline:** All entries shall be received not later than 6:00PM Central Time on Thursday, October 8th.

## 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.

**Entries Chair:** Sean Sell – [Sean@SelectSwim.com](mailto:Sean@SelectSwim.com) (214) 773-8800

**Entry Fees:** \$6.00 per individual event plus a \$15.00 per swimmer surcharge (which includes the \$3.00 North Texas surcharge). Please include a Meet Entry Fee report with your payment. Entry fees must be received by October 14, 2020 or your entries will be removed from the meet. Refunds will not be given for any reason.

Make checks payable to: **Select Team of Aquatic Racers**

Send checks to: **Select Team of Aquatic Racers**

**Attn: Meet Entries**

**2617 Zoeller Drive**

**Plano, TX 75025**

**Deck Entries:** No Deck Entries allowed.

**Meet Staff:**  
**Meet Referee:** Stephani Minervini  
**Starter:** Mike Gentry  
**Stroke & Turn Officials:** Cindy Pick / Subashini Veldala  
**Admin Referee:** Kenneth Chung  
**Meet Director:** Sean Sell  
**Head Safety Marshall:** Sarah Lewis  
**Club Safe Sport Chair:** Sarah Lewis

## 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 deck officials must be registered with USA Swimming for 2020 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. All officials will be pre-assigned and must register prior to the meet.

**Timers:** The host team will provide backup timers for this meet. Each of the six lanes will have one timer operating both the plunger and a stop watch. There will be one additional back up timer available as well.

**Awards:** There will be no scoring or awards.

**Daily Schedule:** Warm-ups will be conducted in accordance with the current NTSI Safety Guidelines and Warm-up Procedures attached. Warm up lane assignments will be sent to teams on October 14<sup>th</sup> and be posted on the Select Swim website.

**Order of Events**  
 Distances are in SC Yards  
 Sunday, October 18<sup>th</sup>

**Session I**  
 Warmup – 8:00am~8:30am  
 Starts/Pace – 8:30am~8:45am  
 Start – 9:00am  
 AM Session 13 & Overs

Girls Events	Event	Boys Events
1	13 & O - 200 yard Freestyle	2
3	13 & O - 100 yard Backstroke	4
5	13 & O - 100 yard Breaststroke	6
7	13 & O - 100 yard Butterfly	8
9	13 & O - 100 yard Freestyle	10
11	13 & O - 200 yard Backstroke	12
13	13 & O - 200 yard Breaststroke	14
15	13 & O - 200 yard Butterfly	16
17	13 & O - 200 yard IM	18
19	13 & O - 50 yard Freestyle	20

**Session II**  
 Warmup – 12:00pm~12:30pm  
 Starts/Pace – 12:30am~12:45pm  
 Start – 1:00pm  
 PM Session 12 & Unders

Girls Events	Event	Boys Events
21	12 & U - 100 yard Freestyle	22
23	12 & U - 50 yard Backstroke	24
25	12 & U - 50 yard Breaststroke	26
27	12 & U - 50 yard Butterfly	28
29	12 & U - 50 yard Freestyle	30
31	12 & U - 100 yard Backstroke	32
33	12 & U - 100 yard Breaststroke	34
35	12 & U - 100 yard Butterfly	36
37	12 & U - 200 yard IM	38
39	12 & U - 200 yard Freestyle	40

# 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.**