

**MANSFIELD AQUATIC CLUB**  
**MAC Long Course Unclassified Invitational**  
**July 19-21, 2019**

**Sanction #:** NT 050-19

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

**Venue:** Mansfield ISD Debbie Weems Natatorium, 1001 N. Holland Road, Mansfield, TX 76063

The MISD Athletic Complex is located at the corner of Hwy. 360 and E. Broad St. in Mansfield, TX. 817-276-5230

**Facility:** 8 lane, 50 meter competition pool with 4 lane, 25 yard warm-up pool. Daktronics timing system and scoreboard will be in use. Hy-Tek Meet Manager will be in use. Current USA Swimming, Inc. rules will apply. North Texas Swimming safety guidelines and warm-up procedures will be in effect at this meet. To meet safety regulations, the pool deck is limited to swimmers, coaches, officials, timers, and meets personnel only. Parents and other spectators must remain in the bleachers above the pool. *No chairs are allowed in the bleacher area except for "stadium seats"*. No standing along the railing will be allowed. No food or drink (except water) is allowed on the deck.

**Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 8 feet, 0 inches at the start end and the turn end is 8 feet, 0 inches measured for a distance of 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). The copy of such certification is not on file with USA Swimming. Course measurements will be verified each session in accordance with North Texas Swimming Rules

**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 2019 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, MAC and MANSFIELD ISD 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 (2019) registered with USA Swimming. 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. **NO DECK Registrations will be accepted.**

**Meet Format:** This is a Timed-Finals meet. All events will be swum fastest to slowest. The 400 Free and 400 IM will be swum alternating women than men, and swimmers must provide his or her own timer. The 800 Free and 1500 Free will be swum alternating women and men and alternating between events.

All events will be pre-seeded. Seed times entered should be the swimmer's best time for the stroke and distance.

Check-in not required for this meet.

**Qualifying Times:** This is an open meet with no time standards, except for the 400FR, 800FR, 400IM and 1500FR. For these distance events a swimmer must have achieved at least a "BB" time in order to enter any of these events (i.e., if a swimmer has a "BB" time in the 400FR they may swim the any of these long distance events. In all other events, a swimmer may enter with a NT (No Time). In addition, a swimmer may not enter any event in which they have achieved the TAGS qualifying standard.

**Age up Date:** Swimmer's age as of July 19, 2019.

**Entry Restrictions:** Swimmers may participate in a maximum of three (3) individual events and two (2) relays per day.

**Entry Deadline:** Entries must be received by 6:00 PM Central Time, July 11, 2019.

**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:** Theresa Brown, mansfieldmeetentries@gmail.com, 817-276-5230

**Entry fees:** \$10.00 per individual event and \$10.00 per relay event  
There is a \$3.00 athlete surcharge

Entry fees must be received by July 19, 2019 or your entries will be removed from the meet. Refunds will not be given for any reason.

Checks payable and mailed to:  
Mansfield Aquatic Club  
C/O Theresa Brown  
1001 N. Holland Rd  
Mansfield, TX 76063

Late entries will be open up until 30 minutes prior to the scheduled start of each session at \$15.00 per individual event only where there are open lanes. No new heats will be added. The swimmer's USA Swimming ID card and proof of time from the USA Swimming site (SWIMS) or Deck pass must accompany all late entries. The meet host will NOT look up times.



Warmup Procedures attached to the meet template.

	<b>Warm-Up</b>	<b>Meet Start</b>
Session 1	Friday, 5:00pm	6:00pm
Session 2	Saturday, 8:00am	9:00am
Session 3	Saturday, 11:30am	12:30pm
Session 4	Sunday, 8:00am	9:00am
Session 5	Sunday, 11:30am	12:30pm

## Order of Events

(Distance are in LC meters)

### Session 1 - Friday, July 19, 2019

Women	Event Description	Men
1	<b>200 IM</b> 10 & Under 11-12	2
3	<b>400 IM</b> 11-12 13-14 15 & Over	4
5	<b>400 Free</b> 10 & Under 11-12	6
7	<b>800 Free</b> 11-12 13-14 15 & Over	8

*\*400IM and 400 Free will be swum alternating girls and boys fastest to slowest and must provide their own timers.\**

*\*\* \*800 Free will be swum alternating girls and boys fastest to slowest and must provide their own timers and lap counters*

### Session 2 – Saturday, July 20, 2019

Girls	Event Description	Boys
9	<b>200 Fly</b> 11-12	10
11	<b>200 Medley Relay</b> 10 & Under 11-12	12
13	<b>100 Back</b> 10 & Under 11-12	14
15	<b>50 Fly</b> 10 & Under 11-12	16
17	<b>100 Free</b> 10 & Under 11-12	18
19	<b>50 Breast</b> 10 & Under 11-12	20

### Session 3 – Saturday, July 20, 2019

Girls	Event Description	Boys
21	<b>200 Breast</b> 13-14 15&O	22
23	<b>400 Medley Relay</b> 13-14 15& Over	24
25	<b>100 Fly</b> 13-14 15 & O	26
27	<b>200 Back</b> 13-14 15&O	28
29	<b>100 Free</b> 13-14 15&O	30
31	<b>200 IM</b> 13-14 15&O	32
33	<b>400 Free *</b> 13-14 15&O	34

*\*400 Free will be swum alternating girls and boys fastest to slowest and must provide their own timers.\**

**Session 4 – Sunday, July 21, 2019**

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
35	<b><u>200 Breast</u></b> 11-12	36
37	<b><u>200 Free Relay</u></b> 10 & Under 11-12	38
39	<b><u>200 Free</u></b> 10 & Under 11-12	40
41	<b><u>100 Breast</u></b> 10 & Under 11-12	42
43	<b><u>50 Free</u></b> 10 & Under 11-12	44
45	<b><u>200 Back</u></b> 11-12	46
47	<b><u>100 Fly</u></b> 10 & Under 11-12	48
49	<b><u>50 Back</u></b> 10 & Under 11-12	50

**Session 5 – Sunday, July 21, 2019**

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
51	<b><u>200 Fly</u></b> 13-14 15 & O	52
53	<b><u>400 Free Relay</u></b> 13-14 15 & Over	54
55	<b><u>100 Breast</u></b> 13-14 15&O	56
57	<b><u>200 Free</u></b> 13-14 15&O	58
59	<b><u>100 Back</u></b> 13-14 15&O	60
61	<b><u>50 Free</u></b> 13-14 15&O	62
63	<b><u>1500 Free</u></b> 11-12 13-14 15 & Over	64

***\*1500 Free will be swum alternating girls and boys fastest to slowest and must provide their own timers and lap counters.\****

# 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 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.**