

Lakeside Aquatic Club

Splashing Pumpkins Invitational

October 5&6, 2019

- Sanction #:** NT 056-19
Held under the sanction of USA Swimming by North Texas Swimming, Inc.
- Venue:** Keller ISD Natatorium
1000 Bear Creek Pkwy
Keller, TX 76248
- Facility:** 1- 10 lane short course yard courses, with 8-25yd continuous warm-up lanes. Colorado timing system and 1 scoreboard will be utilized.
- Water Depth:** The depth of the competition pool when measured for a distance of 3 feet 3 ½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) at the start wall is 12 feet 0 inches and 12 feet 0 inches at the turn end for the competition pool.
- Course Certification:** The competition course has not been certified in accordance with 104.2.2C(4).
- 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, KISD, Keller ISD Natatorium 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. 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:** All events will be conducted as timed finals.
All events will be preseeded. Seed times entered should be the swimmer's best times for the stroke and distance.
All events will be swum fastest to slowest.
Events will be swum as combined age groups, but scored separately, 10& Unders, 11-12,13-14, and 15& Overs
Lakeside Aquatic Club reserves the right to conduct flyover starts or change warm-up or sessions depending on meet size.

Qualifying

Times: A swimmer may enter any event which the swimmers has achieved the "BB" qualifying time or faster for their age group, and they have not achieved the 15-16 AA time. 15 & Over swimmers will use the 15-16 national age group time standards.

Age up Date: The age of the swimmer will be his/her age on October 5, 2019

Invited Teams: LAC, Dallas Mustangs, ESP, NTN

Entry

Restrictions: Each swimmer may participate in four (4) individual events per day. All seed times should be submitted to the 100th of a second and be provable in USA Swimming's SWIMS database.

Entry

Deadline: All entries shall be received, not later than 6:00PM Central Time, Thursday, September 19, 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 will 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 also include the address that you would like the awards to be mailed to. If you do not receive an email confirmation, your entries were not received.

Entries Chair: Jeff Jones

Jeff.jones@swimlac.org

469-323-7829

PO Box 270189 Flower Mound, TX 75027

Entry Fees: \$6.00 per individual event. A \$13.00 surcharge per swimmer will apply. \$3.00 of the surcharge will go to North Texas Swimming.

Make checks payable to: LAC

Bring checks to the meet.

Deck Entries: Deck Entries will not be accepted at the meet.

Meet Staff:

Meet Referee: Karen Rourke swim.tex@verizon.net

Starter: Scott Leeper

Stroke & Turn Officials: Nick Disibio & Wit Ittiruck

Admin Referee: Robin Magan Robin.Magan@kellerisd.net

Meet Director: Jeff Jones 469-323-7829

Head Safety Marshall: Tony Arbogast

Club Safe Sport Chair: Sam Anderson

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:**

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 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 (2019) certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 201# and have a current Background Check and Athlete Protection Course 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.

Timers:

LAC will provide timers for all events.

Awards:

Ribbons will be awarded for places 1-8 for 11-12 and places 1-8 for 10&Unders.
Point as follows, Individual: 9-7-6-5-4-3-2-1

Daily

Schedule:

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

Session 1 (SAT 13& Overs)	Group 1 7:00-7:30 am Group 2 7:30-8:00 am Pace/Starts 8:00-8:15 am	Meet Starts at 8:30am
Session 2 (SAT 12 & Unders)	Group 1 12:30-1:00 pm Group 2 1:00-1:30 pm Pace/Starts 1:30-1:45 pm	Meet Starts at 2:00pm
Session 3 (SUN 13 & Overs)	Group 2 7:00-7:30 am Group 1 7:30-8:00 am Pace/Starts 8:00-8:15 am	Meet Starts at 8:30am
Session 4 (SUN) 12 & Unders	Group 2 12:30-1:00 pm Group 1 1:00-1:30 pm Pace/Starts 1:30-1:45 pm	Meet Starts at 2:00pm

Warm up and meet start times for sessions 2 and 4 may change based on the timelines for sessions 1 and 3. If any changes occur teams will be notified by Thursday, September 26, 2019.

Warm up group assignments will be sent out Thursday, September 26, 2019.

Meet Program: Heat sheets will be available on meet mobile for a one time charge.

Order of Events

Distances are in Short Course Yards

Saturday AM 13 & Over

1	13 & Over 50 Freestyle	2
	13-14	
	15 & Over	
3	13 & Over 200 Backstroke	4
	13-14	
	15 & Over	
5	13 & Over 100 Breaststroke	6
	13-14	
	15 & Over	
7	13 & Over 200 Freestyle	8
	13-14	
	15 & Over	
9	13 & Over 100 Butterfly	10
	13-14	
	15 & Over	
11	13 & Over 400 IM	12
	13-14	
	15 & Over	

** Events 11 and 12 will alternate the fastest heat of girls then the fastest heat of boys**

Saturday PM 12 & Under

13	12 & Under 100 Freestyle	14
	10 & Under	
	11-12	
15	12 & Under 50 Breaststroke	16
	10 & Under	
	11-12	
17	11-12 200 Butterfly	18
19	12 & Under 100 Backstroke	20
	10 & Under	
	11-12	
21	12 & Under 200 IM	22
	10 & Under	
	11-12	
23	12 & Under 50 Butterfly	24
	10 & Under	
	11-12	
25	11-12 Under 200 Breaststroke	26
27	12 & Under 500 Free	28
	10 & Under	
	11-12	

** Events 27 and 28 will alternate the fastest heat of girls then the fastest heat of boys**

Sunday AM 13 & Over

29	13 & Over 200 Breaststroke 13-14 15 & Over	30
31	13 & Over 100 Backstroke 13-14 15 & Over	32
33	13 & Over 200 IM 13-14 15 & Over	34
35	13 & Over 100 Freestyle 13-14 15 & Over	36
37	13 & Over 200 Butterfly 13-14 15 & Over	38
39	13 & Over 500 Free 13-14 15 & Over	40

** Events 39 and 40 will alternate the fastest heat of girls then the fastest heat of boys**

Sunday PM 12 & Under

41	12 & Under 50 Freestyle 10 & Under 11-12	42
43	11-12 & 200 Backstroke 11-12	44
45	12 & Under 100 Butterfly 10 & Under 11-12	46
47	12 & Under 50 Backstroke 10 & Under 11-12	48
49	12 & Under 100 Breaststroke 10 & Under 11-12	50
51	12 & Under 200 Freestyle 10 & Under 11-12	52
53	12 & Under 100 IM 10 & Under 11-12	54

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.