



Sharing the Harvest November 8th – 10th, 2019

Sanction #: NT 070-19

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. 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.

Venue: Carroll ISD Natatorium, 1501 W. Southlake Blvd, Southlake, TX 76092.

Facility: One or two 8 lane, 25 yard pools with multiple 25yd continuous warm up lanes. Meet course may be a 10 lane course going from east to west. One or two pools utilized depending on timeline of meet. Colorado timing system will be utilized. Ample seating and dressing space are provided. Only coaches, athletes and officials will be allowed on the pool deck, and no folding chairs will be allowed in the spectator seating area.

Water Depth: The minimum water depth, measured in accordance with Article 103.2.3, is: First pool - 13 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. Second pool – 8 feet, 0 inches at the start end and turn end is 4 feet, 0 inches measured from 1 meter to 5 meters from both end walls.

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, CISD 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: Positive check-in is required for all events. The check-in deadline is 30 minutes prior to the scheduled start of the session. All events will be swum as timed finals and will be deck seeded. All events will be swum fastest to slowest. The 500 freestyle will be swum fastest to slowest alternating girls then boys.

Qualifying

Times: A swimmer may enter any event for which they are eligible to compete at a BB level or slower provided that the swimmer does not have an A time or faster.

Age up Date: The age of the swimmer will be his/her age on November 8, 2019.

Entry

Restrictions: Each swimmer may participate in a maximum of four (4) individual events per day. Entry times will be seeded with non-conforming times seeded last. No entries will be accepted unless the entrant is registered with USA Swimming, Inc. Every club entered as a team in a North Texas Swimming sanctioned meet must be a member of USA Swimming, Inc. This meet will be open to the first 325 swimmers.

Entry

Deadline: All entries must be received by 6:00pm on Tuesday, October 29, 2019.

Entry

Procedures: Mail entries to: Carroll ISD, Attn: Aquatic Center, 1501 W. Southlake Blvd., Southlake, TX 76092. Email entries to: walter.rumans@southlakecarroll.edu. Please include a Meet Entry Report of your entries, listing the swimmer, USA Swimming ID, and entries by swimmer.

Entry Fees: \$4.50 per individual event. The \$3.00 surcharge per swimmer will apply and will go to North Texas Swimming. Please include a Meet Entry Fee report with your payment. Entry fees must be received by October 29, 2019. Refunds will not be given for any reason.

Make checks payable to: **NTN Parent Club**

Send checks to: **Carroll ISD, Attn: Aquatic Center, 1501 W. Southlake Blvd., Southlake, TX 76092.**

Deck Entries: No deck entries will be accepted.

Meet Staff:

Meet Referee: Traci Johnson (traci@tdjohnsoncpa.com)

Starter: Csongor (Shawn) Bibza

Stroke & Turn Officials : Jody Drap/Roy Grannell

Admin Referee: Jason Johnson (traci@tdjohnsoncpa.com)

Meet Director: Kristy Edmund (kristyedmund10@gmail.com)

Head Safety Marshall: Danna Suresh

Club Safe Sport Chair: Kirk Stackle

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: **NO PHOTOGRAPHY WILL BE ALLOWED ON DECK**

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 2019 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 if possible. Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments. Official uniform will be white polo over blue shorts/skirts/pants and white shoes.

Timers: The North Texas Nadadores will provide timers for the meet. However, if a member of your club would like to help with the timing duties, please have them report to the head timer. **Swimmers in the 500 free must provide their own timers and counters.**

Awards: Team scores will be kept as follows:
 Individual: 1st – 8th: 9,7,6,5,4,3,2,1
 Ribbons: 1st – 8 place for age groups of 10& under, 11-12, 13-14, 15&Over.

Daily

Schedule: Session 1 - Friday 11/8/19 - 5:00 - 5:45 PM warmup, meet starts at 6:00 PM
Session 2 - Sat, 11/9/19 – 8:00 - 8:45 AM warmup, meet starts at 9:00 AM
Session 3 - Sun, 11/10/19 – 8:00 – 8:45 AM warmup, meet starts at 9:00 AM

Order of Events

Distances are in SC yards

Session 1 – Friday PM

Girls #'s	Slower than	Events	Slower Than	Boys #'s
1		11 & O 400 IM		2
	5:29.29	11-12	5:19.79	
	5:13.59	13-14	4:52.99	
	5:07.49	15 & O	4:42.09	
3		11 & O 200 Back		4
	2:31.39	11-12	2:27.99	
	2:23.39	13-14	2:14.69	
	2:20.69	15 & O	2:08.49	
5		12 & U 100 IM		6
	1:20.79	10 & U	1:19.49	
	1:12.29	11-12	1:09.09	
7		12 & U 500 Free		8
	6:44.89	10 & U	6:37.39	
	6:07.79	11-12	5:57.69	
9		13 & O 500 Free		10
	5:50.89	13-14	5:31.39	
	5:43.49	15 & O	5:19.39	

Session 2 – Saturday AM

Girls #'s	Slower than	Events	Slower Than	Boys #'s
11		12 & U 50 Free		12
	31.39 29.09	10 & U 11-12	30.99 27.89	
13		13 & O 50 Free		14
	27.99 27.49	13-14 15 & O	25.69 24.79	
15		12 & U 100 Fly		16
	1:24.09 1:11.49	10 & U 11-12	1:23.49 1:09.59	
17		13 & O 100 Fly		18
	1:05.99 1:04.59	13-14 15 & O	1:01.29 58.59	
19		11 & O 200 Breast		20
	2:54.09 2:44.59 2:41.29	11-12 13-14 15 & O	2:47.09 2:32.89 2:24.59	
21		12 & U 100 Back		22
	1:19.29 1:11.79	10 & U 11-12	1:19.19 1:09.29	
23		13 & O 100 Back		24
	1:06.19 1:04.69	13-14 15 & O	1:01.79 58.59	
25		12 & U 50 Breast		26
	41.79 36.89	10 & U 11-12	40.99 36.19	
27		12 & U 200 Free		28
	2:35.59 2:18.19	10 & U 11-12	2:29.39 2:13.49	
29		13 & O 200 Free		30
	2:11.29 2:08.49	13-14 15 & O	2:02.59 1:57.69	

Session 3 – Sunday AM

Girls #'s	Slower than	Events	Slower Than	Boys #'s
31		12 & U 100 Free		32
	1:10.49 1:08.29	10 & U 11-12	1:09.69 1:00.89	
33		13 & O 100 Free		34
	1:00.69 59.59	13-14 15 & O	56.29 53.89	
35		12 & U 50 Fly		36
	36.19 31.49	10 & U 11-12	35.39 31.19	
37		12 & U 200 IM		38
	2:52.69 2:34.89	10 & U 11-12	2:50.99 2:30.89	
39		13 & O 200 IM		40
	2:26.99 2:24.19	13-14 15 & O	2:17.19 2:10.89	
41		12 & U 50 Back		42
	36.69 32.89	10 & U 11-12	37.09 32.29	
43		12 & U 100 Breast		44
	1:31.89 1:20.39	10 & U 11-12	1:30.19 1:18.39	
45		13 & O 100 Breast		46
	1:15.99 1:14.49	13-14 15 & O	1:09.79 1:06.49	
47		11 & O 200 Fly		48
	2:34.99 2:25.79 2:22.89	11-12 13-14 15 & O	2:31.39 2:15.69 2:20.59	

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.