

MANSFIELD AQUATIC CLUB
2019 MAC B/C Meet
October 4-6, 2019

- Sanction#:** NT 061R-19
Held under the sanction of USA Swimming by North Texas Swimming, Inc.
- Teams:** Division 1 Only (FAST, LTSD, MAC, MARS, NTN, GWA, SNAP, TCU, UNT, LAC -Keller)
- 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:** 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:** 10 lane, 25 yard 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 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, MISD NATATORIUM, 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. 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 are timed finals. Events will be swum slowest to fastest, except for the 400IM, 500FR, and 1650FR. Those distance events will be swum fastest to slowest, alternating heats of girls and boys. Seed times entered should be the swimmer's best time for the stroke and distance from the USA Swimming SWIMS database. If the swimmer has not previously competed in the stroke and distance, NT (no time) should be entered.

Meet will be limited to the team which reaches 450 athletes.

Positive check-in is required. The check-in deadline is 30 minutes prior to the scheduled start of each *session*. There are three check-in options:

 √ Indicates swimmer will swim event.
 SCR Indicates swimmer will not swim the event.
 Indicates swimmer will not swim the event

Qualifying Time: Swimmers may not enter any event in which they have achieved a "BB" or faster time. Swimmers may not exceed the daily maximum of events.

Age up Date: Swimmer's age as of October 4, 2019 shall determine their age for the entire meet.

Entry Restrictions: Swimmers may participate in a maximum of three (3) individual events and one (1) relay per day.

Entry Deadline: Entries must be received by 6:00 PM, September 26, 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: Entry fees are \$6.00 per individual event, and \$10.00 per relay. There is also a \$3.00 surcharge for each athlete entering the meet.

Entries must be submitted by Email, to Theresa Brown at mansfieldmeetentries@gmail.com and

must be received by 6:00 PM, September 26, 2019. ***Please include a hard copy of the entry and fee reports with entry file.*** The name, phone number and email address of the person preparing team entries shall be provided with the entries. Entry fee checks payable and mailed to:

Mansfield Aquatic Club
C/O Theresa Brown
1001 N. Holland Rd
Mansfield, TX 76063

Deck Entries: No late entries will be accepted. All entries must be received by the entry deadline of 6:00pm, September 26, 2019.

Meet Staff: **Meet Referee:** Jason Roberts elpasojman@yahoo.com
Starter: Todd Tomlinson
Stroke & Turn Officials : Ricardo Robaina / William Donaldson
Admin Referee: Robert Steffner
Meet Director: Cody Huckabay mansfieldmeetentries@gmail.com 817-276-5230
Head Safety Marshall: Sam Sok
Club Safe Sport Chair: Nicholas Johnson

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.

Unattached/Unaccompanied Athletes: 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 ledge. 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.

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 competition and for providing their own assistant or equipment. However, coaches/swimmers may contact the Meet Director at least two 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. Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments.

Timers: Due to the size of the meet, each team will be expected to provide timers for each session. The host team will assign lanes based on the number of athletes participating. Assignments will be

emailed to teams by Wednesday, October 2, 2019.

Swimmers must provide their own timer and lap counter for the 400 IM, 500 Free, 1000 Free and 1650 Free

Awards: Ribbons: 1st – 8th place for individual events for ages 10&U, 11-12, 13-14, 15&O
 1st – 3rd place for relay events.
 Scoring: Individual: 9-7-6-5-4-3-2-1
 Relay: 18-14-12-10-8-6-4-2

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

	<u>Warm-Up</u>	<u>Meet Start</u>
Session 1	Friday 5:00pm	6:00pm
Session 2 (10 & Under)	Saturday 8:00am	9:00am
Session 3 (11 & Over)	Saturday 12:00pm	1:00pm
Session 4 (10 & Under)	Sunday 8:00am	9:00am
Session 5 (11 & Over)	Sunday 12:00pm	1:00pm

**The meet director in conjunction with the meet referee may adjust the warm up assignments if the entries for the meet make either warm up session disproportionately large. They shall attempt to even the number of swimmers in each session. All teams involved will be notified not less than 72 hours prior to the beginning of the first warm up session of the meet of any changes.

Order of Events

Session 1 - Friday, October 4, 2019		
Girls	Event Description	Boys
1	<u>100 IM</u> 10& Under 11-12	2
3	<u>200 Free</u> 10& Under 11-12 13-14 15 & Over	4
5	<u>400 IM</u> 11-12 13-14 15 & Over *swimmers must provide their own timer and lap counter *will be swum alternating girls & boys *will be swum fastest to slowest	6
7	<u>1000 Free*</u> 11-12 13-14 15 & Over swimmers must provide their own timer and lap counter *will be swum alternating girls & boys *will be swum fastest to slowest	8

**Session 2 - Saturday, October 5, 2019
(AM) 10 & Under**

Girls	Event Description	Boys
9	<u>200 Free Relay</u> 10 & Under	10
11	<u>100 Breast</u> 10 & Under	12
13	<u>50 Back</u> 10 & Under	14
15	<u>100 Free</u> 10 & Under	16
17	<u>50 Fly</u> 10 & Under	18
19	<u>500 Free *</u> 10 & Under *swimmers must provide their own timer and lap counter *will be swum alternating girls & boys *will be swum fastest to slowest	20

**Session 3 - Saturday, October 5, 2019
(PM) 11 & Over**

Girls	Event Description	Boys
21	<u>200 Fly</u> 11-12 13-14 15 & Over	22
23	<u>200 Free Relay</u> 11-12 13-14	24
25	<u>100 Breast</u> 11-12 13-14 15 & Over	26
27	<u>50 Back</u> 11-12	28
29	<u>100 Free</u> 11-12 13-14 15 & Over	30
31	<u>200 Back</u> 11-12 13-14 15 & Over	32
33	<u>50 Fly</u> 11-12	34
35	<u>500 Free *</u> 11-12 13-14 15 & Over *swimmers must provide their own timer and lap counter *will be swum alternating girls & boys *will be swum fastest to slowest	36

**Session 4 – Sunday, October 6, 2019
(AM) 10 & Under**

Girls	Event Description	Boys
37	<u>200 Medley Relay</u> 10 & Under	38
39	<u>100 Back</u> 10 & Under	40
41	<u>50 Breast</u> 10 & Under	42
43	<u>100 Fly</u> 10 & Under	44
45	<u>200IM</u> 10& Under	46
47	<u>50 Free</u> 10 & Under	48

**Session 5 – Sunday, October 6, 2019
(PM) 11 & Over**

Girls	Event Description	Boys
49	<u>200 Breast</u> 11-12 13-14 15 & Over	50
51	<u>200 Medley Relay</u> 11-12 13-14	52
53	<u>100 Back</u> 11-12 13-14 15 & Over	54
55	<u>50 Breast</u> 11-12	56
57	<u>100 Fly</u> 11-12 13-14 15 & Over	58
59	<u>200IM</u> 11-12 13-14 15 & Over	60
61	<u>50 Free</u> 11-12 13-14 15 & Over	62
63	<u>1650 Free *</u> 11-12 13-14 15 & Over *swimmers must provide their own timer and lap counter *will be swum alternating girls & boys *will be swum fastest to slowest	64

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.