

Lakeside Aquatic Club

Fall Classic 2020

November 6 - 8, 2020

Sanction #: NT 078-20
Held under the sanction of USA Swimming by North Texas Swimming, Inc.

This Meet is capped at 300 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 prior to the start of the meet. Failing to complete the APT test will impact the athlete's ability to compete at meets or have their times loaded into SWIMS.

Venues: Lewisville ISD Westside Aquatic Center (WAC)
1750 Duncan Lane
Lewisville, TX 75067

Facility: 1 - 8 lane course for competition and at least 16 lanes available for pre meet warm up. Colorado timing system, Hy-Tek Meet Manager Software and 2 scoreboards will be utilized.

Water Depth: The minimum water depth for the WAC, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at the start end and the turn end is 8 feet, 6 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls.

Course

Certification: The competition courses have been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

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: https://www.teamunify.com/ntlac/UserFiles/Image/QuickUpload/covid-guidelines_035869.pdf
<https://docs.google.com/document/d/192d3BVGt99PjBcveqbm7-l2rYXjf03fgyo4be0OiPmQ/edit?usp=sharing>

SAFE SPORT: Due to COVID-19 we are not allowing spectators in the building during the competition. All facility doors will be open, but we ask you do not congregate at the entrance. We may be live streaming the event to give parents and guardians an opportunity to watch their athlete compete. Live stream info will be posted on the LAC website prior to the start of the swim meet.

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 2020/21 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, (Westside 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 (Westside 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: This is a short course yards prelims/final meet. Prelims will be run in one (1) - 8 lane course in a chase start format from opposite ends. Finals will be in one (1) - 8 lane course starting from one end. All events will be swum as Open.

This meet will be capped at 300 swimmers in each flight/session.

Prelims:

- A & B flights for Prelims. A flight is swimmers with at least 1 AAA Time Standard by age group. B flight is swimmers that qualify for the meet, but do not have a AAA cut. However, LAC reserves the right to move swimmers into different flights to make the numbers in each flight a similar size.
- Heats will be run with odd heats starting from one side (East end) of the pool and even heats starting from the opposite end (West end).

Seeding:

- All events 200 yards and less will be pre-seeded.
- All events will be swum fastest to slowest.
- For Prelims – the 400 IM and 500 Free will be seeded fastest to slowest, swimming in this order: top 3 heats of girls, top 3 heats of boys, then alternating girls and boys for remainder of heats.
- The Girls 1000 Free & Boys 1650 will be seeded fastest to slowest, alternating girls / boys.
- If there is a tie qualifying for finals between a swimmer in the A flight and the swimmer in the B flight, a swim off will take place 30 minutes prior to the start of the finals session.

Finals:

- There will be A, B, C, D, & E Finals for all events 100 yards and shorter and swum in that order (fastest to slowest).
- There will be A, B, C, & D Finals for all events 200 – 500 yards and swum in that order (fastest to slowest).
- The 1000 & 1650 Free will be Timed Finals with the top 8 swimmers swimming in finals and all other swimming in prelims.

- All finalists will report to staging area.
- The finals sessions will only allow the following to gain access to facility: qualifying swimmers & alternates of that session, coaches of those swimmers, officials and volunteers working that session. All others will not be allowed entry into facility.

Finals & Scratching:

- Any swimmer qualifying for any of the evening finals heats will have 30 mins from the announcement of qualifiers to notify the clerk of course of their intent not to compete, or to defer the decision. A flight finals qualifiers will be announced as tentative during the A flight. Swimmers must declare their intention at that time at the Clerk of Course.
- Additionally, 1st & 2nd alternates will be announced with the qualifiers for evening finals heats. Alternates will not be penalized if unable to compete.
- Swimmers who scratch out of an event will not have their meet fees refunded.
- Swimmers who 'No Show' for finals, will be removed from the remainder of the meet, unless excused used by the meet referee because of illness or injury.

****There will be no penalty for 'No Showing' Prelims****

Lakeside Aquatic Club reserves the right to change, the amount of lanes used in competition pool, update meet start times, update meet warm up times, add in necessary breaks to allow for rest, including but not limited to; chase starts, change of warm-up sessions depending on meet size, etc.

Qualifying Times:

Swimmers must have achieved the 2017-2020 15-16 AA time to enter the meet. Any swimmer with at least 1 qualifying time can enter the meet entry limit.
Swimmers can enter the 1000 with a 1650 qualifying time and can enter the 1650 with a 1000 qualifying time.

Age up Date: The age of the swimmer will be his/her age on November 6, 2020.

Invited Teams: All North Texas registered teams along with invited teams from outside the LSC that border NT LSC.

Restrictions: Each swimmer may participate in a maximum of 3 events per day. Event seeding will use SCY, LCM and SCM times that are provable in USA Swimming's SWIMS database.

Entry

Deadline: All entries shall be received, not later than 6:00PM Central Time, October 22, 2020. There will be no changes or additions to entries after deadline.

Entry

Procedures: All entries must be submitted 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.

Entries Chair: Bryan Welter
bryan.welter@swimlac.org
615-498-5888
PO Box 270189, Flower Mound, TX 75027

Entry Fees: \$10.00 per individual event.
A surcharge of \$20.00 per swimmer will apply, \$3.00 of the surcharge will go to North Texas swimming. Please include a Meet Entry Fee report with your payment. Refunds will not be given for any reason. Make checks payable to: **LAC**

Deck Entries: No late entries allowed. If a swimmer misses an event at the meet, they will not be put into an empty lane in a later heat.

Meet Staff:
Meet Referee: Chuck Chinnis
Starter: Nick DiSibio, Sharon McGrath
Stroke & Turn Officials: Steve Crabtree, Niki Rogers
Admin Referee: Gloria Schuldt, Karen Rourke, Robin Magan
Meet Director: Tony Arbogast

Head Safety Monitor: Donovan Pope / Saxon Simpson
Club Safe Sport Chair: Jon Sakovich

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: Only assigned (2020/21) certified USA Swimming officials will be allowed to participate. All deck officials must be registered with USA Swimming for 2020/21 and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training 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: Timers will be provided by LAC.

Counters: 1. Swimmers entered in the 500 free prelims & finals sessions and the 1650 free prelims & finals sessions will need to provide counters from swimmers or coaches already in that session and currently in the facility. No new persons will be allowed in the facility to count.

Awards: There will be NO awards at this meet.

Daily

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

Locker Rooms: There will be a maximum of 4 swimmers at one time in the locker rooms.

Heat Sheets: Will be available on Meet Mobile & LAC website, www.swimlac.org. Finals heat sheets will be available on LAC website, www.swimlac.org.

Friday, Saturday, & Sunday

A Flight

6:30 – 7:15am
7:15 - 8:00 am
8:15 am

Prelim General Warm Up #1**
Prelim General Warm Up #2**
Prelims Session Starts

B Flight

B Flight warm ups will start approximately 30-45 min after the end of A flight sessions. B Flight swimmers will be allotted one (1) or two (2) 45 min warm up sessions depending on the number of swimmers entered in that session. B flight competition will begin after warm ups. Approximate start times for warm ups and competition will be available on the LAC website prior to the start of the meet.

Finals

The finals sessions will only allow the following to gain access to facility: *qualifying swimmers & alternates of that session, coaches of those swimmers, officials, volunteers, and approved persons working that session. All others will not be allowed entry into facility.*

5:15 – 6:10 pm
6:10 – 6:20 pm
6:30pm

Finals General Warm Up**
Push Pace / Dive / Sprint
Finals Session Starts

**Teams will control their own warm-up lanes during prelim warm up. Each team will have one lane in the competition pool to do starts and pace during the prelim warm-up session. Each warm-up lane can only have 6 swimmers in a lane at a time.

Check ins will take place at the Clerk of Course table per the following schedule:

Check-ins:

Check in is required for 400 IM, 500 Free, 1000 Free, & 1650 Free

- 400 IM – Check in closes Friday November 6, 9:00am
- 500 Free – Check in closes Friday November 6, 7:00pm
- 1000/1650 Free – Check in closes Saturday November 7, 7:00pm

Check-in has three options:

√ Indicates that the athlete is present and will swim the event.
SCRATCH Indicates the swimmer has scratched from this event.
_____ Indicates swimmer is not swimming this event for reasons unknown.

Order of Events

Distances are in SC yards

Friday November 6, 2020

A & B Flights

Girls	Events	Boys
1	200 Free	2
3	100 Breast	4
5	100 Fly	6
7	400 IM	8

For Prelims – the 400 IM will be seeded fastest to slowest, swimming in this order: top 3 heats of girls, top 3 heats of boys, then alternating girls and boys for remainder of heats.

Saturday November 7, 2020

A & B Flights

Girls	Events	Boys
9	200 Fly	10
11	50 Free	12
13	100 Back	14
15	200 Breast	16
17	500 Free	18

For Prelims – the 500 Free will be seeded fastest to slowest, swimming in this order: top 3 heats of girls, top 3 heats of boys, then alternating girls and boys for remainder of heats.

Sunday November 8, 2020

A & B Flights

Girls	Events	Boys
19*	1000 Free	
	1650 Free	20*
21	200 IM	22
23	200 Back	24
25	100 Free	26

The fastest 8 women that elect to swim PM for the 1000 Freestyle and fastest 8 men that elect to swim PM for the 1650 Freestyle will swim in finals. All other heats of the 1000 and 1650 Freestyles will take place after the 100 Freestyle in the prelim session. The 1000 Freestyles and 1650 Freestyles will alternate with the fastest heat of girls then the fastest heat of boys.

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.