

COR SWIMMING
2021 COR CLASSIC
December 3-5, 2021

- Sanction #:** NT 091-21
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.
- APT:** Adult athletes (18 and older) must complete Athlete Protection Training (APT) prior to the first day of the meet and show proof of completion in their Deck Pass account prior to competing. Times achieved by an adult athlete who competes without completing this membership requirement will NOT count for qualification or recognition in individual events or relays.
- Venue:** Garland ISD Natatorium – 2585 Firewheel Pkwy Garland, TX 75040
- Facility:** Two 8 or 10 x 25 yard lanes pools. At least 6 x 25 yard lanes will be available for warm up/warm down. Colorado Timing and Meet Manager software will be used. Seating for 1200.
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 8 inches at the start end and the turn end is 6 feet, 8 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).
- 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:** Facility guidelines will posted on NT Website with Meet Info and on COR Website.
<https://www.teamunify.com/team/ntscor/page/home>
https://docs.google.com/document/d/1AiKsiyYGN40hBH8eMZyBisBqU_K3PgXLwK7fKy-E1yA/edit?usp=sharing
- We will follow Garland ISD protocols for masks at the time of the meet. Currently masks are being required to be in the facility. Any new information will be sent to teams when their entry is processed.

Spectators: Will be allowed at the meet according to Garland ISD guidelines at time of the meet. Garland ISD has a clear bag policy for spectators. Please see last page of document.

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 2021 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, Garland 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.

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 Garland Natatorium. 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 (2021/22) 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: Prelim / Finals Saturday and Sunday. Timed Finals Friday Night. 10 and unders will swim top 8 for finals. 11-12, 13-14, and open over will swim top 16. Seeding will be done fast to slow with non-conforming times last. COR reserves right to run fly over starts, change warm up sessions, and start times depending on meet size. Depending on size of meet either 8 or 10 lanes may be used or 2 competition courses.
All-Events will be pre-seeded except 1650free. Positive check for the 1650 is required by 6:00pm Saturday 12-4-21. If coaches know of a scratch for Friday events please email Dan@corswim.org by Thursday 12-2-2021

Scratch Rule: Scratches for finals. Current USA Swimming, Inc. rules 207.11.6D and 2.11.6E. Additionally, first and second alternates shall be announced along with the qualifiers for the consolation final heat and/or the championship final heat. These alternates shall not be penalized if unavailable to compete in the Finals. For championship and consolation finals, those swimmers who qualify and then fail to declare their intention to scratch to the Clerk of Course within thirty (30) minutes of the announcement of the finalists for that event, then fail to scratch within thirty (30) minutes of their last event of that session and fail to compete in the event in the finals will be barred from all subsequent competition in the meet. Swimmers may be excused because of illness, injury or situations beyond the swimmers' control.

1650 Free: This event will swim as an "Open" event for 13 & over swimmers who have achieved the "A" time standard in either the 1000 or 1650 Free for their respective age group (or LCM equivalent). The fastest 32 female and 32 male swimmers entered will compete in this event. Seeding preference will be times entered as 1650 SCY, then 1500 LCM, followed by 1000 SCY. If time permits, COR will include an additional heat/heats to allow

more swimmers an opportunity to compete. All heats of the timed final event will be swum at the conclusion of Prelims fastest to slowest.

Admissions: \$5.00 per session or \$10.00 for all session pass.

Heat Sheets: Heat sheets will be available through meet mobile. They will be posted on pool deck and in areas for athletes. Coaches will be given paper heat sheets.

Qualifying

Times: Swimmers must have national 2021-2024 A time in respective age group in at least one event of the meet. Open age group will use 15-16A time.

Bonus

Swims: A swimmer with 1 A time can enter up to 2 bonus swims. A swimmer with 2 A times can enter 1 bonus swim. **All bonus swims must be 200 yards and down.** A swimmer may not bonus swim any event above 200 yards. Bonus swims must be marked on entry.

Age-Up Date: The age of the swimmer will be his/her age on 12/3/21.

Restrictions: Swimmers may swim a max of 3 events per day and 8 for the meet.

Entry

Deadline: All Entries must be received no later than Thursday November 18, 2021 by 12:00PM

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.

Invited Teams: All North Texas teams, Jenks, Nitro, Tigershark, any other teams must contact dan@corswim.org if space is available.

Entries Chair: Dan Hafner email: dan@corswim.org Phone: 2484176679

Entry Fees: \$10.00 per individual event. \$15.00 per relay. Max of 2 relays per team. The \$30.00 surcharge with \$3.00 going to North Texas surcharge per swimmer will apply. Please include a Meet Entry Fee report with your payment. Entry fees must be received by 1st day of meet or your entries will be removed from the meet. Refunds will not be given for any reason. Make checks payable to: COR SWIMMING

Send checks to: Maggie Shook
316 Ladyfern Way
Garland TX 75040

Deck Entries: No Deck Entries allowed.

Meet Staff: **Meet Referee:**

Jane Maxvill – jemcruiser@hotmail.com
Craig Lutgen – craig.lutgen@ntswim.org 469 693 9085

Starter:

Mac Lower/Ken Hewes

Stroke & Turn Officials:

Jessica Johnson/ Nadia Atumah

Admin Official (or Referee):

Lisa Stults, Larry Breazeale

Meet Director:

Kelly Belknap - kelly_belknap@yahoo.com 214 507 2173

Dan Hafner - dan@corswim.org

Head Safety Marshall:

Matea Stanisic

Club Safe Sport Chair: Laura Ring

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 competition 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 (2021) certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2021 and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming.

All officials should complete the online Application to Officiate ([here](#)) or contact the Meet Referee one week prior to competition (November 27th) for consideration at assigned positions and three weeks prior to competition (November 13th) for advancement evaluations.

Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments.

Timers: The host team will attempt to provide backup timers for this meet but volunteers from visiting teams may be needed.

Swimmers will need to provide own timer and counter for 1650.

Awards: Custom medals will be given 1st through 3rd place. Custom ribbons will be awarded from 4th through 8th place in all events. Fun Consolation Final Heat Winner prizes will be given. Relays will receive custom ribbons for 1st through 8th place.

Overall Team High Point Awards for 1st Place Team Combined Male and Female

Overall Small Team Award: 1st place Team Award, combined Male and Female – eligible teams are teams having 20 or less swimmers in the meet.

Individual: Overall High Point regardless of age 1st,2nd,3rd, for Male and Female.
Awards must be picked up during the meet, Awards will not be mailed.

Scoring: All NTSI sanctioned meets shall be scored in conformance with USA Swimming Rules and Regulations as follows: Individual: 20-17-16-15-14-13-12-11 (1st to 8th) 9-7-6-5-4-3-2-1 (9th to 16th)

10 & under events scoring, for places 9 to 16, will be done via prelims.

Relays: 40-34-32-30-28-26-24-22 (1st to 8th) Relays will score the top 8 places only.

Concessions: Will be sold by GISD. No outside food is allowed in the building.

Hotels: Hotels will be posted on corswim.org

Daily
Schedule: WARM UP INFORMATION

Friday December 3, 2021

Warm Up: 3:30-4:30 Open Warm Up All Lanes
4:30-4:50 Push/Pace Lanes 1 and 8 both competition
Pools 4:30-4:50 One way Sprints 2 and 7 both
competition Pools
Meet Start: 5:00

Saturday December 4, 2021

Prelims

Warm Up: Session 1 7:00-7:30 AM
Session 2 7:30-8:00 AM
Session 3 8:00-8:30 AM
Session 4 8:30-8:45 AM Lanes 1/8 pace Lanes 2-7 one way sprint both pools

Meet Start: 9:00AM

Finals Warm Up: 4:30-5:20
5:00-5:20 1/8 pace lanes 2/7 one way sprint
Finals Start: 5:30

Sunday December 5, 2021

Warm Up: Session 1 7:00-7:30 AM
Session 2 7:30-8:00 AM
Session 3 8:00-8:30 AM
Session 4 8:30-8:45 AM Lanes 1/8 pace Lanes 2-7 one way sprint both pools

Meet Start: 9:00AM

Finals Warm Up: 4:30-5:20
5:00-5:20 1/8 pace lanes 2/7 one way sprint
Finals Start: 5:30

*Warm-up times and lane assignments will be posted on www.corswim.org by **Monday, November 29, 2021**. Warm-up assignments will also be posted on the pool deck Friday through Sunday. Warm up warm down will be in the 6 lane 25 yard pool located underneath the diving boards.*

Size of the meet will determine how many warm up sessions are needed and duration of each session.

**Order of Events
SCY-SCM-LCM
2021 COR Classic Schedule of Events
Friday December 3,2021**

Girls	A Time	Event Description	A Time	Boys
1	2:52.69	10&U 200 Individual Medley	2:50.99	2
3*	5:29.29	11-12 400 Individual Medley	5:19.79	4*
3*	5:11.69	13-14 400 Individual Medley	4:52.99	4*
5	5:06.49	Open 400 Individual Medley	4:42.09	6
7*	6:44.29	10&U 500 Freestyle	6:37.39	8*
7*	6:07.59	11-12 500 Freestyle	5:57.69	8*
9	5:49.59	13-14 500 Freestyle	5:31.39	10
11	5:43.49	Open 500 Freestyle	5:19.39	12

*combined event but scored separately

**2021 COR CLASSIC SCHEDULE OF EVENTS:
Saturday, DECEMBER 4, 2021**

Girls	A Time	Event Description	A Time	Boys
13		10&U 200 Medley Relay		14
15		11-12 200 Medley Relay		16
17		13-14 200 Medley Relay		18
19		Open 200 Medley Relay		20
21	1:24.09	10&U 100 Butterfly	1:22.79	22
23	1:10.89	11-12 100 Butterfly	1:09.29	24
25	2:24.89	13-14 200 Butterfly	2:15.69	26
27	2:22.99	Open 200 Butterfly	2:09.79	28
29	31.39	10&U 50 Freestyle	30.99	30
31	29.99	11-12 50 Freestyle	27.89	32
33	27.89	13-14 50 Freestyle	25.69	34
35	27.49	Open 50 Freestyle	24.79	36
37	1:19.29	10&U 100 Backstroke	1:18.79	38
39	1:11.39	11-12 100 Backstroke	1:09.19	40
41	1:05.69	13-14 100 Backstroke	1:01.29	42
43	1:04.69	Open 100 Backstroke	58.59	44
45	2:35.59	10&U 200 Freestyle	2:29.39	46
47	2:17.49	11-12 200 Freestyle	2:12.49	48
49	2:10.39	13-14 200 Freestyle	2:02.59	50
51	2:08.49	Open 200 Freestyle	1:57.69	52
53	41.69	10&U 50 Breaststroke	40.99	54
55	36.89	11-12 50 Breaststroke	36.09	56
57	2:43.69	13-14 200 Breaststroke	2:31.39	58
59	2:41.29	Open 200 Breaststroke	2:24.59	60

All relays will swim in the morning.



2021 COR Classic Schedule of Events

Sunday, December 5, 2021

Girls	A Time	Event Description	A Time	Boys
61		10&U 200 Free Relay		62
63		11-12 200 Free Relay		64
65		13-14 200 Free Relay		66
67		Open 200 Free Relay		68
69	1:20.79	10&U 100 Individual Medley	1:18.99	70
71	2:34.49	11-12 200 Individual Medley	2:30.69	72
73	2:25.49	13-14 200 Individual Medley	2:17.09	74
75	2:24.19	Open 200 Individual Medley	2:10.89	76
77	36.19	10&U 50 Butterfly	35.39	78
79	31.29	11-12 50 Butterfly	31.19	80
81	1:05.49	13-14 100 Butterfly	1:00.99	82
83	1:04.59	Open 100 Butterfly	58.59	84
85	36.69	10&U 50 Backstroke	36.99	86
87	32.69	11-12 50 Backstroke	32.09	88
89	2:22.99	13-14 200 Backstroke	2:13.99	90
91	2:20.69	Open 200 Backstroke	2:08.49	92
93*	20:02.99	13-14 1650 Freestyle	19:07.59	94*
93*	19:47.29	Open 1650 Freestyle	18:30.39	94*
95	1:31.89	10&U 100 Breaststroke	1:29.99	96
97	1:20.19	11-12 100 Breaststroke	1:17.49	98
99	1:15.39	13-14 100 Breaststroke	1:09.69	100
101	1:14.49	Open 100 Breaststroke	1:06.49	102
103	1:10.49	10&U 100 Freestyle	1:09.69	104
105	1:03.09	11-12 100 Freestyle	1:00.89	106
107	1:00.49	13-14 100 Freestyle	56.29	108
109	59.59	Open 100 Freestyle	53.89	110

All Relays will swim in the morning.

There will be a 15 min break at the conclusion of prelims before the start of the 1650. All heats of 1650 will swim at the end of prelims fast to slow.



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.



Clear Bag Policy

To ensure guest safety and a quicker entry into the facility, the Natatorium has implemented a bag policy limiting the size and type allowed at all events.

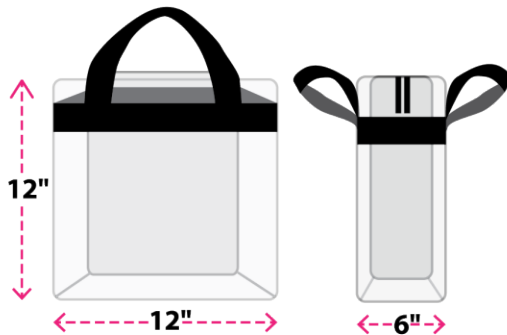
While the Natatorium encourages guests not to bring bags if possible, the following are permissible:

- Clear plastic, vinyl or PVC bags that do not exceed 12" x 6" x 12"
- One-gallon clear plastic Ziploc-style bags
- Clutch bags approximately the size of a hand
- Medically necessary items

LARGE BAGS

CLEAR TOTE

Made of plastic, vinyl or PVC
Size does not exceed 12" x 6" x 12"



OR

One-Gallon Resealable, Clear PLASTIC STORAGE BAG



SMALL BAGS

SMALL CLUTCH BAG

Approximately the size of a hand, with or without a handle or strap
Size does not exceed 4.5" x 6.5"

