

RACE
LC Medal Madness (closed)
July 19-20, 2019

Sanction #: NT 006-19
Held under the sanction of USA Swimming by North Texas Swimming, Inc.

Venue: RISD Aquatic Center
1205 T. L. Townsend
Rockwall, TX
75087
469-698-7410

Pool is located just north of I30. From I30 east, take the exit 68/Texas Route 205. Turn left on Goliad and right onto Yellow Jacket Lane. Pool will be at the end of the street next to the football stadium.

Facility: 2 x 25 yard courses (10 lanes each, 7 feet wide, short course yards) with blocks and touch pads. Both pools will be used if necessary.
Daktronics timing system Hy-tek Meet Manager
4 x 25 yd lanes - continuous WU/WD

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).

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. North Texas rules prevail over any inconsistencies between this Meet Information and current USA Swimming rules. 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, RISD, ROCKWALL 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(s) if attached or unattached, 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: Timed finals. **Seeding will be fast to slow with nonconforming times last.**
We reserve the right to conduct flyover starts. Pools will be split either age group or boy/girl depending on entry count.
There will be no check in for events shorter than 400. There will be check in for the 400/500 that will be due at the start of the meet the day of the event.
Swimmers will need to provide their own timers and lap counters for the 400/500.

- Qualifying Times:** Swimmers must have a current time in any event they want to swim. NO NT or NO TIME ENTRIES. The 400IM and the 500 Free will be limited to the top 30 checked in. RACE reserves the right, if time permits, to allow all swimmers to swim the event.
- Age up Date:** The age of the swimmer will be his/her age on July 19, 2019.
- Entry Restrictions:** Swimmers may enter 4 individual events per session. Swimmers should enter using the following course order SCY, LCM, SCM.
- Entry Deadline:** All entries shall be received no later than 6:00PM Central Time, on July 11, 2019. Fees shall be Mailed and postmarked by the entry date. NO LATE ENTRIES
- Entry Procedures:** Reserve space for your team with Tom Applegate prior to entry deadline. 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. 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: Tom Applegate 469-698-7376 Rockwallswimentries@gmail.com
1205 T.L. Townsend Rockwall, Tx 75087
- Entry Fees:** \$6.00 per individual and \$10 per relay event. There will be a \$10.00 facility surcharge per swimmer that will apply which will include the \$3 North Texas surcharge. Please include a Meet Entry Fee report with your payment. Entry fees must be received by July 19, 2019 or your entries will be removed from the meet. Refunds will not be given for any reason.
Make checks payable to: Rockwall ISD
Send checks to: Tom Applegate
1205 T.L. Townsend
Rockwall, Tx 75087
- Deck Entries:** NO DECK ENTRIES
Meet Staff:
Meet Referee: Kathy Kuipers,
Starter: Henry Shim
Stroke & Turn Officials: Dana Johnson Roy Kuipers
Admin Official (or Referee): Paul Putchinski Paulputchinski@yahoo.com
Meet Director: Shannon Putchinski Shannonputchinski@yahoo.com
Head Safety Marshall: Shannon Whitaker
Club Safe Sport Chair: Tom Applegate
- Cell Phone Restrictions:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms 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 restricted from the area immediately behind the starting blocks and are specifically prohibited from flash photography during the start phase of any race. Photographers must be certified and registered with USA swimming.

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. 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 will be needed.

Awards: Heat Winner Awards will be given; one for lanes 1-5 and one for lanes 6-10.

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

Friday

- 3:00pm to 3:30 pm Warm up1
- 3:30pm to 4:00pm Warm up2
- 4:00pm to 4:15pm Dive/Sprint/Pace for all athletes
- 4:15pm Coaches Meetings
- 4:30pm Session Starts

Saturday

- 7:30am to 8:00 am Warm1
- 8:00am to 8:30am Warm2
- 8:30am to 8:45am Dive/Sprint/Pace for all athletes
- 8:45 am Coaches Meetings
- 9:00am Session Starts

Area Hotel Information



Hilton

Hilton Dallas/Rockwall Lakefront

2055 Summer Lee Dr, Rockwall, TX 75032
(214) 771-3700

Order of Events
Distances are in SC yards

Session 1 – Friday 4:30 pm Meet Start		
Girls	Event Description	Boys
1	11& over 200 Breast	2
3	12 & under 200 Free Relay	4
5	13 & Over 200 Free Relay	6
7	10 &under 50 Back	8
9	11 & Over 50 Back	10
11	10 & under 50 Breast	12
13	11 & Over 50 Breast	14
15	11 & Over 200 Fly	16
17	10 & under 50 Free	18
19	11 & over 50 Free	20
21	10 & under 50 Fly	22
23	11 & over 50 Fly	24
25	10 & under 100 IM	26
27	11 & Over 100 IM	28
29	Open 500 Free *	30

* Swimmers will need to provide their own timers/counters. Event swum fastest to slowest

Session 2 – Saturday 9:00 am Meet Start		
Girls	Event Description	Boys
31	11& over 200 Back	32
33	12 & under 200 Medley Relay	34
35	13 & Over 200 Medley Relay	36
37	10 &under 100 Back	38
39	11 & Over 100 Back	40
41	10 & Under 200 Free	42
43	11 & Over 200 Free	44
45	10 & under 100 Breast	46
47	11 & Over 100 Breast	48
49	10 & under 100 Free	50
51	11 & over 100 Free	52
53	10 & under 100 Fly	54
55	11 & over 100 Fly	56
57	10 & under 200 IM	58
59	11 & Over 200 IM	60

* Swimmers will need to provide their own timers/counters. Event swum fastest to slowest

* Swimmers will need to provide their own timers/counters. Event swum fastest to slowest

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.