

# Lakeside Aquatic Club

## 2020 Distance Meet

November 22, 2020

**Sanction #:** NT 085-20  
Held under the sanction of USA Swimming by North Texas Swimming, Inc.

**All participating athletes and clubs are registered with North Texas Swimming. No athletes will be allowed from another LSC.**

**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:** Keller ISD Natatorium (Keller)  
1000 Bear Creek Pkwy  
Keller, TX 76248

**Facility:** 1 - 8 lane course for competition and 18 lanes available for pre meet warm up. Colorado timing system, Hy-Tek Meet Manager Software and 1 scoreboard will be utilized.

**Water Depth:** The minimum water depth for Keller, measured in accordance with Article 103.2.3, is 12 feet, 0 inches at the start end and the turn end is 12 feet, 0 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls for Keller.

### 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:** <https://docs.google.com/document/d/1KPETwLgV219WBoFyhPzsvuP8d7Qunqm52A8-uQmMVY/edit?usp=sharing>  
[https://www.teamunify.com/ntlac/UserFiles/Image/QuickUpload/covid-guidelines\\_035869.pdf](https://www.teamunify.com/ntlac/UserFiles/Image/QuickUpload/covid-guidelines_035869.pdf)

**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 before 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, KISD, (Keller 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 KISD (Keller 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 (2020/21) 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:** All events will be conducted as timed finals and the meet will be pre-seeded. All events will be swum fastest to slowest, with the 1650 Free, 500 Free, & 400 IM being swum fastest to slowest, alternating one girl heat, one boy heat. Lakeside Aquatic Club reserves the right to change meet format, 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, and any changes necessary to accommodate the size of the meet, including but not limited to; flyover starts, chase starts, change of warm-up sessions depending on meet size, etc.

This is an intra-squad meet. Only LAC registered swimmers will be allowed to enter and swim. Each session will be capped at 120 swimmers.

### **Qualifying**

**Times:** No qualifying times for this swim meet.

**Age up Date:** The age of the swimmer will be his/her age on November 22, 2020.

**Restrictions:** 11 & Over swimmers may participate in a maximum of 2 events for the entire meet. 10 & Under swimmers may participate in a maximum of 4 events for the entire meet. Event seeding will use SCY times that are provable in USA Swimming's SWIMS database.

### **Entry**

**Deadline:** All entries shall be received, not later than 6:00PM Central Time, November 12, 2020.

### **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](mailto:bryan.welter@swimlac.org)  
615-498-5888  
PO Box 270189, Flower Mound, TX 75027

**Entry Fees:** \$6.00 per individual event.  
**A surcharge of \$15 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:** Robin Magan  
**Starter:** Chuck Chinnis  
**Stroke & Turn Officials:** Niki Rogers, Steve Crabtree  
**Admin Referee:** Karen Rourke  
**Meet Director:** Tony Arbogast  
**Head Safety Monitor:** Bryan Welter  
**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.

**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 2-swimmer limit in the locker rooms. No changing will be allowed in the locker rooms and swimmers are asked to arrive with swimsuits on.

**Keller**

Sunday November 22, 2020

Session 1	Warm up - 8:15am	meet start - 9:00am
Session 2	Warm up – TBD*	meet start – TBD*
Session 3	Warm up – TBD*	meet start – TBD*

**\*Session 2 & 3 start times will be determined by the length of the previous sessions. Warm up and start info will be posted on LAC website prior to the start of the meet.**

# Order of Events

Distances are in SC yards

Sunday November 22, 2020

## Session 1

Girls	Events	Boys
1	11 & Over 400 IM	2
3	12 & Under 500 Free	4

## Session 2

Girls	Events	Boys
5	11 & Over 1650 Free	6

## Session 3

Girls	Events	Boys
7	10 & Under 200 IM	8
9	10 & Under 50 Fly	10
11	10 & Under 50 Back	12
13	10 & Under 200 Free	14
15	10 & Under 50 Breast	16
17	10 & Under 50 Free	18

# 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.**