

Speedo

Lone Star Spring Invitational

Hosted by Mansfield Aquatic Club

March 4-7, 2021

Sanction#: NT 010R-21
Held under the sanction of USA Swimming by North Texas Swimming, Inc.

All participating athletes are registered with USA Texas Swimming. Each session will be capped at 250 swimmers.

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: 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 14, 25-yard warm-up lanes. 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 meet personnel only. No SPECTATORS WILL BE ALLOWED FOR THIS MEET. To accommodate USA Swimming Safe Sport guidelines, the Mansfield Aquatic Club will be livestreaming this event.

Facility capacity: 1,000-spectator seating and 700-athlete deck seating.

For this event, both the spectator balcony and the pool deck will be used for athlete seating.

A cap of 500 athletes will be in place for this event.

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).

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: The competition as stated is in compliance with the State of Texas Executive Order 29, the Governor's GA-23 Phase2 requirements and all county and city requirements. <https://gov.texas.gov/uploads/files/press/EO-GA-29-use-of-face-coverings-during-COVID-19-IMAGE-07-02-2020.pdf>

[COVID Pool Procedures](#)

[COVID Symptoms](#)

SAFE SPORT: Swimmers, coaches, and officials ONLY will be allowed in the pool area for the meet. There will be no more than 250 swimmers/session in this meet. No spectators will be allowed for this 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 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, MANSFIELD ISD (MISD 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 Mansfield ISD (MISD 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) 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.

Invited Teams: All North Texas Swimming Clubs, plus selected invites.

Meet Format:

1. All heats will be run slowest to fastest, except the 400 IM, 500 Free, and 1650 Free
2. Prelims/Finals for all events with the exception of the 1650 Free, which will be a timed final event.
3. Finals will bring the top 40 from each event in the prelim session. Finals heats will be swum in D, C, B, A order.
4. B, C, D finals will be limited to 18U athletes
5. Both prelim and final heats will be staged. Athletes should report to the ready area at least two heats before they swim.
6. Prelims will be run in A/B Flights. There will be a minimum of 30 minutes between flights for cleaning of the facility.
7. Swimmers will be placed in the same flight for the duration of the meet, determined by their highest seeded event.
8. Only athletes competing in the finals session and the 1st and 2nd alternates will be allowed into the facility during the finals session.
9. In order to accommodate numbers and distancing protocols, each prelim session will have teams divided into 2-3 warm-up groups of approximately 30-45 minutes. Following general warm-up, there will be a minimum of 15 minutes of pace and start lanes in the competition pool, prior to the start of the meet.

Qualifying Times: Entry to the meet requires swimmers to have the "A" time standard in one event. Swimmers with one "A" time standard will be permitted to compete in any other event, 500 and below, in which they have the bonus time standard. No entries will be accepted unless the entrant is registered with USA Swimming Inc., as provided in Article 302. Every club entered as a team in a North Texas Swimming sanctioned meet, must be a member of USA Swimming, Inc.

EXCEPTION: Athletes registered in North Texas may enter the meet with a Bonus time standard, and may enter any event in which they have a Bonus cut. Athletes, may not exceed the maximum of 7 events for the meet.

Qualifying Period: Qualifying swims for this meet must have been performed between March 1, 2019 and the entry deadline.

Non-Conforming: Swimmers qualifying with a "non-conforming" time (LCM, YLS) should enter that event using the non-conforming time. All events will be seeded SCY first then LCM, then YLS.

Distance Events:

1. The 1650 Free may not be used as a bonus event.
2. Athletes may qualify for the 1650 Free using the 1500/1650 or the 800/1000 time standard.
3. The top 10 seeded girls and boys in the 1650 will swim in finals. No AM/PM option will be afforded.
4. All 1650 athletes not swimming in finals, regardless of assigned prelim flight, will swim following the conclusion of the A-Flight prelim session on Sunday. The 1650 will be swum in its place in the order of events during finals.
5. Positive check-in for the 1650 Free will be 6:00 PM on Saturday, March 6, 2021.
6. Swimmers in 400/500 events will be seeded as follows in the A Flight sessions. Top three heats of girls, (circle seeded) followed by the top three heats of boys. (circle seeded) The remaining heats in the A Flight as well as all heats in the B Flight of prelims will be swum fastest to slowest, alternating heats of girls and boys.
7. Swimmers competing in the 1650FR must provide their own lap counters.

Relay Events:

1. Relay swimmers must be entered in the meet in an individual event.
2. Teams are limited to an ("A") and ("B") relay only.

3. Relay events will be swum in odd numbered lanes only, with five (5) teams per heat.
4. All relays will be swum during the finals sessions.

Age up Date: Swimmer's age as of March 4, 2021 shall determine their age for the entire meet.

Restrictions: Swimmers may participate in a maximum of three individual events per session. Swimmers may participate in maximum of seven individual events for the meet. There are no limitations on the number of relay events a swimmer may participate in during the meet.

Entry Deadline: 11:59 PM Central Standard Time, Tuesday, February 23, 2021.

Entry Procedures: All entries must be submitted using USA Swimming's Online Meet Entry (OME) system.

Entry into the meet is exclusively through the USA-Swimming Online Meet Entry process. The OME entry process will be active beginning Monday, February 1, 2021 at 12:00 pm Central Standard Time. Entry via the OME will close at 11:59 PM Central Standard Time, Tuesday, February 23, 2021. No entries will be accepted through the OME after that date.

The Online Meet entry system does not accept Hy-Tek Team Manager files. The entry system is connected to the USA Swimming times and membership database. Only proven times in SWIMS will be accepted for priority seeding. No "override" times will be allowed.

OME is not an eligibility report for your athletes. You must know what events you wish to enter your athletes in before starting your entry in OME. We will not accept additions if you forgot to enter an event because the time did not show up in OME.

You may modify the entry time of an event within OME up to the normal entry deadline. You may NOT Delete an on line entry once it has been submitted. Once you check out of the OME you may not go back and modify any entry times.

Entries Chair: Theresa Brown mansfieldmeetentries@gmail.com
817-276-5200
Mansfield Aquatic Club
1001 N. Holland Road
Mansfield, TX 76063

Entry Fees: Entry fee \$10.00 per event. There is also a \$23.00 surcharge per athlete. \$3 of the surcharge will go directly to North Texas Swimming Inc. A charge of \$15.00 per coach will be assessed to help cover hospitality expenses.

Deck Entries: No deck entries will be accepted.

Meet Staff:	Meet Referee:	Jason Roberts	elpasojman@yahoo.com
	Starter:	Todd Tomlinson	
	Stroke & Turn Officials:	Trey Donaldson / Ricardo Robiana	
	Admin Referee:	Gloria Schuldt	469-426-2850
	Meet Director:	Cody Huckabay	Office: 817-276-5230; Cell: 817-891-5193
	Head Safety Marshall:	Armando Lucero	
	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.

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 (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 and Athlete Protection Course acknowledged by USA Swimming. ***Please contact the meet referee at least 7 days before the meet if you are interested in participating. All officials will be pre-assigned and must register prior to the meet.*** Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments.

Timers: Teams will be required to provide timers. The sign up link will be available on the [MAC website](#) and [NT Swimming website](#) no later 2 weeks prior to the meet start.

Scoring: Individual: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1
Relay: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2

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	A - Flight	7:00 AM	9:00 AM
Session 2	B - Flight	12:00 PM	1:00 PM
		(Or 30 min. after the conclusion of the A – Flight)	
Session 3	Finals	4:30 PM	6:00 PM

**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.

Heat Sheets: Heat sheets will be available for purchase. \$4.99 through the Meet Mobile app.

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Mansfield, TX

MISD Weems Natatorium

March 4-7, 2021

A Standards		Men's Events	Bonus Standards	
LCM	SCY		SCY	LCM
25.29	21.69	50 Freestyle	22.79	26.09
54.79	47.39	100 Freestyle	49.09	56.49
2:00.50	1:43.80	200 Freestyle	1:46.39	2:03.79
4:15.80	4:42.80	400/500 Freestyle	4:46.69	4:24.59
8:59.49	9:49.49	800/1000 Freestyle	NA	NA
17:05.59	16:34.19	1500/1650 Freestyle	NA	NA
1:02.00	53.39	100 Backstroke	54.59	1:05.29
2:13.80	1:54.90	200 Backstroke	1:57.29	2:23.09
1:09.70	59.79	100 Breaststroke	1:02.29	1:13.79
2:30.90	2:09.70	200 Breaststroke	2:15.09	2:42.59
59.59	52.09	100 Butterfly	53.89	1:02.19
2:11.80	1:55.10	200 Butterfly	1:59.89	2:22.69
2:15.20	1:57.10	200 Individual Medley	1:59.99	2:21.09
4:47.60	4:11.20	400 Individual Medley	4:14.89	5:01.29

A Standards		Women's Events	Bonus Standards	
LCM	SCY		SCY	LCM
28.09	24.49	50 Freestyle	25.69	29.19
1:00.70	53.09	100 Freestyle	54.49	1:02.19
2:11.00	1:53.80	200 Freestyle	1:56.89	2:13.69
4:35.30	5:05.10	400/500 Freestyle	5:12.49	4:42.39
9:30.49	10:31.39	800/1000 Freestyle	NA	NA
18:23.29	17:59.99	1500/1650 Freestyle	NA	NA
1:07.90	58.99	100 Backstroke	1:01.09	1:12.39
2:27.00	2:07.20	200 Backstroke	2:10.59	2:35.69
1:17.20	1:06.90	100 Breaststroke	1:10.39	1:21.99
2:46.70	2:24.70	200 Breaststroke	2:32.89	2:57.19
1:05.80	58.19	100 Butterfly	1:00.49	1:09.29
2:25.10	2:08.90	200 Butterfly	2:14.99	2:37.39
2:28.50	2:09.30	200 Individual Medley	2:14.79	2:34.39
5:13.00	4:33.40	400 Individual Medley	4:46.39	5:26.39

Order of Events

Thursday, March 4, 2021

200 Free Relay
500 Freestyle
100 Breaststroke
200 Butterfly
200 Medley Relay

Friday, March 5, 2021

200 Backstroke
400 Individual Medley
100 Freestyle
800 Free Relay

Saturday, March 6, 2021

100 Butterfly
200 Breaststroke
200 Freestyle
400 Medley Relay

Sunday, March 7, 2021

100 Backstroke
1650 Freestyle
200 Individual Medley
50 Freestyle
400 Free Relay

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.