

**City of Plano Swimmers**  
**COPS East Division BB & under Meet**  
May 22-23, 2021

**Sanction #:** NT 051-21  
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:** The meet will be held at Lewisville ISD Eastside Aquatic Center 5729 Memorial Dr. The Colony, Texas 75056

**Facility:** The Lewisville ISD Eastside Aquatic Center will be set up with two 8 lanes 25-yard pool. Colorado timing system and Hy-Tek meet manager will be utilized (primary timing system to touchpad with one button time and one stop watch time as backups.)

**Water Depth:** The minimum water depth for the facility, 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 at 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:** Conditions of Sanction: As a condition of this sanction all participating teams agree to comply and to enforce all COVID-19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, North Texas Swimming, the State of Texas, local jurisdictions, and the COPS Meet Plan detailed below. The competition as stated is in compliance with the State of Texas Executive Order 29, the Governors order GA-23 Phase 2 requirements and all county and City requirements. <https://open.texas.gov/>

COVID 19 Protocol: [Link](#)

COVID 19 Meet Procedure: [Link](#)

**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 will be live streaming the event to give everyone an opportunity to watch their athlete compete. Live stream info will be posted on the COPS 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, Lewisville ISD, 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 Lewisville ISD (Eastside 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 (2020/21) 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:** Timed final event divided into four sessions. This meet is open to teams in the East Division (COPS, RACE, TRAC, ESP). Teams from different divisions may be allowed to enter if: their division does not have a scheduled meet. Prior approval from meet host required.

#### Qualifying

**Times:** Swimmers must have at may not enter any event for which he/she has achieved an "A" time.

**Age Up Date:** The age of the swimmer will be his/her age on May 22, 2021

**Restrictions:** Athletes will be allowed to compete in a maximum of 4 events per session.  
**Entry**

**Deadline:** Entries shall be received, not later than 6:00PM Central Time, on Thursday May 13, 2021.

#### Entry

**Procedures:** All entries must be on Hy-Tek Meet Manager  
Rodrigo Pereira

City of Plano Swimmers, Inc.  
Address: 2925 W. 15<sup>th</sup> St. Plano, TX 75075  
**Email: [entries@planoswimming.org](mailto:entries@planoswimming.org)**  
Phone: 972-398-7946

**Entry Fees:** Individual event entries \$6.00. We will apply a \$25 surcharge which includes the \$3.00 North Texas surcharge to each participating swimmer.

Please include a Meet Entry Fee report with your payment. Entry fees must be received by May 22, 2021 or your entries will be removed from the meet. Refunds will not be given for any reason.

**Make checks payable to City of Plano Swimming**

Send checks to  
City of Plano Swimmers  
2925 W. 15th St.  
Plano TX, 75075

**Deck Entries:** No Deck Entries allowed.

**Meet Staff:**

**Meet Referee:** Stephanie Minervini  
**Starter:** Lorna Feldhousen  
**Stroke & Turn Officials:** Christy Maycock, Richard Wang, Yogesh Gupta  
**Admin Official:** Rodrigo Pereira  
**Meet Director:** Rodrigo Pereira – (972) 398-7946  
**Head Safety Marshall:** Justin Bilgri  
**Club Safe Sport Chair:** Karen Sakalys

**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:** All currently (2020/21) certified USA Swimming officials are cordially invited 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 contact the meet referee at least 7 days before the meet if you are interested in participating. Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments. Uniform for meet will be white polo shirt over navy skirts/pants.

**Timers:** The host team will provide timers for this meet.

**Awards:** 1-8 awards will be given to 12 and under swimmers. No awards will be given to 13 and over swimmers. Awards will be mailed after the 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.

**Warm-up details will be send to coaches no later than Tuesday May 18.** Please note that the following start times are meet host best estimates. Meet host holds the right to modifying warm-up/start times after entries are received and a meet timeline is established.

Each team will be responsible for disseminating this information to their members.

## Order of Events

### Distances are in (SC yards)

**Saturday: May 22, 2021**

Session 1: Group A 7:00am-7:25am/Group B 7:35am-8:00am Meet Start: 8:15 AM

Girls Events	Description	Boys Event
1	10 and under 100 Free	2
3	11-12 100 Free	4
4	10 and under 50 Back	6
7	11-12 50 Back	8
9	10 and under 100 Breaststroke	10
11	11-12 100 Breaststroke	12
13	10 and under 50 Fly	14
15	11-12 50 Fly	16
17	10 and under 200 IM	18
19	11-12 200 IM	20

Session 2: Warm up Group A 12:00pm-12:25pm/Group B 12:35pm-1:00pm Meet Start: 1:15 pm

Girls Events	Description	Boys Event
21	13 and over 100 Free	22
23	13 and over 200 Back	24
25	13 and over 100 Breaststroke	26
27	13 and over 100 Fly	28
29	13 and over 200 IM	30

**Sunday: May 23, 2021**

Session 3: Group A 7:00am-7:25am/Group B 7:35am-8:00am Meet Start: 8:15 AM

Girls Events	Description	Boys Event
31	10 and under 200 Free	32
33	11-12 200 Free	34
35	10 and under 100 Back	36
37	11-12 100 Back	38
39	10 and under 50 Breaststroke	40
41	11-12 50 Breaststroke	42
43	10 and under 50 Free	44
45	11-12 50 Free	46
47	10 and under 100 Fly	48
49	11-12 100 Fly	50
51	10 and under 200 IM	52
53	11-12 200 IM	54

Session 4: Warm up Group A 12:00pm-12:25pm/Group B 12:35pm-1:00pm Meet Start: 1:15 pm

Girls Events	Description	Boys Event
55	13 and over 200 Free	56
57	13 and over 100 Back	58
59	13 and over 200 Breaststroke	60
61	13 and over 200 Fly	62
63	13 and over 50 Free	64

# 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.***