

COR SWIMMING

A/BB meet

May 14-16, 2021

Sanction #: NT 045-21
Held under the sanction of USA Swimming by North Texas Swimming, Inc.
The meet will be capped at 350 swimmer per session or until 4 hour Sessions are met.

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: 8 lane 50 meter pool. 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. Spectators will not be allowed.

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/1jtNSELnSChPCEk6n5fKtKDHOslGFIYNJvS8jBhp_d0JQ/edit

SAFE SPORT: **No Spectators,** COR will have a live stream of the meet through facebook, youtube, or an outside company. Information will be posted on COR Swimming website and emailed out to head coaches prior to start of the 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, 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 (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: This meet is a timed finals. Seeding will be done fast to slow with non-conforming times last. COR reserves right to run fly over starts, use chase starts with odd/even heats, change warm up sessions, and start times depending on meet size. 400 free and 400 IM will be swum as 13 and over. Depending on size of meet the 400Free and 400IM may be limited to top 40 of each gender. We will swim 13 and over together and 12 and under's together unless there is a specific 11-12 age group event. All events will be pre-seeded.

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 achieved a 2021-2024 BB or above level time in each event. 15 and over will use the 15-16 time standards.

Age Up Date: The age of the swimmer will be his/her age on 5/14/21.

Restrictions: Swimmers may swim a max of 4 events per day.

Entry

Deadline: All Entries must be received no later than Thursday May 6, 2021 by 12:00PM

Eligibility: **Open to division. Teams out of division can enter by request on first come basis until cap is reached.**

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.

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

Entry Fees: \$10.00 per individual event. The \$20.00 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:** Craig Lutgen clutgen3@yahoo.com (469-693-9085)

Starter: Mac Lower/Ken Hewes

Stroke & Turn Officials: Wing Fa / Jessica Johnson

Admin Official (or Referee): Larry Breazeale

Meet Director: Kelly Belknap 2145072173

Dan Hafner 2484176679

Head Safety Marshall: Tracy Dickey

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 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, 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.

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

Awards: 12 and Under Ribbons 1-8 will be mailed or handed out to teams at a meet further down the road.

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

Friday

Warm Up: 4:30 Meet Start: 5:30

Saturday AM:

Warm Up: 7:00am Meet Start: 8:00am

Saturday PM:

Warm Up: 12:30 Meet Start: 1:30pm

Sunday AM:

Warm Up: 7:00am Meet Start: 8:00am

Sunday PM:

Warm Up: 12:30 Meet Start: 1:30pm

Warm up lane assignments and official start times will be emailed out to participating teams by Monday May 10, 2021.

COR reserves the right to adjust start times based on timelines and number in the meet.

Max of 25 swimmers per lane for team warm up in LCM pool.

Order of Events Long Course

Friday May 14, 2021

Warm Up 4:30

Meet Start 5:30

| Girls | 13 and Over Events | Boys |
|-------|----------------------|------|
| 1 | 13 and over 400 Free | 2 |
| 3 | 13 and over 400 IM | 4 |

Saturday May 15, 2021

Warm Up: 7:00 AM

Meet Start: 8:00 AM

| Girls | 13 and Over Events | Boys |
|-------|--------------------|------|
| 5 | 200 Back | 6 |
| 7 | 100 Free | 8 |
| 9 | 100 Breast | 10 |
| 11 | 200 Fly | 12 |
| 13 | 200 IM | 14 |

Saturday May 15, 2021

Warm Up: 12:30

Event Start 1:30

| Girls | 12 and Under Events | Boys |
|-------|---------------------|------|
| 15 | 11-12 200 Breast | 16 |
| 17 | 100 Free | 18 |
| 19 | 11-12 200 Fly | 20 |
| 21 | 50 fly | 22 |
| 23 | 100 back | 24 |
| 25 | 50 breast | 26 |
| 27 | 200 IM | 28 |

Sunday May 16, 2021

Warm Up: 7:00 AM

Meet Start: 8:00 AM

| Girls | 13 and Over Events | Boys |
|-------|--------------------|------|
| 29 | 200 Free | 30 |
| 31 | 200 Breast | 32 |
| 33 | 100 Fly | 34 |
| 35 | 100 Back | 36 |
| 37 | 50 Free | 38 |

Sunday May 16, 2021

Warm UP: 12:30PM

Meet Start: 1:30PM

| Girls | 12 and Under Events | Boys |
|-------|---------------------|------|
| 39 | 200 Free | 40 |
| 41 | 11-12 200 Back | 42 |
| 43 | 50 Back | 44 |
| 45 | 100 Breast | 46 |
| 47 | 100 Fly | 48 |
| 49 | 50 Free | 50 |

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.