

**Dallas Mustangs**  
**Speedo Last Chance for the Big Show Invitational**  
**May 28-30, 2021**

**Sanction #:** NT 052-21  
Held under the sanction of USA Swimming by North Texas Swimming, Inc.

**The meet will be capped at 150 female and 150 male swimmers. Contact Coach Mook Rhodenbaugh (mook@dmswim.com) with estimated number of women and men to secure your team's spot in the meet.**

**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:** Robson & Lindley Aquatics Center  
5550 SMU Blvd in Dallas, TX 75206 (east of Central Expressway)  
Phone: 214-768-2000  
Website: <http://smumustangs.com/facilities/?id=29>.

**Facility:** The competition pool is indoor, eight-lane 50-meter.

**Water Depth:** The minimum water depth measured in accordance with Article 103.2.3 is 7 feet 00 inches at the start end and the turn end is 15 feet 00 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) of USA Swimming rules and is not on file with USA Swimming.

**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:** Please refer to the Dallas Mustangs Covid-19 waiver on the policies page (<https://www.teamunify.com/team/ntdm/page/member-info/mustang-policies>), which refers to following the guidance offered by CDC and Texas Health and Human Services Department. The Dallas Mustangs Covid-19 practices that have been instituted for regular practices will apply to this meet. This includes mandatory wearing of a mask in the facility, staying 6 feet apart inside and outside of the facility, no sharing belongings with other swimmers, and limiting personal belongings inside the facility. There have been enhanced sanitation measures taken for the safety of the employees, volunteers and swimmers. Upon entry, there will be temperature checks and related health questions. Parents are asked to monitor their swimmer's health and not allow their swimmer to participate in the meet if he/she (or any other member of the household) shows any signs of illness. SMU local protocols (face coverings requirement and enhanced cleaning protocols) can be found here (<https://www.smu.edu/Coronavirus/Healthy-Campus>). The pool deck capacity is 400. However, we will have no more than 150 swimmers per session, 5 officials, 9 timers, 6 administration, coaches of athlete participating and facilities personnel (180) per session. The spectator area capacity is 600, but no spectators will be admitted.

**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 parents and guardians an opportunity to watch their athlete compete.

**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, XISD, (facility name) 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 XISD (facility name). 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 is a Prelim-Final meet. All events will be swum fastest to slowest. A final will swim first, followed by the B final. During the "Distance" session (Session #9) events will be swum in the following alternating order: Heat 1 Women's 800, Heat 1 Men's 800, Heat 1 Women's 1500, Heat 1 Men's 1500, Heat 2 Women's 800 and so on. Seeding will be fastest to slowest. For distances 400 meters and longer, the swimmer must provide their own timer and lap counter for the 800 and 1500.

All events will be pre-seeded. Seed times entered should be the swimmer's best time for the stroke and distance.

10 minute warm up breaks will take place after each prelim event and after each men's final event.

### Qualifying

**Times:** Swimmers participating in this meet must have at least one of the Texas Senior Circuit Sectional time standards. Each swimmer is allowed up to two bonus events, as long as those bonus events meet the bonus qualifying times. No entries will be accepted unless the entrant is registered with USA Swimming Inc, and NTS 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.

**Age Up Date:** Swimmer's age as of May 28, 2021 shall determine their age for the entire meet.

**Restrictions:** Each swimmer may participate in a maximum of three (3) individual events per session, and seven (7) individual events total for the meet.

**Non-conforming times and distance events:** Swimmers qualifying with a "non-conforming" time (SCY) should enter that event using the non-conforming time. All events will be seeded LCM first then SCY. A swimmer that has the qualifying time for the 1500 Freestyle also qualifies for the 800 Freestyle and vice versa.

- 1500 Seeding – 1500 LC, 1650 SCY, 800 LC, 1000 SCY
- 800 Seeding – 800 LC, 1000 SCY, 1500 LC, 1650 SCY

### Entry

**Deadline:** Entries must be received by 6:00 PM, May 20, 2021

### Entry

**Procedures:** All teams must submit entries using Hy-Tek Team Manager. 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:** Greg Seidel (469) 261-5762 / [gsseidel@gmail.com](mailto:gsseidel@gmail.com)

**Entry Fees:** Entry fees are \$14.00 per individual event. There is also a \$15.00 athlete surcharge which includes the \$3.00 North Texas surcharge.

Entries must be submitted by Email, to Greg Seidel at [gsseidel@gmail.com](mailto:gsseidel@gmail.com) and must be received by 6:00 PM, May 20, 2021. ***Please include a hard copy of the entry and fee reports with entry file.*** The name, phone number and email address of the person preparing team entries shall be provided with the entries. Entry fee checks payable and mailed to:

Greg Seidel  
11315 Drummond Circle  
Dallas, TX 75228

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

<b>Meet Staff:</b>	<b>Meet Referee:</b>	Stephanie Minervini - <a href="mailto:sacminervini@yahoo.com">sacminervini@yahoo.com</a>
	<b>Starter:</b>	Bob Lang
	<b>Stroke &amp; Turn Officials :</b>	Tu Nguyen and Danna Arnold
	<b>Admin Official:</b>	Ann Lang
	<b>Meet Director:</b>	Greg Seidel (469) 261-5762 / <a href="mailto:gsseidel@gmail.com">gsseidel@gmail.com</a>
	<b>Head Safety Marshall:</b>	Danna Arnold
	<b>Club Safe Sport Chair:</b>	Griffin Marshall

### 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:**

This meet will be live streamed. Entry into meet gives permission to be videotaped. 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. Uniform for entire meet will be white shirt, navy slack/skirts, no shorts for finals. White shoes.

**Timers:**

The host team will attempt to provide backup timers for this meet but volunteers from visiting teams may be needed. If needed participating teams will be assigned timing responsibilities for lanes based on the number of swimmers entered. Swimmers participating in distance events must provide their own backup timers and lap counters.

**Awards:**

There will be no awards and no scoring for this meet

**Daily****Schedule:**

Warm ups will be conducted in accordance with the current NTSI Safety Guidelines and Warm up Procedures attached. Warm ups may be split in order to prevent overcrowding.

		<b><u>Warm-Up</u></b>	<b><u>Meet Start</u></b>
Session 1	Friday (Female Prelim)	7:30 am	9:00 am
Session 2	Friday (Male Prelim)	11:00 am	12:30 pm
Session 3	Friday (Final for all)	4:30 pm	6:00 pm
Session 4	Saturday (Female Prelims)	7:30 am	9:00 am
Session 5	Saturday (Male Prelims)	11:00 am	12:30 pm
Session 6	Saturday (Finals for all)	4:30 pm	6:00 pm
Session 7	Sunday (Female Prelims)	7:30 am	9:00 am
Session 8	Sunday (Male Prelims)	11:00 am	12:30 pm
Session 9	Sunday (Distance events start 45 minutes after the conclusion of session 8)		
Session 10	Sunday (Finals for all)	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 warm up session. All teams involved will be notified not less than 72 hours prior to the beginning of the meet of any changes.

## Order of Events - Distance are in LC meters

### Sessions 1, 2 & 3 (Prelim and Finals)- Friday, May 28, 2021

Women	Event Description	Men
1	<b>200 IM</b>	2
3	<b>50 Free</b>	4
5	<b>200 Breast</b>	6
7	<b>400 Free</b>	8

*\*400 Free will be swum fastest to slowest and swimmers must provide their own timers.\**

### Session 4, 5 & 6 (Prelim and Finals) - Saturday, May 29, 2021

Women	Event Description	Men
9	<b>100 Free</b>	10
11	<b>200 Fly</b>	12
13	<b>200 Back</b>	14
15	<b>400 IM</b>	16

*\*400IM will be swum fastest to slowest swimmers and must provide their own timers.\**

### Session 7, 8 & 10 (Prelims and Finals) - Sunday, May 30, 2021

Women	Event Description	Men
17	<b>200 Free</b>	18
19	<b>100 Fly</b>	20
21	<b>100 Breast</b>	22
23	<b>100 Back</b>	24

### Session 9 (Timed Finals)- Sunday, May 30, 2021

Women	Event Description	Men
25	<b>800 Free</b>	26
27	<b>1500 Free</b>	28

*During the "Distance" session (Session #9) events will be swum in the following alternating order: Heat 1 Women's 800, Heat 1 Men's 800, Heat 1 Women's 1500, Heat 1 Men's 1500, Heat 2 Women's 800.... Seeding will be fastest to slowest and no heats will be swum in finals.*

## Time Standards

### Men

Event	Sectional Standards		Sectional Bonus Standards	
	SCY	LCM	SCY	LCM
50 FREE	22.29	25.49	22.79	26.09
100 FREE	48.19	55.49	49.09	56.49
200 FREE	1:44.99	2:01.69	1:46.39	2:03.79
400/500 FREE	4:45.79	4:21.69	4:46.69	4:24.59
800/1000 FREE	9:49.49	8:59.49	9:53.99	9:03.89
1500/1650 FREE	16:34.19	17:05.59	16:43.59	17:21.89
100 BACK	53.89	1:04.29	54.59	1:05.29
200 BACK	1:55.89	2:20.29	1:57.29	2:23.09
100 BREAST	1:01.59	1:12.69	1:02.29	1:13.79
200 BREAST	2:13.59	2:40.59	2:15.09	2:42.59
100 FLY	53.09	1:01.09	53.89	1:02.19
200 FLY	1:58.09	2:20.19	1:59.89	2:22.69
200 I.M.	1:58.39	2:19.09	1:59.99	2:21.09
400 I.M.	4:11.19	4:56.79	4:14.89	5:01.29

### Women

Event	Sectional Standards		Sectional Bonus Standards	
	SCY	LCM	SCY	LCM
50 FREE	24.99	28.49	25.69	29.19
100 FREE	53.49	1:01.39	54.49	1:02.19
200 FREE	1:55.19	2:12.59	1:56.89	2:13.69
400/500 FREE	5:09.29	4:39.69	5:12.49	4:42.39
800/1000 FREE	10:31.39	9:30.49	10:38.09	9:37.19
1500/1650 FREE	17:58.99	18:23.29	18:08.99	18:36.29
100 BACK	59.49	1:10.99	1:01.09	1:12.39
200 BACK	2:07.69	2:32.79	2:10.59	2:35.69
100 BREAST	1:09.49	1:20.89	1:10.39	1:21.99
200 BREAST	2:29.59	2:54.79	2:32.89	2:57.19
100 FLY	58.79	1:07.99	1:00.49	1:09.29
200 FLY	2:11.89	2:34.79	2:14.99	2:37.39
200 I.M.	2:11.49	2:32.89	2:14.79	2:34.39
400 I.M.	4:39.29	5:22.89	4:46.39	5:26.3

# 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.**