

Lakeside Aquatic Club

2024 Speedo Sectional Championship Series

March 7-10, 2024

- Sanction #:** NT 007-24 & NT 007TT-24
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:** All 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 MAAPP is a condition of participation in the conduct of this competition. 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:** Northwest ISD Aquatic Center
1976 Texan Drive
Justin, Texas 76247
- Facility:** 2 - eight lane, 25-yard courses will be used for prelims, and at least 16 lanes available for pre meet warm up. Finals competition will be swum in one pool. Colorado timing system, Hy-Tek Meet Manager Software, 2 scoreboards for prelims, and 1 scoreboard for finals will be utilized. Facility layout and parking maps are attached at the end of this meet information.
- Water Depth:** The minimum water depth for the aquatic center, measured in accordance with Article 103.2.3, is 7 feet, 0 inches all around the competition pool extending to 13 feet in the remaining pool.
- Course Certification:** The competition course has been certified in accordance with 104.2.2C (4).
- Spectator Information:** Swimmers, coaches, volunteers, and officials ONLY will be allowed on the pool deck. Spectators may view the meet from the stands.
- Spectator tickets will be available for \$25 all session pass, or \$5 per session. Children 5 years old and younger are free.
- ALL TICKET PURCHASES MUST BE DONE ONLINE PRIOR TO ARRIVING AT THE AQUATIC CENTER. There will not be an opportunity to purchase tickets in person. All ticket purchases must be made through the Ticket Spicket app. Details will be available on the Lakeside Aquatic Club website (www.swimlac.org).
- Spectators will be allowed into the building 1 hour prior to the start of the meet.
- Parking:** The lots in and around the NISD Aquatic Center are available for parking. The parking lot directly across the street from the pool will not be available on Thursday prior to 5:00p.m. or Friday morning. RV parking and any overnight parking by any vehicle is not allowed. Please see the attached parking map.



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 2024 with USA Swimming by the meet entry deadline. 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 persons participation in the meet, it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., all meet officials, and NISD 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.

Medical

Supervision: NISD Aquatic Center has Full Time and Part Time American Red Cross Certified Lifeguards. Training includes, but is not limited to, CPR, AED, and First Aid.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently 2024 registered with USA Swimming and in good standing. No swimmer will be permitted to compete unless the swimmer is a member of good standing of USA Swimming as outlined in Article 302 in the USA Swimming Rulebook. All should also be prepared to present their USA Swimming Account as proof of their registration to the Meet Director or designee at any time. Swimmers who **1)** late enter when possible; or **2)** need to be late entered because of clerical errors by the entering team or the meet host will be required to present their USA Swimming Account. Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format: This is a prelims/finals meet with A, B, C, D, and E final heats.

Relays, the 1000 Free, and 1650 Free will be swum as timed finals.

The E final heat will be for 18 and under swimmers only.

Seeding: For events of distances 200 and less, the meet will be seeded with heats organized according to USA Swimming Rules 102.5-1. All preliminary, 1000 free, 1650 free, and relay heats will be swum in the order of fastest to slowest. All finals heats will be swum in the order of slowest to fastest. USA Swimming national scratch procedures (USA Swimming Rule 207.11.6D and 207.11.6E), except as modified herein, shall be in effect. Empty lanes will be filled with on deck entries.

The 400 IM and 500 Free events will swim prelims as follows: the fastest two heats of women, followed by the fastest two heats of men, then alternating women and men, fastest to slowest.

The 1000 free and 1650 free will be deck seeded and swum as timed final events. All heats of the 1000 free will be swum, fastest to slowest. At check-in, 1650 free swimmers must determine their preference to swim AM or PM and the fastest 8 women and fastest 8 men that elect to swim PM will swim in finals in event order. Other 1650 free heats will be swum fastest to slowest as the last heats during prelims.

Seeding shall be in the following order: Qualifying conforming course entries in time order, followed by qualifying non-conforming long course entries in time order, then non-qualifying conforming course entries in time order, followed by non-qualifying non-conforming long course entries in time order (Y, L, YB, LB).



Relays: Relays will be deck seeded and will swim as timed final events. Teams may elect to swim either in the prelims session (AM) or the finals session (PM). The relays must be checked in by the scratch deadline each day. The declaration of prelims or finals must be made by the scratch deadline. The relays in the prelim session will swim fastest to slowest. The relays in the final session will swim as follows: Women's 2nd fastest heat, Women's fastest heat, Men's 2nd fastest heat, Men's fastest heat, Women's 3rd fastest heat, Men's 3rd fastest heat, Women's 4th fastest heat, Men's 4th fastest heat and continuing by alternating women's and men's heats fastest-to slowest.

Scratching: The scratch box will be located at the Clerk of Course.

Scratches prior to the seeding of heats shall be confirmed by properly filling out a scratch card and depositing it in the scratch box. Alternatively, **THE COACH ONLY** may scratch by sending a text to the Admin Referee, Gloria Schuldt, 469-426-2850. You will receive a confirmation text when received. After the heats have been seeded, any swimmer who fails to compete in a preliminary individual event heat in which they have been entered and have not been scratched will be barred from further individual and relay events that day. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim with the admin referee prior to the close of the scratch box for the succeeding day's events.

In a Prelim/Final meet, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. Any qualified swimmer in the event (a swimmer is qualified for finals, consolation finals or any other bonus final heat if he has successfully completed the event in Prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the below fines and banishment from competition, even though any qualified swimmer may be moved into finals.

Finals Scratching: Any finalist who fails to compete at finals, consolation finals or any other bonus final heat, for which he has qualified and failed to scratch with the Clerk of Course, or the admin referee, prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the USA Swimming Rules and Regulations. **On Sunday, any finalist that fails to compete at finals or consolation finals shall be fined \$50.00 and that swimmer's team shall be barred from further competition for the remainder of the meet, and any future Sectional Championships, until that fine is paid.**

Finals: The top 8 finalists for each individual event will report to the finals staging area and be paraded out for their heat. Names will be announced before the start of each final heat.

Consolation, bonus, and relay finalists should report directly to the starting blocks. Names will be announced after the start of each of these heats, except for the 50 freestyle heats. Names will be announced before the start of each heat of the 50 freestyles.

Lakeside Aquatic Club reserves the right to change the number of lanes used in competition pool, update meet warm up times and session start times, add in necessary breaks to allow for rest, including but not limited to; chase starts, change of warm-up and number of sessions depending on meet size, etc.

Heat Sheets: Heat sheets will be available on LAC website, www.swimlac.org, prior to the start of the meet.



Qualifying

Times:

All swimmers must have met the "Sectional Standards" for each event entered (except for bonus entries, see below).

Swimmers entered in at least one individual event, may swim up to two bonus events during the championships, provided they have achieved the "Sectional Bonus Standards".

Events may be qualified for by meeting yards or meters qualifying times. Qualifying times must have been achieved within two (2) years of the first day of the meet (March 7, 2024). Swimmers must enter their best time. Entry times must be submitted in the course at which the best time was achieved – short course yards (Y) or long course meters (L). **Do not** convert meter times to yard times.

A swimmer with a Sectional qualifying time in the 800/1000/1500/1650 Freestyle automatically qualifies for both the 1000 and 1650 Freestyle events.

All relay members must be entered in individual events. The time for each relay may be submitted as a composite or aggregate time.

Age-Up Date: The age of the swimmer will be his/her age on March 7, 2024.

Restrictions: Swimmers may compete in a maximum of 3 individual events per day, 2 relay events on Thursday, 1 relay event on Friday, 1 relay event on Saturday, and 1 relay event on Sunday.

Teams

Invited:

Open to USA Swimming registered teams and swimmers in Texas and Louisiana. The number of out-of-section swimmers is limited to 100 swimmers. All out-of-section teams must contact Andrew Marsh (andrew.marsh@swimlac.org) prior to the entry deadline in order to be allowed to enter this meet.

Entry

Deadline:

Entries are due NO LATER than 11:59 PM CST, Tuesday, February 27, 2024.

Entry

Procedures:

For questions regarding OME entries: Please contact Trey Freeman at USA Swimming (tfreeman@usaswimming.org).

All individual entry times must be made through OME prior to the entry deadline and must be proven prior to the scratch deadline for that event through the SWIMS Database. No swimmer will be permitted to swim without said proof. LAC reserves the right to challenge any submitted time. All individual entry times must be proven in the SWIMS Database, prior to the scratch deadline, even if scratched.

- Enter the Speedo Sectional Meet online at hub.usaswimming.org/landing no later than 11:59 p.m. Central Time, Tuesday, February 27th, 2024.
- Payment must be made at the check-in desk at the meet. Check, cash, and credit cards will be accepted at that time.
- OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.
- You can modify your entry online by adding to the original entry. You cannot delete an online entry once it has been submitted and you have completed the OME procedure.
- Once you complete your online entry, you will be sent confirmation via email. Please keep these emails and bring them with you to the meet (just in case).
- USA Swimming Waiver forms will be sent to you via email after the entry deadline. Please have these filled out and bring them with you to the meet (i.e., do not mail to LAC)



Entries Chair: Andrew Marsh - meetentries@swimlac.org 716-338-7258
PO Box 270189, Flower Mound, TX 75027

General

Meeting:

There will be a general meeting via Zoom on Monday, March 4th at 7:30pm Central Standard Time. LAC will email a link to all teams who have at least one swimmer entered in the meet. For unattached swimmers, we will post a link on our website (www.swimlac.org). All swimmers must be represented at this meeting. Any changes to the conduct of the meet will be decided at this meeting. It is each swimmer and coach's responsibility to be aware of any changes made during this meeting.

Daily

Schedule:

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

The registration desk will open at 2:00pm on Thursday, March 7, 2024.

Thursday, March 7, 2024	Warm-up	Meet Start
Timed Finals	3:30pm	5:00pm
Friday, March 8 – Sunday, March 10, 2024	Warm-up	Meet Start
Prelims	7:00am	9:00am
Finals	4:00pm	5:00pm

1000/1650 Free Events: Entrants in the 1000 free and 1650 free events must check in with the Clerk of Course and confirm their intention to compete in these events. Swimmers in the 1650 free should also elect to swim AM or PM at this time. All 1000 free swimmers will swim in Thursday afternoon timed finals.

Check-in deadline times: 1000 free – Thursday, March 7, 4:00 p.m.
1650 free – Saturday, March 9, 7:00 p.m.

Check-in has three options:

- √ Indicates that the athlete is present and will swim the event.
- SCRATCH Indicates the swimmer has scratched from this event.
- _____ Indicates swimmer is not swimming this event for reasons unknown.

Scratch deadlines: Friday's events: Before the completion of Thursday evening's events
Saturday's events: 7:00 p.m. on Friday, March 8
Sunday's events: 7:00 p.m. on Saturday, March 9

Relays: Properly completed relay cards must be turned in to the Clerk of Course by 4:00 p.m. on Thursday, and 10:30 a.m. on Friday, Saturday, and Sunday or the entry will be considered scratched. The relay order may be changed with the admin or the head lane timer up until the relay swims.
200 Medley relays should be entered with the 400 Medley relay time.

Time Trials: Time permitting, time trials will be conducted after the completion of Friday and Saturday prelims. Rules for time trials will be:



- 1) The course will be 25 yards only.
- 2) Fees will be \$25.00 for individual and \$50.00 for relay events.
- 3) Swimmers must supply completed entry forms entered at the swimmers' best times.
- 4) Time trial entries will be taken on Thursday from 5:00-6:00pm for Friday's time trials and Friday from 5:00-6:00pm for Saturday's time trials. If the timeline allows, entries for that day's events only will be available from 9:00-10:30am on Friday and Saturday.
- 5) Swimmers must be entered in the meet in at least one individual event to swim time trials.
- 6) Time trial events count towards the daily entry limit of 3 events.
- 7) Events will be swum in the order of 200 free relay, 400 free relay, 800 free relay, 200 medley relay, 400 medley relay, 50 free, 50 stroke (back, breast, fly), 100 free, 100 stroke (back, breast, fly), 200 free, 200 stroke (back, breast, fly), 200 IM, 400 IM, 500 free, 1000 free and 1650 free. **The meet referee may change the order of events as needed to make an efficient combination of events.**
- 8) Swimmers must provide their own timers and lap counters.

Entry Fees: Individual Event: \$20.00
 Relay: \$40.00
 Surcharge: \$27.00 (\$3.00 will go to North Texas Swimming, Inc.)

Coaches Deck Passes: \$20 per coach. Coaches should register for this meet along with their entries using the OME System.
 Replacement fees for lost credentials are \$50 for coaches and \$25 for athletes.

Please include a Meet Entry Fee report with your payment. Refunds will not be given for any reason.
 Make checks payable to: **Lakeside Aquatic Club**
 All entry fees must be paid prior to the start of the meet.

Deck Entries: Late entries will be accepted each day up to 45 minutes before the start of the meet. Those swimmers missing the 11:59 p.m. Tuesday, February 27, 2024, deadline may enter the meet on-deck in the following manner:

1. Swimmers must pay the late entry fee at the time of entry (\$30 individual, \$60 relay, \$27 athlete surcharge).
2. Swimmers must supply completed entry forms entered at the swimmers' best times. Proof-of-time must be presented to qualify for the meet. Swimmers entering on-deck will be placed in any available open lanes first. One additional heat will be added, if necessary.
3. Swimmers must enter all events for the day forty-five (45) minutes prior to the start of the day's first event.
4. Swimmers must be qualified to swim the event entered.
5. Swimmers must not exceed the allotted number of events allowed each day.
6. **At the discretion of the meet management, on-deck entries may be limited to fill existing heats.**

Meet Staff:
Meet Referee: Chuck Chinnis, 214-869-1271; chuck.chinnis@ntswim.org
Starter: Sharon McGrath
Stroke & Turn Officials: Prasadika Arangalla, Adriane Sparks
Admin Referee: Gloria Schuldt, 469-426-2850; schuldt053@gmail.com
Meet Director: Brad Eichenseer
Head Safety Marshall: Donovan Pope
Club Safe Sport Chair: Leslie Wyatt

Cell Phone Restrictions: Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. No cameras (including cell phone cameras) or other recording devices are allowed behind the blocks at any time.



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.

Racing Starts: 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.

Unaccompanied

Swimmers: 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 competition 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 2024 certified USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2024 and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming.

The attire for the meet is White Polo over Khaki pants, skirt, skorts or shorts with White shoes and socks for prelims. White Polo over Khaki pants, skirt or skorts for finals (No Shorts for Finals).

This will be an OQM Meet with opportunities for N2 and N3 advancement in all positions. **Jim Holcomb**, Chuck Chinnis and Kenneth Chung will be our National Evaluators for this meet. To sign up for this meet and request an evaluation please click here:

[Application to Officiate](#)



Timers: LAC will provide timers for Thursday evening and all finals sessions. All teams will be assigned timing duties for prelims based on the number of swimmers entered in the meet. Those assignments will be emailed to all teams by Monday, March 4th, 2024.

For the 1000 Free, swimmers must provide their own counters. For the 1650 Free, swimmers in prelims must provide both a timer and a counter. Finalists for the 1650 Free only need to provide a counter.

Awards: Individual and relay events: medals, 1st - 8th place
Combined team banners: 1st – 10th place
Individual high points: 1st & 2nd place Women's and 1st & 2nd place Men's

All individual and relay awards will be available for pick up by the swimmer's coach. Those awards will be in the hospitality area.

Scoring: Individual Events: 1st – 8th place: 20-17-16-15-14-13-12-11
9th – 16th place: 9-7-6-5-4-3-2-1
Relay Events: 1st – 8th place: 40-34-32-30-28-26-24-22
9th – 16th place: 18-14-12-10-8-6-4-2



2024 Speedo Sectional Championship Series

Order of Events

Thursday March 7, 2024

Women	Event	Men
1 *	200 Medley Relay	2 *
	5-minute break	
3	1000 Free	4
	5-minute break	
5	400 Free Relay	6

Friday March 8, 2024

Women	Event	Men
7	100 Free	8
9	200 Breast	10
11	200 Back	12
13	500 Free	14
	5-minute break	
15	200 Free Relay	16

Saturday March 9, 2024

Women	Event	Men
17	200 Free	18
19	100 Breast	20
21	100 Fly	22
23	400 IM	24
	5-minute break	
25	800 Free Relay	26

Sunday March 10, 2024

Women	Event	Men
27	200 Fly	28
29	100 Back	30
31	200 IM	32
33	50 Free	34
35 **	1650 Free	36 **
37	400 Medley Relay	38

***Please use 400 Medley Relay times to enter the 200 Medley Relay.**

**Events 35 and 36 will be swum as the last heats in prelims on Sunday, except for the fastest 8 women and men to elect PM at check in, who will swim in finals. These events will be swum in event order during finals.



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.

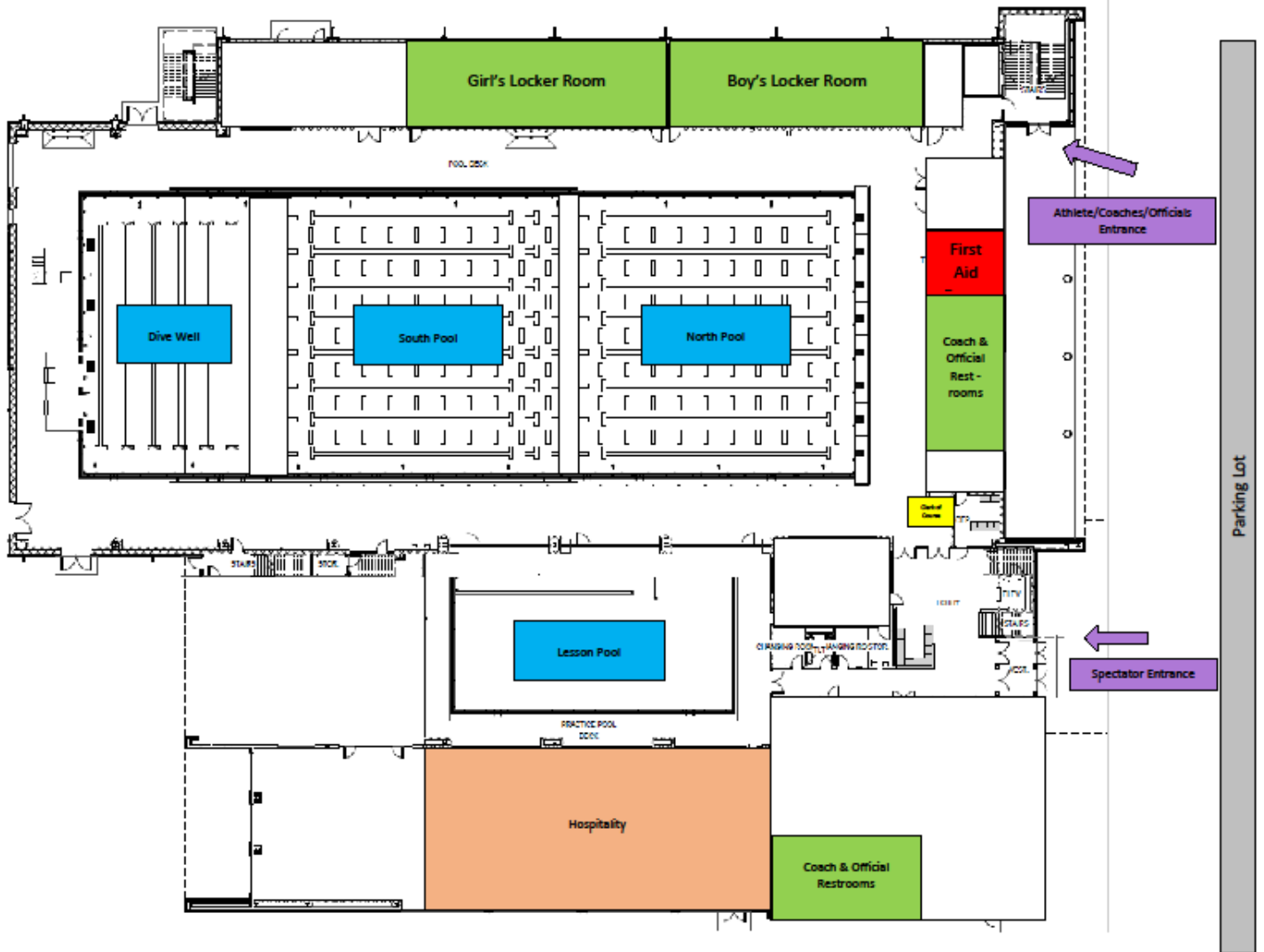
III. Safety Guidelines

- 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.



NISD Aquatic Center – Facility Overview



NISD Aquatic Center – Arial Parking Map

