



2026 American Long Course
July 22-25, 2026
Sanction # NT 032-26



Hosted by:
Metroplex Aquatics

Meet Referee Jane Maxvill - jemcruiser@hotmail.com	Meet Director Jay Bolinger – coachjay@metro-aquatics.org
--	---

Sanction	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through North Texas Swimming: NT 032-26 In granting this sanction, it is understood and agreed that USA Swimming, North Texas Swimming, Metroplex Aquatics, Garland ISD and all meet officials shall be held free and harmless from all liabilities or claims for damages arising because of injuries to anyone during the conduct of this event.
Facility	Larry H Glick Natatorium 2585 Firewheel Pkwy Garland, TX 75071
	<ul style="list-style-type: none"> 8 lane, 50 meters (LCM) Water depth at the starting end and at the turning end is 6'8". At least 6 x 25-yard lanes for warm-up and warm-down will be available. Deck space for 800 individuals. The competition course has not been certified in accordance with 104.2.2C (4).
Timing System	<ul style="list-style-type: none"> Gen7 Colorado Automatic timing will be used. Meet Manager software will be used.
Available Medical Supervision/Equipment	<ul style="list-style-type: none"> Garland ISD has full-time and part-time American Red Cross Certified Lifeguards. Training includes, but is not limited to, CPR, AED, and First Aid.
Eligibility	<ul style="list-style-type: none"> No swimmer will be permitted to compete in the meet unless the swimmer is currently registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i>, Article 302. Swimmer's age will be his or her age on the first day of the meet. July 22, 2026.
Disability Swimmers	<ul style="list-style-type: none"> Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodation to the Meet Referee. The athlete (or athlete's coach) is also responsible for notifying the referee of any disability before competition.
Teams/Athletes Invited	<ul style="list-style-type: none"> All USA Swimming registered swimmers are invited to the American Long Course meet. North Texas teams need to let us know they plan to attend the meet no later than June 1st to hold your spot. A deposit of \$75 per swimmer is due June 1st for North Texas teams only. Email Lisa at lisa0908@att.net. The address for the deposit is below. We are taking requests from other teams now, but will make sure any NT team that wants to attend the meet can if reserved before June. All unattached swimmers not associated with a team must notify the meet admin lisa0908@att.net before entering the meet. Otherwise, your events will be scratched. The meet will be limited to 450 swimmers.
Rules	<ul style="list-style-type: none"> Current USA Swimming rules shall govern this meet. 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. Adult athletes (18 and older) must complete Athlete Protection Training (APT) before the first day of the meet and show proof of completion in their Deck Pass account before 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. No on-deck USA-S registration is permitted. In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas, restrooms, or locker rooms. Per NTSI policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm-up, competition, and cool-down periods.

Rules cont.	<ul style="list-style-type: none"> Any swimmer entered in the meet must be under the supervision of a certified USA Swimming member coach during warm-up/ down and competition. The Meet Referee may assist the swimmer in making arrangements, but it is the swimmer's responsibility to make such arrangements before the start of the meet. Deck changes are prohibited. No Late Entries, deck entries for this meet will not be accepted. Time Trial entries will be accepted at the meet. Must be entered in the meet to enter Time Trials. Any swimmer entered in the meet must be certified by a USA member coach as being proficient in performing a racing start or must start each race from within the water. 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. Operation of a drone or any other flying device is prohibited over the venue (pools, athlete/coach areas, spectator areas, and open ceiling locker rooms) at any time athletes, coaches, officials, and/or spectators are present.
Event Rules	<ul style="list-style-type: none"> A swimmer may swim three (3) individual and two (2) relays (including time trial) per day. Unlimited bonus events may be swum, up to the daily limit, for each athlete who has at least one event with the meet qualifying time standard. MUST enter the event if you have the qualifying time standard to get the bonus entries. Times entered must be achieved between January 1, 2024, and July 12, 2026. New Qualifying Swims: Swims achieving the qualifying time standards for the first time from Monday, July 13, 2026, through Sunday, July 19, 2026. Send entries via email to lisa0908@att.net . This process cannot be used to improve the seed time of a prior entry.
Seeding	<ul style="list-style-type: none"> Prelims-Finals (Timed Finals for 800/1500 Freestyle and all relays) meet for all ages that qualify with at least one meet qualifying Time Standard. Meet Director reserves the right to adjust times/sessions after entries are received. Prelims 400 IM and 400 Freestyle will be swum with the top 3 seeded heats of women, followed by top 3 seeded heats of men, then alternating the women/men remaining heats. 800/1500 will be swum in prelims, alternating women/men fastest to slowest. 50 Br, 50 Fly, and 50 back entered with associated 100 time for stroke. Prelims fastest to slowest, LCM/SCM/SCY, qualifying times, then bonus. Top 3 heats circle seeded. Finals slowest to fastest. There will be a Championship, Consolation, Bonus, D, and E final. The E final is 18&Under qualifiers only for 200 and under events. There will be NO Finals Ready Room. Athletes are to report to their lane and will be announced in the water. Championship heat will be announced behind the blocks.
Awards/Scoring	<ul style="list-style-type: none"> Individual Awards – Individual event medals will be awarded to 1st – 8th place. Individual High Point Awards - High Point Awards will be given to the top-scoring male and female. Team Awards - Team awards will be presented to the top three Women's and Men's teams. Scoring will be on a sixteen (16) place basis. Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relays double.
Program/Results	<ul style="list-style-type: none"> Heat sheet and results will be available on Meet Mobile, cost will be \$7 for the entire meet.
Warm-up	<ul style="list-style-type: none"> The attached NTSI warm-up procedures and safety policies will be followed. Meet Referee reserves the right to adjust times/sessions after entries are received.
Supervision	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up their team areas. 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.
Credentials	<ul style="list-style-type: none"> Credentials can be picked up at the Natatorium Tuesday 7/21 5pm-7pm, Wednesday 7/22 – Saturday 7/25 7:00am - end of Finals each day. No swimmer will be issued credentials without a coach member present. If the home club coach is not planning to attend the meet, the swimmer must be assigned a supervising coach. If a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign the supervision form before credentials can be issued. All athletes, coaches, and officials must present their USA Swimming app to be issued a deck pass for the meet. The meet deck pass must be presented each time you enter the deck.
Timers/Counters	<ul style="list-style-type: none"> The host team will attempt to provide timers for this meet. If you would like to help, please check in at the entrance desk. Swimmers must provide their own timer and counter for all distance events, 400 and longer, in the prelim sessions.

Spectator Information	<ul style="list-style-type: none"> • Spectators are allowed at the meet according to Garland ISD Policies, free of charge. • The pool deck is strictly limited to swimmers, coaches, officials, and meet personnel only. • Parents and other spectators are not allowed on deck and must remain in the seating bleachers above the pool. • Garland ISD has a clear bag policy and no outside food/drink, including cups/mugs, empty or not, for spectators. Concessions will be sold by Garland ISD upstairs. • Free parking for the meet. No overnight parking is allowed on the premises.
Officials	<ul style="list-style-type: none"> • All currently 2026 certified USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2026 and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming. All officials are encouraged to attend an official's meeting one hour before the start of each session. This meeting will review and clarify any rules necessary, as well as answer questions. The uniform for all sessions will be a white polo shirt over navy pants/skirts/shorts and white socks/shoes. • Official meet shirt will be given to officials who notify the meet referee by July 1st of plans to work at least 4 of the 8 sessions. • Please email our meet referee Jane Maxvill if you can officiate at the American Long Course meet. jemcruiser@hotmail.com
Entry Deadline	<ul style="list-style-type: none"> • OME Entries must be received no later than midnight Sunday, July 12, 2026. • Swims achieving the qualifying time standards for the first time from Monday, July 13, 2026 through Sunday, July 19, 2026, may be entered no later than 11:59 pm Central Time on Sunday, July 19, 2026. This process cannot be used to improve the seed time of a prior entry. Normal entry fees apply. Please send these entries to Lisa Stults at lisa0908@att.net
Entry Procedures	<ul style="list-style-type: none"> • USA Swimming OME (Online Meet Entry) system at www.usaswimming.org/ome will be used for this meet. Entries open April 1, 2026. Meet is named 2026 American Long Course in OME. • Payment for this meet will <u>not</u> use OME. Set to zero in OME. Payment options, see Entry Fee section. • <i>Issues with OME, please contact Katie Trace with USA Swimming ktrace@usaswimming.org</i> • The Entry Chair will acknowledge receipt by return email within 24 hours of pulling entries into Meet Manager from OME on Monday, July 13, 2026. If acknowledgement is not received promptly, please contact the Meet Admin. • Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined by NTSI according to the Policies & Procedures.
Check-In/Scratch Rule	<ul style="list-style-type: none"> • Events 400 and longer distances will require check-in. • Check-in for distance events will close at 6 pm the evening before the event. Events 13/14 check-in will close at 8:30 am on Wednesday. • Initial relay card names are due by the end of prelims for the day of that relay. All relays will be swum in finals. Changes can be made at the admin desk or on the timer sheets until the start of the race. • No Shows at prelims will be allowed with no penalty. • No Shows for all final heats will be penalized. • Scratches for all final events are required per current USA Swimming, Inc. rules 207.11.6D and 2.11.6E. Additionally, first and second alternates shall be announced along with the qualifiers for the final heats. These alternates shall not be penalized if unavailable to compete in the Finals. • For all final heats, those swimmers who qualify and then fail to declare their intention to scratch to the Clerk of Course within thirty (30) minutes of the announcement of the finalists for that event, then fail to scratch within thirty (30) minutes of their last event of that session and fail to compete in the event in the finals will be barred from all subsequent competition in the meet. Swimmers may be excused because of illness, injury, or situations beyond the swimmers' control, but the coach must see Meet Referee. • Clerk of Course will be located on the deck near the swimmer entrance for check-in for 400 and longer event check-in and scratches for finals. We ask anyone who is not swimming in finals to make sure they scratch, especially on Saturday.

Entry Fees	<ul style="list-style-type: none"> • Payment will <u>not</u> be accepted on OME with USA Swimming. • Entry fees from teams must be postmarked by 7/20/26 or brought to the meet. • Zelle payments to email metrotreasurer@metro-aquatics.org • Mail checks to: Metroplex Aquatics 1314 W. McDermott Dr. Suite 106 #521 Allen, TX 75013 • Refunds will not be given for any reason. • Meet entry fee is \$125.00 per swimmer if entering 4 or more events. • If entering 3 events or fewer, including relay-only swimmers, the meet entry fee is \$75 per swimmer. • North Texas surcharge of \$5.00 is included. • Relays \$20 per relay. • All North Texas teams must send a swimmer deposit of \$75 per athlete by June 1st to hold their spot. This deposit will be used toward that swimmer's final fee. If you send fewer athletes than expected, there will not be a refund. 																																																																																																																																																																
Event Schedule	<table border="0"> <tr> <td colspan="2" style="text-align: center;">Women's Events</td> <td style="text-align: center;">Day 1– Wednesday, July 22</td> <td colspan="2" style="text-align: center;">Men's Events</td> </tr> <tr> <td colspan="5" style="text-align: center;"><i>(Prelims begin at 9:00 am, Finals begin at 5:30 pm)</i></td> </tr> <tr> <td style="text-align: center;">1</td> <td></td> <td style="text-align: center;">200 Medley Relay ***</td> <td></td> <td style="text-align: center;">2</td> </tr> <tr> <td style="text-align: center;">3</td> <td></td> <td style="text-align: center;">200 Freestyle</td> <td></td> <td style="text-align: center;">4</td> </tr> <tr> <td style="text-align: center;">5</td> <td></td> <td style="text-align: center;">50 Butterfly</td> <td></td> <td style="text-align: center;">6</td> </tr> <tr> <td style="text-align: center;">7</td> <td></td> <td style="text-align: center;">100 Breaststroke</td> <td></td> <td style="text-align: center;">8</td> </tr> <tr> <td style="text-align: center;">9</td> <td></td> <td style="text-align: center;">100 Backstroke</td> <td></td> <td style="text-align: center;">10</td> </tr> <tr> <td style="text-align: center;">11</td> <td></td> <td style="text-align: center;">200 Freestyle Relay ***</td> <td></td> <td style="text-align: center;">12</td> </tr> <tr> <td style="text-align: center;">13</td> <td></td> <td style="text-align: center;">1500 Freestyle **</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td style="text-align: center;">800 Freestyle **</td> <td></td> <td style="text-align: center;">14</td> </tr> <tr> <td colspan="2" style="text-align: center;">Women's Events</td> <td style="text-align: center;">Day 2– Thursday, July 23</td> <td colspan="2" style="text-align: center;">Men's Events</td> </tr> <tr> <td colspan="5" style="text-align: center;"><i>(Prelims begin at 9:00 am, Finals begin at 5:30 pm)</i></td> </tr> <tr> <td style="text-align: center;">15</td> <td></td> <td style="text-align: center;">200 Backstroke</td> <td></td> <td style="text-align: center;">16</td> </tr> <tr> <td style="text-align: center;">17</td> <td></td> <td style="text-align: center;">50 Breaststroke</td> <td></td> <td style="text-align: center;">18</td> </tr> <tr> <td style="text-align: center;">19</td> <td></td> <td style="text-align: center;">100 Freestyle</td> <td></td> <td style="text-align: center;">20</td> </tr> <tr> <td style="text-align: center;">21</td> <td></td> <td style="text-align: center;">50 Backstroke</td> <td></td> <td style="text-align: center;">22</td> </tr> <tr> <td style="text-align: center;">23</td> <td></td> <td style="text-align: center;">400 Individual Medley *</td> <td></td> <td style="text-align: center;">24</td> </tr> <tr> <td style="text-align: center;">25</td> <td></td> <td style="text-align: center;">800 Freestyle Relay ***</td> <td></td> <td style="text-align: center;">26</td> </tr> <tr> <td colspan="2" style="text-align: center;">Women's Events</td> <td style="text-align: center;">Day 3– Friday, July 24</td> <td colspan="2" style="text-align: center;">Men's Events</td> </tr> <tr> <td colspan="5" style="text-align: center;"><i>(Prelims begin at 9:00 am, Finals begin at 5:30 pm)</i></td> </tr> <tr> <td style="text-align: center;">27</td> <td></td> <td style="text-align: center;">200 Breaststroke</td> <td></td> <td style="text-align: center;">28</td> </tr> <tr> <td style="text-align: center;">29</td> <td></td> <td style="text-align: center;">100 Butterfly</td> <td></td> <td style="text-align: center;">30</td> </tr> <tr> <td style="text-align: center;">31</td> <td></td> <td style="text-align: center;">400 Freestyle *</td> <td></td> <td style="text-align: center;">32</td> </tr> <tr> <td style="text-align: center;">33</td> <td></td> <td style="text-align: center;">400 Freestyle Relay ***</td> <td></td> <td style="text-align: center;">34</td> </tr> <tr> <td colspan="2" style="text-align: center;">Women's Events</td> <td style="text-align: center;">Day 4– Saturday, July 25</td> <td colspan="2" style="text-align: center;">Men's Events</td> </tr> <tr> <td colspan="5" style="text-align: center;"><i>(Prelims begin at 9:00 am, Finals begin at 5:30 pm)</i></td> </tr> <tr> <td style="text-align: center;">35</td> <td></td> <td style="text-align: center;">200 Butterfly</td> <td></td> <td style="text-align: center;">36</td> </tr> <tr> <td style="text-align: center;">37</td> <td></td> <td style="text-align: center;">50 Freestyle</td> <td></td> <td style="text-align: center;">38</td> </tr> <tr> <td style="text-align: center;">39</td> <td></td> <td style="text-align: center;">200 Individual Medley</td> <td></td> <td style="text-align: center;">40</td> </tr> <tr> <td style="text-align: center;">41</td> <td></td> <td style="text-align: center;">400 Medley Relay ***</td> <td></td> <td style="text-align: center;">42</td> </tr> <tr> <td style="text-align: center;">43</td> <td></td> <td style="text-align: center;">800 Freestyle **</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td style="text-align: center;">1500 Freestyle **</td> <td></td> <td style="text-align: center;">44</td> </tr> </table> <p>* 400 Freestyle and 400 Individual Medley will be swum with the top 3 seeded heats of women swum first, followed by the top 3 seeded heats of men, then the remaining heats alternating women/men. These events require check-in at the Clerk of Course.</p> <p>** 800 and 1500 Freestyle is a Timed Final that will be swum at the end of Prelim sessions, alternating women/men events 13/14 and 43/44. These events require check-in at the Clerk of Course.</p> <p>Must provide your own timer and counter for 400 Freestyle, 400 Individual Medley, and 800/1500 Freestyle events</p> <p>*** All relays will be swum in finals. Time Trials will be conducted, provided there is enough time between the end of the preliminary session and the start of warm-ups for the final session on Friday and Saturday.</p>	Women's Events		Day 1– Wednesday, July 22	Men's Events		<i>(Prelims begin at 9:00 am, Finals begin at 5:30 pm)</i>					1		200 Medley Relay ***		2	3		200 Freestyle		4	5		50 Butterfly		6	7		100 Breaststroke		8	9		100 Backstroke		10	11		200 Freestyle Relay ***		12	13		1500 Freestyle **					800 Freestyle **		14	Women's Events		Day 2– Thursday, July 23	Men's Events		<i>(Prelims begin at 9:00 am, Finals begin at 5:30 pm)</i>					15		200 Backstroke		16	17		50 Breaststroke		18	19		100 Freestyle		20	21		50 Backstroke		22	23		400 Individual Medley *		24	25		800 Freestyle Relay ***		26	Women's Events		Day 3– Friday, July 24	Men's Events		<i>(Prelims begin at 9:00 am, Finals begin at 5:30 pm)</i>					27		200 Breaststroke		28	29		100 Butterfly		30	31		400 Freestyle *		32	33		400 Freestyle Relay ***		34	Women's Events		Day 4– Saturday, July 25	Men's Events		<i>(Prelims begin at 9:00 am, Finals begin at 5:30 pm)</i>					35		200 Butterfly		36	37		50 Freestyle		38	39		200 Individual Medley		40	41		400 Medley Relay ***		42	43		800 Freestyle **					1500 Freestyle **		44
Women's Events		Day 1– Wednesday, July 22	Men's Events																																																																																																																																																														
<i>(Prelims begin at 9:00 am, Finals begin at 5:30 pm)</i>																																																																																																																																																																	
1		200 Medley Relay ***		2																																																																																																																																																													
3		200 Freestyle		4																																																																																																																																																													
5		50 Butterfly		6																																																																																																																																																													
7		100 Breaststroke		8																																																																																																																																																													
9		100 Backstroke		10																																																																																																																																																													
11		200 Freestyle Relay ***		12																																																																																																																																																													
13		1500 Freestyle **																																																																																																																																																															
		800 Freestyle **		14																																																																																																																																																													
Women's Events		Day 2– Thursday, July 23	Men's Events																																																																																																																																																														
<i>(Prelims begin at 9:00 am, Finals begin at 5:30 pm)</i>																																																																																																																																																																	
15		200 Backstroke		16																																																																																																																																																													
17		50 Breaststroke		18																																																																																																																																																													
19		100 Freestyle		20																																																																																																																																																													
21		50 Backstroke		22																																																																																																																																																													
23		400 Individual Medley *		24																																																																																																																																																													
25		800 Freestyle Relay ***		26																																																																																																																																																													
Women's Events		Day 3– Friday, July 24	Men's Events																																																																																																																																																														
<i>(Prelims begin at 9:00 am, Finals begin at 5:30 pm)</i>																																																																																																																																																																	
27		200 Breaststroke		28																																																																																																																																																													
29		100 Butterfly		30																																																																																																																																																													
31		400 Freestyle *		32																																																																																																																																																													
33		400 Freestyle Relay ***		34																																																																																																																																																													
Women's Events		Day 4– Saturday, July 25	Men's Events																																																																																																																																																														
<i>(Prelims begin at 9:00 am, Finals begin at 5:30 pm)</i>																																																																																																																																																																	
35		200 Butterfly		36																																																																																																																																																													
37		50 Freestyle		38																																																																																																																																																													
39		200 Individual Medley		40																																																																																																																																																													
41		400 Medley Relay ***		42																																																																																																																																																													
43		800 Freestyle **																																																																																																																																																															
		1500 Freestyle **		44																																																																																																																																																													

Coach Info	<ul style="list-style-type: none"> • Travel teams are invited to warm up at the pool on Tuesday, 7/21/26, 5-7 pm. • Hotels and restaurants recommended; will be posted on the Metroplex Aquatics website https://www.metro-aquatics.org/ • Team packages will be available for pickup at the front office starting Tuesday, 7/21/26, during the travel team general warm-up. All coaches must be prepared to show their credentials to receive a deck pass for the meet. We will need phone numbers of meet contacts for swim-offs, finals changes, etc. • Coaches are responsible for the conduct of their swimmers and cleaning up their team areas.
Daily Schedule	<p>7:00 am to 8:45 am General Open Warm Up 8:25 am Start Lane 1/8 push/pace, Lane 2/7 dive starts 8:30 to 8:45 am Dive/Sprint/Pace 9:00 am Prelim Session Starts Relay cards are due at the end of the Prelim sessions daily 4:00 pm to 5:00 pm Finalist General Open Warmup 5:00-5:15 pm Dive/Sprint/Pace 5:30 pm Finals start 6:00 pm Check-in for the next day distance event closes. (Event 13/14 closes at 8:30 am on Wednesday)</p>
Time Trials Sanction NT 032TT-26	<ul style="list-style-type: none"> • Time Trials will be conducted in long course meters • A swimmer is limited to a maximum of two Time Trials, a maximum of 3 events per day, including meet events swum. • Swimmer must provide timer and counter (if needed). • Entry fees for Time Trials are \$30.00 each, which includes the NT fee. • Time Trials entries will close at approximately 11 am on Friday and 11 am Saturday. • Time Trial entries will be taken on-site at the Clerk of Course. Only swimmers entered in the meet may swim Time Trials.
Additional Info	<ul style="list-style-type: none"> • Hospitality will be available for coaches and officials. • Coaches and officials will have a designated bathroom for their use on deck by the lifeguard's offices. • Locker rooms will be available on the deck for swimmers. Swimmers may not change in any of the restrooms in the hallways or upstairs spectator areas. • 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 taken are required to contact the Meet Director before 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. All must be USA Swimming-registered non-athletes. • Meet Updates and Pertinent information about meet details: lodging, restaurants, warm-up times, etc., will be posted on the Metroplex Aquatics website https://www.metro-aquatics.org/

Meet Qualifying Time Standards: One qualifying time, unlimited bonus up to daily limit. **Must enter your qualifying event.**

American Long Course Champs Qualifying Time Standards						
Women			Men			
SCY	SCM	LCM	Event	LCM	SCM	SCY
26.09	28.79	29.89	50 Free	26.29	25.79	23.29
56.49	1:02.49	1:04.49	100 Free	58.59	56.39	50.99
2:01.89	2:14.89	2:19.09	200 Free	2:08.79	2:03.49	1:51.59
5:20.09	4:42.49	5:02.99	400/500 Free	4:43.69	4:22.39	4:59.09
11:03.29	9:42.49	9:57.59	800/1000 Free	9:22.69	9:08.59	10:22.09
18:48.39	18:32.09	19:06.29	1500/1650 Free	17:50.49	17:25.99	17:21.19
1:02.69	1:09.19	1:12.79	100 Back	1:06.79	1:03.29	57.29
2:15.29	2:29.59	2:35.49	200 Back	2:22.69	2:17.59	2:04.49
1:12.49	1:20.09	1:23.09	100 Breast	1:15.59	1:11.89	1:05.09
2:35.99	2:52.39	2:57.99	200 Breast	2:42.89	2:36.89	2:21.99
1:02.59	1:09.09	1:10.79	100 Fly	1:04.29	1:02.39	56.49
2:16.99	2:31.39	2:35.59	200 Fly	2:22.89	2:19.09	2:05.89
2:16.69	2:31.29	2:37.49	200 IM	2:24.39	2:18.09	2:04.79
4:47.49	5:18.39	5:25.09	400 IM	5:00.99	4:52.79	4:24.19



Clear Bag Policy

To ensure guest safety and a quicker entry into the facility, the Natatorium has implemented a bag policy limiting the size and type allowed at all events.

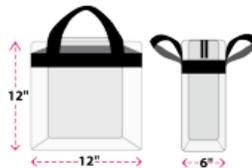
While the Natatorium encourages guests not to bring bags if possible, the following are permissible:

- Clear plastic, vinyl or PVC bags that do not exceed 12" x 6" x 12"
- One-gallon clear plastic Ziploc-style bags
- Clutch bags approximately the size of a hand
- Medically necessary items

LARGE BAGS

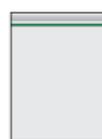
CLEAR TOTE

Made of plastic, vinyl or PVC
Size does not exceed 12" x 6" x 12"



OR

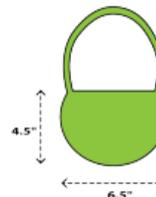
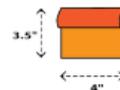
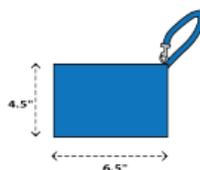
One-Gallon Resealable, Clear PLASTIC STORAGE BAG



SMALL BAGS

SMALL CLUTCH BAG

Approximately the size of a hand, with or without a handle or strap
Size does not exceed 4.5" x 6.5"



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.