

2025 TEXAS SENIOR CIRCUIT LONG COURSE MEET

HOSTED BY DALLAS MUSTANGS SWIM TEAM Sponsored by Speedo

**SMU Robson & Lindley Aquatic Center and Barr-McMillion
Natatorium/Holt Hickman Outdoor Pool on the SMU east campus**

June 6 - 8, 2025

- Sanction #:** NT 043-25
Held under the sanction of USA Swimming by North Texas Swimming, Inc.
- MAAPP:** All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- APT:** Adult athletes (18 and older) must complete Athlete Protection Training (APT) prior to the first day of the meet and show proof of completion in their USA Swimming 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:** SMU Robson & Lindley Aquatic Center and Barr-McMillion Natatorium/Holy Hickman Outdoor Pool
5550 SMU Blvd Dallas, TX 75206 (east of Central Expressway), Phone: 214-768-2000; website: [SMU Natatorium](#)
- Facility:** 1 x 50-meter course, 8 lanes (8' wide), with blocks and touchpads. The facility is equipped with a Colorado timing system and Hy-Tek Meet Manager. Holt Hickman Outdoor Pool, which is adjacent to the competition pool, will be available for warm up/warm down.
- 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.
- Medical Supervision:** Medical assistance will be provided at the facility. If you require medical assistance, please notify a member of the meet staff. AED, backboard, & First Aid supplies at facility.
- Spectator Information:** Spectators will be allowed in the natatorium to watch the meet. Seating is on the second floor of the natatorium.
- 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 2025 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 person's participation in the meet, it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., all meet officials, SMU Robson & Lindley Aquatic Center and Barr-McMillion 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.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently 2025 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 Account 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 Account. Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format: This is a three-day prelim/final event with bonus, consolation, and championship finals.

The maximum number of individual events per day is three (3). Relay swimmers must be entered in an individual event that meets proof of time criteria.

All events will be seeded fastest to slowest. Events 200 meters or shorter will be pre-seeded.

The 400 Free and 400 IM prelims will swim fastest 3 heats of women and then the fastest 3 heats men. Then alternate between women and men.

The 800 will be a timed final event. The fastest 8 seeds will swim in event order in Finals. All other heats will be swum fastest to slowest during the Prelims, **alternating girl's and boy's heats**. All competitors in this event must provide two timers and one lap counter for their swim.

Relays: Will be run during the final's session Friday and Saturday.

Check In: Positive check-in is required for the 400 Free, 800 Free, and 400 IM. Swimmers in the 400 free or 400 IM must check in by 9:00am on the day of the event.

Swimmers in the 800 free must check in by 6:00pm on Friday.

Heat Sheets: Heat sheets will be available via Meet Mobile.

Qualifying

Times: Swimmers must have one qualifying Sectional Bonus Time to enter the meet. Swimmers may swim Bonus events per the table below. Swimmers do not need a bonus Sectional cut to swim bonus events.

- 1 Qualifying Time; swimmer can swim 4 bonus events
- 2 Qualifying Times; swimmer can swim 3 bonus events
- 3 Qualifying Times; swimmer can swim 2 bonus events
- 4 Qualifying Times; swimmer can swim 1 bonus event

Qualifying times are based on the Sectional standards found at: [Sectional Time Standards](#)

Age-Up Date: The age of the swimmer will be his/her age on June 6, 2025

Restrictions: No more than 3 individual events and 1 relay per day.

Teams

Invited: This meet is open to all USA Swimming club members.

Entry

Deadline: **Thursday, May 29, 2025 at 11:59pm.**

Entry

Procedures: Swimmers should enter events with their best LCM times. Swimmers with no long course times should enter with non-conforming times. Enter all events at actual times, not at time standards. All times must be provable in SWIMS (or equivalent international database).

All team entries shall be submitted using Hy-Tek Team Manager or its equivalent, the team entry software adopted by the NTS House of Delegates. Any team submitting more than 5 individual entries, which are not submitted using this standard software, must pay double the entry fees to the Dallas Mustangs.

Submit entries by E-mail (preferred method) to Entries Chair with an attached file of the meet entries report (listing the swimmer, USA Swimming ID, and entries by swimmer) and a meet entry fee report. If you need to submit entries in another format, please contact the Entries Chair to make other arrangements. 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: Nicholas Saliba; Phone: (972) 489-8037

E-mail: nicholassaliba7@gmail.com

Please mail entry checks to:

Dallas Mustangs

6702 Lakeshore Drive

Garland, TX 75044

Daily

Schedule:

Thursday, June 5	Warm-Up session 6:00-8:00pm	
	Prelims	Finals
Friday, June 6	Warm-Up: 7:45 - 9:15am Meet Start: 9:30am	Warm-Up: 4:30 - 5:45pm Finals Start: 6:00pm
Saturday, June 7	Warm-Up: 7:45 - 9:15am Meet Start: 9:30am	Warm-Up: 4:30 - 5:45pm Finals Start: 6:00pm
Sunday, June 8	Warm-Up: 7:45 - 9:15am Meet Start: 9:30am	Warm-Up: 3:30 - 4:45pm Finals Start: 5:00pm

Entry Fees: Individual Event: \$14.00 per individual event; \$30.00 per late individual event entry

Relay: \$20.00 for each relay event

Surcharge: \$20.00 per swimmer (\$3.00 will go to North Texas Swimming, Inc.)

Deck Entries: Deck entries are accepted on deck only until 45 minutes before session start. Deck entries will fill open lanes. Additional heats will be created if necessary.

Swimmers not previously entered in the meet must present their 2025 USA Swimming ID card or Deck Pass to deck enter (or a coach may present the club's official, watermarked roster from the USA Swimming club portal). Swimmer must present proof of best times report from USA Swimming's Swims database.

Meet Staff:

Meet Referee: Jane Maxvill

Starter: Julian Fisher

Stroke & Turn Officials: John Sobenes, Rachmat Suwanda

Admin Official (or Referee): Robyn Jacobson

Meet Director: Will Riemer

Head Safety Marshall: Sherrod Edwards

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.
- 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. 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.
- Unaccompanied Swimmers:** At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. (USA Swimming Rule 202.5.3)
- 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 2025 certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2025 and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming.
- Timers:** The host team will attempt to provide backup timers for this meet but volunteers from visiting teams will be needed. The meet referee has discretion to start the meet with one backup timer per lane, in the event a sufficient number of volunteers are not present. **Swimmers in the 800 free must provide their own timers and lap counters. Swimmers in the 400 free prelims and 400 IM prelims must also bring their own timers**
- Awards:** There are no individual awards given at this meet.
- Scoring:** The meet will not be scored.

Order of Events

Friday, June 6, 2025

Prelims:		Finals:	
Warm-Up: 7:45-9:15am Meet Start: 9:30am		Warm-Up: 4:30-5:45pm Finals Start: 6:00pm	
<u>Women</u>	<u>Event</u>	<u>Men</u>	
1	50 Fly	2	
3	200 Back	4	
5	100 Free	6	
7	200 Breast	8	
9	400 Free	10	
11	400 Free Relay (Finals only)	12	

Swimmers in the 400 Free prelims must provide their own timer

Saturday, June 7, 2025

Prelims:		Finals:	
Warm-Up: 7:45-9:15am Meet Start: 9:30am		Warm-Up: 4:30-5:45pm Finals Start: 6:00pm	
<u>Women</u>	<u>Event</u>	<u>Men</u>	
13	100 Fly	14	
15	100 Breast	16	
17	200 Free	18	
19	50 Back	20	
21	400 IM	22	
23	400 MR (Finals only)	24	

Swimmers in the 400 IM prelims must provide their own timer

Sunday, June 8, 2025

Prelims:		Finals:	
Warm-Up: 7:45-9:15am Meet Start: 9:30am		Warm-Up: 3:30-4:45pm Finals Start: 5:00pm	
<u>Women</u>	<u>Event</u>	<u>Men</u>	
25	50 Breast	26	
27	200 Fly	28	
29	100 Back	30	
31	200 IM	32	
33	50 Free	34	
35	800 Free	36	

Swimmers in the 800 Free must provide their own timers and lap counters.

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.