



NITRO SWIMMING
2026 ST NTRO Winter Prelim Final Invite
Held under the sanction of USA Swimming
Invite-Only Meet
**revised and reposted 12/12/25*



- Date:** January 16-18, 2026
- Entry Deadline:** Entries must be received by Tuesday, December 30, 2025, at 9:00AM (CDT).
- Sanction:** ST-26-13cm
- Venue:** Nitro Swimming Kyle, 737-497-3866
3425 FM 1626
Kyle, TX 78640
- Entries:** Swimmers may enter a maximum of three (3) individual events each day and a total of seven (7) individual events for the meet. Each session will be capped at 350 athletes. The Meet Director reserves the right to cap the number of athletes under 350 to maintain the timeline.
- Entry Fees:** \$15.00 per individual event plus a \$15 athlete surcharge. Athletes may enter up to seven (7) events. Your account on file with www.nitroswim.captyn.com will be automatically billed. There will be no refunds for any reason including, but not limited to, injury and/or illness. Invited teams, entry fees must be received by January 16, 2026.
- Entry Requirements:** All entries must contain the following information: the name, email address, and phone number of the person preparing the entries in case clarification is needed; an attachment of the Hy-Tek Team Manager or Team Unify export file; an attached document listing the entries (by swimmer) with proofs of time and USA Swimming ID number; and an attached document of the meet entry fees report.
- Proof of time must be submitted with the entries. All entry times must be in SCY and verifiable using the USA-S SWIMS database for sanctioned, approved, or observed meets. (Times in the SWIMS database earned at unsanctioned meets may not be used as proof of time.) All proof of times are the responsibility of the entering teams, not the meet host. Entries without an acceptable proof of time will not be accepted.
- Meet Format:** This is an invite-only competition open only to swimmers who are attached to or unattached to Nitro Swimming and swimmers whose teams have been invited. This meet is preliminaries and finals.
- Preliminary events:** Events will be seeded by time and gender-specific, with all ages combined, according to the Order of Events, except as noted. All preliminary events will be swum fastest to slowest. The three fastest heats of each preliminary event will be circle seeded, except for the 500 Freestyle whereas the two fastest heats will be circle seeded. **Positive check-in is required for the 11&O 500 Freestyle. Positive check-in will close at 9:00am on Saturday for the girls and at 9:00am on Sunday for the boys.**
- Final events:** A final (top 8) for the 10 & under age group, unless otherwise noted. A and B finals for all events (top 16) for the 11-12, 13-14, and 15 & over age groups, unless otherwise noted. All

finals events will be contested in the specified age groups in the finals sessions. Finals events will be swum slowest to fastest (B then A), youngest to oldest (order is listed in Order of Events).

Timed finals: On Friday, the 10&U 500 Free, 11&O 400 IM, and 11&O 1650 Free will be contested as timed finals for all age groups. They will be swum fastest to slowest as mixed gender and combined age. Only the fastest 20 times of each gender will be swum of the 1650 Freestyle. The 10&U 500 Free, 11&O 400 IM, and 11&O 1650 Free will be deck seeded. **Positive check-in is required for the 10&U 500 Free, 11&O 400 IM, and 11&O 1650 Free and will close at 5:30pm.** Swimmers must provide their own backup timer (at least one) for the 10&U 500 Free, 11&O 400 IM, and 11&O 1650 Free, and counter for the 10&U 500 Free and 11&O 1650 Free.

The Meet Director and Meet Referee reserve the right to combine heats and/or events as needed.

Deck Entries: There will be no deck entries for the competition.

Qualifying Times: All athletes must have a provable USA-S 2025-2028 National Motivational BB Time Standard or faster in SCY for any event entered. NTs will not be accepted.

Scratch Rules: There is no penalty for failing to scratch from a pre-seeded preliminary event. Swimmers who fail to compete in the 10&U 500 Freestyle, 11&O 400 IM, and/or 11&O 1650 Freestyle events after positive check-in will be barred from all further individual events of that day, and they must positively check-in for the remainder of the meet with meet administration to continue to compete. Illness and injury may be excused by the Meet Referee. This is in accordance with USA Swimming Rule 207.11.6.C.

The top 8 qualifiers (for 10&U events and 11&O 500 Freestyle) and the top 16 qualifiers (for 11&O events, except 500 Freestyle) in each preliminary event will be announced and posted shortly after the final heat. **Swimmers who qualify for finals and elect NOT to compete in finals must scratch with the Administrative Official within 30 minutes of the announcement.** Any swimmer who qualifies for a final, as top 8 qualifiers (for 10&U events and 11&O 500 Freestyle) and the top 16 qualifiers (for 11&O events, except 500 Freestyle) and fails to compete will be barred from the remainder of their finals events that day, and they must positively check-in for the remainder of the meet with meet administration to continue to compete. Illness and injury may be excused by the Meet Referee and this policy does not apply to athletes placing outside of top 8 (for 10&U events) or outside of top 16 (for 11&O events).

Heat Sheets: Heat sheets will be posted online at www.nitroswim.captyn.com and emailed out after 12:00pm on Wednesday, January 14, 2026. They will also be available during the meet via Meet Mobile as a courtesy. Please do not rely solely on Meet Mobile for heat sheet information. Finals heat sheets will be posted at the entrance of the swim center. Finals heat sheets will also be emailed out to teams at the conclusion of the prelim sessions.

Admin: Entries Chair and Meet Director: Raven Chastain, nitromeetdirector@nitroswim.com
Meet Referee: Maureen Helm, stengler@gmail.com
Admin Official: John VanderMeer, john_vandermeer@outlook.com

Liability: In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STX), Nitro Swimming, Nitro Kyle and all meet officials shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.

Sanction:	This meet has been sanctioned by South Texas Swimming and current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), and any relevant sections of the South Texas Policies & Procedures Manual will apply. 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. All swimmers must be registered as athletes in good standing with USA Swimming as of the meet date(s). Athletes who register with USA Swimming and/or South Texas Swimming after the meet entry deadline may deck enter the meet only if they can present their current USA Swimming membership card using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app). Athletes who fail to meet this requirement will not be allowed to compete. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.
USA Swimming Registration:	All swimmers, coaches, and officials participating in this competition must be current USA Swimming members in good standing as of the meet date(s). 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 membership card using the USA Swimming app as proof of their membership 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 membership card using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app). Current national and LSC regulations do not allow for exceptions to these policies.
Facility:	Nitro Swimming Kyle is an indoor 25-yard by 50-meter competition pool. Eight (8) 25-yard lanes at the south end of the pool will be used for this meet.
Water Depth:	The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet 0 inches at the start end and the turn end is 5 feet 0 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls.
Course Certification:	The host will ensure the required course dimensions.
Age-Up Date:	The age of the swimmer will be his/her age on January 16, 2026.
Warm-ups:	Warm-ups will be conducted in accordance with the current STSI Policies and Procedures listed below and on the STswim.org Web Site. Modifications for health and safety measures are listed in the Health and Safety section.
Awards:	There will be no awards for this meet, nor will the meet be scored.
Time Trials:	There will be no time trials.
Cell Phone Restrictions:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility, and arrest.
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. 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. All unaccompanied swimmers will be temporarily assigned to a registered USA Swimming coach for warm up, warm down, and competition purposes in order to comply with USA Swimming Rule

202.5.3. 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 sure arrangements prior to the start of the meet.

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.

Drones: Per USA Swimming Rule 103.13, the 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. Exceptions may be granted with prior written approval by the Programs and Events Committee Chair or designee.

Athlete Necessary

Accommodations: Coaches entering swimmers with disabilities that require any accommodations or modifications, including the need for personal assistants and/or registered service animals, must provide advance written notice, accompanying their meet entry file, to the Entry Chair or Meet Director and Meet Referee by the entry deadline. A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities. Failure to provide advance notice may limit the meet host's ability to accommodate all requests. The suggested form can be downloaded [here](#). In any meet that may include one or more swimmers with visual, hearing, cognitive, or physical disabilities, the judging of such competitors shall be in accordance with the current USA Swimming Rules and Regulations, including Article 105.

Medical

Supervision: During the meet, facility personnel and an AED device will be present to provide any necessary medical supervision and treatment for athletes participating in the meet.

Officials: All currently certified and in-training USA Swimming officials are cordially invited to participate. All deck and administrative officials must be current members in good standing with USA Swimming and their local LSC. Please email the Meet Referee with your certification level and availability so they can plan accordingly. The uniform will be white polo shirts over khaki shorts, pants, or skirts and white shoes for prelims and timed finals, and navy polo shirts over khaki pants or skirts for finals. Please report to the Meet Referee at least 60 minutes prior to the scheduled start time of the session for the officials' briefing and to receive your assignments. The wearing of name tags is strongly encouraged.

Meet Schedule:**Friday Timed Finals:**

Warm-ups begin 5:00pm

Clear competition pool 5:45pm

Session begins 6:00pm

****Positive check-in for all Friday events will close at 5:30pm.******Saturday/Sunday Prelims Sessions:**

Warm-ups begin 8:00am

Clear competition pool 8:45am

Session begins 9:00am

Saturday/Sunday Finals Sessions:

Warm-ups begin 4:00pm

Clear competition pool 4:45pm

Session begins 5:00pm

Depending on the number of entries, Meet Director may create additional warm-up sessions and start warm-ups earlier than the times posted.

ORDER OF EVENTS

(event distances in yards)

Mixed Event #	Friday January 16, 2026
1	10&U 500 Freestyle
2	11&O 400 Individual Medley
3	11&O 1650 Freestyle

- All events on Friday require positive check-in by 5:30pm and will be deck seeded. Swimmers in these events need to provide their own backup timer (at least one) and counter for the freestyle events.
- **Only the fastest 20 times of each gender will be seeded for the 1650 Freestyle.**

Girl's Event #	Saturday January 17, 2026	Boy's Event #	Girl's Event #	Sunday January 18, 2026	Boy's Event #
4	50 Freestyle	5	20	50 Butterfly	21
6	100 Butterfly	7	22	100 Freestyle	23
8	11&O 200 Breaststroke	9	24	11&O 200 Butterfly	25
10	12&U 100 Individual Medley	11	26	100 Breaststroke	27
12	200 Freestyle	13	28	11&O 200 Backstroke	29
14	100 Backstroke	15	30	200 Individual Medley	31
16	50 Breaststroke	17	32	50 Backstroke	33
18	Girls 11&O 500 Freestyle			Boys 11&O 500 Freestyle	19

- Swimmers in the 11&O 500 Freestyle are required to positive check-in by 9:00am (girls on Saturday, boys on Sunday) and need to provide their own backup timer (at least one) and counter.
- In FINALS, all events will be swum youngest to oldest and slowest to fastest. 10&U will have an A final only (heat 1). All other age groups will have two heats: 11-12 B and A finals (heats 2 and 3), 13-14 B and A finals (heats 4 and 5), 15&O B and A finals (heats 6 and 7). **The 11&O 500 Freestyle will have an A final only: 11-12 A final (heat 1), 13-14 A final (heat 2), 15&O A finals (heat 3).**

SOUTH 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 shall occur from only the designated end of the pool, swimmers must exit on the opposite end of the pool and 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 (0-9)	0 and 9	1, 2, 6, and 7	3 through 5
10 Lanes (1-10)	1 and 10	2, 3, 7, and 8	4 through 6
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 and from the designated end. Swimmers must exit the pool on the opposite end.
- d. There will be no diving in the general warm-up lanes—circle swimming only.
- e. No kickboards, pull buoys, or hand paddles may be used.

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 two marshals, with a minimum of one of each gender, 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: "South 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.

B. MISCELLANEOUS NOTES

- I. Backstrokers will ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroke waiting to start.
- II. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- III. Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- IV. Warm-up procedures will be enforced for any breaks scheduled during the competition.
- V. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups unless approved by the Meet Referee.

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.