



**2016 Carolina Crown Senior Swim Meet
A North Carolina and South Carolina Shared Event**

Hosted By North Carolina Swimming
April 23, 2016

Greensboro Aquatic Center

Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc.

Sanction #NC16084

MEET DIRECTORS	MEET ENTRY COORDINATOR
Jonathan Watson & Kile Zeller Watson – (919) 395-9585 – 01silversurfer@bellsouth.net Zeller – (404) 402-1641 – sdd@sc-swimming.org	Trish Martin 336-327-4697 pksmartin@bellsouth.net
MEET REFEREE	MEET MARSHAL
Jon Fox jfox@hilliard.com	Jonathan Watson

FACILITY

The Greensboro Aquatic Center (GAC) is a state-of-the-art indoor facility with three pools which opened in August, 2011. The main competition pool is 9-10 feet deep at both ends and will be configured into one 50M course with eight 9 foot wide lanes. All lanes feature non-turbulent lane lines and Colorado starting blocks. Eight lanes will be used for this competition. The Colorado electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. At least three 25yd lanes will be open for continuous warm up and down. Seating for 1800 spectators is available. Parking will be available for \$5 per day with unlimited entry and exit. Free parking will be provided for coaches and officials who present 2016 USAS membership cards to the Volunteer Lot gate attendant.

MEET FORMAT

The Carolina Crown Meet will be a long course quad meet with all events being conducted as timed final events for 15-19 year old athletes. The athletes in attendance will be selected from the top 15-18 year old athletes who have represented a North Carolina Swimming or South Carolina Swimming member club during the 2015-16 short course season. Each athlete selected will be assigned to represent one of four squads during the competition. Each squad will have a staff of three USA Swimming registered coaches. The Head Coach of each squad will select athletes from their squad to participate in up to four individual events and two relays during the competition. The Head Coach will also be responsible for completing the entries for their squad.

SCHEDULE

The single day meet will be run on the following schedule:

COACH ARRIVAL/MEETING	3:30pm
ATHLETE CHECK-IN	4:00-4:30pm
OFFICIALS MEETING	4:30-5:00pm
WARM-UPS	4:30-5:20pm
MEET BEGINS	5:30pm
HALFTIME BREAK	10mins – Following event #14

SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in workout rooms, storage rooms, meeting rooms or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend that each squad assign a coach to monitor warm-up sessions in addition to the Meet Marshal provided by NCS. The GAC pool rules must be followed by all participants and spectators attending this event.

Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms, or locker rooms.

Deck changes are prohibited.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on the pool deck. No spectators will be allowed on deck at any time.

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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

RULES

This meet will be run in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated.

ELIGIBILITY

All swimmers participating must be registered with USA Swimming, Inc. prior to the entry deadline. There will be no on deck registration available at this meet. All swimmers must be members in good standing with North Carolina Swimming or South Carolina Swimming member clubs. Qualifying times must have been achieved according to the rules for selection during the stated qualifying period.

QUALIFYING PERIOD

Short course times achieved as a 15-, 16-, 17-, or 18-year-old athlete in USA Swimming sanctioned, approved, or observed high school meets conducted between September 1, 2015 and March 13, 2016.

RULES FOR SELECTION

Athletes will be selected with a goal of assigning 40 athletes to each of four squads (160 total athletes) with the goal of having half of the athlete representation being from North Carolina and half being from South Carolina. The goal is for each squad to have up to 20 males and 20 females. The squads will be selected from athletes who have ranked in the top-60 short course times as 15-, 16-, 17-, and 18-year olds in each of the contested events during the qualifying period.

Two lists will be distributed of selected athletes. The first will be athletes who have an automatic spot guaranteed on one of the four squads. A second list of alternates will be for athletes who will qualify should any on the automatic list be unable to attend. All athletes on either list should return their application and fees by the April 1 deadline to be considered and everyone will be notified of their selection via email and postings on the LSC websites by April 6, 2016. Checks for swimmers who are not selected will be destroyed or returned.

ENTRIES

All entries should be submitted in Hy-Tek Format and submitted via email. A hardcopy of the entry must also be sent which can be a Word document sent by email as an attachment. The hardcopy should show the age of each athlete as of April 23, 2016.

As all athletes will be selected based on short course swims during the period of September 1, 2015-March 13, 2016, all athletes planning to attend are required to return their paid applications by the April 1, 2016 deadline. The following is a schedule of notifications for this event:

Athlete selections posted on NC and SC websites* *www.ncswim.org and www.sc-swimming.org	Tuesday, March 22, 2016
Deadline for Athlete Entry Forms To Be Submitted	Friday, April 1, 2016
Head Coaches/Assistants Receive List of Athletes/Times on their Squads	Wednesday, April 6, 2016
Deadline for Meet Entries to be sent in by Head Coaches	Wednesday, April 13, 2016

ENTRY LIMITS

Swimmers may enter up to four (4) individual events and two (2) relays in this meet. Each squad may enter any number of athletes in an individual event however, each squad may only enter two (2) relays in any relay event.

ENTRY DEADLINE

The deadline for submission of entries for each squad shall be Wednesday, April 13, 2016 at 9pm. Late entries may be accepted at the discretion of the Meet Directors.

ENTRY FEES

There is a charge per athlete of \$60 to attend this swim meet. Please make checks payable to "North Carolina Swimming". Athletes should send their application form and check payable to **North Carolina Swimming** for \$60 no later than April 1, 2016 to:

Carolina Crown Challenge

c/o Jonathan Watson
6766 Chauncey Drive
Raleigh, NC 27615

SCORING

This meet will be scored as follows:

Individual Events: 9-7-6-5-4-3-2-1.

Relays: 18-14-12-10-8-6-4-2.

AWARDS

Athletes of the winning squad will receive a special award. All participants will receive special outfitting compliments of Speedo USA. The top-8 individual event winners and the top-3 relay teams will receive medals.

RESULTS

Results for this meet will be posted on the LSC websites and Meet Mobile (facility internet connection permitting.) Times for individual events will be uploaded to the SWIMS database.

SEEDING

All events are timed finals. Swimmers will be seeded from slowest to fastest in each event.

Entries should be made with SCY times from the qualifying period. These SCY times will be automatically converted to LCM by the entry coordinator. NT entries will not be accepted.

Breaks are noted in the Order of Events. Additional breaks may be added by the Meet Referee.

SCRATCHES & PENALTIES

There are no penalties for scratching or failing to compete in any events including relays at the block.

SWIMMERS WITH DISABILITIES

North Carolina Swimming welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit NCS's ability to accommodate all requests.

COACHES

All coaches on deck must be currently registered and certified with USA Swimming. Coaching cards shall be presented to Meet Management upon arrival and shall be displayed prominently while on deck. There will be a general meeting for all coaches at 3:30pm on Saturday, April 23, 2016. Any coaches wishing to participate in this event are asked to contact **Event Coordinators Kile Zeller** (South Carolina Swimming, kzscsdd@gmail.com) or **Jonathan Watson** (North Carolina Swimming, 01silversurfer@bellsouth.net) prior to February 29, 2016.

OFFICIALS, TIMERS, & VOLUNTEERS

There will be a need for officials and volunteers at this event. Any certified official who would like to officiate at this event is asked to contact Meet Referee, Jon Fox. Anyone wishing to be a timer at this event is asked to contact Jonathan Watson. See page 1 for email addresses.

HOSPITALITY

There will be hospitality on-site offered to coaches, volunteers and officials who are aiding in the conduct of this meet. In addition, refreshments will be on sale during the event as well. Outside food and coolers are not permitted by the facility.

WARM-UPS

In accordance with USA Swimming Guidelines, there will be a published warm-up procedure for all swimmers and coaches attending this meet. The Meet Marshall will ensure all squads, coaches and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the final number of entries. During the competition, there will be lanes for continuous warm-up/down. There is no horseplay or diving in this area. Swimmers will enter the pool feet first except in lanes that are designated for one-way race starts under the direction of a USA Swimming certified coach.

RELEASE

By submitting an application, all swimmers acknowledge that they are registered with USA Swimming. All coaches and swimmers acknowledge that they are familiar with the Safe Sport rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that coaches shall be responsible for their swimmers' compliance with those rules during this meet. North Carolina Swimming, Inc., South Carolina Swimming, Inc., and USA Swimming, Inc., Greensboro Aquatic Center, their agents, employees, volunteers, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. By entering this meet, athletes and coaches are granting permission for their names and photographs to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running or promotion of this meet.

ORDER OF EVENTS

Saturday, April 23, 2016

Warm-Ups: 4:30pm

Meet Starts: 5:30pm

Women's Event Number	Events	Men's Event Number
1	Open 200m Medley Relay	2
3	Senior 200m Freestyle	4
5	Senior 100m Breaststroke	6
7	Senior 200m Butterfly	8
9	Senior 100m Backstroke	10
11	Senior 200m Individual Medley	12
13	Senior 400m Freestyle	14
<i>Halftime Break – 10-minutes</i>		
15	Senior 50m Freestyle	16
17	Senior 200m Breaststroke	18
19	Senior 100m Butterfly	20
21	Senior 200m Backstroke	22
23	Senior 100m Freestyle	24
25	Senior 400m Individual Medley	26
<i>5-minute Break</i>		
27	Open 400m Freestyle Relay	28

End of Meet