

2023 NCAC Tar Heel States

Mar 30 – April 2

Koury Natatorium

400 Skipper Bowles Drive, Chapel Hill, NC 27514

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.

Sanction #NC23084

MEET DIRECTOR	MEET ENTRY COORDINATOR
Hunter Hojnacki Hunter.hoj@gmail.com	Hunter Hojnacki Hunter.hoj@gmail.com
MEET REFEREE	MEET MARSHAL
Jeff Baker Jeffreyharrisbaker@gmail.com	Justin Wright & Sherwood Watts Justin.wright.swim@gmail.com / coachwattsnac@gmail.com

**CONDITION OF
SANCTION**

As a condition of this sanction, North Carolina Athletic Club (NCAC) agrees to comply and to enforce all COVID 19 health and safety mandates and guidelines of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, and the NCAC Meet Plan detailed below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID 19 sanctioning period.

**ASSUMPTION OF
RISK DISCLAIMER**

NCAC has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

COVID-19 RELEASE

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

NCAC COVID-19 MEET PLAN

NCS FACE COVERING STATEMENT NCS recommends the proper use of face coverings at all NCS activities and expects all participants, coaches, officials, volunteers, and spectators to comply with all club and facility specific COVID-19 safety requirements and guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, and local jurisdictions.

LOCKER ROOMS/ CHANGING Locker rooms will be available. These will be labeled at the facility. Deck changing is prohibited.

ENTRY & EXIT PROCEDURES and ATHLETE SEATING AREAS Entry will be through the front door of the Natatorium. Exits will be the same doors or the emergency exit. Athletes will sit in designated team areas which will be monitored by parent volunteers.

SWIMMER LIMITATIONS and PROTOCOLS Koury Natatorium is allowed 381 on the pool deck at any time. With session coaching staffs and the above meet and facility personnel, NCAC is in compliance with all CDC, State and local government requirements.

FACILITY Koury Natatorium
400 Skipper Bowles Dr
Chapel Hill, NC 27514
The pool is an 8-lane, 25-yard course pool with non-turbulent lane markers and bulkhead-anchored starting blocks. Pool depth ranges from 7 to 9 ft. The Colorado Timing system with touchpads will be used along with buttons and watches in each of (8) 9-foot-wide lanes for competition. Locker rooms for women and men are available. The competition course has been certified in accordance with 104.2.2C(4).

MEET FORMAT This is a prelim/final & timed final meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Thursday, Mar 30	5:00 PM	6:00 PM	Open
2	Friday, Mar 31	4:00 PM	5:00 PM	Open
3	Sat, Apr 1	7:00 AM	8:30 AM	13 & O Prelims
4	Sat, Apr 1	12:00 PM	1:00 PM	12 & U Timed Finals
5	Sat, Apr 1	5:00 PM	6:00 PM	13 & O Finals
6	Sun, Apr 2	7:00 AM	8:30 AM	13 & O Prelims
7	Sun, Apr 2	12:00 PM	1:00 PM	12 & U Timed Finals
8	Sun, Apr 2	5:00 PM	6:00 PM	13 & O Finals

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For
Monday, Mar 20 th	12:00 PM	Entry Deadline
Each Day	45 minutes before session start	Officials Meeting
Thursday, Mar 30 th	5:30 PM	Coaches Meeting

RULES

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

TECHNICAL SUIT BAN for 12&Us

Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.

A Technical Suit is one that has the following components:

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-high regardless of the seam type.

MAAPP

All adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

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 work out 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 each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

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 a 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. It is also the responsibility of the swimmer or the swimmer's guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer's team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

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

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. and be members of NCAC or invited teams. All Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to entry deadline. Entries listed as "Registration Applied For" will not be accepted. **There will be no on deck registration available at this meet.**

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

NCAC 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 NCAC's ability to accommodate all requests.

ENTRIES

1. Entries must be submitted via e-mail using Hy-Tek Team Manager, and it is recommended that hard copy Hy-Tek printout be sent as a backup. Electronic entries will take precedence over printed copy in case of discrepancies. Any e-mail entry received will be acknowledged by a confirmation e-mail. If you do not get a confirmation e-mail, your entry has not been processed.
2. Entries must show swimmer's USA ID and actual age of swimmer as of Thursday, Mar 30th, 2023.
3. Entry fees must be received no later than the first session of the meet. Make checks payable to North Carolina Aquatic Club.

A swimmer's age on the first day of the meet will determine their age for the entire meet.

ENTRY LIMITATIONS

Swimmers may swim up to three (3) individual events per day, and up to one (1) relay event per day. Swimmers may compete in up to eight (8) individual events.

13-14 Swimmers with ESSZ Age Group Sectionals and 15 & O Swimmers with ESSZ Senior Sectionals time standards cannot compete in the events they exceed the standard for, unless noted otherwise.

12 & U Swimmers with ESSZ Age Group Sectional times are encouraged to not compete in the events that they have standards for.

50 Butterfly, 50 Backstroke, 50 Breaststroke, 100 IM, 400 IM, 500 Freestyle, and 1000 Freestyle will not have these restrictions.

ENTRY VERIFICATION An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES Entries must be received by 12:00 PM, Monday, Mar 20th. Telephone entries will not be accepted. Late entries may be accepted on deck at the discretion of the Meet Referee, if empty lanes are available. Fax entries will not be accepted. Express mailing must be sent so as NOT to require a signature. There will be no on deck entries.

ENTRY FEES

Make Checks payable to: North Carolina Aquatic Club. All fees are non-refundable.	
Individual Events	\$9.00 / event
Relay Events	\$18.00 / relay
NC Travel Fund	\$3.00 / swimmer
Facility Surcharge	\$15.00 / swimmer
Late Entry Fee	\$10.00 / individual event/\$36.00 relay

SEEDING The conforming time standard for this meet is Short Course Yards. Swimmers will be seeded and swim slowest to fastest in events 200 yards and under. All events 400 yards and over will be swum fast to slow and as mixed gender.

Prelims will be swum as 13 & Overs combined in events for each gender, and separated into Top 16 13-14s and Top 16 15 & O in finals.

CHECK-IN There will be positive check-in for all events in Session 1 & 2: Open 400 IM, Open 500 Free, Open 1000 Free, 12 & U 200 IM, 12 & U 200 Free

SCRATCH RULES There are no penalties for failing to compete in pre-seeded events. There are no penalties for failing to compete in deck-seeded events.

SCORING There will be no scoring for this meet.

FINALS Top 16 swimmers will qualify for an A & B Final for 13-14 & 15&O. B Finals will swim first, then A Finals during finals sessions.

RESULTS

Results will be posted on NCAC website within 24 hours of the conclusion of the meet and teams will be emailed their results. Meet Mobile will be used pending facility internet connectivity.

COACHES

All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request.

Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

**OFFICIALS/TIMERS/
VOLUNTEERS**

There will be a need for officials. NCAC welcomes and encourages anyone willing to volunteer. Volunteering Officials **MUST** contact the Meet Referee by email **prior to the meet**. All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet / session.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open for coaches, officials, and volunteers. A concession stand will be open in the seating area.

WARM-UP

In accordance with USA Swimming and COVID-19 guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries.

WAIVER/RELEASE

As a team entered in this meet, upon entry you are verifying that all the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. NCAC, Koury and the University of North Carolina -Chapel Hill, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

IMAGE RELEASE

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat

sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.



2023 NCAC Tar Heel States
Mar 30 – April 2, 2023
Order of Events



Session 1 – Timed Finals Thursday, Mar 30th, 2023		
Warm-ups: 5:00PM		Start Time: 6:00PM
GIRLS EVENT #	EVENT	BOYS EVENT #
1A	Mixed Open 400 IM	1B
2A	Mixed Open 500 Free	2B

Session 2 – Timed Finals Friday, Mar 31st, 2023		
Warm-ups: 4:00PM		Start Time: 5:00PM
GIRLS EVENT #	EVENT	BOYS EVENT #
3A	Mixed 12 & U 200 IM	3B
4A	Mixed Open 1000 Free	4B
5A	Mixed 12 & U 200 Free	5B

Session 3 – 13 & O Prelims Saturday, April 1st, 2023		
Warm-ups: 7:00 AM		Start Time: 8:30 AM
GIRLS EVENT #	EVENT	BOYS EVENT #
7	13 & O 200 Backstroke	8
9	13 & O 50 Breaststroke	10
11	13 & O 100 Free	12
13	13 & O 200 Breaststroke	14
15	13 & O 50 Backstroke	16
17	13 & O 100 Fly	18
19	13 & O 200 IM	20

Session 4 – 12 & U Timed Finals Saturday, April 1st, 2023		
Warm-ups: 12:00 PM		Start Time: 1:00 PM
GIRLS EVENT #	EVENT	BOYS EVENT #
21	11-12 200 Medley Relay	22
23	10 & U 200 Medley Relay	24
25	8 & U 100 Medley Relay	26
27	11-12 200 Backstroke	28
29	10 & U 50 Breaststroke	30
31	11-12 50 Breaststroke	32
33	12 & U 25 Backstroke	34
35	10 & U 100 Free	36
37	11-12 100 Free	38
39	10 & U 50 Backstroke	40
41	11-12 50 Backstroke	42
43	12 & U 25 Breaststroke	44
45	10 & U 100 Fly	46

47	11-12 100 Fly	48
49	11-12 200 Breaststroke	50

Session 5 – 13 & O Finals Saturday, April 1st, 2023		
Warm-ups: 5:00 PM		Start Time: 6:00 PM
GIRLS EVENT #	EVENT	BOYS EVENT #
101	13-14 200 Medley Relay	102
103	15 & O 200 Medley Relay	104
7A	13-14 200 Backstroke	8A
7B	15 & O 200 Backstroke	8B
9A	13-14 50 Breaststroke	10A
9B	15 & O 50 Breaststroke	10B
11A	13-14 100 Free	12A
11B	15 & O 100 Free	12B
13A	13-14 200 Breaststroke	14A
13B	15 & O 200 Breaststroke	14B
15A	13-14 50 Backstroke	16A
15B	15 & O 50 Backstroke	16B
17A	13-14 100 Fly	18A
17B	15 & O 100 Fly	18B
19A	13-14 200 IM	20A
19B	15 & O 200 IM	20B

Session 6 – 13 & O Prelims Sunday, April 2nd, 2023		
Warm-ups: 7:00 AM		Start Time: 8:30 AM
GIRLS EVENT #	EVENT	BOYS EVENT #
51	13 & O 200 Freestyle	52
53	13 & O 50 Butterfly	54
55	13 & O 100 Breaststroke	56
57	13 & O 50 Freestyle	58
59	13 & O 200 Butterfly	60
61	13 & O 100 Backstroke	62
63	13 & O 100 IM	64

Session 7 – 12 & U Timed Finals Sunday, April 2nd, 2023		
Warm-ups: 12:00 PM		Start Time: 1:00 PM
GIRLS EVENT #	EVENT	BOYS EVENT #
65	11-12 200 Free Relay	66
67	10 & U 200 Free Relay	68
69	8 & U 100 Free Relay	70
71	11-12 50 Butterfly	72
73	10 & U 50 Butterfly	74
75	12 & U 25 Free	76
77	11-12 100 Breaststroke	78
79	10 & U 100 Breaststroke	80
81	11-12 50 Freestyle	82
83	10 & U 50 Freestyle	84
85	12 & U 25 Butterfly	86
87	11-12 100 Backstroke	88
89	10 & U 100 Backstroke	90

91	11-12 200 Fly	92
93	10 & U 100 IM	94
95	11-12 100 IM	96

Session 8 – 13 & O Finals Sunday, April 2nd, 2023		
Warm-ups: 5:00 PM		Start Time: 6:00 PM
GIRLS EVENT #	EVENT	BOYS EVENT #
105	13-14 200 Free Relay	106
107	15 & O 200 Free Relay	108
51A	13-14 200 Freestyle	52A
51B	15 & O 200 Freestyle	52B
53A	13-14 50 Butterfly	54A
53B	15 & O 50 Butterfly	54B
55A	13-14 100 Breaststroke	56A
55B	15 & O 100 Breaststroke	56B
57A	13-14 50 Freestyle	58A
57B	15 & O 50 Freestyle	58B
59A	13-14 200 Butterfly	60A
59B	15 & O 200 Butterfly	60B
61A	13-14 100 Backstroke	62A
61B	15 & O 100 Backstroke	62B
63A	13-14 100 IM	64A
63B	15 & O 100 IM	64B

2023 NCAC Tar Heel States

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to NCAC:

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$9.00 per event	
Relay Entries		\$18.00 per event	
Swimmers (Travel Fund & Facility Surcharge)		\$18.00 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. NCAC, Koury and the University of North Carolina – Chapel Hill, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, 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. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE