

# Independence Invitational

June 25-28, 2026

Hosted by Old North State Aquatics

Greensboro Aquatic Center

1921 West Gate City Blvd., Greensboro, NC 27403

***Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.  
Sanction #NC26100***

MEET DIRECTOR	MEET ENTRY COORDINATOR
Korey McCulley 620-786-4971 <a href="mailto:kmcculley@oldnorthstateaquatics.com">kmcculley@oldnorthstateaquatics.com</a>	Korey McCulley 620-786-4971 <a href="mailto:kmcculley@oldnorthstateaquatics.com">kmcculley@oldnorthstateaquatics.com</a>
MEET REFEREE	MEET MARSHAL
Tara Maxey (336) 402-0682 <a href="mailto:parsonhua@yahoo.com">parsonhua@yahoo.com</a>	Adrianna Barone (Female Meet Marshal) Kiefer McCulley (Male Meet Marshal)

## CODE OF CONDUCT

Individuals, including spectators, not complying with any safety requirement in place for this competition or with the USA SWIMMING code of conduct or individuals who otherwise impede the effective operation of the meet may be banned from the venue at the Meet Referee's, Meet Director's, and/or Facility Director's discretion.

## FACILITY

The Greensboro Aquatics Center is a 50-meter pool which can be broken into two short course venues with a separate diving well. This competition will use the long course competition venue that is 8 lanes with continuous warm-up and cool-down lanes available throughout the meet in the long course training pool. The pool depth is 9'-10' at the start and turn ends and 4" lane lines will be used to reduce turbulence. The lane width is 9'. An Omega timing system with a Daktronics ProStar LED Video Scoreboard Display will display results simultaneously. Starting platforms are Omega deck anchored platforms. Prior to each session of competition, the facility host shall examine the bulkheads and shall confirm to the Meet Referee that the bulkheads are stable, straight and properly positioned and anchored. ONSA will ensure proper course dimensions. The facility is staffed by certified lifeguards, possesses AEDs and emergency phones for 911 access.

Only athletes, officials, coaches, and meet volunteers may be on deck during warm-ups and/or competition. No one on the USA Swimming banned list is allowed to participate. The 650 bleacher seats on deck are reserved for swimmers only. No outside chairs are permitted in the stands or on deck. Locker rooms are reserved for athlete use. Separate rest room facilities are available for officials, coaches, and volunteers.

Parking will be available for up to \$5.00 per vehicle

All spectators must comply with the Greensboro Coliseum Complex Bag Policy:  
Permitted Bags - Clear Bags: Clear vinyl or plastic bags, one-gallon Ziploc-style storage bags, and clear vinyl or plastic backpacks, measuring no larger than 12" x 6" x 12". Small Clutch Bags:

Small bags up to 4.5" x 6.5" (approximately the size of a hand), with or without a handle or strap, do not have to be clear.

Medical Bags: Medical bags, including diaper bags when accompanied by a child, will be inspected before entry.

Greensboro Coliseum Complex personnel reserve the right to deny entry to any bag or item that is deemed unsafe for admission. Guests who do not follow building policies or decline to be inspected may be denied entry or required to leave the venue. Greensboro Coliseum Complex does not provide a bag check or lockers for bags. All bags left in lobbies/hallways will be discarded.

No outside food or drink is permitted in the facility. No coolers are allowed in the facility.

## MEET FORMAT

This is a timed final, prelim/final Age Group/Senior pre-seeded meet unless otherwise indicated. Meet Management reserves the right to combine any heats/events/sessions, limit entries, adjust session start times, and/or move an age group and/or gender to a different session in the meet to ensure the meet runs efficiently, in the time allowed, and/or to comply with the four-hour rule.

Session	Day	Est. Warm-up	Est. Meet Start	Age Group
1	Thursday timed finals	4:00 PM	5:15 PM	13&O/12&U
2	Friday prelims	6:30 AM	8:00 AM	13&O
3	Friday timed finals	Not Before 12:00 PM	Not Before 1:00 PM	12&U
4	Friday finals	4:30 PM	5:45 PM	11&O
5	Saturday prelims	6:30 AM	8:00 AM	13&O
6	Saturday timed finals	Not Before 12:00 PM	Not Before 1:00 PM	12&U
7	Saturday finals	4:30 PM	5:45 PM	11&O
8	Sunday prelims	6:30 AM	8:00 AM	13&O
9	Sunday timed finals	Not Before 12:00 PM	Not Before 1:00 PM	12&U
10	Sunday finals	4:30 PM	5:45 PM	11&O

**Note: Session times may be adjusted based on timelines.**

## DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Monday, 06/15	10:00 PM	Entry deadline
Tuesday, 06/23	12:00 PM	Coaches/General Meeting Via Zoom
Thurs./Fri./Sat./Sun, 06/25-28	One Hour Prior to Session Start Times	Official Briefings
Thursday, 06/25	4:15 PM	Positive Check in Deadline 13&O 1500 FR
Thursday, 06/25	4:30 PM	Positive Check in Deadline 13&O 800 FR
Thursday, 06/25	4:30 PM	Positive Check in Deadline 11-12 400 FR
Friday, 06/26	7:30 AM	Positive Check in Deadline 13&O 400 IM
Friday, 06/26	12:30 PM	Positive Check in Deadline 12&U 200 FR-R
Friday, 06/26	12:30 PM	Positive Check in Deadline 11-12 400 IM
Saturday, 06/27	7:30 AM	Positive Check in Deadline 13&O 400 FR
Saturday, 06/27	12:30 PM	Positive Check in Deadline 12&U 200 Med-R

## 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. The NCS Scratch Rule is in effect for this meet.

**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 suit with any bonded or taped seams regardless of its fabric or silhouette; or
- Any suit which includes any woven fabric and which extends past the hips.

**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.

Any person on the USA Swimming banned list is prohibited from participating in the meet in any way.

**ELIGIBILITY**

All swimmers must be registered with USA Swimming, Inc. and all Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to the entry deadline. Entries listed as “Registration Applied For” will not be accepted. THERE WILL BE NO ON DECK REGISTRATION AVAILABLE AT THIS MEET.

**TECHNICAL JURY**

A Technical Jury will be appointed by the Meet Referee and will consist of the Meet Director, two non-adult athletes, one coach, and one official, to be used should a technical protest arise.

**ADULT ATHLETES/APT  
REQUIRED FOR ALL  
ATHLETES 18 & OLDER**

Athletes who will be 18 or older on or before the last day of the meet (Adult Athletes) must be APT certified prior to the entry deadline and throughout the meet. Adult Athletes who are not compliant will not be seeded into their events until they can provide proof of certification. If proof is provided to the Meet Referee after the meet has been seeded and before warm-ups begin on the first day of the meet, the swimmer may be added to the event subject to lane availability in the slowest heat(s) and Meet Director and Meet Referee approval. If proof is not provided by the start of warm ups on the first day of the meet, the athlete will not be permitted to compete. Entry fees for non-compliant athletes are not refundable.

**MEMBERS WITH  
DISABILITIES OR  
MEDICAL CONDITIONS**

Old North State Aquatics 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 Old North State Aquatics' ability to accommodate all requests. To request accommodation or modification for swimmers with disabilities, coaches should complete the [USA Swimming Accommodation Form](#) and submit it to the Meet Referee and Meet Director prior to the entry deadline.

Para athletes competing in the meet are invited to swim at Finals in the stroke of their choice as follows:

- Friday Finals: Mixed 50M event
- Saturday Finals: Mixed 100M event
- Sunday Finals: Mixed 200M event

Contact the Admin Referee during the Prelims session each morning to arrange entry. These events are not charged entry fees and are not scored.

**ENTRIES**

Please email entries to [kmcculley@oldnorthstateaquatics.com](mailto:kmcculley@oldnorthstateaquatics.com) using Hy-Tek Team Manager for entries. List all swimmers' ages as of June 25, 2026. Entries may be sent via email and must include the following:

- 1) A Hy-Tek compatible entry file
- 2) Team entry report
- 3) Financial report
- 4) A list of Coaches attending the meet.

Entries submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries. A completed and signed Entry Summary Sheet and payment in full must be received by the Meet Entry Coordinator by the start of the meet. A swimmer's age on the first day of the meet will determine their age for the entire meet. Old North State Aquatics' entries will be entered first and then accept teams/entries in the order received, until the four-hour rule is reached and/or the allotted time is reached. Entries received thereafter will be returned immediately. Unless entries are rejected, entry fees are non-refundable.

Only LCM times will be accepted for entries. Swimmers without actual LCM times should be entered with converted SCY times or estimated LCM times to assure best seeding for all competitors. **NT entries will not be accepted.**

If you plan to attend this meet, please submit an INITIAL ENTRY FILE BEFORE Monday, June 8<sup>th</sup>, 2026.

Any breaks are noted in the Order of Events. Others may be added at the discretion of the Meet Referee. Chase starts will not be used to comply with timelines.

#### ENTRY LIMITATIONS

Swimmers may enter up to ten (10) individual events for the meet. 13&O swimmers may swim a maximum of three (3) individual events per day, 11-12 swimmers are limited to three (3) individual events per day, and 10&U swimmers are limited to four (4) individual events per day.

The 13&O 1500 Freestyle and the 13&O 800M Freestyle may be limited to the Top 16 swimmers by gender to stay within the allotted session timeframe. Swimmers who enter these distance events but are not allowed to swim will be accommodated in other events as possible or may request an entry fee refund. Coaches will be notified once entries close.

The 11-12 400 IM, 13&O 400M Freestyle and 400M IM may be limited to the Top 16 11-12 age swimmers, the Top 24 13-14 age swimmers, and the Top 24 15&O age swimmers by gender to manage morning timelines. Swimmers who enter these 400M events but are not allowed to swim will be accommodated in other events as possible or may request an entry fee refund. Coaches will be notified once entries close.

#### 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

**The Meet Entry Coordinator must receive entries by Monday, June 15, 2026, at 10:00PM.** Entries will be accepted only at the discretion of the Meet Director and may be declined once capacity is reached. Old North State Aquatics reserves the right to limit or suspend the addition of swimmers or heats to accommodate entries. **Late entries may be accepted at the discretion of the Meet Director and will be charged double fees. There will be no on deck entries.**

#### ENTRY FEES

<b>Make checks payable to: Old North State Aquatics; All fees are non-refundable</b>	
Individual Events	\$12.00 per TF event / \$14.00 per PF event
12&U Relays	\$16.00 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$25.00 per swimmer
Heat Sheet Fee	\$7.50 per swimmer
Late Entry Fee	Double the IE and relay fees listed

#### SEEDING

The conforming time standard for this meet is LCM (long coursemeters). All 13&O events will be seeded and swum from **SLOWEST TO FASTEST** unless otherwise indicated. Old North State Aquatics reserves the right to combine heats/events and/or limit entries at the discretion of the Meet Referee (as further noted in the Meet Format section above).

**10&U Timed Finals:** All events will be swum **SLOWEST to FASTEST** unless otherwise indicated.

**11-12 Prelim/ Finals Events:** Except for the 11-12 400 IM, all events will be circle seeded and swum **SLOWEST to FASTEST** in event order. An A final for the fastest 8 Boys and an A

final for the fastest 8 Girls from prelims will swim at night in Finals. There is no ready room. All finalists should report to the blocks. Alternates should report to the Starter prior to the event and may swim in the A final in the event of no shows.

**11-12 200M Fly/Back/Breast Events:** The 11-12 200M Fly, Back, and Breast events will be circle seeded and swum **SLOWEST to FASTEST** in event order and may be limited to the top 24-32 fastest swimmers entered. An A final for the fastest 8 Boys and an A final for the fastest 8 Girls from prelims will swim at night in Finals.

**13&O Prelim/Finals Events:** All events will swim **SLOWEST TO FASTEST**. Preliminary results will be divided into 13-14 and 15&O for finals seeding. There will be B/A Finals for the 13-14 age group and C/B/A Finals for the 15&O age group. The C Final will be swum before the B Final. Finals will be swum in event order: 13-14 B Final/A Final, 15&O C Final/B Final/A Final. There is no ready room. All finalists should report to the blocks. Alternates should report to the Starter prior to the event and may swim in the B Final for the 13-14 age group or the C Final for 15&O age group in the event of no shows.

**13&O 1500M Free and 800M Free:** The 1500M Freestyle and the 800M Freestyle will be swum as a timed final, **FASTEST TO SLOWEST**, alternating girls and boys. The events will be deck seeded after positive check-in. Chase starts will not be used. Heats and events may be combined at the discretion of the Meet Referee. Swimmers need to provide one timer and a counter. These events will be broken out by age for rankings.

**13&O 400M Free & 13&O 400IM:** The 13&O 400M Freestyle and Individual Medley will be swum as timed final events and will be deck seeded after positive check in. The fastest 8 13-14 age swimmers and the fastest 8 15&O age swimmers positively checked in each event will swim with finals. If there is room in the timeline, a B final will be added so that the top 16 13-14 and 15&O swimmers may swim in Finals. Coaches will be informed after positive check-in is complete which swimmers will compete at night. Remaining heats will swim at the end of preliminaries, **FASTEST TO SLOWEST** alternating heats of girls and boys. There is no AM/PM option. Heats and events may be combined at the discretion of the Meet Referee. Swimmers may be asked to provide a timer during prelims. The event will be broken out by age group for rankings.

**12&U 400M Free:** The 12&U 400M Freestyle will be swum as a timed final event, **FASTEST TO SLOWEST**, alternating women and men. The event will be deck seeded after positive check-in and may be limited to the top 32. Heats and events may be combined at the discretion of the Meet Referee. Swimmers need to provide one timer.

**11-12 400M IM:** The 11-12 400M Individual Medley will be swum as timed final event and will be deck seeded after positive check in. The fastest 8 swimmers positively checked in will swim with finals. If there is room in the timeline, a B final will be added so that the top 16 11-12 swimmers may swim in Finals. Coaches will be informed after positive check-in is complete which swimmers will compete at night. Remaining heats will swim at the end of preliminaries, **FASTEST TO SLOWEST** alternating heats of girls and boys. There is no AM/PM option. Heats and events may be combined at the discretion of the Meet Referee. Swimmers may be asked to provide a timer during prelims.

**RELAYS:** All 12&U relays will be swum as timed finals.

## **CHECK-IN**

A positive check-in, located at clerk of course, will be required for the following events:

- 13&O 1500M Free
- 13&O 800M Free

- 13&O 400M Free
- 13&O 400M IM
- 12&U 400M Free
- 11-12 400M IM
- ALL 12&U Relays

Check in deadlines for event will be as stated in the Deadline and Meeting Summary. Swimmers that fail to check in will be scratched from the event and not seeded. In the positive check-in events, a swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.

#### **SCRATCHES**

The NCS Scratch Rule is in effect for this meet. There will be no penalty for scratching pre-seeded events at the block. In the positive check-in events, a swimmer who has checked in, been seeded, and fails to compete in said event, shall be barred from his/her next individual event unless excused by the meet referee.

#### **SCORING**

This meet will not be scored.

#### **AWARDS**

There will be no awards at this meet.

#### **RESULTS**

Results will be posted on Old North State Aquatics' website within 24 hours of the meet's conclusion. At the conclusion of the meet, teams may obtain Hy-Tek backups either on a memory stick or via email attachment. Meet Mobile will be used for this meet as facility internet connectivity allows.

#### **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 USA Swimming virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. 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**

**Teams will be required to provide volunteer times in proportion to the number of swimmers they have entered in each session. Specific numbers required per team will be distributed 48 hours after the entry deadline.**

There will be a need for officials. Old North State Aquatics welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of such to the meet referee by displaying their registration card or be prepared to show their virtual membership card upon request. A certification card showing the official's level of certification must also be presented. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.

#### **HOSPITALITY/ CONCESSIONS**

There will be a hospitality area open to all coaches and officials. No outside food or drink will be permitted to spectators in the GAC.

#### **WARM-UP**

In accordance with USA Swimming 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. During the competition, there will be lanes available for continuous warm-up/down. **There is to be no diving or horseplay in this area.**

#### **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. Old North State Aquatics, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, officials, volunteers, 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 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.

**Independence Invitational  
June 25-28, 2026  
ORDER OF EVENTS**

**Thursday, June 25**

**13&OVER/12&UNDER TIMED FINALS  
Warm-up: 4:00 PM; Meet Start: 5:15 PM**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
<b>1</b>	<b>13&amp;O 1500M Freestyle</b>	<b>2</b>
<b>3</b>	<b>12&amp;U 400M Freestyle</b>	<b>4</b>
<b>5</b>	<b>13&amp;O 800M Freestyle</b>	<b>6</b>

**\*\*\*All Swimmers for this session will need to provide their own counters & timers\*\*\***

## Friday, June 26

### 13&OVER PRELIMS

Warm-up: 6:30 AM; Meet Start: 8:00 AM

Girls/Women	Event	Boys/Men
7	13&O 100M Butterfly	8
9	13&O 200M Backstroke	10
11	13&O 100M Freestyle	12
13	13&O 400M Ind. Med.	14

**\*\*Meet Announcer will call finals qualifiers for 13-14 and 15&O after events in prelims\*\***

### 11-12 PRELIMS AND 10&UNDER TIME FINALS

Warm-up: Not Before 12:00 PM; Meet Start: Note Before 1:00 PM

Girls/Women	Event	Boys/Men
15	11-12 50M Butterfly	16
17	10&U 50M Butterfly	18
19	11-12 100M Freestyle	20
21	10&U 100M Freestyle	22
23	11-12 50M Backstroke	24
25	10&U 50M Backstroke	26
27	11-12 200M Breaststroke	28
29	12&U 200M Freestyle Relay	30
31	11-12 400M Ind. Med.	32

**\*\*Meet Announcer will call finals qualifiers for 11-12 after events in prelims\*\***

### 11-12 / 13-14 / 15&OVER FINALS

Warm-up: 4:30PM; Meet Start: 5:45PM

Girls/Women	Event	Boys/Men
15	11-12 50M Butterfly	16
7	13-14 100M Butterfly	8
	15&O 100M Butterfly	
19	11-12 100M Freestyle	20
9	13-14 200M Backstroke	10
	15&O 200M Backstroke	
23	11-12 50M Backstroke	24
901 (FINALS ONLY)	Mixed Para 50 Event	901 (FINALS ONLY)
11	13-14 100M Freestyle	12
	15&O 100M Freestyle	
27	11-12 200M Breast	28
13	13-14 400M Ind. Med.	14
	15&O 400M Ind. Med.	
31	11-12 400M Ind. Med.	32

**Saturday, June 27**

**13&OVER PRELIMS**

**Warm-up: 6:30AM; Meet Start: 8:00AM**

Girls/Women	Event	Boys/Men
33	13&O 200M Butterfly	34
35	13&O 100M Breaststroke	36
37	13&O 200M IM	38
39	13&O 400M Freestyle	40

**\*\*Meet Announcer will call finals qualifiers for 13-14 and 15&O after events in prelims\*\***

**\*\*\*400 Free swimmers will need to provide their own counters, if needed\*\*\***

**11-12 PRELIMS AND 10&UNDER TIME FINALS**

**Warm-up: Not Before 12:00 PM; Meet Start: Note Before 1:00 PM**

Girls/Women	Event	Boys/Men
41	11-12 200M Freestyle	42
43	10&U 200M Freestyle	44
45	11-12 100M Backstroke	46
47	10&U 100M Backstroke	48
49	11-12 50M Breaststroke	50
51	10&U 50M Breaststroke	52
53	11-12 200M Butterfly	54
55	12&U 200M Medley Relay	56

**\*\*Meet Announcer will call finals qualifiers for 11-12 after events in prelims\*\***

**11-12 / 13-14 / 15&OVER FINALS**

**Warm-up: 4:30PM; Meet Start: 5:45PM**

Girls/Women	Event	Boys/Men
33	13-14 200M Butterfly	34
	15&O 200M Butterfly	
41	11-12 200M Freestyle	42
35	13-14 100M Breaststroke	36
	15&O 100M Breaststroke	
45	11-12 100M Backstroke	46
902 (FINALS ONLY)	Mixed Para 100 Event	902 (FINALS ONLY)
37	13-14 200M IM	38
	15&O 200M IM	
49	11-12 50M Breaststroke	50
39	13-14 400M Freestyle	40
	15&O 400 M Freestyle	
53	11-12 200M Butterfly	54

**Sunday, June 28**

**13&OVER PRELIMS**

**Warm-up: 6:30AM; Meet Start: 8:00AM**

Girls/Women	Event	Boys/Men
57	13&O 200M Freestyle	58
59	13&O 100M Backstroke	60
61	13&O 200M Breaststroke	62
63	13&O 50M Freestyle	64

**\*\*Meet Announcer will call finals qualifiers for 13-14 and 15&O after events in prelims\*\***

**11-12 PRELIMS AND 10&UNDER TIME FINALS**

**Warm-up: Not Before 12:00 PM; Meet Start: Note Before 1:00 PM**

Girls/Women	Event	Boys/Men
65	11-12 200 IM	66
67	10&U 200 IM	68
69	11-12 50M Freestyle	70
71	10&U 50M Freestyle	72
73	11-12 100M Butterfly	74
75	10&U 100M Butterfly	76
77	11-12 100M Breaststroke	78
79	10&U 100M Breaststroke	80
81	11-12 200M Backstroke	82

**\*\*Meet Announcer will call finals qualifiers for 11-12 after events in prelims\*\***

**11-12 / 13-14 / 15&OVER FINALS**

**Warm-up: 4:30PM; Meet Start: 5:45PM**

Girls/Women	Event	Boys/Men
65	11-12 200M Ind. Med.	66
57	13-14 200M Freestyle	58
	15&O 200M Freestyle	
69	11-12 50M Freestyle	70
903 (FINALS ONLY)	Mixed Para 200 Event	903 (FINALS ONLY)
59	13-14 100M Backstroke	60
	15&O 100M Backstroke	
73	11-12 100M Butterfly	74
61	13-14 200M Breaststroke	62
	15&O 200M Breaststroke	
77	11-12 100M Breaststroke	78
63	13-14 50M Freestyle	64
	15&O 50M Freestyle	
81	11-12 200M Backstroke	82



## North Carolina Scratch Rule

208.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet announcement shall specify all mandatory check-in and scratch deadlines and procedures.

- .1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
- .2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch or as noted in 208.3.4 A or D. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet announcement states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty-four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet announcement.
- .3 Preliminary and Finals Events
  - A. Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck, then 208.3.2 applies.
  - B. Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 208.3.4. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.
  - C. In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete
  - D. When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim
  - E. If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)
- .4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:
  - A. The Referee is notified in the event of illness or injury and accepts the proof thereof.
  - B. The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
  - C. The swimmer was not named in any finals heat during the initial announcement of results
  - D. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

### 208.4. RELAY SCRATCH RULE

- .1 All Meets - Any relay or relay member, in a relay event that fails to compete in or report for that event shall not be penalized.

### Independence Invitational Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to Old North State Aquatics):  
 Old North State Aquatics (ATTN: Kiefer McCulley)  
 906 W. Market St.  
 Apt. B-5  
 Greensboro, NC 27401  
 Email to: kiefer@oldnorthstateaquatics.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$12.00 per TF event \$14.00 per PF event	
Relay Entries		\$16.00 per relay	
Swimmers (Travel Fund, Heat Sheet, & Facility Surcharge)		\$35.50 per swimmer	
<b>Total Fees Due</b>			

**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. Old North State Aquatics, Greensboro Aquatic Center, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, officials, 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. 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