



**2018 Carolina Crown Senior Swim Meet
A North Carolina and South Carolina Shared Event**

Hosted By North Carolina Swimming
Saturday, April 28, 2018
Greensboro Aquatic Center

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

Sanction #NC18074 REVISED 4/22/18

**PLEASE NOTE THE REVISED MEET START TIME OF 5:15. ATHLETE CHECK-IN IS AT 4:00. OFFICIALS MEETING AT 4:30.
ALSO NOTE THAT CHASE STARTS WILL BE CONDUCTED THROUGHOUT THE MEET.**

MEET DIRECTOR Jonathan Watson (919) 395-9585 01silversurfer@bellsouth.net	MEET ENTRY COORDINATOR Trish Martin 336-327-4697 pksmartin13@gmail.com
MEET REFEREE Suzanne Heath 252-947-1238 sheath506@gmail.com	MEET MARSHAL 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 2017-18 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 pm
OFFICIALS MEETING	4:30-5:00pm
WARM-UPS	4:30-5:10pm
MEET BEGINS	5:15pm
HALFTIME BREAK	5 mins – 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.

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.

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.

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.

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.

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, 2017 and March 18, 2018.

RULES FOR SELECTION Athletes will be selected with a goal of assigning 50 athletes to each of four squads (200 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 25 males and 25 females. The squads will be selected from athletes who have ranked in the top-75 athletes (short course) 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 (ranked up to 75th in an event) who will likely attend and should apply by the deadline. All athletes on either list must complete the online application form posted at www.ncswim.org and mail a check for \$70 payable to "NC SWIMMING" by the April 2, 2018 deadline. Checks for swimmers who are not selected will be destroyed or returned. Athletes will be notified of their selection by postings on the NC Swimming and SC Swimming websites the week of April 2, 2018.

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 28, 2018.

As all athletes will be selected based on short course swims during the period of September 1, 2017-March 18, 2018, we will be requiring that the online application and full payment of fees be received by April 2, 2018. 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	Thursday, March 22, 2018
Deadline for Athlete Entry Forms To Be Submitted	Monday, April 2, 2018
Head Coaches/Assistants Receive List of Athletes/Times on their Squads	Monday, April 9, 2018
Deadline for Meet Entries to be sent in by Head Coaches	Saturday, April 14, 2018

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 Saturday, April 14, 2018 at 9pm. Late entries may be accepted at the discretion of the Meet Directors.

ENTRY FEES There is a charge per athlete of \$70 to attend this swim meet. Athletes must submit the online application form available on the NC Swimming website (www.ncswim.org) and mail their check for \$70, payable to **North Carolina Swimming**, no later than April 2, 2018 to:

Carolina Crown Challenge
Attn: Jonathan Watson, Meet Director
6766 Chauncey Drive
Raleigh, NC 27615

(Be sure to identify the athlete for whom the check was written.)

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 and coaches of the winning squad will receive a Carolina Crown Challenge towel. All participants will receive special outfitting color coordinated with other members of their squad. 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 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. There will be a general meeting for all coaches at 3:30pm on Saturday, April 28, 2018. Any coaches wishing to participate in this event are asked to contact **Event Coordinators Jon Mengerling** (South Carolina Swimming, bigshow1650@gmail.com) or **Jonathan Watson** (North Carolina Swimming, 01silversurfer@bellsouth.net) prior to February 28, 2018.

OFFICIALS, TIMERS, & VOLUNTEERS

There will be a need for officials and volunteers at this event. 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 Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. If you would like to be an official at this meet, please submit the [Carolina Crown Officials' Sign-Up Form](#). If you would like to volunteer as a timer or other volunteer position, please complete the [Carolina Crown Volunteer Sign-Up Form](#).

HOSPITALITY

There will be hospitality on-site offered to coaches and officials who are aiding in the conduct of this meet. In addition, refreshments will be on sale during the event. 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 Marshal 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 28, 2018

Warm-Ups: 4:30pm

Meet Starts: 5:15pm

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 – 5 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
<i>5-minute Break</i>		
25	Open 200m Freestyle Relay	26

End of Meet