



SwimMAC KICK-OFF Meet

Hosted by SwimMAC Carolina

September 19-20, 2020

Held at Huntersville Family Fitness & Aquatics (HFFA)

11725 Verhoeff Dr, Huntersville, NC 28078; Phone (704) 766-2222

AND

Charlotte Latin Facility, 9850 Providence Rd., Charlotte, NC 28277

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

**Sanction #NC20116**

**CONDITION OF  
SANCTION**

As a condition of this sanction, SwimMAC Carolina agrees to comply and to enforce all COVID 19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, and the SwimMAC Carolina 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**

SwimMAC Carolina 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**

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. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

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 NORTH CAROLINA SWIMMING 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.

## SWIMMAC CAROLINA COVID 19 MEET PLAN

**FACE COVERINGS** *All meet participants – coaches, officials, administrators, spectators, vendors, and athletes (between events) must wear face coverings and comply with mandated social distancing and mass gathering rules.*

- LOCAL PROTOCOLS**
- SwimMAC Latin swimmers will only swim sessions at Charlotte Latin and SwimMAC HFFA swimmers will only swim sessions at HFFA
  - HFFA Deck space: Max number on deck 225. The deck will be set up with each swimmer assigned a chair positioned 6 feet apart on the 50 meter pool deck. 3 Rows of chairs will be placed on the scoreboard side and one row of chairs on the other side of the pool. Coaches will have a designated location on the deck.
  - Latin Deck Space: Max number allowed on deck 205. The deck will be set up with each swimmer bringing their own chair and positioned 6 feet apart on pool deck. Coaches will have designated location on deck.
  - HFFA: Max number allowed in the pool 123. HFFA will be limited to 60 swimmers per session, Latin: Max number allowed in the pool 123. Latin will be limited to 85 swimmers per session
  - Personnel on Deck  
HFFA: 3 lifeguards, meet referee, deck referee, meet director, starter, 4 S&T officials, Colorado Operator (AO), Hytek Operator, 8 lane timers, 1 head timer, 1 heat winner, 3 coaches to monitor deck & warm-down lanes for social distancing, coaching staff for swimmers in the session only, 1 Video Operator, 1 photographer.  
Latin: 1 lifeguard, meet referee, deck referee, meet director, starter, 4 S&T officials, Colorado Operator (AO), Hytek Operator, 10 lane timers, 1 head timer, 2 door monitors, 1 clerk of course, 1 heat winner, 3 coaches to monitor warm-down lanes for social distancing, coaching staff for swimmers in the session only, 1 video operator, 1 photographer.
  - Restrooms are closed for changing and showering, only used 1 person at a time during the meet.
  - Shared items will be sanitized between sessions, including clipboards and watches. All bleachers and chairs will be sanitized between sessions. Each session has a minimum of 15 minutes buffer between when last swimmer exit the building and next swimmers enter to allow for sanitization.
  - Warm-up will only be 3 swimmers per lane
  - All swimmer will stay in their chairs until their heat is called. Heat 1 will race, heat 1 warms down a 75 or 25 depending on the age group so that swimmers will exit the pool at the other end of the pool to

maintain social distancing with swimmers lined up behind the blocks. Heat 2 leaves chairs when heat 1 in the water warming down and timers have step back. Timers or swimmers will fill bucket up with pool water and rinse off block before heat 2 steps up on the blocks. This plan continues throughout all heats in the meet. Swimmers swimming 25 of stroke events will be allowed to exit the pool at the finish end of the pool when signaled after the timers step back to their chairs.

- Warm-up and cool-down lanes will be available in the lanes adjacent to the competition pool during the meet, with no more than 3 swimmers per lane to be supervised by Coaches assigned for monitoring. During breaks the main competition pool may be used for warm-up and cool-down with no more than 3 swimmers per lane to be supervised by coaches assigned for monitoring. By entering this meet, swimmers agree to follow the direction of monitors/meet ref and exit the warm-up pool when directed.

**ENTRY & EXIT PROCEDURES**

- HFFA entrance will be located on the west side of the building onto the outdoor pool deck first gate. Entering the building in the first two sets of doors following the arrows mapping out entrance point to the building from the outdoor pool deck. Temperatures will be taken by the lead coach prior to entry at the gate. Hand sanitizer applied before entering the building. HFFA exit from the building on the west side but following the arrow to the 2<sup>nd</sup> set of doors onto the outdoor pool deck and leaving through a separate gate from the outdoor pool area to the parking lot. The entrance and exit will be monitored by Meet Marshalls
- Latin entrance will be located: Main entrance in front of building. Temperature checks will be taken by the lead coach upon entering facility then following markings on the the floor to designated bleacher spot maintaining 6 feet apart. Hand sanitizer applied entering the building. One-way exit is located from the pool deck. The entrance and exit will be monitored by door monitors

**SWIMMER LIMITATIONS**

- Swimmers will only participate in one session either Saturday or Sunday.
- Swimmers must stay in their chairs and wear their mask at all times except for swimming
- Swimmers must arrive in their suits and leave in their suits. Locker Room Restrooms are available for Swimmers on the west side of the building. Locker Room Restrooms are available for Coaches / Officials / Volunteers on the east side of the building.

**SPECTATOR LIMITATIONS**

There will be no in-person spectator viewing.

**PARENTAL ACCESS FOR SAFE SPORT**

The meet will be streamed via social media

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
John Rice (Latin) <a href="mailto:gotwine@bellsouth.net">gotwine@bellsouth.net</a> Martin Storie (HFFA) <a href="mailto:martinstorie@gmail.com">martinstorie@gmail.com</a>	Kim DeCann (704) 231-1629 <a href="mailto:kdecann@swimmacarolina.org">kdecann@swimmacarolina.org</a>
<b>MEET REFEREE</b>	<b>MEET MARSHAL</b>
Charles Graf (Latin) <a href="mailto:charlesgraf@gmail.com">charlesgraf@gmail.com</a> Jeffrey Childs (HFFA) <a href="mailto:jeffrey@rileychilds.net">jeffrey@rileychilds.net</a>	Kim DeCann (HFFA) (704) 231-1629 <a href="mailto:kdecann@swimmacarolina.org">kdecann@swimmacarolina.org</a> Russ Kasl (Latin) <a href="mailto:rkasl@swimmacarolina.org">rkasl@swimmacarolina.org</a>

**FACILITY**

HFFA is a 12,952 square foot pool area featuring a 50 meter by 25 yard Paddock Pool racing tank. The pool depth ranges from 6 feet at the starting end to 17 feet at the far end (diving) of the pool with eight, 9-foot-wide lanes with non-turbulent lane lines. Paragon starting blocks will be used for competition in accordance with the USA Swimming diving depth guidelines. The facility also features a Colorado 5000 timing system and an eight-lane scoreboard. Hy-Tek Meet Manager software will be used. The pool also has 2 bulkheads for 2-25 yard pools with 8 lanes each. In the 25-yard competition pool, using the scoreboard end of the pool, the pool depth ranges from 6 feet at the start end to 6 feet 9 inches at the turn end. The diving side of the pool, the 25-yard pool has a pool depth of 7 feet at the start end to 17 feet on the turn end. There will be a continuous warm up and warm down lanes available between the bulkheads. Spectator bleacher seating is available. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

The SwimMAC Swim Center is a 30,000 square foot facility featuring a 50 meter by 25 yard Paddock Pool racing tank. The pool is equipped with Competitor 4" Racing Lanes and uses Paddock stainless steel starting platforms. The facility also features a Colorado 5000 timing system and a ten lane scoreboard. Hy-Tek Meet Manager software will be used. In the 25 yard competition pool, the pool depth ranges from 6 feet at the starting end to 12 feet at the far end of the pool with ten, 8 foot wide lanes. There will be up to 12 additional lanes available for continuous warm up and warm down. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. There is bleacher seating for 600 competitors and spectators.

**MEET FORMAT**

All events will be conducted on a timed final basis. The age groups for all sessions will be Open and Mixed. Events may be combined at the discretion of the Referee and Meet Management. All events will be swum slowest to fastest.

## HFFA Sessions

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	7:30AM	8:30AM	Open
2	Saturday	Not before 10:30AM	Not before 11:30AM	Open
3	Saturday	Not before 1:30PM	Not before 2:15PM	Open
4	Sunday	10:30AM	11:30AM	Open
5	Sunday	Not before 1:30PM	Not before 2:30PM	Open

## Latin Sessions

Session	Day	Warm-up	Meet Start	Age Group
6	Saturday	7:00AM	8:00AM	Open
7	Saturday	Not before 10:15AM	Not before 11:15AM	Open
8	Saturday	Not before 1:30PM	Not before 2:30PM	Open
9	Sunday	10:00AM	11:00AM	Open
10	Sunday	Not before 1:15PM	Not before 2:15PM	Open

## DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Thursday, September 9	5pm	Entry deadline
Friday September 18	7:00pm via Webex* /Zoom	Official Briefings
Prior to Meet	TBD	Coaches/General Meeting
Friday September 18	7:30pm via Webex /Zoom	Timers Meeting

\*Officials are expected to review 2020 USA Swimming technical rules

## 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-thigh regardless of the seam type.

## MAAPP

All applicable 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 the MAAPP policy 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 who is unaccompanied by a USA Swimming member coach 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. 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 SwimMAC, North Carolina Swimming, and USA Swimming, Inc. and 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**

SwimMAC Carolina 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. Members who are unable to wear face coverings because of a documented medical condition must notify the Meet Director in advance and may have limited deck access. Failure to provide advance notice may limit SwimMAC Carolina's ability to accommodate all requests.

## **ENTRIES**

Entries submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries however disks are also acceptable. A swimmer's age on the first day of the meet will determine their age for the entire meet. Entries will be received until the four-hour rule is reached. Entries received thereafter will be returned immediately.

- ENTRY LIMITATIONS** Swimmers may swim a maximum of 3 individual events
- 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 the date and time listed in the Deadline and Meeting Summary. No late entries will be accepted. There will be no on deck entries.**

**ENTRY FEES**

<b>Make checks payable to: SwimMAC Carolina; All fees are non-refundable</b>	
Individual Event	\$5.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$15.00 per swimmer

- SEEDING** The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order
- CHECK-IN** None
- SCRATCHES** There will be no penalty for scratching pre-seeded events at the block.
- SCORING** None
- AWARDS** None
- RESULTS** Results will be posted on SwimMAC Carolina’s website within 24 hours of the meets conclusion. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment.
- 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 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** There will be a need for officials. SwimMAC Carolina 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. There will be no officials meeting at the meet, and assignments will be communicated

electronically prior to each session. A virtual meeting may be held prior to the meet / session at the referee's discretion, and all assigned officials are strongly encouraged to complete an individual personal review of applicable USAS rules for their assigned position prior to the meet. Officials should report to their assigned position 10 minutes before session start, and bring a mask, your personal water bottle, a writing utensil, and a headset (if applicable).

**HOSPITALITY/  
CONCESSIONS**

There will be a hospitality area open to all coaches and officials.

**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 Marshall 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 (if available). **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 of 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. Mecklenburg Aquatic Club (DBA SwimMAC Carolina, HFFA & Charlotte Latin School, 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. 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.

## ORDER OF EVENTS: HFFA

Saturday, September 19,2020  
Warm-up: 7:30am; Meet Start: 8:30am

	Event	
1	Senior Mixed 200 Free	
2	14&U Mixed 200 Freestyle	
3	Senior Mixed 200 IM	
	10 minute break	
4	14&U 200 IM	
5	Senior Mixed 100 Backstroke	
6	Senior Mixed 100 Breaststroke	
7	Senior Mixed 100 Butterfly	
8	14&U 200 Butterfly	
	10 minute break	
9	Senior Mixed 500 Free	
10	Senior Mixed 200 Butterfly	
11	14&U 200 Backstroke	
12	Senior Mixed 50 Freestyle	
	10 minute break	
13	Senior Mixed 100 Freestyle	
14	Senior Mixed 200 Backstroke	
15	Senior Mixed 200 Breaststroke	
16	14&U 200 Breaststroke	

(North Sr 1 & North Sr 2 & North Shark 1)

Saturday, September 19,2020  
Warm-up: 10:30am; Meet Start: 11:30am

	Event	
17	12&U Mixed 200 Freestyle	
18	10&U Mixed 100 IM	
19	12&U Mixed 50 Freestyle	
	5 minute break	
20	10&U Mixed 50 Backstroke	
21	12&U Mixed 100 Backstroke	
	5 minute break	
22	10&U Mixed 50 Breaststroke	
23	12&U Mixed 100 Breaststroke	
	5 minute break	
24	10&U Mixed 50 Butterfly	
25	12&U Mixed 100 Butterfly	
	5 minute break	
26	10&U Mixed 100 Freestyle	

(North Dolphin 1 & North Marlin 1)

**Saturday, September 19,2020**  
**Warm-up: 1:30pm; Meet Start: 2:15pm**

	Event	
27	10&U Mixed 100 IM	
	5 minute break	
28	10&U Mixed 50 Butterfly	
29	10&U Mixed 25 Backstroke	
30	10&U Mixed 50 Backstroke	
	5 minute break	
31	10&U Mixed 25 Breaststroke	
32	10&U Mixed 50 Breaststroke	
	5 minute break	
33	10&U Mixed 25 Freestyle	
34	10&U Mixed 50 Freestyle	
35	10&U Mixed 100 Freestyle	

(North Marlin 2 & 3)

**Sunday, September 20,2020**  
**Warm-up: 10:30am; Meet Start: 11:30am**

	Event	
36	Senior Mixed 200 Free	
37	14&U Mixed 200 Freestyle	
38	Senior Mixed 200 IM	
	10 minute break	
39	14&U 200 IM	
40	Senior Mixed 100 Backstroke	
41	Senior Mixed 100 Breaststroke	
42	Senior Mixed 100 Butterfly	
43	Open Mixed 200 Butterfly	
	10 minute break	
44	Senior Mixed 50 Freestyle	
45	Open Mixed 200 Backstroke	
	10 minute break	
46	Senior Mixed 100 Freestyle	
47	Open Mixed 200 Breaststroke	

(North Senior 3 & North Shark 2)

**Sunday, September 20, 2020**  
**Warm-up: 1:30pm; Meet Start: 2:30pm**

	Event	
48	14&U Mixed 100 IM	
49	14&U Mixed 200 IM	
	10 Minute Break	
50	14&U 50 Freestyle	
51	14&U Mixed 200 Freestyle	
	10 minute break	
52	14&U Mixed 100 Backstroke	
53	14&U Mixed 200 Backstroke	
	10 minute break	
54	14&U Mixed 100 Breaststroke	
55	14&U Mixed 200 Breaststroke	
	10 minute break	
56	14&U Mixed 100 Butterfly	
57	14&U Mixed 200 Butterfly	

(North Shark 3 & North Dolphin 2 & 3)

### ORDER OF EVENTS: Latin

**Saturday, Sept 19, 2020**  
**Warm-up: 7:00am; Meet Start: 8:00am**

	Event	
58	Senior Mixed 200 Free	
59	12&U Mixed 200 Freestyle	
60	Senior Mixed 200 IM	
	10 minute break	
61	Senior Mixed 100 Backstroke	
62	12&U 50 Freestyle	
63	Senior Mixed 100 Breaststroke	
64	Senior Mixed 100 Butterfly	
	10 minute break	
65	Senior Mixed 500 Free	
66	12&U 100 Backstroke	
67	Senior Mixed 200 Butterfly	
68	Senior Mixed 50 Freestyle	
	10 minute break	
69	Senior Mixed 100 Freestyle	
70	12&U Mixed 100 Breaststroke	
71	Senior Mixed 200 Backstroke	
72	Senior Mixed 200 Breaststroke	
73	12&U Mixed 100 Butterfly	

(South Senior 1 & South Dolphin 1 & South Dolphin 2)

**Saturday, Sept 19, 2020**  
**Warm-up: 10:15am; Meet Start: 11:15am**

	Event	
74	Senior Mixed 200 Free	
75	10&U Mixed 100 IM	
76	Senior Mixed 200 IM	
	10 minute break	
77	Senior Mixed 100 Backstroke	
78	Senior Mixed 100 Breaststroke	
79	10&U Mixed 50 Butterfly	
80	Senior Mixed 100 Butterfly	
	10 minute break	
81	Senior Mixed 500 Free	
82	10&U 50 Backstroke	
83	Senior Mixed 200 Butterfly	
84	Senior Mixed 50 Freestyle	
	10 minute break	
85	Senior Mixed 100 Freestyle	
86	10&U Mixed 50 Breaststroke	
87	Senior Mixed 200 Backstroke	
88	Senior Mixed 200 Breaststroke	
89	10&U Mixed 100 Freestyle	

(South Senior 2 & Marlin 1)

**Saturday, Sept 19, 2020**  
**Warm-up: 1:30pm; Meet Start: 2:30pm**

	Event	
90	10&U Mixed 100 IM	
	5 minute break	
91	10&U Mixed 50 Butterfly	
92	10&U Mixed 25 Backstroke	
93	10&U Mixed 50 Backstroke	
	5 minute break	
94	10&U Mixed 25 Breaststroke	
95	10&U Mixed 50 Breaststroke	
	5 minute break	
96	10&U Mixed 25 Freestyle	
97	10&U Mixed 50 Freestyle	
98	10&U Mixed 100 Freestyle	

(South Marlin 2 & South Marlin 3)

**Sunday, Sept 20, 2020**  
**Warm-up: 10am; Meet Start: 11am**

	Event	
99	14&U Mixed 200 Free	
	10 minute break	
100	14&U Mixed 200 IM	
	10 minute break	
101	14&U Mixed 200 Butterfly	
	10 minute break	
102	14&U Mixed 200 Backstroke	
	10 minute break	
103	14&U Mixed 200 Breaststroke	

(South Shark Division)

**Sunday, Sept 20, 2020**  
**Warm-up: 1:15pm; Meet Start: 2:15pm**

	Event	
104	Senior Mixed 200 Free	
105	12&U Mixed 100 IM	
106	Senior Mixed 200 IM	
	10 minute break	
107	Senior Mixed 100 Backstroke	
108	Senior Mixed 100 Breaststroke	
109	12&U Mixed 50 Freestyle	
110	Senior Mixed 100 Butterfly	
	10 minute break	
111	Senior Mixed 500 Free	
112	12&U Mixed 100 Backstroke	
113	Senior Mixed 200 Butterfly	
114	Senior Mixed 50 Freestyle	
	10 minute break	
115	Senior Mixed 100 Freestyle	
116	12&U Mixed 100 Breaststroke	
117	Senior Mixed 200 Backstroke	
118	Senior Mixed 200 Breaststroke	
119	12&U Mixed 100 Butterfly	

(South Senior 3 & South Dolphin 3)

**Meet Name**  
**Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to SwimMAC Carolina):  
 SwimMAC Carolina  
 ATTN: Kim DeCann  
 9850 Providence Rd, Charlotte, NC 28277  
 Email to: kdecann@swimmaccarolina.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$5.00 per event	
Relay Entries		\$0 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$18.00 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. Mecklenburg Aquatic Club (DBA SwimMAC Carolina, HFFA & Charlotte Latin School, 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