



Triad Tune-Up

Hosted by STAR Aquatics

September 9 – 10, 2023

The Greensboro Aquatic Center
1921 W. Gate City Blvd., Greensboro, NC 27403

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

Sanction #NC23151

MEET DIRECTORS		MEET ENTRY COORDINATOR & ADMINISTRATIVE OFFICIAL
Jay Dodson (336) 337-0169 jay@staraquatics.net	Taylor Mitchell (336)549-4682 taylor@staraquatics.net	Nathan Durrell (336)926-6903 entries@staraquatics.net
MEET REFEREE		MEET MARSHAL
Rob Stevens (336) 686-4570 robstevens@triad.rr.com		Amy Teoh Steven Laflamme

ASSUMPTION OF RISK DISCLAIMER STAR Aquatics 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. By attending this meet, you assume all risks related to exposure to COVID-19.

FACILITY and HOST TEAM REQUIREMENTS STAR Aquatics has discussed specific health and safety procedures with venue management. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, Centers for Disease Control and Prevention (CDC), state and local jurisdictions will be maintained throughout the duration of the meet.

ENTRY & EXIT PROCEDURES Swimmers, coaches, and volunteers will be allowed in the building no more than fifteen (15) minutes prior to warm-ups. All athletes, coaches, and volunteers will enter and exit the facility through the designated entrance. Athletes will access the deck through the locker rooms. Coaches and volunteers will access the deck through the hospitality area or the cut-through hallway.

ATHLETE SEATING AREAS Teams will be assigned seating on deck. No outside chairs are allowed in the facility

SPECTATOR PROTOCOLS Spectators will be allowed in the building no more than fifteen (15) minutes prior to warm-ups. There is a spectator seating area with a capacity of 1850 persons.

The spectator seating area will not be specifically assigned or marked for this meet. **No outside chairs are allowed in the facility. Spectators are not allowed on the pool deck at any time.**

PARENTAL ACCESS

Parents needing access to their athletes during the meet in a closed-deck environment can contact their children directly via cellphone and arrange to meet them in the concourse. Should parents be unable to contact their children directly, they should call or text their coach. In the case of an emergency, please call and/or text the Meet Director(s) at the numbers on the first page of this meet announcement.

FACILITY

The Greensboro Aquatics Center is a state-of-the-art indoor facility with a 50-meter pool which can be broken into two short course venues with a separate diving well. This competition will use one or two short course competition venues that are 8 or 10 lanes (depending on entries) with continuous warm-up and cool down lanes available throughout the meet. 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 7'-9' (depending on number of lanes). An Omega timing system with a Daktronics Pro-Star LED Video Scoreboard Display will display results simultaneously. Starting platforms are Omega deck anchored platforms. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Only athletes, officials, coaches, and meet volunteers may be on deck during warm-ups and/or competition. The 650 bleacher seats on deck are reserved for swimmers only. **No 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.

VENUE SHOPS

Augusta Swim Supply will be open in the Greensboro Aquatic Center during the meet. Food and drink may be purchased from the concession stand located in the facility. **No outside food or drink will be permitted.**

PARKING

Parking will be \$5.00 per day with re-entry allowed. Parking for coaches, officials, and volunteers will be provided.

MEET FORMAT

There will be **two timed final sessions** with a total of 72 events as set forth in the Order of Events.

Meet management reserves the right to add sessions or move an age group or gender to a different session depending on the number of entries in the meet to ensure the meet runs efficiently. Coaches will be notified by email of any changes to the sessions within 36 hours of the entry deadline.

Meet Management also reserves the right to limit, eliminate, and/or combine any heats/events to allow the meet to run in the allotted time.

MEET SCHEDULE AND DEADLINES

- Officials’ meetings will be 45 minutes prior to the start of each session.

Wednesday, August 30, 2023	Time
Entry Deadline	10:00 pm
General Coaches’ Meeting – via Zoom	TBD
Saturday, September 9, 2023 – Timed Finals	Time
Warm-Up	7:30 am
Meet Start	8:30 am
Sunday, September 10, 2022 – Timed Finals	Time
Warm-Up	7:30 am
Meet Start	8:30 am
Positive Check-In for 500 Free Deadline and 10 & Under 200 Free	9:00 am

RULES This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention Policy, except where rules therein are optional and exceptions are stated, and the NCS Safety Program.

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. NO running or horseplay will be tolerated.

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.

Use of audio or visual recording or photography devices, including a cell phone, is not permitted in changing areas, restrooms, 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. All persons on deck or behind the blocks must be USAS certified coaches, officials, registered swimmers, or meet volunteers.

**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.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc., and all adult athletes must hold current APT certifications 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.**

**SWIMMERS
WITH
DISABILITIES**

Star 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 Star Aquatics' ability to accommodate all requests.

ENTRIES

Please email entries to entries@staraquatics.net using Hy-Tek Team Manager for entries. **List all swimmers' ages as of September 9, 2023.** 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.

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

Teams/entries will be accepted in the order they are received, until the four-hour timeline is reached. Entries received after the timeline is reached will be returned.

If you plan to attend this meet, please notify the Meet Director(s) with your intent and approximate number of swimmers as soon as possible.

ENTRY LIMITATIONS A swimmer may enter a **maximum of four (4) events per day**. Meet Management reserves the right to limit, eliminate, and/or combine any heats/events to allow the meet to run in the allotted time.

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

ENTRY DEADLINES The Meet Entry Coordinator must receive entries by **10:00 pm Wednesday, August 30, 2023**. Late entries may be accepted at the discretion of the Meet Director and Meet Referee. There may be on-deck entries, but only in open lanes and at the discretion of the Meet Director and Meet Referee. **Double fees will apply to all late entries and must be paid before entry can be processed on deck.**

ENTRY FEES

Make checks payable to: Star Aquatics; All fees are non-refundable	
Individual Event	\$7.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$12.00 per swimmer
Heat Sheet	\$5.00 per swimmer
Late Entry Fee	\$14.00 per event

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 (YLS). There will be no course conversion for this meet.
Entries may be limited at the discretion of the Meet Director to the top 24 swimmers per event in order to run the meet in the allotted time.

CHECK-IN A positive check-in, located at the Administration Table, will be required for the **500 Free**, which will swim slowest to fastest. **Swimmers must provide their own timers and lap counters for the 500 Free.**

Depending on the number of entries, positive check-in may also be required for the **10 & Under 200 Free**. Refer to the Meet Schedule and Deadlines for times.

Swimmers who fail to check in will be scratched from the event, will not be seeded, and will not be allowed to swim the event. 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.

SCRATCHES The North Carolina Scratch rule will be in effect. (NCS Swimming Rules and Regulations 208.3)

SCORING	This meet will not be scored.
AWARDS	There will be no awards for this meet.
RESULTS	Results will be posted to Meet Mobile and to the STAR webpage as available. At the conclusion of the meet, results will be sent to each team 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 showing their Deck Pass virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Meet Schedule and Deadlines table. 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	<p>All teams may be required to provide timers based on the number of swimmers entered in the meet. Timer assignments will be distributed after registration has closed.</p> <p>There will be a need for officials. Star Aquatics welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet, sign up using the link on the meet page on the STAR Aquatics website (www.staraquatics.com), 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 showing their Deck Pass 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 Meet Schedule and Deadlines table.</p>
HOSPITALITY	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 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/cool-down. There is to be no diving or horseplay in this area. Only feet-first entry into the warm-up lanes is permitted.
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. STAR Aquatics, the

Greensboro Aquatic Center, 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 photographs and audio and video recordings, 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 or videos featured on any media should inform their team's head coach and the Meet Director prior to the meet.

ORDER OF EVENTS

Saturday, September 9, 2023		
Timed Finals – Warm-up: 7:30 am Meet Start: 8:30 am		
Girls	Events	Boys
1	10 & Under 100 Backstroke	2
3	11 – 12 100 Backstroke	4
5	10 & Under 50 Backstroke	6
7	13 & Over 200 Backstroke	8
9	10 & Under 25 Butterfly	10
11	11 – 12 50 Butterfly	12
13	13 & Over 100 Butterfly	14
15	10 & Under 25 Freestyle	16
17	11 - 12 50 Freestyle	18
19	13 & Over 50 Freestyle	20
21	10 & Under 50 Breaststroke	22
23	11 - 12 100 Breaststroke	24
25	13 & Over 100 Breaststroke	26
27	10 & Under 100 Freestyle	28
29	11 – 12 200 Freestyle	30
31	13 & Over 200 Freestyle	32
33	10 & Under 100 IM	34
35	11 – 12 200 IM	36
37	13 & Over 200 IM	38

Sunday, September 10, 2023		
Timed Finals – Warm-up: 7:30 am Meet Start: 8:30 am		
Girls	Events	Boys
39	10 & Under 100 Butterfly	40
41	11 - 12 100 Butterfly	42
43	10 & Under 50 Butterfly	44
45	13 & Over 200 Butterfly	46
47	10 & Under 25 Backstroke	48
49	11 - 12 50 Backstroke	50
51	13 & Over 100 Backstroke	52
53	10 & Under 50 Freestyle	54
55	11 – 12 100 Freestyle	56
57	13 & Over 100 Freestyle	58
59	10 & Under 25 Breaststroke	60
61	11 – 12 50 Breaststroke	62
63	10 & Under 100 Breaststroke	64
65	13 & Over 200 Breaststroke	66
67	10 & Under 200 Freestyle**	68
69	11-12 500 Freestyle*	70
71	13 & Over 500 Freestyle*	72
*Requires Positive Check-in by 9:00 am/**May Require Positive Check-in by 9:00 am		

**STAR Triad Tune-Up
September 9–10, 2023
Mail Meet Entry Form and Payment to:
STAR Aquatics
PO Box 16311
High Point, NC 27261**

Official Entry Information:

Club Name _____ Club Code _____

Address _____

City _____ State __ Zip _____

Head Coach _____ Home Phone _____

Email Address _____ Work Phone _____

Assistant
Coach _____

Assistant
Coach _____

Assistant
Coach _____

Assistant
Coach _____

Liability Statement: All coaches identified above are currently registered as coaches with USA Swimming, Inc. and are responsible for the swimmers entered in this meet and during the conduct of the event **September 9-10, 2023**. By participating in this meet, you agree that any charges incurred by STAR for damage to the facility, equipment, or premises that cannot be resolved to the offending individual(s) will be shared among the teams participating in the meet.

Signature _____ Date _____

Release Statement: USA Swimming, Inc., North Carolina Swimming, Inc., Star Aquatics, LLC, Greensboro Aquatic Center and all employees and representatives of these organizations shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

Signature _____ Date _____

# of Individual Entries		X \$7.00 per entry	\$
NCS Travel Fund (total swimmers)		X \$3.00 per swimmer	
Facility Charge (total swimmers)		X \$12.00 per swimmer	\$
Heat Sheets		X \$5.00 per swimmer	
# of Late Entries		X \$14.00 per entry	\$
Totals			\$

North Carolina Swimming 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.