

Queen City Dolphins Holiday Invite

Hosted by Queen City Dolphins

December 12-14, 2025

Held at Mecklenburg County Aquatic Center, 800 E Martin King Jr. Blvd, Charlotte, NC 28202
704-336-3483

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC25157

MEET DIRECTOR	MEET ENTRY COORDINATOR
Rodney Sellars 980-900-8537	Lisa Olack olack.lisa@gmail.com Entries sent to another individual may not be processed
MEET REFEREE	MEET MARSHAL
Jeffrey Childs 704-307-0327 jeffrey@rileychilds.net	William Hughes Trinette Mumford

FACILITY and HOST TEAM REQUIREMENTS

Please note that information in this document may be modified to meet current facility, local, state, and federal COVID-19 protocols, including capacity limits, event postponement or cancellation.

FACILITY

The competition pool is a 25-yard pool equipped with 8, 9-foot-wide lanes with non-turbulent lane lines and Paragon starting blocks which will be used for competition in accordance with USA Swimming diving depth guidelines. Minimum depth is 6.5 feet at the scoreboard end and 13 feet at the diving board end. Omega timing system, including touchpads and at least one button and one watch per lane, along with a full color scoreboard will be used. QCD will work with facility to ensure the required course dimensions are valid. Prior to each session of competition, the facility host shall examine the bulkhead and shall confirm to the Meet Referee that the bulkhead is stable, straight and properly positioned and anchored. There will be lanes available for warmup and warm down.

Seating for 1000 people is available with ample parking areas within 100 yards of the facility. Smoking is not permitted inside the building. Absolutely no glass bottles will be allowed on the pool deck. Only meet volunteers, USA Swimming registered athletes and current USA Swimming registered officials and coaches may be on deck.

MEET FORMAT

This is a pre-seeded, timed final meet for all 12 and under events. 13 and over events will be a pre-seeded prelim with A-B finals unless otherwise indicated. In finals, B then A will be swum. The 1650 Free and all relays which will be swum as timed finals and will be swum during prelims with the fastest 8 from each event swimming at finals. No AM/PM option will be available. Meet management reserves the right to limit heats of timed finals events if needed to manage the timeline.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday Timed Final	5:00 PM	6:00 PM	10&Under, Senior
2	Saturday Prelim	8:00 AM	9:00 AM	13-14, Senior
3	Saturday Timed Final	12:00 PM	1:00 PM	10&Under, 11-12
4	Saturday Finals	5:00 PM	6:00 PM	13-14, Senior
5	Sunday Prelim	8:00 AM	9:00 AM	13-14, Senior
6	Sunday Timed Final	12:00 PM	1:00 PM	10&Under, 11-12
7	Sunday Finals	5:00 PM	6:00 PM	13-14, Senior

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, December 2	5:00 PM	Entry deadline
Friday, December 12	4:45 PM	Coaches Meeting
Friday, December 12	5:00 PM	Official Briefing
Friday, December 12	5:30 PM	Positive check in for Open 400 IM, 12U 500 Free, and Open 1000 Free
Friday, December 12	6:30 PM	Positive check in for 13-14 500 Free and Senior 500 Free for Saturday morning
Saturday, December 13	8 AM, 12 PM, & 5 PM	Official Briefing
Saturday, December 13	9:30 AM	Positive check in for 200 Medley Relay/Relay cards due for those swimming in the prelim session
Saturday, December 13	1:30 PM	Relay cards due
Saturday, December 13	6:30 PM	Relay cards due for those swimming in the final session
Sunday, December 14	8 AM, 12 PM, & 5 PM	Official Briefing
Sunday, December 14	9:30 AM	Positive check in for 200 Free Relay/Relay cards due for those swimming in the prelim session
Sunday, December 14	10:00 AM	Positive check in for Open 1650 Free
Sunday, December 14	1:30 PM	Relay cards due
Sunday, December 14	6:30 PM	Relay cards due for those swimming in the final session

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.

Medical Supervision: Lifeguards as well as AED is available to all participants in the meet. Paramedics/EMTs will be called if needed.

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 MAAPP is a condition of participation in the conduct of this competition.

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.

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.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. or be an athlete member of a World Aquatic member-country federation. 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. All athletes 18 and older must complete Athlete Protection Training (APT).

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

Queen City Dolphins welcome 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 Queen City Dolphins' ability to accommodate all requests.

ENTRIES

Email is to be used for all entries. Entries must be submitted using Hy-tek or compatible software. All entry times must be in short course yards only. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Director by the first day of the meet. A swimmer's age on the first day of the meet will determine their age for the entire meet. Queen City Dolphins entries will be entered first and then accept teams/entries in the order received, until capacity or the four-hour rule is reached. Entries received thereafter will be returned immediately. All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge.

ENTRY LIMITATIONS

Swimmers may swim a maximum of 3 individual events plus 1 relay per day. Only 2 relays per event per team will be permitted.

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 above. Late entries may be accepted at the discretion of the Meet Referee. There will be no on deck entries.

ENTRY FEES

Make checks payable to: Queen City Dolphins, Inc. ; All fees are non-refundable, except if rejected for non-compliance or meet has reached capacity	
Individual Event	\$7.00 per event
Relays	\$15.00 per relay
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$20.00 per swimmer
Heat Sheet	\$2.00 per swimmer
Late Entry Fee	Double the individual fees listed if accepted

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 times must be submitted in short course yards.

CHECK-IN

A positive check-in will be required for the following events:

- All 400 IMs
- All 500s Free
- All 1000s Free
- All 1650s Free
- All Relays

Check in for the events are as stated in the Deadline and Meeting Summary above. Swimmers/Teams that fail to check in will be scratched from the event and not seeded. In the positive check-in individual 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	There will be no penalty for scratching pre-seeded events at the block. The NCS Scratch Rule is in effect for this meet (attached). 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.
SCORING	There will be no scoring for this meet.
AWARDS	There will be no awards for this meet.
RESULTS	Results will be posted to Meet Mobile during the course of the meet and on North Carolina Swimming's website within 24 hours of the meets conclusion. At the conclusion of the meet, teams will be emailed a results file.
COACHES	All coaches on deck must be registered and certified with USA Swimming or their World Aquatic member-country. Meet Management will require all coaches to show proof of certification/registration 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 at the date and time listed in the Deadline and Meeting Summary above. Other meetings may be held at the meet referee's discretion. It is required that at least one coach representative from each team attend all coaches' meetings.
OFFICIALS/TIMERS/ VOLUNTEERS	There will be a need for officials. Queen City Dolphins welcomes and encourages anyone willing to volunteer. Volunteering Officials are encouraged to 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 the Meet Referee prior to the meet. An official briefing will be held at the date and time listed in the Deadline and Meeting Summary above. Officials are strongly encouraged to complete a review of applicable USA-S rules for their assignment prior to the meet.
HOSPITALITY/ CONCESSIONS	There will be a hospitality area open to all coaches and officials. There will be concessions available.
WARM-UP	In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. This will be announced at the general meeting. 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 six (6) lanes available for continuous warm-up/down. Coaches will be responsible for monitoring his/her team's activities in this area. 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. Queen City Dolphins, Mecklenburg County Parks and Recreation Department, 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

Friday, December 12, 2025

Timed Finals - Warm-up: 5:00 PM; Meet Start: 6:00 PM

Girls/Women	Event	Boys/Men
1	12 and Under 200 IM	2
3	Open 400 IM*	4
5	12 and Under 500 Free*	6
7	Open 1000 Free**	8

*Positive check in required

**Positive check in required; swimmers must provide their own timer and counter

Saturday, December 13, 2025

Prelims - Warm-up: 8:00 AM; Meet Start: 9:00 AM

Finals - Warm-up: 5:00 PM; Meet Start: 6:00 PM

Girls/Women	Event	Boys/Men
9	13-14 500 Free*	10
11	Senior 500 Free*	12
13	13-14 100 Fly	14
15	Senior 100 Fly	16
17	13-14 50 Free	18
19	Senior 50 Free	20
21	13-14 100 Breast	22
23	Senior 100 Breast	24
25	13-14 200 Back	26
27	Senior 200 Back	28
29	13-14 200 IM	30
31	Senior 200 IM	32
10 Minute Break		
33	13-14 200 Medley Relay**	34
35	Senior 200 Medley Relay**	36

*Positive check in required on Friday night-see Deadline and Meet Summary above

**Positive check in required. Timed Final event-fastest 8 from each event will swim at night; all other heats will swim during prelims seeded fast to slow.

Saturday, December 13, 2025

Afternoon Timed Final - Warm-up: 12:00 PM; Meet Start: 1:00 PM

Girls/Women	Event	Boys/Men
37	11-12 100 Fly	38
39	10 & Under 100 Fly	40
41	11-12 50 Free	42
43	10 & Under 50 Free	44
45	11-12 100 Breast	46
47	10 & Under 100 Breast	48
49	11-12 50 Back	50
51	10 & Under 50 Back	52
53	11-12 100 IM	54
55	10 & Under 200 Medley Relay	56
57	11-12 200 Medley Relay	58

Sunday, December 14, 2025

Prelims - Warm-up: 8:00 AM; Meet Start: 9:00 AM

Finals - Warm-up: 5:00 PM; Meet Start: 6:00 PM

Girls/Women	Event	Boys/Men
59	13-14 200 Free	60
61	Senior 200 Free	62
63	13-14 200 Fly	64
65	Senior 200 Fly	66
67	13-14 100 Back	68
69	Senior 100 Back	70
71	13-14 200 Breast	72
73	Senior 200 Breast	74
75	13-14 100 Free	76
77	Senior 100 Free	78
10 Minute Break		
79	13-14 200 Free Relay**	80
81	Senior 200 Free Relay**	82
83	Open 1650 Free***	84

**Positive check in required. Timed Final event-fastest 8 from each event will swim at night; all other heats will swim during prelims seeded fast to slow.

***Positive Check-in required. Timed Final event-fastest 8 from each event will swim at night. Heats will be seeded and swum fast to slow, alternating women and men, unless two pools are utilized. Swimmers in the 1650 must provide their own timer and counter.

NOTE: FOR FINALS, THE WOMEN'S 1650 WILL SWIM IMMEDIATELY FOLLOWING EVENT 70, MEN'S 100 BACK, AND THE MEN'S 1650 WILL SWIM IMMEDIATELY FOLLOWING EVENT 78, MEN'S 100 FREE

Sunday, December 14, 2025

Afternoon Timed Final - Warm-up: 12:00 PM; Meet Start: 1:00 PM

Girls/Women	Event	Boys/Men
85	10 & Under 200 Free	86
87	11-12 200 Free	88
89	10 & Under 50 Fly	90
91	11-12 50 Fly	92
93	10 & Under 100 Back	94
95	11-12 100 Back	96
97	10 & Under 50 Breast	98
99	11-12 50 Breast	100
101	10 & Under 100 Free	102
103	11-12 100 Free	104
105	10 & Under 100 IM	106
107	11-12 200 Free Relay	108
109	10 & Under 200 Free Relay	110

Queen City Dolphins Holiday Invite

Summary of Fees/Release Form

Complete and mail this form along with entry fees to (checks payable to Queen City Dolphins):

Queen City Dolphins
ATTN: Rodney Sellars
11429 Coreopsis Rd.
Charlotte, NC 28213

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total #	Cost per	Total
Individual Entries		\$7.00 per event	
Relay Entries		\$15.00 per relay	
Swimmers (Travel Fund & Facility Surcharge & Heat Sheet)		\$25.00 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Queen City Dolphins, Mecklenburg County Parks and Recreation Dept., 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

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 those 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.