



Distance Day

Hosted by New Wave Swim Team

January 3, 2026

Held at North Raleigh Christian Academy, 7300 Perry Creek Road, Raleigh, NC 27616

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

Sanction NC26027

MEET DIRECTOR	MEET ENTRY COORDINATOR
John Roy 919-906-7946 coachjohn@bellsouth.net	John Roy PO Box 181012 Raleigh, NC 27619 919-906-7946 coachjohn@bellsouth.net
MEET REFEREE	MEET MARSHALS
Krysti Zeiger 703-463-7445 Krysti.zeiger@yahoo.com	Male - Zach Murray 336- 402-4337 zachrmurray@gmail.com Female – Tia Schultz 540-539-6439 Coach.tia.schultz@gmail.com

FACILITY and HOST TEAM REQUIREMENTS New Wave Swim Team has discussed specific health and safety procedures with the venue management. At this time, the facility and New Wave have no additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet.

FACILITY North Raleigh Christian Academy
 7300 Perry Creek Road
 Raleigh. NC 27616

Competition Pool: The pool is a 6 lane, 25-yard course with non-turbulent lane markers, deck-anchored starting blocks, and a 4-foot depth at the starting and turn ends. Time Drops semi-automatic timing system with 2 buttons and 3 watch back up will be used for timing.

WAVE will ensure the correct competition course dimensions.
 All WAVE coaches in attendance are lifeguard certified including CPR and AED. They will be available to provide first aid.

Facility Rules: Please inform your families of the following rules.
 * No smoking is allowed inside the facility.

- * No glass containers are allowed inside the facility.
- * Only meet volunteers, USA Swimming registered athletes and USA Swimming registered coaches and officials may be on deck in the competition area (this includes behind the blocks).
- * We are responsible for cleaning up the pool area. Please place all trash in receptacles provided.

**MEET
FORMAT**

This will be a Timed Finals, Open Intrasquad meet.

- Meet management reserves the right to adjust session start times, combine sessions, insert breaks, or move and combine events and heats based on the number of entries received.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	8:00 AM	9:15 AM	All Ages

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday 12/24	6:00 PM	Entry deadline
Saturday 1/3 if necessary	8:20 AM	General meeting
Saturday 1/3	8:30 AM	Officials briefing

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.

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.

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.

ELIGIBILITY **All swimmers must be registered with USA Swimming, Inc. and WAVE. 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.** All participants must be registered with the New Wave Swim Team.

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.

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS WAVE 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 WAVE’s 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.

ENTRY LIMITATIONS All swimmers may enter up to four (4) individual events, but limited to two (2) of the 200 yard strokes and not both the 1000 yd Freestyle and the 1650 yd Freestyle..

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. Late entries will be at the discretion of the meet director and referee. There will be no on deck entries.**

ENTRY FEES **There are no entry fees for this meet.**

SEEDING

1. The conforming time standard is short course yards.
2. All events will be swum as timed finals.

3. All events will be swum combined women and men.
4. All events will be deck seeded.
5. The events will be swum slowest to fastest.
Swimmers must provide a person to count laps

CHECK-IN	Positive Check in is required for all events by 8:30 AM at the admin table.
SCRATCHES	No penalty.
SCORING	This meet will not be scored
AWARDS	There will be no awards.
RESULTS	Results will be emailed to coaches within 24 hours of completion. Results will be available on the wall of the facility and via Meet Mobile.
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. WAVE 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. Officials should report to their assigned position 10 minutes before session start, and bring your personal water bottle, a writing utensil, and a headset (if applicable).
HOSPITALITY/ CONCESSIONS	There will be limited hospitality provided to 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. 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. New Wave Swim Team, North Raleigh Christian Academy, 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

Saturday, January 3, 2024 Warm-up: 8:00 AM; Meet Start: 9:15 AM

Mixed	EVENT
1	400 IM
2	200 Butterfly
3	500 Freestyle
4	1000 Freestyle
5	200 Backstroke
6	1650 y Freestyle
7	200 Breaststroke