



2024 Long Course Summer Meet
Hosted by SwimMAC Carolina
Friday, July 26th– Sunday, July 28th, 2024
Held at SwimMAC Training Facility at Charlotte Latin
9850 Providence Rd, Charlotte NC 28270

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC24091 and Time Trials Sanction #NC24091TT

MEET DIRECTOR	MEET ENTRY COORDINATOR
John Rice Westglacier@gmail.com 336-255-5936	Jeffrey Childs Jeffrey@rileychilds.net 704-307-0327
MEET REFEREE	MEET MARSHAL
Jeffrey Childs jeffrey@rileychilds.net	Amelia Keller akeller@swimmaccarolina.com Steve Robling srobling@swimmaccarolina.com

FACILITY

The SwimMAC Swim Center is a 30,000-square-foot facility featuring a 50-meter by 25-yard Paddock Pool racing tank. The pool has Competitor 4" Racing Lanes and uses Paddock stainless steel starting platforms. The facility also features a Colorado System 6 timing system and a ten-lane scoreboard. Touchpads, buttons, and two watches per lane will be used. Hy-Tek Meet Manager software will be used. In the 50-Meter competition pool, the pool depth ranges from 12 feet at the starting end to 4 feet at the pool's far end with ten (10), 8-foot-wide lanes. Eight (8) lanes will be used for competition during all sessions. Lane Ten (10) will be available for continuous warm-up and warm-down during all sessions. SwimMAC will work with the facility to ensure the required course dimensions are valid. Lifeguards will provide First Aid. Available equipment includes AED, backboard, bag-valve Mask and one way valve mask.

There will be limited "In-Person" spectator viewing. The meet will be live streamed via YouTube.

MEET FORMAT

This is a timed final, prelim/final Age Group/Senior pre-seeded meet unless otherwise indicated.

Friday - Sunday PRELIMS/FINALS – A and B finals for 13/14 and Senior Events; All events, except for all events 400M or longer, will be conducted on a preliminary and finals basis. Final session, there will be a B followed by A (consolation and championship) final.

Friday- Sunday Timed Finals for 12&U

Meet Management reserves the right to add breaks between events if deemed necessary. Breaks will be published in advance of the session and limited to 10 minutes. All heats will report to the staging area. Access behind the block will be limited to the heat in the water and the next heat.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday AM	7:00	8:00	13/14, Senior Prelims
2	Friday Midday	12:00	1:00	12&U Timed Finals
3	Friday PM	5:00	6:00	13&O Finals
4	Saturday AM	7:00	8:00	13/14, Senior Prelims
5	Saturday Midday	12:00	1:00	12&U Timed Finals
6	Saturday PM	5:00	6:00	13&O Finals
7	Sunday AM	7:00	8:00	13/14, Senior Prelims
8	Sunday Midday	12:00	1:00	12&U Timed Finals
9	Sunday PM	5:00	6:00	13&O Finals

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, July 16th, 2024	5:00 pm	Entry deadline
Friday, July 26th, 2024	6:45 am	Coaches Meeting (Hospitality Room)
Friday, July 26 th thru Sunday Sun, July 28 th , 2024	45 min. prior to start of each session	Officials Meeting (Hospitality Room)
Friday, July 26 th thru Sunday Sun, July 28 th , 2024	20 min. prior to start of each session	Timer 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.

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 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.

SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely always supervise their swimmers. 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 each team assign a marshal to monitor warm-up sessions and locker rooms in addition to the host team marshal.

Use of audio or visual recording 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 an 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, 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 USA Swimming, Inc. All Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to the entry deadline. Entries listed as "Registration Applied For" will not be accepted. **There will be no on-deck registration available at this meet.**

Senior: Swimmers of any age may swim in the Senior age group regardless of entry time. The 800 Freestyle will be limited to the fastest three (3) heats of women and men. All swimmers in the 800 freestyles must have a 13-14 "B" Time Standard or faster in the 400, 800, or 1500 freestyle.

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

SwimMAC 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 SwimMAC's ability to accommodate all requests.

ENTRIES

Entries submitted in Hy-tek format require no hard copy entry forms. Email must be emailed to the Meet Entry Coordinator by the entry deadline. All entries must

be in Long Course meters and **NT (no times) will not be accepted**. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline. A swimmer's age on the first day of the meet will determine their age for the entire meet. SwimMAC entries will be entered first and then accept teams/entries in the order received until the four-hour rule is reached. Entries received after that will be returned immediately.

ENTRY LIMITATIONS 11 and Over swimmers are limited to three (3) individual entries per day and nine (9) individual events for the meet.
10 and Under swimmers are limited to four (4) individual entries per day and nine (9) individual events for the meet.

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

Make checks payable to: SwimMAC; All fees are non-refundable	
Individual Event	\$7.00 per event
Relay Events	\$14.00 per team
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$18.00 per swimmer
Late Entry Fee	\$14.00 per event

SEEDING Only LCM times will be accepted for entries. Swimmers without actual LCM times should be entered with converted SCY times or estimated LCM times to assure best seeding for all competitors. **NT entries will not be accepted**. Met Management reserves the right to combined events and heats as dedicated by entries.

CHECK-IN Positive check-in will be at the Clerk of Course. There will be a positive check-in for all relay events and all individual events of 400 yards or longer.

Swimmers who fail to check in by the deadline will be scratched from the event. See Schedule below:

Individual Events	Check-in Deadline	
13/14 400 IM	Friday	9:00 am
Senior 400 IM	Friday	9:00 am
11/12 400 Free	Friday	1:00 pm
13/14 400 Free	Saturday	9:00 am
Senior 400 Free	Saturday	9:00 am
Senior 800 Free	Sunday	9:00 am

- **13/14 & Senior 400M IM:** The 400M Individual Medley will be swum as

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a timed final event and will be deck seeded after positive check in. The fastest eight (8) positively checked in swimmers in each event will swim with finals in event order. Remaining heats will swim at the end of preliminaries, fastest to slowest, alternating Men and Women in event order. Heats and events may be combined at the discretion of the Meet Referee. No AM/PM option will be offered.

- **11/12 400M Free:** The 400 Free will be deck seeded **Slowest to Fastest in session order** after positive check in. A combined girls/boys heat may be swum at the discretion of the Meet Referee.
- **13/14 & Senior 400M Free:** The 400M Freestyle will be swum as a timed final event and will be deck seeded after positive check in. The fastest eight (8) positively checked in swimmers in each event will swim with finals in event order. Remaining heats will swim at the end of preliminaries, fastest to slowest alternating Men and Women in event order. Heats and events may be combined at the discretion of the Meet Referee. No AM/PM option will be offered.
- **Senior 800M Free:** The 800M Freestyle will be swum as a timed final event and will be deck seeded after positive check in. The fastest eight (8) positively checked in swimmers who declare PM option in each event will swim with finals in event order. Remaining heats will swim at the end of preliminaries, fastest to slowest alternating Men and Women in event order. Heats and events may be combined at the discretion of the Meet Referee. **AM/PM option must be declared at Check-in.**

SCRATCHES

A modified NCS Scratch Rule will be in effect for this meet.

There will be no penalty for scratching pre-seeded events at the block.

For positive check-in deck seeded events, a swimmer who is properly checked-in, been seeded, and fails to complete in said event, shall be barred from their next individual event. It is the coach's responsibility to positive check-in their swimmers.

For all A and B Finals, a swimmer identified as a finalist when preliminary results are announced and subsequently seeded who fails to compete in said final heat shall be barred from further competition for the remainder of the meet. It is the swimmer's responsibility to scratch from finals. Coaches should review the NC Scratch rule with their swimmers in advance of the meet.

SCORING

None

AWARDS

Individual Events- Ribbons Top 8th Places.

Awards will be given to all age groups: 10 & under, 11-12, 13-14, 15-18.

RESULTS

Results will be posted on the SwimMAC website within 24 hours of the meet's conclusion. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment.

TIME TRIALS

Time trials will be available following the preliminary sessions, time permitting, and at the discretion of the Meet Referee. All time trial participants must be entered in the meet. Time trials count towards a swimmer's individual daily event limit, but not the nine (9) events meet limit. Swimmers must provide their own timers. Entry fee for time trials is \$10.00(cash), due at sign up. The entry deadline for the Time Trial shall be one hour after the start of the session. However, the time may be changed in the General Meeting depending on projected timeline of the session. Time trials will begin no more than 15 minutes after the conclusion of the prelim session. The event order will follow the national protocol except the distance freestyles will be offered after only one session. The session will be determined by the Meet Referee, depending on the size of the meet, time available, etc., and will be announced at the Coaches Meeting. Swimmers in the distance freestyles must provide their own lap counters. Time permitting and at the discretion of the Meet Referee, non-meet event time trials or relays may be conducted and may be combined with other events. Time Trials will be conducted in accordance with the current USA Swimming Rules and Regulations,

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 DeckPass 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 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 a meeting at the day(s)/time(s) listed in the "Deadline and Meeting Summary" above. Meetings may be in-person at the meet or virtual in advance and assignments may be communicated electronically prior to each session. All officials are strongly encouraged to complete an individual personal review of applicable USAS rules prior to the meet. Officials should report at the time specified by the Meet Referee and a writing utensil.

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, Lane 10 will be lanes available for continuous warm-up/down. **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. SwimMAC Carolina, HFFA, 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 a 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.

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Order of Events

Prelims/Finals

Friday Prelim/Final		
<u>Women</u>	Prelims @ 8A Finals @ 6P	Men
1	13-14 200 Free	2
3	Senior 200 Free	4
5	13-14 100 Breast	6
7	Senior 100 Breast	8
9	13-14 100 Fly	10
11	Senior 100 Fly	12
13	13-14 400 IM*	14
15	Senior 400 IM*	16

***Positive Check-in required**

****The fastest heat of 400IM will swim in finals. There is no AM/PM option.**

Saturday Prelim/Final		
<u>Women</u>	Prelims @ 8A Finals @ 6P	Men
17	13-14 200 Fly	18
19	Senior 200 Fly	20
21	13-14 50 Free	22
23	Senior 50 Free	24
25	13-14 200 Breast	26
27	Senior 200 Breast	28
29	13-14 100 Back	30
31	Senior 100 Back	32
33	13-14 400 Free*	34
35	Senior 400 Free*	36

***Positive Check-in required**

****The fastest heat of 400 Free will swim in finals. There is no AM/PM option.**

Sunday Prelim/Finals		
<u>Women</u>	Prelims @ 8A Finals @ 6P	Men
37	13-14 100 Free	38
39	Senior 100 Free	40
41	13-14 200 Back	42
43	Senior 200 Back	44
45	13-14 200 IM	46
47	Senior 200 IM	48
49	800 Free*	50

***Positive Check-in required**

****The fastest heat of 800 will swim in the finals. AM/PM option must be declared at Check-in.**

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Order of Events

Afternoon Timed Finals

	<u>Friday Afternoon Events</u>	
<u>Women</u>	Timed Finals @ 1:00 P	Men
51	11-12 50 Free	52
	Break	
53	11-12 100 Fly	54
55	10&U 200 IM	56
	Break	
57	11-12 50 Breast	58
	Break	
59	11-12 400 Free*	60

***Positive Check-in required**

Saturday Afternoon Events		
<u>Women</u>	Timed Finals @ 1:00 P	Men
61	Mixed 200 Free Relay	
63	10&U 200 Free	64
65	11-12 200 Free	66
67	10&U 100 Breast	68
69	11-12 100 Breast	70
	Break	
71	10&U 50 Fly	72
	Break	
73	10&U 100 Back	74
75	11-12 100 Back	76
	Break	
77	10&U 50 Free	78

Sunday Afternoon Events		
<u>Women</u>	Timed Finals @ 1:00 P	Men
79	Mixed 200 Medley Relay	
81	11-12 200 IM	82
	Break	
83	10&U 50 Back	84
85	11&12 50 Back	86
	Break	
87	10&U 100 Fly	88
	Break	
89	11-12 50 Fly	90
91	10&U 50 Breast	92
	Break	
93	11-12 100 Free	94
95	10&U 100 Free	96

2023 SwimMAC LC Summer Meet**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 28270

Email to: kdecann@swimmaccarolina.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$7 per event	
Relay Entries		\$ 14 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$21 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.

Mecklenburg Aquatic Club (DBA SwimMAC Carolina), Charlotte Latin, 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 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.