Friday Night Lights Meet
Hosted by ATOM
April 17, 2026
Held at Mecklenburg County Aquatic Center
800 E. Martin Luther King Jr Blvd, Charlotte NC 28202

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
**Sanction #NC26083**

| MEET DIRECTOR | MEET ENTRY COORDINATOR |
|---|---|
| Shaynah Jerrell<br>coachshaynah@gmail.com<br>919.360.0375 | Shaynah Jerrell<br>coachshaynah@gmail.com<br>919.360.0375 |
| **MEET REFEREE** | **MEET MARSHAL** |
| Ryan Pegarsch<br>pegarschr@gmail.com | Stephanie Toth<br>coachstephanie28@gmail.com<br>Pierce Bradshaw<br>atomcoachpb@gmail.com |

**FACILITY and HOST TEAM REQUIREMENTS**

ATOM has discussed specific health and safety procedures with the venue management. At this time, the facility and ATOM 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**

The competition pool is an 8-lane, 50-meter course featuring nine-foot-wide lanes separated by non-turbulent lane lines, Paragon starting blocks and a minimum pool depth of six feet. A Colorado Electronic Timing System and an 8-lane scoreboard will be used. There will be at least one stopwatch and one button utilized per lane in addition to the automatic timing system. 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. ATOM will ensure the required competition course dimensions. Warm-up and warm-down lanes will be available.

**MEET FORMAT**

This is a timed final Age Group/Senior, pre-seeded meet unless otherwise indicated. All events are mixed gender.

| Session | Day | Warm-up | Meet Start | Age Group |
|---|---|---|---|---|
| 1 | Friday | 5:00 p.m. | 5:50 p.m. | open |

**DEADLINE AND MEETING SUMMARY**:

| Day, Date | Time | For: |
|---|---|---|
| Wednesday, April 8, 2026 | 11:59 PM | Entry deadline |
| Friday, April 17, 2026 | 5:15 p.m. | Officials Meeting |
| Friday, April 17, 2026 | 5:20 p.m. | Timer Meeting |

**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 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.

**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 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.

**ELIGIBILITY**

All swimmers must be registered with USA Swimming, Inc and members of ATOM, LOY, SAIL or TEAM. 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.

**MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS**

ATOM 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 ATOM'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.

**ENTRIES**

Submit entries in Team Manager by email to Shaynah Jerrell (coachshaynah@gmail.com). List swimmer's age as of April 17, 2026. There will be no "on deck" registration available at the meet. Only properly completed entry forms with payment of all fees will be accepted.

**ENTRY LIMITATIONS**

Swimmers may enter up to 3 individual events. Meet management reserves the right to limit heats/events to allow the meet to run in the allotted time.

**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 may be accepted

at the discretion of the Meet Referee. Late entries will be charged double entry fees and will not be seeded. There will be no on deck entries.

**ENTRY FEES**

| **Make checks payable to:** ATOM; All fees are non-refundable | |
|---|---|
| Individual Event | $6.00 per event |
| Facility Surcharge | $20 per swimmer |
| Travel Fund | $3 per swimmer |
| Electronic Heat Sheet | $5 per swimmer |
| Late Entry Fee | Double the IE and relay fees listed |

**Checks payable to:** **ATOM**
**Mail Checks to:** **Shaynah Jerrell, 1310 Charter Pl, Charlotte NC, 28211**

**SEEDING** The conforming time standard for this meet is long course meters. No NT will be allowed. Swimmers will be seeded and swim from fastest to slowest unless otherwise indicated.

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

**SCORING** No team or individual scoring will be kept.

**AWARDS** No awards will be given

**RESULTS** 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. **ATOM** welcomes and encourages anyone willing to volunteer. Volunteering Officials should 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 bring a mask (if necessary) and a writing utensil.

**HOSPITALITY/ CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Concessions will not be provided.

**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/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. ATOM, MCAC, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, officials, volunteers, 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 KTAC site 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 April 17, 2026**

**Warm-up: 5:00 p.m.; Meet Start: 5:50 p.m.**

| **Mixed** | |
|---|---|
| **Event #** | **Event Description** |
| 1 | 200 IM |
| 2 | 50 Free |
| 3 | 100 Breast |
| 4 | 50 Breast |
| 5 | 100 free |
| 6 | 50 back |
| 7 | 100 back |
| 8 | 50 fly |
| 9 | 100 fly |
| 10 | 200 Free |
| 11 | 400 Free |

**ATOM Friday Night Lights**
**Summary of Fees/Release Form**
Complete and email or mail this form along with entry fees to (checks payable to ATOM):
**Shaynah Jerrell, 1310 Charter Pl, Charlotte NC, 28211**

| | |
|---|---|
| Team Name | |
| Club Code | |
| Coach | |
| Coach Phone | |
| Coach Email | |
| Team Address | |

| Item | Total Number | Cost per | Total |
|---|---|---|---|
| Individual Entries | | $6.00 per event | |
| (Travel Fund, Facility, Heat Sheet Surcharge) | | $28.00 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. ATOM, MCAC, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, officials, volunteers, 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