



2017 North Carolina Swimming Long Course Senior Championships

Hosted by Swim GSA

July 20-23, 2017

Held at Greensboro Aquatic Center

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

Sanction #NC17120 and NC17120TT



MEET DIRECTOR		MEET ENTRY COORDINATOR	
Bruce Cantrell Bruce@gsaswim.org P. O. Box 10085 Greensboro, NC 27404 336-312-6229		Trish Martin OME@NCswim.org 336-327-4697	
MEET REFEREE	ADMIN REFEREE	MEET MARSHALS	
Dwight Dickerman dwight.dickerman@gmail.com	Anne Marie Schneider amsbpt@gmail.com	Clark Hering Lili Harding	

FACILITY

Facility Address: 1921 West Gate City Blvd., Greensboro, NC 27403

Phone: (336) 315-8498

Facility/Pool Specifications: Greensboro Aquatic Center is an indoor facility with three pools. The main competition pool is 9-10 feet deep at both ends and will be configured into one 50M course with eight 9-foot wide lanes. All lanes feature non-turbulent lane lines and Colorado starting blocks. Eight lanes will be used for this competition. The Colorado electronic timing system will be used. At least three lanes will be open for continuous warm up and down. Seating for 1800 spectators is available. The GAC will provide parking for \$5 per day with unlimited entry and exit. SGSA will provide free parking for coaches and working officials in the Volunteer Lot. Directions to GAC are available at www.GSAswim.org.

The competition pool has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Only meet volunteers, USA Swimming registered athletes and current USA Swimming registered officials and coaches may be on deck.

NO SPECTATORS ARE ALLOWED ON THE COMPETITION POOL DECK AT ANY TIME.

CLASSIFICATION

Senior Championship in prelims/finals and timed finals format with qualifying time standards.

REGISTRATION

All swimmers must be properly registered with USA Swimming by the entry deadline. There will be no on deck registration at this meet.

ELIGIBILITY

Any NCS and USA registered swimmer who has achieved the current time standard during the qualifying period is eligible to compete in that event. Swimmers qualifying in any individual event are also eligible to enter up to two bonus events subject to both daily and meet limits. Swimmers qualifying in the 800M Free automatically qualify to

swim the 1500M Free and vice versa. Non-NCS registered swimmers/teams wishing to attend should request advance permission from the NCS Senior Chair.

DEADLINES AND MEETINGS SUMMARY

Day	Time	For
June 1	12:00 Noon	OME entries open
Monday of meet week	6:00 PM	OME ENTRY DEADLINE
Tuesday of meet week	6:00 PM	Deadline for corrections
Thursday of meet	3:00 PM	General Meeting
Thursday of meet	3:30 PM	Deadline for proof of times
Every meet day	1 hour before session	Officials Briefing

SCHEDULE

Session #	Day	Session	Warm-up	Meet Start
1	Thursday	Finals	3:30-4:50 PM	5:00 PM
2	Friday	Prelims	7:00-8:50 AM	9:00 AM
3	Friday	Finals	4:30-5:50 PM	6:00 PM
4	Saturday	Prelims	7:00-8:50 AM	9:00 AM
5	Saturday	Finals	4:30-5:50 PM	6:00 PM
6	Sunday	Prelims	7:00-8:50 AM	9:00 AM
7	Sunday	Finals	4:00-5:20 PM	5:30 PM

Scheduled breaks are noted in the Order of Events. The Meet Referee has authority to add breaks as necessary.

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, and the NCS Safety Program. The NCS Scratch Rule is in effect for this meet.

SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to supervise their swimmers at all times. Only feet first entry into warm down lanes at all times and during warm ups except during specific warm ups periods while under the direct supervision of a certified coach. No glass is allowed in the pool area or locker rooms at any time. Running and horseplay will not be allowed. As at any pool, the deck may be slippery and caution should be taken to prevent accidents. Swimmers are not allowed in pool equipment rooms or work out rooms. NO blocking of fire exits, which includes doorways and passages. Coaches must carry their coach certification cards or have access to Deck Pass at all times when on the pool deck and must hold current certifications and registration with USA Swimming. No spectators will be allowed on the competition deck at any time.

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 at the start of a race is prohibited.

Deck changes are prohibited.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. 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.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

Only meet volunteers, USA Swimming registered athletes, and current USA Swimming registered officials and coaches may be on deck. No spectators are allowed on deck at any time.

QUALIFYING PERIOD

Long Course Championship: A swimmer must have achieved the qualifying time listed per event in a USA Swimming sanctioned, approved, or observed meet from January 1 of the prior year to 11:59PM the Sunday night before the Monday meet entry deadline.

INDIVIDUAL ENTRIES AND ENTRY LIMITS

A swimmer may enter and swim a maximum of three (3) individual events per day with a total entry of seven (7) individual events for the meet.

Swimmers may enter with any provable qualifying time from the qualifying period that meets the event requirements.

Swimmers qualifying in the 800M Free automatically qualify for the 1500M Free and vice versa. Swimmers without a qualifying time in the second distance event should enter with their qualifying event/time from the first distance event. For swimmers qualifying in this way, the second event does not count toward the swimmer's bonus event limit. Swimmers are not required to enter or swim the original qualifying event in order to enter and swim the automatic qualifying event.

Bonus events are offered at this meet. Swimmers qualifying in any individual event are also eligible to enter up to two bonus events subject to both daily and meet limits. There are no qualifying standards for the bonus events. Swimmers should enter with any provable LCM or SCY time. Swimmers without provable times for the bonus events should override with 59:59.59 SCY and will be seeded last.

RELAY ENTRIES

Relay entry times are not required to be provable and may be overridden with aggregate or estimated times.

Clubs may enter a maximum of two relays per event. If there are two entries, they will be designated A and B. Any relay that does not have at least one swimmer qualified in an individual event will be disqualified.

Swimmers designated as 'relay only' in the OME may ONLY swim relays. All relay swimmers, including alternates, must be listed on a team's OME roster and Meet Entry Form and must pay the \$3.00 NCS surcharge. Relay only swimmers may not swim time trials.

**OME ENTRIES/
PROOF OF TIME/
ENTRY DEADLINE/
LATE ENTRIES AND
CORRECTIONS**

ON TIME ENTRIES WILL ONLY BE ACCEPTED FROM OME except as noted.

USA Swimming's OME system will be used for on-time entries, including relays. OME will close three (3) days prior to the meet on the Monday of meet week at 6:00 PM. OME will open no later than the Monday four (4) weeks before the meet at noon. An OME User's Manual for NCS Champs is available on NCswim.org.

Coaches may update entry times in OME until the Monday 6:00 PM entry deadline.

NOTE THAT ENTRY TIMES IN OME DO NOT AUTOMATICALLY UPDATE TO A SWIMMER'S FASTEST TIME. Entry changes, updates, and additions that cannot be made in OME must be emailed to the Entry Coordinator by the Monday 6:00 PM entry deadline to be considered on time.

Coaches shall confirm OME entries are correct and complete prior to checking out by the Monday 6:00 PM entry deadline. The person making OME entries for a team is solely responsible for communicating and approving those entries within their organization **prior to** the entry deadline. Only printed copies of original OME entries and rosters will be accepted as proof of administrative or system errors.

All team contacts listed in OME will receive an entry list by midnight after OME closes on Monday at 6:00 PM. Entry corrections, time corrections, new entries, and override proofs must be emailed to the Entry Coordinator by the next day, Tuesday at 6:00 PM. Each email will be acknowledged with an email confirmation for receipt of proof. New entries are subject to double entry fees and a \$50 per team late fee. No late entries or changes will be accepted after Tuesday 6:00 PM after which point the psych sheet will be generated and posted and the meet will be seeded. Any entries after this point will be accepted only with the approval of the Meet Referee and the Senior Chair, only for open lanes, and will be subject to the double fees and team late fee.

If a time override is used to enter an individual event in OME, proof of time must be submitted to the Entry Coordinator no later than 6:00 PM Tuesday, two (2) days before the meet, or the swimmer WILL NOT be seeded into the event in question. If proof is provided to the Admin Referee after the Tuesday deadline and before warm ups begin on Thursday, the swimmer may be added to the event subject to lane availability and Meet Referee approval. Proof of time consists of a SWIMS entry or copy of/link to the final meet results from a USA Swimming sanctioned, approved, or observed meet. Sanction number, date, and location must be provided. Hy-Tek Team Manager or Team Unify results reports will NOT be accepted as proof.

Teams are responsible for paying the entry fees as calculated on the Entry Fee Summary page in this meet announcement, NOT necessarily the amount shown due in OME. The OME amount will not be correct for teams with relay only swimmers.

ENTRY FEES

The total fees as calculated on the Entry Fee Summary plus any assessed entry fines are due no later than the General Meeting unless alternate payment arrangements are negotiated with the Meet Director.

Make checks payable to: **Swim GSA**

Individual Event	\$8.00 per event
Relays	\$12.00 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers (OME does not add this fee for relay only swimmers)
Facility Surcharge	\$15.00 per swimmer, excluding relay only swimmers
All fees are non-refundable.	

SEEDING AND FORMAT

The confirming time for this meet is LCM. Except for the distance frees, events will be seeded in order of LCM, SCY, LCM Bonus, SCY Bonus. Seeding for the distance frees will be LCM, SCY, alternate distance LCM, alternate distance SCY, followed by bonus entries in the same order. Combined heats may be swum at the discretion of the Meet Referee.

Except for relay events, the 800M Free, and the 1500M Free, all events will be

conducted on a preliminary and finals basis. During each finals session, there will be C, B and A (bonus, consolation and championship) Final heats. The C heat will swim first, followed by the B, then A heats in that order. Alternates should identify themselves to the starter and be ready to swim in the C Final if no shows occur.

All events that are 400M and longer and all relays will be deck seeded. A positive check-in by the deadline indicated below is required to be seeded into the event. Failure to check in by the deadline will result in the swimmer not being able to swim the event.

In Sunday's finals, the Men's 200M Back will immediately follow the Women's 1500M Free and precede the Women's 200M Back in order to alternate women's and men's events throughout the evening's program.

Within USA Swimming Rules and with unanimous agreement of the Meet Referee, the Meet Director, and the Senior Chair, **prior to the first day of the meet**, limited changes may be proposed to the format of the meet to improve competition and to accommodate unforeseen circumstances that arise after the meet is sanctioned. Changes require unanimous agreement of coaches at the General Meeting.

400M IM AND 400M FREE

The 400M IM and the 400M Free will be swum as prelim/final events. Each preliminary event (**top 2 heats circle seeded**) will swim fastest four (4) heats of women slow to fast, then the fastest four (4) heats of men slow to fast. Any remaining heats will swim fast to slow, alternating women and men. Combined heats may be swum at the discretion of the Meet Referee.

800M AND 1500M FREE

The 800M and 1500M Free will be swum as timed final events. All heats of the 800M Free will swim alternating women and men, fast to slow. After positive check in, the fastest eight women and fastest eight men in the 1500M Free will swim during the finals session on Sunday. All other heats of the 1500M Free will swim at the conclusion of prelims after a 10-minute break, fast to slow, alternating women and men. Combined heats may be swum at the discretion of the Meet Referee. There will be NO AM/PM option for the 1500M. Swimmers must provide their own counters for the 800M and 1500M Frees.

RELAYS

All relays will be swum as timed finals. Relays will swim during the evening sessions on Thursday and Friday. The 800M Freestyle relay will swim first two heats of women fast to slow, first two heats of men fast to slow, followed by remaining heats fast to slow alternating women and men. Other relays will swim slow to fast, all women then all men. Teams have a choice of AM or PM on Sunday. Those **not indicating a preference** will be seeded in the AM.

Relay cards are due to the admin referee at the beginning of finals on the night they swim. Relay cards for the Sunday AM relays are due to the admin referee by 9:30 AM Sunday.

There will be a 10-minute break prior to the start of all relay events.

CHASE STARTS AND TWO-PER-LANE

At the discretion of the Meet Referee and the Senior Chair, chase starts may be used for any event 100M or more.

At the discretion of the Meet Referee and the Senior Chair, the 800M and 1500M freestyles may be swum 2 per lane. If these events are swum 2 per lane, swimmers will start from opposite ends and remain on the right side of the course as they enter. They will remain on the same side throughout the race (no circle swimming). When placing two swimmers per lane, only men shall be placed with men and women with women, i.e., heats will alternate two heats of women, two heats of men, etc., To ensure fairness of competition every effort shall be made to have all swimmers compete two per lane throughout the entire event so that the top 16 in each event would swim with finals.

Decisions about chase starts and two-per-lane will be announced at the General Meeting.

POSITIVE CHECK IN SCHEDULE

All events that are 400M and longer and all relays will be deck seeded. A positive check-in by the deadline indicated below is required to be seeded into the event. Failure to check in by the deadline will result in the swimmer not being able to swim the event.

Individual Events	Check-In Deadline		
800M Free	Thursday	4:30 PM	
400M IM	Friday	8:30 AM	
400M Free	Saturday	8:30 AM	
1500M Free	Sunday	8:30 AM	
Relay Events	Check-In Deadline		Relay Cards Due
800M Free Relay	Thursday	4:30 PM	6:00 PM
400M Free Relay	Friday	8:30 AM	6:00 PM
400M Medley Relay (AM/PM)	Sunday	8:30 AM	9:30 AM for morning relays 5:30 PM for evening relays

SCRATCHES

The current NCS Scratch Rule will be in effect during the conduct of this meet for prelim/finals and deck seeded events (see attachment.) This will serve as the official guide for technical and procedural rules, except when stated otherwise in the meet announcement. Coaches and swimmers are expected to be familiar with the rule.

While there is no penalty for not competing in the non-deck seeded preliminary events, a "no show" and a "declared false start" are both considered disqualifications from an event and the swimmer is treated as having competed or participated in the event. A swimmer wishing to scratch from a preliminary event to make room for a time trial must scratch with the Deck Referee or Admin Referee any time prior to the beginning of the event. Scratch forms will be available from the Administrative Referee. Any swims scratched in this manner will not count toward a swimmers daily total.

SCORING

INDIVIDUAL EVENTS: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
 RELAY EVENTS: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
 Only two relays per gender can score for each team.

Team scores and individual high point scores will be published at finals each evening.

AWARDS

Individual events: 1st – 8th place medals
 Relays: 1st- 3rd place medals
 Team Place Awards: 1st – 3rd place for Large Team, Medium Team, and Small Team categories. Teams will be assigned to categories based on the number of registered athletes as of June 15.
 High Point Awards: Top scoring NCS-registered female and male.

Phillips Performance Award: Single highest FINA power-point swim by female and male.

Following the conclusion of each individual A Final Heat (Championship Final), there will be an immediate awards ceremony to present the top five (5) finishers' awards.

READY ROOM

The top eight qualifiers for the A final are invited to report to the ready room five minutes prior to their event for the parade of the A final heat.

RESULTS

Results will be posted on deck and in an area available to spectators. Results will be available on Meet Mobile and the host team's website, facility internet connectivity permitting. At the conclusion of the meet, teams will be emailed results files or may request results files on a memory stick.

JUNIOR ATHLETE REPRESENTATIVE

All NCS registered swimmers are eligible to cast a vote for one nominee for North Carolina Swimming Junior Athlete Representative. Ballot boxes will be located at Clerk of Course. Voting will close at the end of Sunday morning preliminaries.

TIME TRIALS

Entry fees for time trials will be \$10.00 due at sign up. Time trials count towards a swimmer's individual event total for each day, but not the meet total. Swimmers must provide their own timers for Time Trials. Swimmers may compete in two time trials during the meet. Time Trials are limited to qualifiers who enter and compete in the meet.

Time Trial Event Order each day of the meet: 50 Freestyle, 100's, 200's, 400's, relays.

- Time Trials will be offered after Prelims and after Finals time permitting and at the discretion of the Meet Referee.
- Only qualifiers who compete in at least one individual event are eligible for individual or relay Time Trials. Relay only swimmers will not be allowed to swim Time Trials.
- Entry deadline for Time Trials shall be no later than one hour after the beginning of the session. This time may be changed in the General Meeting depending on projected session time lines.
- Time trials will begin not more than 15 minutes following the conclusion of all Prelims and Finals races. All teams competing in the time trials may agree to less than 15 minutes.
- Backstroke events should not be combined with forward starting events.
- The distance freestyles typically 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 General Meeting. Swimmers in the distance freestyles must provide their own lap counters. For the time trial session that they are offered, the distance frees will be the last events contested.
- Time permitting, non-meet event time trials may be conducted after all meet event time trials have been conducted at the discretion of the Meet Referee.

GENERAL MEETING

There will be a General Meeting at 3:00 PM on Thursday afternoon. Coaches are responsible for any information presented at the meeting. Meetings may also be held at other times announced by the Meet Referee.

COACHES

All coaches must check in and provide proof of current USA Swimming membership to the Meet Director. A current member's Deck Pass is acceptable proof of USA Swimming membership for all purposes. All coaches on deck must display their USA Swimming membership card in a visible place, have their Deck Pass card readily accessible at all

times, or wear any identifying item required by the Host Team. Those failing to demonstrate proof of membership could be barred from the deck.

OFFICIALS

Officials must show proof of current USA Swimming membership and NCS certification to the Meet Referee.

There will be an officials' meeting ONE hour prior to the beginning of each session. We welcome all certified officials on deck. The uniform is white shirts over navy bottoms with white shoes. Long pants or skirts are preferred for finals.

This meet has been designated as a USA Swimming Official Qualification Meet. (Certification for N2 S&T, CJ, DR, AR; re-certification for N2 all positions; and certification and re-certification for N3 S&T.) Regardless of the numbers of sessions required for certification/re-certification, an official will need to serve a minimum of four (4) sessions to be evaluated. Any official wishing to participate should fill out the Officials sign up form on NCSwim.org. All requests for assigned positions should be emailed to the Meet Referee by July 1 and will be based on evaluation requests and level of experience. Please see the USA Swimming website for additional information on National evaluation and certification requirements.

ELIGIBILITY AND TECHNICAL JURY

An Eligibility and Technical Jury will be appointed by NC Swimming consisting of one coach, one swimmer and one non-coach/non-athlete member of NC Swimming should an eligibility or technical protest arise.

HOSPITALITY AND CONCESSIONS

There will be a hospitality room available to all coaches and officials. Concession stands are available for spectators and swimmers.

SWIMMERS WITH DISABILITIES

NCS 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 the host teams' ability to accommodate all requests.

WAIVER/RELEASE

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on your OME entry are registered with USA Swimming. You acknowledge that you are familiar with the Safe Sport 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. Swim GS, 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 NCS 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 NCS website 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.



North Carolina 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. For events occurring on the last day of a meet, a fine of \$100 per missed swim shall also be assessed to the club by the appropriate Division Chair for failure to compete. 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.



North Carolina Swimming 2017 LC Senior Championship Time Standards

		Women	Men
LCM	50 FR	29.69	26.89
SCY		26.19	23.09
LCM	100 FR	1:03.99	58.99
SCY		56.39	50.79
LCM	200 FR	2:17.69	2:06.59
SCY		2:01.19	1:51.09
LCM	400 FR	4:48.79	4:30.29
SCY	500 FR	5:21.99	5:00.19
LCM	800FR	9:56.49	9:20.99
SCY	1000 FR	11:08.59	10:30.19
LCM	1500 FR	19:01.59	17:54.89
SCY	1650 FR	18:39.79	17:30.19
LCM	100 BK	1:12.89	1:05.99
SCY		1:03.49	56.69
LCM	200 BK	2:36.49	2:22.89
SCY		2:16.79	2:03.39
LCM	100 BR	1:21.99	1:13.69
SCY		1:12.79	1:03.89
LCM	200 BR	2:56.69	2:40.39
SCY		2:35.39	2:18.99
LCM	100 FL	1:10.69	1:02.49
SCY		1:02.89	55.79
LCM	200 FL	2:33.49	2:20.49
SCY		2:17.69	2:04.39
LCM	200 IM	2:37.39	2:23.99
SCY		2:17.39	2:04.09
LCM	400 IM	5:31.19	5:06.79
SCY		4:52.19	4:25.79



2017 NORTH CAROLINA SWIMMING LONG COURSE SENIOR CHAMPIONSHIP ORDER OF EVENTS

THURSDAY EVENTS		
Women's Event	Timed Finals at 5:00 PM	Men's Event
1	800M Freestyle	2
	10-minute break	
3	800M Freestyle Relay	4
FRIDAY EVENTS		
Women's Event	Preliminaries at 9:00 AM and Finals at 6:00 PM	Men's Event
5	200M Freestyle	6
7	100M Breaststroke	8
9	100M Butterfly	10
11	400M IM	12
	10-minute break	
13	400M Free Relay* (all relays at night)	14

SATURDAY EVENTS		
Women's Event	Preliminaries at 9:00 AM and Finals at 6:00 PM	Men's Event
15	200M Butterfly	16
17	50M Freestyle	18
19	200M Breaststroke	20
21	100M Backstroke	22
23	400M Freestyle	24

SUNDAY EVENTS		
Women's Event	Preliminaries at 9:00 AM and Finals at 5:30 PM	Men's Event
25	100M Freestyle	26
27	1500M Freestyle** (top 8 at night)	
29	200M Backstroke	28
	1500M Freestyle** (top 8 at night)	30
31	200M IM	32
	10-minute break	
33	400M Medley Relay*** (AM/PM)	34

* All relays on Friday swim at night.

** Top 8 swim at night. No AM/PM option. Morning heats swim at the end of the morning session after relays and a 10 minute break.

*** Sunday relays swum in the morning or at night according to AM/PM preference.

**2017 NORTH CAROLINA SWIMMING LONG COURSE SENIOR CHAMPIONSHIP
MANDATORY Entry Fee Summary Report and Waiver**

Club Name:		Club Code:	
Address:			
City, Zip:			
Head Coach			
Name:			
Email:			
Cell:			
Office:			
Assistant Coaches Attending Meet			
Name:			
Name:			
Name:			
Name:			
Name:			

I certify that all coaches identified above are currently certified and registered as coaches with USA Swimming, Inc. and will be certified and registered as coaches during the meet dates, and will be directly responsible for the swimmers entered in this meet during the conduct of the event, Thursday, July 20 - Sunday, July 23, 2017.

Signature _____ Date _____

Release Statement

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., SWIM GSA, GREENSBORO AQUATIC CENTER, AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS SHALL BE HELD FREE AND HARMLESS FROM ANY AND ALL LIABILITIES ON CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

Signature _____ Date _____

# of Individual Entries		X \$8.00 each entry	\$
# of Relay Team Entries		X \$12.00 each relay entry	\$
NCS Travel Fund (Total swimmers)		X \$3.00 each swimmer	\$
Facility Charge (Total swimmers-Relay Only swimmers)		X \$15.00 each swimmer	\$
TOTALS			\$

Make checks payable to SWIM GSA and submit to the Meet Director with this form no later than the General Meeting on Thursday.

