



**2019 Carolina Crown Senior Swim Meet
A North Carolina and South Carolina Shared Event**

Hosted By North Carolina Swimming

Saturday, April 27, 2019

Mecklenburg County Aquatic Center, Charlotte, NC

Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc.

Sanction #NC19067

MEET DIRECTORS Jonathan Watson (919) 395-9585 01silversurfer@bellsouth.net	MEET ENTRY COORDINATOR Trish Martin (336) 327-4697 Pksmartin13@gmail.com
MEET REFEREE Dave Olack daolack@yahoo.com	MEET MARSHAL Jonathan Watson

FACILITY

The Mecklenburg County Aquatic Center (MCAC) is a state-of-the-art indoor facility with one 50m pool and an adjacent 4-lane 25yd warm-water pool. The competition pool is an indoor 8-lane 50-meter competition pool with minimum depth 6ft at scoreboard end and 15 feet at deep end, non-turbulent lane lines, lane width 9ft, Colorado 6000 timing system and scoreboard, spacious locker rooms, and ample spectator seating. Astral starting blocks will be used for competition in accordance with the USA Swimming diving depth guidelines. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Smoking is not permitted inside the building. The facility has seating to accommodate 1000 spectators. There is ample parking within 100 yards of the facility. Absolutely no coolers or glass bottles will be allowed on the pool deck. No personal chairs will be allowed in the facility during the meet.

MEET FORMAT

The Carolina Crown Meet will be a long course quad meet with all events being conducted as timed final events for 15-19 year old athletes. The athletes in attendance will be selected from the top 15-18 athletes who have represented a North Carolina Swimming or South Carolina Swimming member club during the 2018-19 short course season. Each athlete selected will be

assigned to represent one of four squads during the competition. Each squad will have a staff of three USA Swimming registered coaches. The Head Coach of each squad will select athletes from their squad to participate in up to three (3) individual events and two relays during the competition. The Head Coach will also be responsible for completing the entries for their squad.

SCHEDULE

The single day meet will be run on the following schedule:

ATHLETE CHECK-IN	11:00am
PREPARED LUNCH SERVED	11:00-11:45am
COACH MEETING	11:30am
OFFICIALS MEETING	11:45am
WARM-UPS	11:45-12:40pm
MEET BEGINS	12:45 pm

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 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 that each squad assign a coach to monitor warm-up sessions in addition to the Meet Marshal provided by NCS. The MCAC pool rules must be followed by all participants and spectators attending this event.

Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms, or locker rooms.

Deck changes are prohibited.

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.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on the pool deck. No spectators will be allowed on deck at any time.

RULES

This meet will be run in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated.

ELIGIBILITY

All swimmers participating must be registered with USA Swimming, Inc. prior to the entry deadline. There will be no on deck registration available at this meet. All swimmers participating must be members in good standing with North Carolina Swimming or South Carolina Swimming member clubs. Qualifying times must have been achieved according to the rules for selection during the stated qualifying period.

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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

QUALIFYING PERIOD: Short course times achieved as a 15-,16-,17-, or 18-year-old athlete in USA Swimming sanctioned, approved or observed high school meets conducted between September 1, 2018 and March 18, 2019.

RULES FOR SELECTION Athletes will be selected with a goal of selecting up to 60 athletes on each of four squads (240 total athletes). The goal is for each squad to have up to 30 males and 30 females with the ultimate goal of having half of the attendees representing each LSC. The squads will be selected from athletes who have ranked in the top-75 athletes (short course) in each of the contested events during the qualifying period.

Two lists will be distributed of selected athletes. The first will be athletes who have an automatic spot guaranteed on one of the four squads. A second list of alternates will be for athletes (ranked up to 75th in an event) who will likely attend and should apply by the deadline. All athletes (regardless of whether they are automatic or alternate) should complete the online application form posted at www.ncswim.org and mail a check for \$80 (includes lunch) payable to "NC SWIMMING" application and fees by the April 3, 2019 deadline and everyone will be notified of their selection via email and postings on the LSC websites by April 8, 2019. Checks for swimmers who are not selected will be destroyed or returned.

ENTRIES

All entries should be submitted by Head Squad Coaches in Hy-Tek Format and submitted via email. A hardcopy of the entry must also be sent which can be a Word document sent by email as an attachment. The hardcopy should show the age of each athlete as of April 27, 2019.

As all athletes will be selected based on short course swims during the period of Sept. 1, 2018- March 18, 2019, we will be requiring that the online application and full payment of fees be received by April 3, 2019. The following is a schedule of notifications for this event:

Athlete selections posted on NC and SC websites* * www.ncswim.org and www.sc-swimming.org	Monday, March 25, 2019
Deadline for Athlete Entry Forms To Be Submitted	Wednesday, April 3, 2019
Head Coaches/Assistants Receive List of Athletes/Times on their Squads	Wednesday, April 10, 2019
Deadline for Meet Entries to be sent in by Head Coaches	Saturday, April 20, 2019

ENTRY LIMITS

Swimmers may enter up to three (3) individual events and two (2) relays in this meet. Each squad may enter any number of athletes in an individual event; however, each squad may only enter two (2) relays in any relay event.

ENTRY DEADLINE

The deadline for submission of entries for each squad shall be Saturday, April 20, 2019 at 9pm. Late entries may be accepted at the discretion of the Meet Director and Entry Coordinator.

ENTRY FEES

There is a charge per athlete of \$80 to attend this swim meet. Please make checks payable to "North Carolina Swimming". Athletes should register on the North Carolina website (www.ncswim.org) and mail their check payable to **North Carolina Swimming** for \$80 no later than April 3, 2019 to:

Carolina Crown Challenge

ATTN: Jonathan Watson, Meet Director
6766 Chauncey Drive
Raleigh, NC 27615

NOTE: Please be sure to include the name of the athlete for whom the check is written in the memo portion of your check.

SCORING

This meet will be scored as follows:
Individual Events: 9-7-6-5-4-3-2-1.
Relays: 18-14-12-10-8-6-4-2.

AWARDS

Athletes and coaches of the winning squad will receive a Carolina Crown commemorative towel. All participants will receive special outfitting color coordinated with other members of their squad. The top-8 individual event winners and the top-3 relay teams will receive medals.

RESULTS

Results for this meet will be posted on the LSC website and Meet Mobile (Facility internet connection permitting.) Times for individual events will be uploaded into the SWIMS database.

SEEDING

All events are timed finals. Swimmers will be seeded from slowest to fastest in each event. Entries should be made with SCY times from the qualifying period. These SCY times will be automatically converted to LCM by the Entry Coordinator. NT entries will not be accepted. Breaks are noted in the Order of Events. Additional breaks may be added by the Meet Referee.

SCRATCHES & PENALTIES

There are no penalties for scratching or failing to compete in any events including relays at the block.

COACHES

All coaches on deck must be currently 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 general meeting for all coaches at 11:30am on Saturday, April 27, 2019. Any coaches wishing to participate in this event are asked to contact Meet Director Jonathan Watson (North Carolina Swimming, 01silversurfer@bellsouth.net) prior to February 28, 2019.

OFFICIALS, TIMERS, & VOLUNTEERS

There will be a need for officials and volunteers at this event. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of such to the meet referee by displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. If you would like to be an official at this meet, please submit the Carolina Crown Official's Sign-Up Form. If you would like to volunteer as a timer or other volunteer position, please complete the Carolina Crown Volunteer Sign-Up Form.

HOSPITALITY

There will be hospitality on-site offered to coaches, volunteers and officials who are aiding in the conduct of this meet. In addition, refreshments will be on sale during the event as well. Outside food and coolers are not permitted by the facility.

WARM-UPS

In accordance with USA Swimming Guidelines, there will be a published warm-up procedure for all swimmers and coaches attending this meet. The Meet Marshal will ensure all squads, coaches and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the final number of entries. During the competition, there will be lanes for continuous warm-up/down. There is no horseplay or diving in this area. Swimmers will enter the pool feet first except in lanes that are designated for one-way race starts under the direction of a USA Swimming certified coach.

SWIMMERS WITH DISABILITIES

NC Swimming 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 assistance required and/or registered service animals. Failure to provide advance notice may limit NCS' ability to accommodate all requests.

RELEASE

By submitting an application, all swimmers acknowledge that they are registered with USA Swimming. All coaches and swimmers acknowledge that they are familiar with the Safe Sport rules of USA Swimming, Inc. and North Carolina, Inc. regarding warm-up procedures and meet safety guidelines, and that coaches shall be responsible for their swimmers' compliance with those rules during this meet. North Carolina Swimming, Inc., South Carolina Swimming, Inc. and USA Swimming, Inc., Mecklenburg County Aquatic Center, Inc., their agents, employees, 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. By entering this meet, athletes and coaches are granting permission for their names and photographs to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running or promotion of this event.

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, April 27, 2019

Warm-Ups: 11:45am

Meet Starts: 12:45pm

Women's Event Number	Events	Men's Event Number
1	Open 200m Medley Relay	2
3	Senior 200m Freestyle	4
5	Senior 100m Breaststroke	6
7	Senior 200m Butterfly	8
9	Senior 100m Backstroke	10
11	Senior 200m Individual Medley	12
13	Senior 400m Freestyle*	14
<i>Halftime Break – 5 minutes</i>		
15	Senior 50m Freestyle	16
17	Senior 200m Breaststroke	18
19	Senior 100m Butterfly	20
21	Senior 200m Backstroke	22
23	Senior 100m Freestyle	24
<i>5-minute Break</i>		
25	Open 200m Freestyle Relay	26

End of Meet

- *Meet management reserves the right to eliminate or limit the heats of the 400 Freestyle to stay within the required timeline. Meet management reserves the right to eliminate breaks depending on timeline.*