



## 2021 North Carolina Swimming Short Course Senior Championships

Hosted by Aquatic Team Of Mecklenburg  
Thursday, February 18 – Sunday, February 21, 2021  
at Huntersville Family Fitness and Aquatics

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.  
**Sanction # NC21021 REVISED 2/14**

<b>MEET DIRECTOR</b>		<b>MEET ENTRY COORDINATOR</b>	
Shaynah Jerrell 919.360.0375 coachshaynah@gmail.com		Lynn Tippets-Fazen/Trish Martin <a href="mailto:OME@NCswim.org">OME@NCswim.org</a> 858-735-8803/336-327-4697	
<b>MEET REFEREE</b>	<b>ADMIN REFEREE</b>	<b>MEET MARSHAL</b>	
Lynn Tippets-Fazen SwimMeet.AR@gmail.com	Anne Marie Schneider amsbpt@gmail.com	Marshall Nichols	

**FACILITY**

**Facility:** HFFA

**Address:** 11725 Verhoeff Dr, Huntersville, NC 28078

**Facility/Pool Specifications:** The competition pool is an eight lane, 50-meter course featuring nine-foot lanes separated by non-turbulent lane lines, paragon starting blocks, and a minimum pool depth of six feet. An eight lane 25-yard course will be used for the competition. A Colorado electronic timing system and 8-lane scoreboard will be used. Timing system will include touch pads and 1-2 timer(s) per lane operating both a plunger button and a watch. Warm-up and warm-down lanes will be available. If chairs are brought to the meet, please keep all walk areas open for access by swimmers, officials, etc. Please keep all food and beverages off the pool deck.

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.**

**CONDITION OF SANCTION**

As a condition of this sanction, ATOM agrees to comply and to enforce all COVID 19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, and the ATOM Meet Plan detailed below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID 19 sanctioning period.

**ASSUMPTION OF RISK DISCLAIMER**

The ATOM has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

**COVID-19  
RELEASE**

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND NCS AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

**FACE COVERINGS**

As a condition of sanction, all meet participants – coaches, officials, administrators, vendors, and athletes (when not in the pool) – must wear fabric or paper face coverings/masks that fit snugly against the face and simultaneously cover the nose and mouth to minimize the spread of respiratory droplets. All participants must also comply with mandated social distancing and mass gathering rules. Participants wishing to remove their face coverings for periods longer than 5 minutes to eat or drink must move and stay 10 feet away from others or exit the facility until their face coverings are back in proper position.

**FACILITY  
CAPACITY  
PLAN AND,  
ENTRY AND  
EGRESS PLAN**

- HFFA Deck space: Max number on deck 225. The deck will be set up with each swimmer assigned a spot in the bleachers positioned 6 feet apart on the 50-meter pool deck. There are 125 spaces in the bleachers and room to hold another 55 swimmers on deck for a total of 180 swimmers. Coaches will have a designated location on the deck.
- Meet will be limited to 180 swimmers per session.
- There should be at least 15 minutes between sessions for cleaning. Swimmers from the first session should exit the facility and second session swimmers should not enter the facility until everything has been disinfected and sanitized.
- Personnel on deck: HFFA 4 lifeguards, meet referee, meet director, deck referee, starter, administrative referee, 4 S&T officials, Colorado Operator, Hytek Operator/AO, 8 lane timers, 1 head timer, 1 volunteer to monitor deck & warm-down lanes for social distancing, 1 volunteer to monitor room off the pool deck for social distancing. Coaching staff with credentials for the session. And any other meet personnel host sees fit.
- Restrooms are closed for showering. Swimmers should be made aware that restrooms are limited for use.
- Shared items will be sanitized between sessions. All bleachers and chairs will be sanitized between sessions. Each session has a minimum of 15 minutes buffer between when the last swimmer exits the building and next swimmers enter to allow for sanitization.
- Warm-up will be limited to 5 swimmers per lane.
- All swimmers will stay in their seat until their heat is called. Swimmers will wear their masks to clerk of course and behind the blocks. Swimmers in the previous heat will stay in the water until the heat after them starts. That heat will exit the water, put on their masks and exit the competition pool area to the left. A volunteer will disinfect starting blocks after each race starts. This plan continues throughout all heats in the meet.
- Warm-up and cool-down lanes will be available in the lanes adjacent to the competition pool during the meet, with no more than 5 swimmers per lane to be supervised by Coaches or Volunteer assigned for monitoring.

- HFFA entrance will be located in the front of the building through the front entrance doors. Entering the pool deck using the 50M doors to the left of the front desk. Temperatures will be taken by the meet volunteer prior to entry at the pool door. Hand sanitizer applied before entering the pool deck. HFFA exit from the building will be through the front doors of the facility.
- Meet personnel should take each swimmer's temperature prior to entering the pool deck to confirm body temperature is less than 100.5. Swimmer will also need to use hand sanitizer prior to entering the pool deck. Hand Sanitizer will be available throughout the facility and duration of the meet.
- Swimmers shall be assigned to a section or specific seat in the 50 M pool area. Athletes are expected to stay in their designated seat with their masks on during the meet, when not swimming.
- There will be 1 or 2 next heat on deck spaces (clerk of course) for swimmers to line up in preparation for their race. Swimmers will move to the correct waiting area while the race 1 or 2 heats ahead are in the water. While in Clerk of Course swimmers should be ready to swim and must wear their masks and should maintain a safe distance from other swimmers.
- Once the race in the water is complete, the swimmers will remain in the water until the next heat starts. Swimmers in clerk of course #2 will move to #1 and the next heat can line up in clerk of course #2.
- Each team should assign a coach or volunteer to manage their swimmers in the bleachers – masks should be worn, and swimmers should stay in their assigned seat.
- There will be no admittance for spectators at this time. Swimmers may be dropped off and picked in the front drive at the front entrance of the building.
- Parents may wait during a session in a designated parking lot and space. HFFA will have 100 marked spaces available on property for Meet personnel, coaches, volunteers, and any parent needing to wait during the meet. Overflow parking will be available in surrounding parking lots designated on the map sent to the meet host prior to the event.
- The spaces in green on the map sent to coaches the week of the meet will be designated as park and wait spaces for meet guest.
- Parents who need to access their athlete during the meet in a closed-deck environment can contact their children directly via cellphone and arrange to meet them at the front desk. Should parents be unable to contact their child directly, they should see the Meet Marshal located at the left side door to enter the pool. In the case of an emergency, please call and/or text the meet director, Shaynah Jerrell, at 919.360.0375.
- Live streaming will be available. Details to follow.

**LOCKER ROOMS** Athletes must arrive in their warm up suits. Swimmers 13&O will be permitted to change into tech suits in the locker rooms. Locker room capacity is limited to 8 people. Deck changing is prohibited. Restrooms will be monitored by facility personnel.

**PARTICIPATION IS CONTINGENT ON COMPLIANCE** **Compliance with all COVID-19 safety protocols, rules, and regulations is required for participation in this meet. USA Swimming members or meet volunteers who fail or refuse to do so or who defy directions from Meet Marshals, officials, or facility staff may be ejected from the facility at the sole discretion of the Meet Referee, the Operations Vice Chair, or the Facility Director. All participants are expected to be familiar with safety requirements and are responsible for following them at all times.**

**CLASSIFICATION** Senior Championships meet in timed finals formats with qualifying time standards.

**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, the HFFA, ATOM, and NCS COVID-19 Safety Plans, and the NCS Safety Program. The NCS Scratch Rule is in effect for this meet. Properly wearing face coverings that cover both nose and mouth and social distancing rules are conditions of participation.

**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.

**TECHNICAL  
SUIT BAN FOR  
12&Us**

**Per USA Swimming rule 102.8.F, 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.

**REGISTRATION**

All swimmers must be registered with North Carolina Swimming and USA Swimming, Inc. and all **Adult Athletes must hold current APT certification** to compete. Entries listed as “Registration Applied For” will not be accepted. There will be no on deck registration available at this meet.

**ELIGIBILITY**

This meet is open to eligible USA Swimming athlete members. Swimmers must have achieved the current NCS Short Course Senior Championships qualifying standard to enter an event. Swimmers entering one (1) qualifying event may also enter up to two (2) bonus events. Swimmers entering two (2) qualifying events may also enter one (1) bonus event. Swimmers entering three (3) or more qualifying events are not eligible for bonus events.

Swimmers qualifying in the 1000Y Freestyle automatically qualify for the 1650Y Freestyle and vice versa. Swimmers qualifying in the 200Y IM automatically qualify for the 100Y IM.

Swimmers who are not registered with North Carolina Swimming are not eligible for this meet.

**SAFE SPORT**

The NCS Safety Program is in effect for this meet. Coaches are advised to closely 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 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 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. If the swimmer is not accompanied by a USA Swimming member, 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.

**SCHEDULE**

Session	Day	Description	ESTIMATED WARM UP	ESTIMATED SESSION START
1	Thursday	Women’s then Men’s Heats	3:00 pm*	4:00 pm*
2	Friday	Women’s Heats 7+	7:35 am*	9:00 am*
3	Friday	Women’s Top 6 Heats	10:35 am*	12:00 pm*
4	Friday	Men’s Heats 7+	1:40 pm*	3:05 pm*
5	Friday	Men’s Top 6 Heats	4:35 pm*	6:00 pm*

6	Saturday	Men's Heats 7+	7:35 am*	9:00 am*
7	Saturday	Men's Top 6 Heats	10:35 am*	12:00 pm*
8	Saturday	Women's Heats 7+	2:10 pm*	3:35 pm*
9	Saturday	Women's Top 6 Heats	5:20 pm*	6:45 pm*
10	Sunday	Women's Heats 7+	8:00 am*	9:00 am*
11	Sunday	Women's Top 6 Heats	10:10 am*	11:35 am*
12	Sunday	Men's Heats 7+	2:10 pm*	3:35 pm*
13	Sunday	Men's Top 6 Heats	4:45 pm*	6:10 pm*

**\*Warm up and session start times may be adjusted based on entries and will be communicated to coaches prior to the first day of the meet.**

**Scheduled 10-minute breaks are noted in the Order of Events. The Meet Referee has authority to add or extend breaks as necessary. Based on entries, the Meet Referee and Operations Chair may add or combine sessions, adjust session start times, change session event assignments, split warm ups, or make other changes necessary to improve competition or comply with COVID-19 safety restrictions.**

### DEADLINES AND MEETINGS SUMMARY

Day	Time	For
No later than Monday 4 weeks prior to the meet	12 Noon	OME Entries Open
<b>Monday, February 8</b>	<b>6:00 PM</b>	<b>OME ENTRY DEADLINE</b>
Tuesday, February 9	6:00 PM	Deadline for Corrections
<b>Monday, February 15</b>	<b>6:00 PM</b>	<b>OME Entry Deadline for New Qualifiers</b>
Monday, February 15	6:00 PM	Deadline to Update Seed Times in OME
Tuesday, February 16	6:00 PM	Late Entry Deadline
Tuesday, February 16	6:00 PM	Deadline for Proof of Times
Tuesday, February 16	7:30 PM	Virtual General Meeting – Zoom
Wednesday, February 17	7:30 PM	Virtual Officials Meeting - Zoom

### QUALIFYING PERIOD and NEW QUALIFIERS

**Short Course Championships:** A swimmer must have achieved the qualifying time listed per event from February 1, 2019 to 11:59 PM Sunday, February 7, 2021.

**New qualifiers** achieving a qualifying time for the first time between Monday, February 8, 2021 and 11:59 PM Sunday, February 14, 2021 may enter via the NEW QUALIFIERS OME file. Bonus events for New Qualifiers must be entered via override if a provable time is not available in the new qualifier period.

Swimmers who achieve faster times in previously qualified events may update their times in the original OME entry file until Tuesday, February 16 at 6:00 PM.

### INDIVIDUAL ENTRIES AND 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. Bonus events are offered at this meet and count toward the daily and meet limits.

Swimmers may enter with any provable qualifying time from the qualifying period that meets the event requirements. Provable times other than the swimmer's fastest provable time may be entered via the override process in OME.

Swimmers qualifying in the 1650Y Freestyle automatically qualify for the 1000Y Freestyle and vice versa.

- 1650Y Freestyle qualifiers who want to swim the 1000Y Freestyle but do not have a provable qualifying time should enter the appropriate alternate distance event with their 1650Y/1500M Freestyle qualifying time.

- 1000Y Freestyle qualifiers who want to swim the 1650Y Freestyle but do not have a provable qualifying time should enter the appropriate alternate distance event with their 1000Y/800M Freestyle qualifying time.
- Alternate distance event qualifiers will be seeded behind qualifiers but ahead of bonus swimmers.
- Swimmers are not required to enter or swim the original qualifying event in order to enter and swim the automatic qualifying event.
- Eligible swimmers who do not have qualifying times and want to swim either of these events as a bonus should enter the regular bonus event.

Swimmers qualifying for the 200 IM automatically qualify for the 100 IM and should enter the 100 IM with their 200 IM qualifying time. Swimmers who wish to swim the 100 IM as a bonus event should enter the regular 100 IM bonus event with their 200 IM time. (Coaches, note that the TM/TU Events File indicates that events 3 and 4 are 200 IMs for qualifying standards only. Both of these events will be contested as 100Y IMs.)

Bonus events are offered at this meet as follows: Swimmers entering one qualifying event may also enter up to two bonus events and swimmers entering two qualifying events may also enter one bonus event subject to both daily and meet limits. There are no qualifying standards for the bonus events. Swimmers should enter with any provable SCY or LCM time. Swimmers without provable times for the bonus events should override with 59:59.59 LCM and will be seeded last. Swimmers entering three or more qualifying events may not enter bonus events.

#### **RELAY ENTRIES**

There will be no relays at this meet.

#### **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. OME will close ten (10) days prior to the meet on **Monday, February 8, at 6:00 PM**. OME will open no later than the Monday four (4) weeks before the meet at 12:00 **Noon**. An OME User's Manual for NCS Champs is available on NCswim.org.

Coaches may update entry times in OME until the Monday, February 15 at 6:00 PM. **OME WILL NOT AUTOMATICALLY** update times. Entry changes, deletions, and additions that cannot be made in OME must be emailed to the Entry Coordinator by the Monday, February 8 at 6:00 PM entry deadline to be considered on time.

Coaches shall confirm OME entries and entry times are correct and complete prior to checking out by the Monday, February 8 at 6:00 PM entry deadline. Only original OME entries and rosters and emails from the Entry Coordinator 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, February 8 at 6:00 PM. Entry corrections, faster time updates, new entries, event changes, entry limit violation resolutions, and override proofs must be emailed to the Entry Coordinator by the next day, Tuesday, February 9 at 6:00 PM. Teams should have an internal process in place including back up plans to ensure corrections are submitted by the deadline. 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 at the discretion of the Meet Referee and Age Group Coordinator. The meet will be seeded on Tuesday, February 16 at 6:00 PM and the psych sheet will be published.

**Except for New Qualifiers, event changes or new event requests received after Tuesday, February 9 at 6:00 PM will be considered late. Late entries will be accepted only with the approval of the Meet Referee and the Operations Vice Chair and only for open lanes in the slowest heat after all new qualifiers have been seeded. Late entries that are accepted are subject to late entry fees and the \$50 per team late fee.** No late entries or late entry changes will be accepted after Tuesday, February 16 at 6:00 PM.

Please note that there is no correction procedure/period for New Qualifier entries. Entries must be correct and final by OME check out on **Monday, February 15 at 6:00 PM**. Changes made after the entry deadline will be considered late and subject to double fees and late fines.

If a time override is used to enter an individual event in OME, it is the coach's responsibility to submit proof of time to the Entry Coordinator no later than 6:00 PM Tuesday, February 16, or the swimmer **WILL NOT** be seeded into the event in question. 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 WILL NOT be accepted as proof.** If proof is provided to the Admin Referee after the Monday deadline and before warm ups begin on Thursday, the swimmer may be added to the event subject to lane availability and Meet Referee approval.

Teams are responsible for paying the entry fees as calculated on the Meet Entry Fee Summary page in this meet announcement. Fees are due prior to the first session on Thursday unless alternate arrangements are made with the Meet Director.

**ENTRIES FOR 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. Classified swimmers with disabilities qualifying for the meet according to the published meet time standards should enter via OME. Coaches of swimmers with disabilities who prefer to qualify using the Para Motivational Time Standards should email the NCS Meet Entry Coordinator to submit entries by the entry deadline on Monday, February 9 at 6:00 PM. Emailed entries should include the swimmer's USA Swimming ID, entry events, and entry times attained during the meet qualifying period.

Coaches entering swimmers with disabilities who require any accommodations are required to provide advance notice in writing to the Meet Director and Meet Referee by the entry deadline including the need for any personal assistants and/or registered service animals. Failure to provide advance notice may limit the host team's ability to accommodate all requests. Swimmers with pacemakers should be reported as well so appropriate safety precautions can be taken.

**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: **ATOM**

Individual Event	\$6.00 per event
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers. Note that you must calculate and submit your total due with the attached Meet Entry Fee Summary/Waiver.
Facility Surcharge	\$15.00 per swimmer. Note that you must calculate and submit your total due with the attached Meet Entry Fee Summary/Waiver.
<i>All fees are non-refundable.</i>	

**SEEDING AND FORMAT**

The conforming time for this meet is SCY. All times will be seeded by SCY first then LCM, all qualifiers then all bonus swimmers. Swimmers qualifying for automatic swims in the 1000Y Freestyle or 1650Y Freestyle but without provable qualifying times will be seeded behind qualifiers but ahead of bonus swimmers.

All events will be conducted on timed finals basis.

Thursday events will be flighted Women then Men with each flight seeded slowest to fastest.

Friday and Sunday heats will be flighted as follows and swum slowest to fastest:

- Slowest 7- 9 or more heats for women
- Fastest 6-8 heats for women
- Slowest 7-9 or more heats for men
- Fastest 6-8 heats for men

Saturday heats will be flighted as follows and swum slowest to fastest:

- Slowest 7-9 or more heats for men
- Fastest 6-8 heats for men

- Slowest 7- 9 or more heats for women
- Fastest 6-8 heats for women

The number of heats per flight will be determined after entries close. Combined heats may be swum at the discretion of the Meet Referee.

**DISTANCE FREES** For the 500, 1000, and 1650 Freestyle events, swimmers must provide their own counters who must be swimmers, coaches, or officials authorized to be on deck. Swimmers needing assistance should contact the Meet Director. Swimmers do not need to provide timers for these events.

**CHANGES TO MEET FORMAT** Due to COVID-19 restrictions, only the Operations Vice Chair, with the advice and consent of the Meet Director, Meet Referee, and Sanctions Chair, is authorized to make any changes to meet format.

**POSITIVE CHECK-IN** All events that are 1000Y or longer will be deck seeded after a “scratch only” check-in. Swimmers who do not intend to swim the event should scratch to the Admin. Referee by the deadline indicated below. Please be considerate to fellow athletes to avoid empty lanes and allow a high quality competitive environment.

Directions for contactless check-in will be provided by the Admin Referee prior to the meet.

	1000Y Freestyle	Thursday	Start of session warm up
	1650Y Freestyle	Sunday	Start of session warm up

**SCRATCHES** Although there is no penalty for scratching or failure to swim a deck seeded or pre-seeded event, please be courteous to fellow athletes, coaches, officials and volunteers by reporting all scratches to the admin referee by stated deadlines or if you do not intend to swim an event.

**WARM UPS AND BREAKS** A split period warm-up may be utilized at the Meet Referee’s and Operations Vice Chair’s discretion if swimmer numbers warrant. Warm-up assignments and procedures will be communicated prior to the meet.

Scheduled 10-minute breaks are noted in the Order of Events. The Meet Referee has authority to add or extend breaks as necessary.

**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

Team and individual high point scores will be posted daily.

**AWARDS** Individual events: 1<sup>st</sup>– 8<sup>th</sup> place medals.

NCS Team Place Awards: 1<sup>st</sup> – 3<sup>rd</sup> place for Large Team, Medium Team, and Small Team categories. NCS teams will be assigned to categories based on the number of registered athletes as of February 1. NCS university clubs are automatically assigned to Large Teams.

High Point Awards: Top scoring NCS-registered female and male.  
**There will not be any awards ceremonies.**

**RESULTS** Results will be available on Meet Mobile and on the Host Team’s website pending facility internet access. At the end of the meet, teams will be emailed results files or may request results files on a memory stick.

**COACHES** **There will be a virtual General Meeting at a time to be announced by the Meet Referee and the Meet Director.** Coaches are responsible for any information presented at the meeting. Meetings may also be held at other times announced by the Meet Referee.

**LIMITED COACH CREDENTIALS AVAILABLE** Because of deck capacity restrictions, the number of coaches allowed on deck will be determined by the number of participating swimmers from each team. Deck Pass credentials are available at no charge but must be ordered in OME and are available only to coaches whose USA Swimming membership and certifications will be current at the time of the meet. These Deck Pass credentials will be allocated based upon the total number of participating athletes:



- 1-10 swimmers in individual events; 1 Deck Pass credential.
- 11-20 swimmers in individual events; 2 Deck Pass credentials.
- 21-30 swimmers in individual events; 3 Deck Pass credentials.
- 31-40 swimmers in individual events; 4 Deck Pass credentials.
- 41-50 swimmers in individual events; 5 Deck Pass credentials.
- 51+ swimmers in individual events; 6 Deck Pass credentials.
- Unattached swimmers and new qualifiers with a team shall be included in above schedule even if listed on separate entry form.
- Unattached swimmers not with a team: 1 Deck Pass credential.

All coaches who wish to enter the facility must be declared in OME and must check in and provide photo ID and proof of current USA Swimming membership. The Deck Pass app is acceptable proof of USA Swimming membership for all purposes. Coaches failing to provide proof of membership could be barred from the facility. Only coaches holding their team's Deck Pass credential(s) may be on deck and only when their team's swimmers are competing. Teams may share coach Deck Pass credentials as long as all coaches are declared in OME, checked in, and off deck when the team's credential(s) are in use.

Credentials for this event will be provided at no charge for entered/participating athletes and officials (must be pre-registered by the Meet Referee) who are members of USA Swimming.

## **OFFICIALS**

Due to stringent deck capacity limitations, the officials for this meet will be selected in advance by the Meet Referee and the NCS Officials Chair. An online signup sheet will be made available prior to the meet for officials to indicate availability and interest in volunteering at this meet. Selected officials will be notified and advised of their assigned sessions. There will be a virtual stroke briefing prior to the meet (time to be announced.)

Officials must show proof of current USA Swimming membership and NCS certification to the Meet Referee or his designee. Deck Pass app is acceptable proof of USA Swimming membership for all purposes. The uniform is white shirts over navy bottoms with white shoes.

Officials should report to their assigned position 15 minutes before session start, Officials are required to wear a textile face covering at all times and should bring a personal water bottle and a writing utensil. Officials must exit the facility at the conclusion of their assigned sessions.

## **ELIGIBILITY AND TECHNICAL JURY**

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

## **HOSPITALITY**

There will be no hospitality. Water/soda and pre-wrapped snacks will be provided on deck for officials and coaches.

## **MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS**

NCS welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Swimmers with disabilities qualifying for the meet according to the published meet time standards should enter via OME. Swimmers with disabilities who prefer to qualify using the Para Motivational Time Standards should contact the NCS Meet Entry Coordinator to submit entries by the deadline. Coaches entering swimmers with disabilities who require any accommodations are required to provide advance notice in writing to the Meet Director and Meet Referee by the entry deadline including the need for any personal assistants and/or registered service animals. Members who are unable to wear face coverings because of a documented medical condition must notify the Meet Director in advance and may have limited deck access. Failure to provide advance notice may limit the host team's 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. ATOM, 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 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 SC Senior Championships 2021 Time Standards

Para 1 LSC Motivational Time Standards																	
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Girls									Boys							
	10 & U P1		11-12 P1		13-14 P1		15 & O P1		P1	10 & U P1		11-12 P1		13-14 P1		15 & O P1	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	1:44.49	1:44.49	1:34.69	1:34.69	1:26.19	1:26.19	1:24.89	1:24.89	50 FR	1:39.29	1:39.29	1:30.29	1:30.29	1:21.29	1:21.29	1:18.29	1:18.29
	3:19.19	3:19.19	3:18.59	3:18.59	3:00.79	3:00.79	2:58.09	2:58.09	100 FR	3:44.19	3:44.19	3:21.79	3:21.79	3:03.19	3:03.19	2:56.69	2:56.69
	8:44.89	8:44.89	7:55.69	7:55.69	7:12.99	7:12.99	7:06.49	7:06.49	200 FR	6:09.09	6:09.09	5:35.59	5:35.59	5:01.99	5:01.99	4:50.90	4:50.89
	2:03.59	2:03.59	1:51.99	1:51.99	1:41.99	1:41.99	1:40.39	1:40.39	50 BK	1:22.89	1:22.89	1:15.39	1:15.39	1:07.89	1:07.89	1:05.39	1:05.39
	3:47.19	3:47.19	3:25.89	3:25.89	3:07.49	3:07.49	3:04.59	3:04.59	100 BK	3:01.19	3:01.19	2:44.69	2:44.69	2:28.19	2:28.19	2:22.69	2:22.69
	1:54.39	1:54.39	1:43.63	1:43.63	1:34.39	1:34.39	1:32.99	1:32.99	50 BR	1:29.59	1:29.59	1:21.49	1:21.49	1:13.29	1:13.29	1:10.59	1:10.59
	5:26.29	5:26.29	4:55.69	4:55.69	4:29.19	4:29.19	4:25.19	4:25.19	100 BR	4:19.99	4:19.99	3:56.39	3:56.39	3:32.69	3:32.69	3:24.89	3:24.89
	3:03.89	3:03.89	2:46.69	2:46.69	2:31.79	2:31.79	2:29.49	2:29.49	50 FL	2:48.09	2:48.09	2:32.79	2:32.79	2:17.49	2:17.49	2:12.39	2:12.39
	7:35.89	7:35.89	6:53.19	6:53.19	6:16.19	6:16.19	6:10.49	6:10.49	150 IM	7:30.09	7:30.09	6:49.19	6:49.19	6:08.19	6:08.19	5:54.59	5:54.59

  

Para 2 LSC Motivational Time Standards																	
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	Girls									Boys							
	10 & U P2		11-12 P2		13-14 P2		15 & O P2		P2	10 & U P2		11-12 P2		13-14 P2		15 & O P2	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	56.89	59.79	51.49	54.19	46.89	49.39	46.19	48.59	50 FR	53.99	56.79	49.09	51.69	44.19	46.49	42.59	44.79
	2:06.59	2:13.19	1:51.69	2:00.69	1:44.39	1:49.89	1:42.79	1:48.19	100 FR	1:59.09	2:05.29	1:48.29	1:53.99	1:37.39	1:42.59	1:33.79	1:38.79
	4:20.49	4:31.19	3:56.09	4:08.49	3:34.89	3:46.29	3:31.69	3:42.79	200 FR	4:11.89	4:25.09	3:48.49	4:00.99	3:26.09	3:36.89	3:18.49	3:28.89
			9:37.09	7:51.09	8:45.39	7:08.89	8:37.49	7:02.39	400/500 FR			9:37.89	7:51.69	8:40.09	7:04.49	8:20.79	6:48.79
	1:09.09	1:12.69	1:02.59	1:05.89	56.99	59.49	56.09	59.09	50 BK	1:01.09	1:04.29	55.49	58.19	49.99	52.59	48.09	50.69
	2:19.79	2:48.19	2:24.79	2:32.49	2:11.89	2:18.79	2:09.89	2:16.69	100 BK	2:32.79	2:40.89	2:18.89	2:26.29	2:05.09	2:11.59	2:00.39	2:06.79
			4:58.79	5:14.49	4:31.09	4:46.29	4:27.89	4:41.99	200 BK			4:20.89	4:34.59	3:54.79	4:07.09	3:46.09	3:57.09
	1:12.09	1:15.89	1:05.49	1:08.89	59.59	60.69	60.19	61.89	50 BR	1:09.19	1:12.79	1:02.89	1:06.19	56.59	59.59	54.49	57.19
	2:39.99	2:48.39	2:24.99	2:32.59	2:11.99	2:18.89	2:09.99	2:16.79	100 BR	2:33.39	2:41.49	2:19.49	2:26.79	2:05.49	2:12.09	2:00.89	2:07.19
			5:17.19	5:34.19	4:24.89	4:38.79	4:44.69	4:59.59	200 BR			5:00.99	5:16.79	4:30.89	4:45.09	4:20.89	4:34.59
	1:09.59	1:13.19	1:03.09	1:06.39	57.39	1:00.39	56.39	59.49	50 FL	55.89	58.79	50.79	53.49	45.69	48.09	43.99	46.39
	2:58.89	3:08.29	2:42.09	2:50.59	2:27.59	2:35.29	2:25.39	2:32.99	100 FL	2:55.29	3:04.49	2:39.39	2:47.79	2:23.39	2:30.99	2:18.09	2:25.39
	5:31.79	5:49.19	5:00.59	5:16.39	4:33.09	4:48.09	4:29.59	4:43.09	200 IM	5:12.39	5:28.89	4:43.99	4:58.99	4:15.59	4:29.09	4:06.19	4:19.09

  

Para 3 LSC Motivational Time Standards																	
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	Girls									Boys							
	10 & U P3		11-12 P3		13-14 P3		15 & O P3		P3	10 U P3		11-12 P3		13-14 P3		15 & O P3	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	44.09	48.89	39.89	44.29	36.39	40.39	35.79	39.69	50 FR	39.79	44.19	36.19	40.19	32.59	36.19	31.39	34.79
	1:33.89	1:44.29	1:25.09	1:34.49	1:17.49	1:26.09	1:16.19	1:24.79	100 FR	1:26.49	1:36.09	1:18.59	1:27.29	1:10.79	1:18.59	1:08.09	1:15.69
	3:51.49	4:17.19	3:29.79	3:53.09	3:10.99	3:32.19	3:08.09	3:28.99	200 FR	3:17.69	3:39.59	2:59.69	3:19.69	2:41.69	2:59.59	2:15.79	2:33.09
	8:46.89	7:43.19	7:57.59	6:59.79	7:14.79	6:22.19	7:08.19	6:16.39	400/500 FR	8:31.99	7:30.09	7:45.49	6:49.19	6:58.99	6:08.29	6:43.49	5:54.69
			18:01.49	15:19.59	16:52.09	14:04.39	16:18.49	13:27.79	800/1000 FR			18:21.59	15:37.49	16:31.39	14:03.69	15:54.09	13:32.49
			82:31.69	81:29.19	80:01.09	78:08.19	78:07.99	77:46.39	1500/1650 FR			34:04.19	31:55.79	30:39.71	28:44.19	29:11.53	27:40.29
	53.39	59.29	48.39	53.69	44.09	48.99	43.39	48.19	50 BK	45.59	50.69	41.49	46.09	37.29	41.49	35.89	39.89
	1:52.49	2:04.99	1:41.99	1:53.29	1:32.89	1:43.19	1:31.49	1:41.59	100 BK	1:36.09	1:46.79	1:27.39	1:37.09	1:18.59	1:27.39	1:15.69	1:24.09
			4:04.79	4:31.89	3:47.99	4:07.69	3:39.59	4:03.89	200 BK			3:29.49	3:52.79	3:08.59	3:29.49	3:01.59	3:21.79
	56.79	1:03.09	51.49	57.19	46.79	51.99	46.09	51.19	50 BR	49.79	55.29	45.29	50.29	40.79	45.29	39.29	43.59
	1:59.69	2:12.99	1:48.49	2:00.49	1:38.69	1:49.69	1:37.19	1:47.99	100 BR	1:50.59	2:02.89	1:40.49	1:51.69	1:30.49	1:40.49	1:27.19	1:36.79
			4:20.79	4:49.19	3:56.99	4:23.29	3:53.29	4:19.19	200 BR			3:40.09	4:04.49	3:18.09	3:40.09	2:56.09	3:11.89
	48.29	53.59	43.59	48.49	39.79	44.19	39.19	43.29	50 FL	43.29	48.09	39.29	43.69	35.39	39.29	31.49	37.89
	1:41.69	1:52.89	1:32.09	1:42.29	1:23.89	1:33.19	1:22.59	1:31.69	100 FL	1:30.89	1:40.99	1:22.79	1:31.99	1:14.39	1:22.59	1:06.09	1:19.59
			3:40.99	4:05.49	3:21.39	3:43.69	3:18.09	3:40.09	200 FL			3:29.19	3:52.39	3:08.29	3:29.19	2:47.39	3:21.39
	3:57.99	4:24.39	3:35.69	3:59.59	3:16.29	3:38.09	3:19.39	3:41.79	200 IM	3:29.69	3:52.99	3:10.69	3:31.79	2:51.59	3:10.69	2:32.49	3:03.59
			8:34.59	9:25.49	7:48.39	8:34.69	7:41.39	8:26.99	400 IM			7:46.79	8:20.09	6:56.79	7:30.09	6:40.09	7:13.39

# 2021 NORTH CAROLINA SWIMMING

## SHORT COURSE SENIOR CHAMPIONSHIPS

### ORDER OF EVENTS

**Thursday Women's Events Then Men's**

**Women's Heats/Men's Heats**

Women's Event #	EVENTS	Men's Event #
1	1000Y Freestyle	2
	**10-minute break**	
3	100Y IM *qualify with 200Y IM*	4

**Friday Flight times to be announced**

**Women's Heats 7+/Women's Top 6/Men's 7+/Men's Top 6**

Women's Event #	EVENTS	Men's Event #
5	200Y Freestyle	6
	**10-minute break**	
7	100Y Breaststroke	8
	**10-minute break**	
9	100Y Butterfly	10
	**10-minute break**	
11	400Y Individual Medley	12

**Saturday Flight times to be announced**

**Men's Heats 7+/Men's Top 6/Women's 7+/Women's Top 6**

Women's Event #	EVENTS	Men's Event #
13	200Y Butterfly	14
	**10-minute break**	
15	50Y Freestyle	16
	**10-minute break**	
17	200Y Breaststroke	18
	**10-minute break**	

19	100Y Backstroke	20
	**10-minute break**	
21	500Y Freestyle	22

**Sunday Flight times to be announced Women's Heats 7+/Women's Top 6/Men's 7+/Men's Top 6**

Women's Event #	EVENTS	Men's Event #
23	100Y Freestyle	24
	**10-minute break**	
25	200Y Backstroke	26
	**10-minute break**	
27	200Y Individual Medley	28
	**10-minute break**	
29	1650Y Freestyle	30

**2021 NORTH CAROLINA SWIMMING  
SHORT COURSE SENIOR CHAMPIONSHIPS  
Meet Entry Fee Summary Report  
Due no later than the start of the meet on Thursday**

Club Name	
Club Code	
Address	
City	
Zip	
<b>Head Coach</b>	
Name	
Email	
Cell Phone	
Office Phone	
<b>Main Coach Contact at Meet if not the Head Coach</b>	
Name	
Cell Phone	
<b>Other Coaches Attending Meet (please note capacity restrictions on deck pass credentials)</b>	
Name	
Name	
Name	
Name	

I certify that all coaches identified above are currently certified and properly registered as coaches with USA Swimming, Inc. and are responsible for the swimmers entered in this meet during the conduct of the complete event Thursday through Sunday. Coaches attending the meet have been entered in OME to receive a Deck Pass credential according to the number of entered swimmers from our team.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Release Statement: USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., ATOM, HFFA 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 \_\_\_\_\_

**Make checks payable to ATOM and submit to the Meet Director with this form no later than the start of the meet on Thursday.**

# Coach Deck Pass Credentials Ordered in OME			
# of Qualifying Swimmers			
# of Individual Entries		X \$6.00 each entry	\$
NCS Travel Fund		X \$3.00 each swimmer	\$
Facility Charge		X \$15.00 each swimmer	\$
Fines, fees if applicable			\$
<b>TOTAL AMOUNT DUE</b>			<b>\$</b>