



# 2024 North Carolina Swimming Long Course Age Group Championships

Hosted by TAC TITANS  
Thursday, July 11 - Sunday, July 14, 2024  
Triangle Aquatic Center, 275 Convention Drive, Cary, NC 27511



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

Sanction #NC24108 rev 1

ENTRY DEADLINE Monday July 8 6:00 PM

Qualification period: 1/1/2023-7/7/2024

MEET DIRECTOR		MEET ENTRY COORDINATOR	
Lana Sanders <a href="mailto:mymeetentry@gmail.com">mymeetentry@gmail.com</a> 919-696-0642		Lynn Tippets-Fazen/Trish Martin <a href="mailto:OME@NCSwim.org">OME@NCSwim.org</a>	
MEET REFEREE	ADMIN REFEREE	MEET MARSHALS	
Eric Hawkins <a href="mailto:eric.hawkins@esequence.com">eric.hawkins@esequence.com</a>	Corley Struck <a href="mailto:corley.strunk@gmail.com">corley.strunk@gmail.com</a>	Claire White (female) Matt Cardenas (male)	

## CODE OF CONDUCT

Individuals, including spectators, not complying with any safety requirement in place for this competition or with the USA SWIMMING code of conduct or individuals who otherwise impede the effective operation of the meet may be banned from the venue at the Meet Referee's or Facility Director's discretion.

## FACILITY

**Facility/Pool Specifications:** The Triangle Aquatic Center (TAC) provides three (3) indoor pools and one (1) outdoor pool with supporting amenities including a Spectator Stadium and Atrium with capacity of up to 2000, full-service café, performance recovery center, hospitality gallery, a classroom and wireless internet. Select swim gear can be purchased from the front desk.

The 50-meter competition pool with bulkhead offers a total of eight (8) 50-meter competition lanes with a depth of 7 to 12 feet that can be configured for separate 8-lane and 10-lane, 25-yard competition courses. TAC will ensure the required course dimensions. 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. Paddock Starting Blocks with Swim Innovation decks complete with Foot Wedge and optional non-mechanical backstroke ledges (at the meet referee's discretion) are available for all competition lanes. The competition lanes are a minimum of 7-feet wide. The indoor 25-yard program pool allows for up to ten (10) warmup/warm down lanes at any time. An outdoor 50-meter pool with nine (9) lanes and a 7-foot flat bottom equipped with Paddock starting blocks and chiller will be available for all warmups – weather permitting. Availability during the meet will be **TBD**. There is a Swiss Timing Quantum timing system with HD video scoreboard.

The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. The facility may charge a fee for admission to spectators. Meet participant parking is available across from the swimmer drop-off loop and in a fenced off lot adjacent to the pool. Illegally parked vehicles are liable to be ticketed or towed by the local Police Department and at the owner's expense.

TAC's Operations and Lifeguard staff will provide basic medical coverage throughout the facility and is fully supported by Wake County EMS. ]

Locker rooms are reserved for athlete use. Separate rest room facilities are available for officials, coaches, and volunteers. Only meet volunteers, USA Swimming registered athletes, and current USA Swimming registered officials and coaches may be on deck during warm-ups and/or competition. **NO SPECTATORS ARE ALLOWED ON THE COMPETITION POOL DECK AT ANY TIME. NO PERSON ON THE USA SWIMMING BANNED LIST MAY PARTICIPATE IN THE MEET IN ANY WAY.** ALL coaches, officials, and meet personnel will be required to wear issued credentials.

<b>CLASSIFICATION</b>	An LSC Age Group Championship meet in preliminaries/finals and timed finals formats with qualifying time standards.
<b>RULES</b>	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.
<b>MAAPP</b>	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.
<b>TECHNICAL SUIT BAN FOR 12&amp;Us</b>	<p><b>Per USA Swimming Rule 102.8.1.F, 12 &amp; Under athletes may not compete in Technical Suits at this meet.</b></p> <p>A Technical Suit is one that has the following components:</p> <ul style="list-style-type: none"> <li>a. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or</li> <li>b. Any suit with woven fabric extending past the hips</li> </ul>
<b>REGISTRATION</b>	All athletes entering this meet must be registered with North Carolina Swimming as Premium, Outreach, or Seasonal USA Swimming members. There will be no on deck registration available at this meet.
<b>ELIGIBILITY</b>	<p>This meet is open to properly registered North Carolina Swimming athletes who have achieved the current NCS Long Course Age Group Championship qualifying time standard for each event entered and are 14 years of age or younger on the first day of the meet.</p> <p>Swimmers qualifying in the 800M Freestyle automatically qualify for the 1500M Freestyle and vice versa.</p>
<b>FLEX MEMBERS</b>	Flex members are NOT eligible for this meet. All Flex memberships must be converted to Seasonal (if eligible) or Premium membership prior to the Tuesday 6:00 PM correction deadline. Flex members who do not upgrade will not be seeded into their events until they can provide proof of full membership. If proof is provided to the Meet Referee after the meet has been seeded and before warm-ups begin on Thursday, the swimmer may be added to the event subject to lane availability in the slowest heat(s) and Meet Referee's and Age Group Coordinator's approval. If proof is not provided by the start of warmups on Thursday, the athlete will not be permitted to compete. Entry fees for non-compliant athletes are not refundable.
<b>SAFE SPORT</b>	<p>This meet will be conducted in accordance with all safety and Safe Sport requirements including procedures outlined in USA Swimming's Meet 360 Program, MAAPP, and the NCS Safety Program.</p> <p>Coaches are advised to supervise their swimmers at all times. Only feet first entry into warm down lanes at all times and during warmups except during specific warmups 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.</p> <p>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.</p> <p>Deck changes are prohibited.</p> <p>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.</p> <p>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.</p>

Only meet volunteers, USA Swimming registered athletes entered in the meet, and current USA Swimming registered/certified officials and coaches participating in the meet may be on deck. Coaches and officials must carry their current membership/certification cards, have access to Deck Pass, or display host-provided meet credentials at all times when on the pool deck.

No spectators are allowed on the competition deck at any time. Any person on the USA Swimming banned list is prohibited from participating in the meet in any way.

## SCHEDULE

Session	Day	Warm-up	Meet Start	Age Group
1	Thursday	1:30-2:55 PM	3:00 PM	13-14 Timed Finals, 11-12 Timed Finals
2	Friday	7:00-8:25 AM	8:30 AM	13-14 Preliminaries
3	Friday	12:00-1:00 PM	1:05 PM*	11-12, 10 & Under Timed Finals
4	Friday	5:00-5:55 PM	6:00 PM*	13-14 Finals, 11-12 200 Back
5	Saturday	7:00-8:25 AM	8:30 AM	13-14 Preliminaries
6	Saturday	12:00-1:00 PM	1:05 PM*	11-12, 10 & Under Timed Finals
7	Saturday	5:00-5:55 PM	6:00 PM*	13-14 Finals, 11-12 200 Fly
8	Sunday	7:00-8:25 AM	8:30 AM	13-14 Preliminaries
9	Sunday	12:45-1:45 PM	1:50 PM*	11-12, 10 & Under Timed Finals
10	Sunday	5:15-6:10 PM	6:15 PM*	13-14 Finals, 11-12 200 Breast

***\*Afternoon and Finals session start times may change after entries are processed.***

Split 30-minute warm-up sessions may be utilized at the Meet Referee's and Age Group Coordinator's discretion and will be determined following entry deadlines. Warm-up lane assignments will be communicated to teams prior to the meet. ***Please note that there may NOT be LC lanes available to all teams during warm-ups.***

Scheduled breaks are noted in the Order of Events. The Meet Referee and Age Group Coordinator have authority to add breaks as necessary.

## DEADLINES AND MEETINGS SUMMARY

Day	Time	For
June 1	12:00 Noon	OME opens for on-time entries
Monday of meet week, July 8	6:00 PM	ENTRY DEADLINE and DEADLINE TO UPDATE SEED TIMES
Tuesday of meet week, July 9	6:00 PM	Deadline for corrections*, verification of membership upgrade for Flex athletes, and proof of override times
Wednesday of meet week , July 10	8:00 PM	Technical Meeting on Zoom

\*Entry lists will be emailed to teams by 11:59 PM on Monday of meet week following the 6:00 PM entry deadline. Coaches are responsible for ensuring ALL entered athletes are compliant with ALL membership requirements. Please review all swimmers and entries (including relays) carefully and submit any and all corrections prior to the Tuesday 6:00 PM correction deadline.

## 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, 2023 to 11:59 PM the Sunday night before the meet entry deadline.

## INDIVIDUAL ENTRIES AND LIMITS

13-14 swimmers may enter and swim up to eight (8) individual events for the meet and no more than three (3) individual events per day.

11-12 swimmers may enter and swim up to eight (8) individual events for the meet. They are further limited to no more than four (4) individual events per day.

10&U swimmers may enter and swim up to eight (8) individual events for the meet. They are further limited to no more than four (4) individual events per day.

Swimmers may enter with any provable 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.

- 1500M/1650Y Freestyle qualifiers who want to swim the 800M Freestyle but do not have a provable 800M/1000Y qualifying time should enter via the appropriate alternate distance event with their 1500M/1650Y Freestyle qualifying time.
- 800M/1000Y Freestyle qualifiers who want to swim the 1500M Freestyle but do not have a provable 1500M/1650Y qualifying time should enter via the appropriate alternate distance event with their 800M/1000Y Freestyle qualifying time.
- Alternate distance event qualifiers will be seeded behind primary event qualifiers.
- Swimmers are not required to enter the original distance event in which they qualified in order to enter the automatic bonus event.

## RELAY ENTRIES

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

Teams may enter R/O athletes assuming there is at least one qualifier of the same gender/age group entered in the meet, and at least one relay event entered for that gender/age group. At least one swimmer entered in an individual event must swim on each relay team or the relay team will be disqualified. **All relay only swimmers must be listed on a team's OME roster and Meet Entry Form and must pay the \$3.00 NCS surcharge and \$20.00 facility fee.**

The number of relay entries allowed per team is determined by the number of qualifiers per gender per age group entered in individual events.

- 1-4 swimmers entered in individual events in an age group/gender: Maximum of one (1) relay team for that age group/gender
- 5-8 swimmers entered in individual events in an age group/gender: Maximum of two (2) relay teams for that age group/gender
- 9-12 swimmers entered in individual events in an age group/gender: Maximum of three (3) relay teams for that age group/gender
- 13 or more swimmers entered in individual events in an age group/gender: Maximum of four (4) relay teams for that age group/gender

Only the A and B designated teams are eligible for scoring. C and D relays will be marked as exhibition and will be seeded after all A and B relay teams.

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

An events file for organizing entries will be posted on [ncswim.org](http://ncswim.org) by June 1 or may be obtained via email request to the Entry Coordinator at [OME@NCSwim.org](mailto:OME@NCSwim.org). USA Swimming's OME system will open no later than June 1 at 12:00 Noon and will be used for all entries except as noted.

### On-Time Entries

ON-TIME OME for on-time entries will close three (3) days prior to the meet on **Monday, July 8<sup>th</sup> at 6:00 PM**. Coaches may update entry times in the OME file until Monday of meet week, July 8<sup>th</sup> at 6:00 PM. **OME WILL NOT AUTOMATICALLY** update times.

Coaches shall confirm OME entries and entry times are correct and complete prior to checking out by the 6:00 PM entry deadline. Coaches shall confirm that all entered athletes are Premium, Outreach, or Seasonal USA Swimming members. Only original OME entries and rosters and emails from the Entry Coordinator will be accepted as proof of administrative or system errors.

Entry changes that cannot be made in OME must be submitted by email to the Entry Coordinator by Tuesday of meet week by the 6:00 PM correction deadline.

Entries for athletes qualifying with Para Motivational Times will be accepted by email to [OME@ncswim.org](mailto:OME@ncswim.org) by the entry deadline. Please include athlete's name, birthdate, USA Swimming member ID, events, and qualifying times.

### **Entry Correction Period**

All team contacts listed in OME will receive an entry list by midnight after the final OME files close on the Monday of meet week at 6:00 PM. Any entry corrections not previously requested must be submitted to the Entry Coordinator by Tuesday 6:00 PM. Teams should have an internal process in place including back up plans to ensure corrections are submitted by the deadline. Corrections will only be accepted from a registered coach with the athlete's team. Coaches should also have an internal process in place to assure all swimmers subject to Flex membership upgrades are compliant by the deadline.

The psych sheet will be published on Tuesday evening. All ineligible and unproven entries will be flagged. Any entry changes requested after the meet is seeded 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. Late entries will be charged double entry fees and the \$50 per team late fee.** No new entries or changes to previous entries will be accepted after Wednesday at 12:00 Noon.

### **Proof of Times**

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, two (2) days before the meet, 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 Meet Referee after the meet is seeded and before warm-ups begin on Thursday, the swimmer may be added to the event subject to lane availability in the slowest heat **and** Meet Referee and Age Group Vice Chair approval. Relay times do not require proof.

### **ATHLETES AND 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 classified disabilities who prefer to qualify using the Para Motivational Time Standards should email entries to the NCS Meet Entry Coordinator by the Monday 6:00 PM entry deadline.

Coaches entering swimmers with disabilities and non-athlete members 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 should they be required 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.

### **ENTRY FEES**

Teams are responsible for paying the entry fees as calculated on the Meet Entry Fee Summary page in this meet announcement. The **amount due in OME will be incorrect** if the team has para swimmers not entered in OME or entry changes.

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

Make checks payable to: TAC TITANS

<b>Individual Event</b>	\$10.00 per event
<b>Relay Event</b>	\$12.00 per relay
<b>NCS Travel Fund</b>	\$3.00 per swimmer, including relay only swimmers.
<b>Facility Surcharge</b>	\$20.00 per swimmer, including relay only swimmers
<b>Late Entry Fees</b>	Double plus a potential \$50 fine.

***Fees are non-refundable.***

## SEEDING AND FORMAT

The conforming time for this meet is LCM. All times will be seeded by LCM first, then SCY.800 qualifiers will be ranked by their entry event/course as follows: 800M/1000Y/1500M/1650Y. The 1500 will be seeded 1500M/1650Y/800M/1000Y.

All events that are 400M or longer, 11-12 200M Backstroke, Breaststroke, and Butterfly, and all relays will be deck seeded after positive check in. A positive check in by the deadline indicated in the schedule below is required to be seeded into the event. Failure to check in by the deadline will result in the swimmer/relay team not being able to swim in the event. Check in process will be discussed at the Technical Meeting.

Swimmers must provide their own counters for distance events. These counters must be athletes, officials, or coaches participating in the meet. Assistance is available for small teams or unattached swimmers. Contact the Meet Referee.

For any event, combined girls/boys' heats may be swum at the discretion of the Meet Referee. Meet Management reserves the right to add or combine sessions, adjust session start times and age group session assignments, and/or limit entries to comply with allowable capacity numbers for the facility based on entries and to comply with all federal, state, local and facility guidelines in place at the time of the meet. Changes will be communicated at the Technical Meeting.

### 13-14 Individual Events:

Except for the 800M and 1500M Freestyles, all events will be conducted on a preliminary and finals basis. A and B heats will swim in finals. The fastest eight qualifiers compete in the A Final (Championship) and the next fastest eight swim in the B Final (Consolation). **The B Final will swim before the A Final.** Alternates should identify themselves to the starter prior to the beginning of the event and should be ready to swim in the B Final if no shows occur. The A and B Finals will be scored.

#### 13-14 800M Freestyle:

The 13-14 800M Freestyle will be swum as a timed final event and deck seeded after positive check in. All heats will swim fast to slow, alternating girls and boys. A combined girls/boys heat may be swum at the discretion of the Meet Referee. Swimmers must provide their own counters.

#### 13-14 400M IM and 400M Freestyle:

The 13-14 400M IM and 13-14 400M Freestyle will be swum as preliminary/final events and deck seeded after positive check in. The **fastest two (2) preliminary heats will be circle seeded.** The **fastest 4 heats** of girls swim first slow to fast, followed by the **fastest 4 heats** of boys swum slow to fast. The remaining heats will swim fast to slow, alternating girls and boys. A combined girls/boys heat may be swum at the discretion of the Meet Referee.

#### 13-14 1500M Freestyle:

The 13-14 1500M Free will be swum as a timed final event and deck seeded after positive check in. The fastest positively checked in heat (8) of girls and boys will swim in the Sunday finals session. There will be **no AM/PM option** for this event. All other heats will swim at the conclusion of preliminaries after a 10-minute break. These heats will swim fast to slow, alternating girls and boys. A combined girls/boys heat may be swum at the discretion of the Meet Referee. Swimmers must provide their own counters.

### 13-14 Relays:

All relays will be timed final events and deck seeded after positive check in. **There is no AM/PM option for relays.**

- The 13-14 800M Freestyle relay will swim fastest two heats of girls slow to fast, then fastest two heats of boys slow to fast, followed by remaining heats fast to slow alternating girls and boys.
- On Friday and Saturday, the fastest heat (8) of positively checked in relay teams will swim in the evening finals sessions. The remaining teams will swim at the end of the preliminary session, slow to fast in event order. There is **no AM/PM option.**

### 11-12 Individual Events:

All 11-12 events will be timed finals swum in the afternoon and evening sessions.

#### 11-12 400M IM:

The 11-12 400M IM will be seeded after positive check in. The fastest three heats will swim slow to fast alternating girls and boys as indicated in the Order of Events. Remaining heats will swim at the conclusion of the finals session, fast to slow alternating girls and boys. A boys' heat may swim in place of an empty girls' heat and vice versa and heats may be combined at the discretion of the Meet Referee.

#### 11-12 400M Freestyle:

The 11-12 400M Freestyle will be deck seeded after positive check in and will swim slow to fast in event order. A combined girls/boys heat may be swum at the Meet Referee's discretion.

#### 11-12 200M Backstroke, Butterfly, and Breaststroke Events:

These 11-12 events will be swum as timed finals. The events will be deck seeded after positive check in. On Friday, Saturday, and Sunday, the fastest three (3) positively checked in heats of each 200 event will be swum slow to fast in the evening sessions, interspersed with the 13-14 Finals events as indicated in the Order of Events. If during Finals, **both** of the interspersed heats are empty, a 5-minute break will be observed. A boys' heat may swim in place of an empty girls' heat and vice versa and heats may be combined at the discretion of the Meet Referee.

Any additional seeded heats in these events will swim at the end of the evening sessions, during a scheduled break, or at the end of the afternoon sessions on the days they are scheduled. These heats will be swum fast to slow, alternating girls and boys. **The Meet Referee and Age Group Coordinator will determine after entries have closed when the extra heats will swim for each event and will announce their decision at the Technical Meeting.**

### 10 & Under Individual Events:

All events will be timed finals and swum in the afternoon sessions.

#### 10&U 400M Freestyle:

The 10&U 400M Freestyle will be deck seeded after positive check in and will swim slow to fast in event order. A combined girls/boys heat may be swum at the Meet Referee's discretion.

**10&U and 11-12 Relays:** All relays will be timed final events. All relays will swim slow to fast in event order.

### CHANGES TO MEET FORMAT

Within USA Swimming Rules and with unanimous agreement of the Meet Referee, the Meet Director, and the Age Group Coordinator, **prior to the Technical Meeting**, limited changes **outside of those required for safety compliance** 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 Technical Meeting.

### CHASE STARTS/ FLIGHTING

Preliminary events of 100M or more may be conducted using chase starts. Preliminary heats may be flighted. Heats will be organized to most closely follow the original order stated below. This decision will be made by the Meet Referee, the Operations Vice Chair, and the Meet Director and announced no later than the Technical Meeting.

### POSITIVE CHECK IN

The events and relays in the following schedule will be deck seeded. 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/relay team not being able to swim the event. Afternoon check in times will be adjusted if session start times change.

The check in process will be announced by the Administrative Referee at the Technical Meeting.

Individual Events	Check-In Deadline			
13-14	800M Free	Thursday	2:00 PM	
11-12	400M IM	Thursday	2:15 PM	
11-12	200M Back	Thursday	6:30 PM	
13-14	400M IM	Friday	8:00 AM	
10&U 11-12	400M Free	Friday	12:15 PM or 30 min before session starts	
11-12	200M Butterfly	Friday	6:30 PM	
13-14	400M Free	Saturday	8:00 AM	
11-12	200M Breaststroke	Saturday	6:30 PM	
13-14	1500M Free	Saturday	6:30 PM	
Relay Events	Check-In Deadline			Relay Cards Due
13-14	800M Free Relay	Thursday	2:30 PM	3:30 PM
13-14	400M Free Relay	Friday	8:00 AM	10:00 AM/ 5:00 PM
11-12	400M Free Relay	Friday	12:15 PM or 30 min before session starts	2:15 PM
13-14	400M Medley Relay	Saturday	8:00 AM	10:00 AM/ 5:00 PM
10&U 11-12	200M Medley Relay 400 Medley Relay	Saturday	12:15 PM or 30 min before session starts	2:15 PM
10&U 11-12	200M Free Relay	Sunday	1:00 PM or 30 min before session starts	3:00 PM

#### 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 rules and penalties.

#### LOCKER ROOMS/ CHANGING AREAS

Deck changing is prohibited. Locker rooms are reserved for athlete use and congregating in locker rooms is strictly prohibited. Locker rooms will be monitored by the meet marshal. Additional changing area procedures may be imposed to comply with any safety regulations.

Separate rest room facilities are available for officials, coaches, and volunteers. Swimmers should refrain from changing in or otherwise using these restrooms.

#### WARMUPS AND BREAKS

Multi-period 30-minute warm-up sessions may be utilized at the Age Group Coordinator's and Meet Referee's discretion if swimmer numbers warrant. Warm-up assignments and procedures will be communicated prior to the meet. All teams should be aware that they may not have access to warm up lanes in the competition pool. Coaches will be responsible for monitoring athletes during warm-ups.

Scheduled breaks are noted in the Order of Events. The Meet Referee and Age Group Coordinator have authority to add or modify breaks, as necessary.

#### SCORING

**INDIVIDUAL EVENTS:** 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

**Swimmers must achieve the qualifying time standard or faster in each event to score.**

**RELAY EVENTS:** 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

**Only A and B designated relays per gender/event can score for each team.**

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



<b>AWARDS</b>	<p>There will be no 13-14 awards ceremonies. If timelines permit, 11-12 and 10&amp;U award ceremonies will be held during the afternoon sessions according to the schedule announced at the Technical Meeting.</p> <p>Individual events: 1st– 8th place medals.  Relays: 1st – 3rd place medals.  Team Awards: Trophies for 1st– 6th place.  Individual High Point Awards will be presented to the male and female swimmers with the highest points scored in individual events for each age group.</p> <p>Sportsmanship and Spirit Award: Based on the vote of teams represented at the NCS LC Age Group Championship meet. In the event of a tie, the Meet Director, Meet Referee, NCS Coach Rep and NCS Age Group Coordinator may cast tie-breaking votes. The deadline for voting is up until completion of the Sunday 12 &amp; Under session.</p>
<b>READY ROOM</b>	<p>Qualifiers for the 13-14 A final are invited to report to the ready room five minutes prior to their event for the parade of the A final heat.</p>
<b>RESULTS</b>	<p>Results will be available on Meet Mobile, the host team’s website, and NCSwim.org 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.</p>
<b>COACHES</b>	<p><b>There will be a virtual Technical Meeting on Wednesday prior to the meet at a time to be announced.</b> Coaches are responsible for any information presented at the meeting. Meetings may also be held at other times announced by the Meet Referee.</p>
<b>USA SWIMMING MEMBERSHIP REQUIREMENTS FOR COACHES AND OFFICIALS CREDENTIALS</b>	<p>All <b>coaches</b> must check in with and provide to the Meet Director proof of current USA Swimming membership that extends through the last day of the meet.</p> <p>All <b>officials</b> including AOs and Meet Directors must show to the Meet Referee proof of current USA Swimming membership and NCS certification that extends through the last day of the meet.</p> <p>A current member’s virtual card is acceptable proof of USA Swimming membership for all purposes. Those failing to provide proof of membership could be barred from the deck. All coaches on deck must display their USA Swimming membership card in a visible place, have their virtual membership card readily accessible at all times, or wear any identifying item required by the Host Team.</p>
<b>OFFICIALS</b>	<p>An online signup sheet will be made available on <a href="http://www.SwimNC.com">www.SwimNC.com</a> prior to the meet for officials to indicate availability and interest in requesting an assigned position (AR, DR, SR, CJ) or evaluation. Officials requesting assigned positions or evaluations should sign up by June 10. Assignments will be based on evaluation requests, level of experience, and other factors at the discretion of the Meet Referee and the NCS Officials Chair.</p> <p>Assigned officials will be notified by the Meet Referee. Officials being evaluated will be notified by the Meet Referee or the National Evaluator. A mandatory virtual stroke briefing may be held on Tuesday prior to the meet (time to be announced) or at the meet with additional meetings prior to each session as announced by the Meet Referee.</p> <p>This meet has been designated as a USA Swimming Official Qualification Meet: certification for N2 S&amp;T, CJ, DR, AR; re-certification for N2 all positions; certification and re-certification for N3 S&amp;T. A limited number of N2 AO evaluations may be offered at the discretion of the NCS Officials Chair. Officials interested in other evaluations should contact the NCS Officials Chair by June 10. Eligible officials requesting evaluation should sign up on the Officials Sign Up form by June 10. Please see the USA Swimming website for additional information on national evaluation eligibility and certification requirements.</p>
<b>ELIGIBILITY AND TECHNICAL JURY</b>	<p>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.</p>

**HOSPITALITY  
AND  
CONCESSIONS**

Hospitality will be available to all coaches and officials. [TAC is proud to offer hospitality to all coaches and officials participating in the corresponding session of the meet. Hospitality is offered prior to and into the corresponding session, not after. TAC will also provide snacks and drinks on deck to coaches, officials and meet personnel. A full-service café is available for spectators.]

**WAIVER/  
RELEASE**

As a team entered in this meet, upon entry you are verifying that all the swimmers and coaches listed on your OME entry are registered with USA Swimming throughout the meet. You acknowledge that you are familiar with and will enforce with your team the Safe Sport rules of and any safety procedures in effect for 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. Triangle Aquatic Center, Inc., TAC TITANS, 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 social media or in public broadcast of the event via television, live stream, 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.

**LOCAL  
INFORMATION**

[TAC is partnered with several local hotels - [TAC Preferred Hotels](#) and several restaurants and shopping are located nearby. A [Visitor Guide](#) will be available and include more info as well as a link to TAC TV.

The event will be livestreamed via TAC TV - [TAC TITANS - YouTube](#)



# 2024 NORTH CAROLINA SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIP ORDER OF EVENTS

THURSDAY EVENING		Warm-ups 1:30-2:55 PM	Timed Finals 3:00 PM
Girls Event	EVENTS		Boys Event
1	13-14 800M Freestyle*		2
3/Heats 1-3	11-12 400M IM		4/Heats 1-3
5	13-14 800M Freestyle Relay		6
3/Heats 4+	11-12 400M IM		4/Heats 4+

\*Swimmers must provide their own counters.

FRIDAY MORNING		Warm-ups 7:00-8:25 AM	Preliminaries 8:30 AM
Girls Event	EVENTS		Boys Event
7	13-14 200M Freestyle		8
9	13-14 100M Breaststroke		10
11	13-14 100M Butterfly		12
13	13-14 400M Individual Medley		14
	10-minute break		
15	13-14 400M Freestyle Relay**		16

\*\*The fastest heat of girls & boys relay teams will swim in finals. No AM/PM option.

SATURDAY MORNING		Warm-ups 7:00-8:25 AM	Preliminaries 8:30 AM
Girls Event	EVENTS		Boys Event
19	13-14 200M Butterfly		20
21	13-14 50M Freestyle		22
23	13-14 200M Breaststroke		24
25	13-14 100M Backstroke		26
27	13-14 400M Freestyle		28
	10-minute break		
29	13-14 400M Medley Relay**		30

\*\*The fastest heat of girls & boys relay teams will swim in finals. No AM/PM option.

SUNDAY MORNING		Warm-ups 7:00-8:25 AM	Preliminaries 8:30 AM
Girls Event	EVENTS		Boys Event
35	13-14 100M Freestyle		36
37	13-14 200M Backstroke		38
39	13-14 200M Individual Medley		40
33	13-14 1500M Freestyle**		34

\*\*The fastest heat of girls & boys will swim in finals. No AM/PM option. Swimmers must provide their own counters.



# 2024 NORTH CAROLINA SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIP ORDER OF EVENTS

*Note: Session Start Times are subject to change*

FRIDAY AFTERNOON		Warm-ups 12:00-1:00 PM	Timed Finals 1:05 PM
Girls Event	EVENTS		Boys Event
43	11-12 50M Freestyle		44
45	10&U 50M Freestyle		46
47	11-12 100M Butterfly		48
49	10&U 100M Butterfly		50
51	11-12 50M Breaststroke		52
53	10&U 50M Breaststroke		54
55	11-12 400M Freestyle		56
57	10&U 400M Freestyle		58
59	11-12 400M Freestyle Relay		60
17	11-12 200M Backstroke**		18

\*\* Events 17/18 swim in finals.

SATURDAY AFTERNOON		Warm-ups 12:00-1:00 PM	Timed Finals 1:05 PM
Girls Event	EVENTS		Boys Event
61	10&U 200M Freestyle		62
63	11-12 200M Freestyle		64
65	10&U 100M Breaststroke		66
67	11-12 100M Breaststroke		68
69	10&U 100M Backstroke		70
71	11-12 100M Backstroke		72
73	10&U 200M Medley Relay		74
75	11-12 400M Medley Relay		76
31	11-12 200M Butterfly**		32

\*\* Events 31/32 swim in finals.

SUNDAY AFTERNOON		Warm-ups 12:45-1:45 PM	Timed Finals 1:50 PM
Girls Event	EVENTS		Boys Event
77	10&U 50M Backstroke		78
79	11-12 50M Backstroke		80
81	10&U 200M Individual Medley		82
83	11-12 200M Individual Medley		84
85	10&U 50M Butterfly		86
87	11-12 50M Butterfly		88
89	10&U 100M Freestyle		90
91	11-12 100M Freestyle		92
93	10&U 200M Freestyle Relay		94
95	11-12 200M Freestyle Relay		96
41	11-12 200M Breaststroke**		42

\*\* Events 41/42 swim in finals.



## 2024 NORTH CAROLINA SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIP ORDER OF EVENTS

*Note: Session Start Times are subject to change*

FRIDAY FINALS		Warm-ups 5:00-5:55 PM	Finals 6:00 PM
Girls Event	EVENTS		Boys Event
7	13-14 200M Freestyle		8
17/1	11-12 200M Backstroke*		18/1
9	13-14 100M Breaststroke		10
17/2	11-12 200M Backstroke*		18/2
11	13-14 100M Butterfly		12
17/3	11-12 200M Backstroke*		18/3
13	13-14 400M Individual Medley		14
	10-minute break		
15	13-14 400M Freestyle Relay**		16
17/4+	11-12 200M Backstroke*		18/4+

\*Heats 4+ swim at the end of finals unless announced differently. If both 11-12 heats are empty, a 5-minute break will be observed instead.

\*\*The fastest heat of relay teams (girls & boys) will swim in finals.

SATURDAY FINALS		Warm-ups 5:00-5:55 PM	Finals 6:00 PM
Girls Event	EVENTS		Boys Event
19	13-14 200M Butterfly		20
31/1	11-12 200M Butterfly*		32/1
21	13-14 50M Freestyle		22
31/2	11-12 200M Butterfly*		32/2
23	13-14 200M Breaststroke		24
31/3	11-12 200M Butterfly*		32/3
25	13-14 100M Backstroke		26
27	13-14 400M Freestyle		28
	10-minute break		
29	13-14 400M Medley Relay**		30
31/4+	11-12 200M Butterfly*		32/4+

\*Heats 4+ swim at the end of finals unless announced differently. If both 11-12 heats are empty, a 5-minute break will be observed instead.

\*\*The fastest heat of relay teams (girls & boys) will swim in finals.

SUNDAY FINALS		Warm-ups 5:15-6:10 PM	Finals 6:15 PM
Girls Event	EVENTS		Boys Event
33	13-14 1500M Freestyle**		34
41/1	11-12 200M Breaststroke*		42/1
35	13-14 100M Freestyle		36
41/2	11-12 200M Breaststroke*		42/2
37	13-14 200M Backstroke		38
41/3	11-12 200M Breaststroke*		42/3
39	13-14 200M Individual Medley		40
41/4+	11-12 200M Breaststroke*		42/4+

\*Heats 4+ swim at the end of finals unless announced differently. If both 11-12 heats are empty, a 5-minute break will be observed instead.

\*\*The fastest heat of girls & boys 1500 swim in finals. All others swim in prelims. Swimmers must provide counters.



## 2024 North Carolina Swimming Long Course AG Championships

### Qualifying Time Standards

		FEMALE			MALE		
EVENT		10&U	11-12	13-14	10&U	11-12	13-14
50 Free	LCM	35.99	30.59	29.09	36.29	30.49	27.59
	SCY	31.49	26.89	25.29	31.49	26.69	23.99
100 Free	LCM	1:19.99	1:07.09	1:03.29	1:20.89	1:07.79	59.89
	SCY	1:10.29	58.19	55.19	1:10.29	58.49	51.89
200 Free	LCM	2:55.89	2:26.79	2:19.49	2:54.29	2:27.69	2:12.19
	SCY	2:32.99	2:08.39	1:59.99	2:32.29	2:08.79	1:54.99
400 Free	LCM	5:54.29	5:16.49	4:55.39	5:51.49	5:20.39	4:38.49
500 Free	SCY	6:27.49	5:47.49	5:23.09	6:24.29	5:49.19	4:59.19
800 Free	LCM	X	X	10:10.19	X	X	9:43.29
1000 Free	SCY	X	X	11:20.19	X	X	10:43.79
1500 Free	LCM	X	X	19:27.49	X	X	18:34.19
1650 Free	SCY	X	X	18:52.89	X	X	17:55.89
50 Back	LCM	43.19	35.89	X	42.69	35.09	X
	SCY	36.09	30.99	X	37.19	30.59	X
100 Back	LCM	1:33.49	1:16.59	1:11.99	1:33.79	1:18.69	1:08.69
	SCY	1:20.09	1:06.59	1:02.69	1:20.99	1:07.89	59.29
200 Back	LCM	X	2:51.39	2:35.69	X	2:51.09	2:28.79
	SCY	X	2:27.59	2:14.49	X	2:24.39	2:08.79
50 Breast	LCM	48.29	41.09	X	49.69	42.09	X
	SCY	41.49	35.29	X	43.09	36.29	X
100 Breast	LCM	1:47.09	1:30.09	1:24.49	1:49.09	1:31.69	1:19.49
	SCY	1:31.89	1:17.29	1:12.59	1:33.79	1:19.09	1:08.89
200 Breast	LCM	X	3:13.19	3:02.09	X	3:09.69	2:52.59
	SCY	X	2:46.89	2:36.69	X	2:42.49	2:28.49
50 Fly	LCM	41.49	33.09	X	41.39	34.09	X
	SCY	36.29	29.39	X	36.69	30.19	X
100 Fly	LCM	1:38.69	1:16.49	1:11.59	1:38.69	1:18.19	1:07.09
	SCY	1:25.79	1:07.49	1:02.19	1:25.79	1:09.19	58.99
200 Fly	LCM	X	2:53.19	2:40.79	X	2:51.49	2:35.99
	SCY	X	2:30.09	2:19.89	X	2:28.69	2:13.49
100 IM	LCM	X	X	X	X	X	X
	SCY	X	X	X	X	X	X
200 IM	LCM	3:20.59	2:44.29	2:36.79	3:20.59	2:46.29	2:28.39
	SCY	2:54.19	2:24.09	2:16.29	2:54.19	2:24.99	2:08.79
400 IM	LCM	X	6:07.69	5:37.19	X	6:04.59	5:16.09
	SCY	X	5:17.49	4:47.49	X	5:17.19	4:34.69



## 2024 North Carolina Swimming Long Course AG Championships Parallel Time Standards for Swimmers with a Disability

### Parallel Time Standards for Swimmers With A Disability - LSC

Para 1	Girls								P1	Boys								
	10 & U P1		11-12 P1		13-14 P1		15 & O 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
	3:39.19	3:39.19	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	3:23.79	3:23.79	3:03.49	3:03.49	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	6:53.15	6:53.15	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		

### Parallel Time Standards for Swimmers With A Disability - LSC

Para 2	Girls									Boys							
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	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	1:54.69	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	4:34.19	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	59.99	56.09	59.09	50 BK	1:01.09	1:04.29	55.49	58.39	49.99	52.59	48.09	50.69
	2:39.79	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	4:31.99	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	3:57.99
	1:12.09	1:15.89	1:05.49	1:08.89	59.59	1:02.69	58.69	1:01.69	50 BR	1:09.19	1:12.79	1:02.89	1:06.19	56.59	59.59	54.49	57.39
	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	56.59	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	4:33.69	4:48.09	4:29.59	4:43.69	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	

### Parallel Time Standards for Swimmers With A Disability - LSC

Para 3	Girls									Boys							
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	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	1:16.39	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	2:35.79	2:53.09
	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
			18:00.49	15:19.59	16:32.09	14:04.39	16:18.49	13:52.79	800/ 1000 FR			18:21.59	15:37.49	16:31.39	14:03.69	15:54.69	13:32.49
			32:31.69	30:29.19	30:01.09	28:08.19	29:37.99	27:46.39	1500/ 1650 FR			34:04.19	31:55.79	30:39.71	28:44.19	29:31.53	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	3:42.99	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	1:20.49	1:51.69	1:30.49	1:40.49	1:27.19	1:36.79
			4:20.29	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	3:31.89
	48.29	53.59	43.69	48.49	39.79	44.19	39.19	43.49	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	3:34.79	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





## North Carolina Swimming 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. 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.



## 2024 NORTH CAROLINA SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIP MANDATORY Entry Fee Summary Report and Waiver

Club Name	
Club Code	
Address	
<b>Head Coach</b>	
Name	
Email	
Cell Phone	
<b>Main Coach Contact to receive ALL Meet Communications during meet if not the Head Coach</b>	
Name	
Cell Phone	
<b>Other Coaches Attending Meet</b>	
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 through Sunday.

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

**Release Statement:** USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., TAC TITANS, Triangle 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 OR ILLNESSES TO ANYONE DURING THE CONDUCT OF THIS MEET.

**Make checks payable to TAC TITANS and mail to 275 Convention Drive; Cary, NC 27511 or submit to the Meet Director with this form no later than the start of warmups on Thursday.**

	Number		Fee
# of Individual Entries		X \$10.00 each entry	\$
# of Relay Team Entries		X \$12.00 each relay entry	\$
NCS Travel Fund (Total swimmers)		X \$3.00 each swimmer	\$
Athlete Facility Charge (Total swimmers)		X \$20.00 each swimmer	\$
# Late Individual Entries		X \$20.00 each entry	
# Late Relay Entries		X \$24.00 each relay entry	
Late Entry Fine (if assessed)		X \$50.00	\$
<b>TOTAL AMOUNT DUE</b>			\$