



2025 North Carolina Swimming Long Course Age Group Championships

Hosted by STAR Aquatics

Thursday, July 17 - Sunday, July 20, 2025

Greensboro Aquatic Center, 1925 W. Gate City Blvd., Greensboro, NC 27511



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

Sanction #NC25125

ENTRY DEADLINE Monday 7/14/2025 6:00 PM

Qualification period: 1/1/2024-7/13/2025

MEET DIRECTOR		MEET ENTRY COORDINATOR	
Jay Dodson jay@staraquatics.net , (336)337-0169		Lynn Tippetts-Fazen/Trish Martin OME@NCSwim.org	
MEET REFEREE	ADMIN REFEREE	MEET MARSHALS	
Deb Hanley debkhanley@gmail.com	David Rigsbee david@chemtek.us	Amy Teoh (f) Taylor Mitchell (m)	

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 and safe operation of the meet may be banned from the venue at the Meet Referee's or Facility Director's discretion.

The Meet Host reserves the right to restrict swimmer access to locker rooms and changing facilities if property damage or other unacceptable behavior occurs in these areas.

FACILITY

Facility/Pool Specifications: The Greensboro Aquatics Center is a 50-meter pool which can be broken into two short course venues with a separate diving well. This competition will use the long course competition venue that is 8 lanes with continuous warm-up and cool-down lanes available throughout the meet in the training pool. The pool depth is 9'-10' at the start and turn ends and 4" lane lines will be used to reduce turbulence. The lane width is 9'. An Omega timing system with a Daktronics Pro-Star LED Video Scoreboard Display will display results simultaneously. Starting platforms are Omega deck anchored platforms. STAR will ensure the correct competition course dimensions. The facility is staffed by certified lifeguards, possesses AEDs and emergency phones for 911 access.

Only athletes, officials, coaches, and meet volunteers may be on deck during warm-ups and/or competition. The 650 bleacher seats on deck are reserved for swimmers only. No outside chairs are permitted in the stands or on deck.

Locker rooms are reserved for athlete use. Separate rest room facilities are available for officials, coaches, and volunteers.

All spectators must comply with the Greensboro Coliseum Complex Bag Policy. Permitted Bags:

- Clear Bags: Clear vinyl or plastic bags, one-gallon Ziploc-style storage bags, and clear vinyl or plastic backpacks, measuring no larger than 12" x 6" x 12".
- Small Clutch Bags: Small bags up to 4.5" x 6.5" (approximately the size of a hand), with or without a handle or strap, do not have to be clear.
- Medical Bags: Medical bags, including diaper bags when accompanied by a child, will be inspected before entry.

Greensboro Coliseum Complex personnel reserve the right to deny entry to any bag or item that is deemed unsafe for admission. Guests who do not follow building policies or decline to be inspected may be denied entry or required to leave the venue. Greensboro Coliseum Complex does not provide a bag check or lockers for bags. All bags left in lobbies/hallways will be discarded.

The host team will ensure the required course dimensions.

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.

CLASSIFICATION An LSC Age Group Championship meet in preliminaries/finals and 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, and the NCS Safety Program. The NCS Scratch Rule is in effect for this meet.

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 102.8.1.F, 12 & Under athletes may not compete in Technical Suits at this meet.**
A Technical Suit is one that has the following components:
a. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
b. Any suit with woven fabric extending past the hips

REGISTRATION All athletes entering this meet must be registered with North Carolina Swimming as Premium or Outreach USA Swimming members. There will be no on deck registration available at this meet.

ELIGIBILITY This meet is open to properly registered North Carolina Swimming Premium or Outreach 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.

Swimmers qualifying in the 800M Freestyle automatically qualify for the 1500M Freestyle and vice versa.

FLEX MEMBERS Flex members are NOT eligible for this meet. All Flex memberships must be converted to Premium or Outreach 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.

SAFE SPORT 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.

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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms, behind the starting blocks, or from over the lanes at the turn or start end. 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 without the use of a backstroke ledge. When unaccompanied by a member -coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer's guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer's team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only 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	6:00 PM	ENTRY DEADLINE and DEADLINE TO UPDATE SEED TIMES IN OME
Tuesday of meet week	6:00 PM	Deadline for corrections*, verification of membership upgrade for Flex athletes, and proof of override times
Wednesday of meet week	8:00 PM	Technical Meeting on Zoom

*Entry lists will be emailed to teams by 11:59PM 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 and relay only swimmers) carefully and submit any corrections prior to the Tuesday 6:00 PM correction deadline. Entry times may not be updated after the Monday entry 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, 2024 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 to enter the automatic qualification event.

RELAY ENTRIES

Relay qualifying times are not required to be provable (times will not be checked) 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 Travel Fund surcharge and 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 by June 1 or may be obtained via email request to the Entry Coordinator at 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 14th** at **6:00 PM**. Coaches may update entry times in the OME file until Monday of meet week entry deadline at 6:00 PM even after check out. **OME WILL NOT AUTOMATICALLY** update times. Entry times will not be updated after the 6:00 PM entry deadline.

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 or Outreach 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. Entry times can be updated in OME until the Monday entry deadline and will NOT be updated during the correction period.

Entries for athletes qualifying with Para Motivational Times will be accepted by email to 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 except seed times 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 [BB 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. Failure to provide advance notice may limit the host team's ability to accommodate all requests. To request accommodation or modification for swimmers with disabilities, coaches should complete the [USA Swimming Accommodation Form](#) and submit it to the Meet Referee and Meet Director prior to the entry deadline.

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 may 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: **Star Aquatics**

Individual Event	\$10.00 per event
Relay Event	\$12.00 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers.
Facility Surcharge	\$20.00 per swimmer, including relay only swimmers
Late Entry Fees	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 individual 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 women and men. A combined women's/men's 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 women swim first slow to fast, followed by the **fastest 4 heats** of men swum slow to fast. The remaining heats will swim fast to slow, alternating women and men. A combined women's/men's 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 women and men 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 women and men. A combined women's/men's 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 women slow to fast, then fastest two heats of men slow to fast, followed by remaining heats fast to slow alternating women and men.
- 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 (up to) three heats of each event will swim slow to fast alternating girls and boys as indicated in the Order of Events. If there are more than 6 total heats, additional 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 and Age Group Coordinator.

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 during the finals session on Friday, Saturday, and Sunday. The events will be deck seeded after positive check in and will swim interspersed with the 13-14 Finals events as indicated in the Order of Events.

The fastest (up to) three positively checked in heats of each 200 event will be swum slow to fast. 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 and Age Group Coordinator.

- If there are only 4 total heats, a 5-minute break will be observed in place of the last set of heats.
- If there are only 2 total heats, a 5-minute break will be observed in place of each of the last two sets of heats.
- If there are more than 6 total heats, extra heats 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 extra 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. 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 or in response to misbehavior in the locker rooms. The Meet Director, facility director, Age Group Coordinator, or Meet Director will eliminate access to locker rooms and changing areas should vandalism or other improper behavior occur in these areas during the meet.

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

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.

AWARDS

There will be no 13-14 awards ceremonies. If timelines permit, 11-12 and 10&U award ceremonies will be held during the afternoon sessions according to the schedule announced at the Technical Meeting.

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.

READY ROOM

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.

RESULTS

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.

COACHES

There will be a virtual Technical Meeting on Wednesday prior to the meet at a time to be announced.

Coaches are responsible for any information presented at the meeting. Meetings may also be held at other times announced by the Meet Referee.

USA SWIMMING MEMBERSHIP REQUIREMENTS FOR COACHES AND OFFICIALS/ CREDENTIALS

All **coaches** 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.

All **officials** 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.

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.

OFFICIALS

An online signup sheet will be made available on www.SwimNC.com 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.

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.

This meet has been designated as a USA Swimming Official Qualification Meet: certification for N2 S&T, CJ, DR, AR; re-certification for N2 all positions; certification and re-certification for N3 S&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.

**ELIGIBILITY AND
TECHNICAL JURY**

An Eligibility and Technical Jury will be jointly appointed by the Operations Vice Chair and Meet Referee or their designees consisting of one NCS registered coach, one NCS registered swimmer, and one NCS registered non-coach/non-athlete member should an eligibility or technical protest arise.

**HOSPITALITY
AND
CONCESSIONS**

Hospitality will be available to all coaches and officials. [Concessions will be sold in the main hallway and all purchases are cashless.]

**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. [Greensboro Aquatic Center, Inc., STAR Aquatics, 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.



2025 NORTH CAROLINA SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIP ORDER OF EVENTS

THURSDAY EVENING		Warm-ups 1:30-2:55 PM	Timed Finals 3:00
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 women's & men's 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 women's & men's 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 women & men will swim in finals. No AM/PM option. Swimmers must provide their own counters.



2025 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.



2025 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.

**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.

**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.

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



2025 North Carolina Swimming Long Course Age Group Championships Qualifying Time Standards

		FEMALE			MALE		
EVENT		10&U	11-12	13-14	10&U	11-12	13-14
50 Free	LCM	35.99	30.89	29.09	36.29	30.79	27.59
	SCY	31.49	27.19	25.29	31.49	26.99	23.99
100 Free	LCM	1:19.99	1:07.69	1:03.29	1:20.89	1:07.79	59.89
	SCY	1:10.29	58.79	55.19	1:10.29	58.49	51.89
200 Free	LCM	2:55.89	2:27.99	2:19.49	2:54.29	2:27.69	2:12.19
	SCY	2:32.99	2:09.59	1:59.99	2:32.29	2:08.79	1:54.99
400 Free	LCM	5:54.29	5:17.29	4:55.39	5:51.49	5:20.39	4:38.49
500 Free	SCY	6:27.49	5:48.29	5:23.09	6:24.29	5:49.19	4:59.19
800 Free 1000 Free	LCM	X	X	10:10.19	X	X	9:43.29
	SCY	X	X	11:20.19	X	X	10:43.79
1500 Free 1650 Free	LCM	X	X	19:27.49	X	X	18:34.19
	SCY	X	X	18:52.89	X	X	17:55.89
50 Back	LCM	43.19	36.19	X	42.69	35.39	X
	SCY	36.09	31.29	X	37.19	30.89	X
100 Back	LCM	1:33.49	1:17.19	1:11.99	1:33.79	1:18.69	1:08.69
	SCY	1:20.09	1:07.19	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	41.19	X	48.79	42.09	X
	SCY	41.49	35.39	X	42.79	36.29	X
100 Breast	LCM	1:47.09	1:30.09	1:24.49	1:48.39	1:31.69	1:19.49
	SCY	1:31.89	1:17.29	1:12.59	1:33.59	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	33.39	X	41.39	34.09	X
	SCY	36.29	29.69	X	36.69	30.19	X
100 Fly	LCM	1:37.99	1:17.09	1:11.59	1:37.99	1:18.19	1:07.09
	SCY	1:26.09	1:08.09	1:02.19	1:26.09	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	2:45.49	2:36.79	3:20.59	2:47.49	2:28.39
	SCY	2:54.19	2:25.29	2:16.29	2:54.19	2:26.39	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



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.

2025 NORTH CAROLINA SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIP MANDATORY Entry Fee Summary Report and Waiver

Club Name	
Club Code	
Address	
Head Coach	
Name	
Email	
Cell Phone	
Main Coach Contact to receive ALL Meet Communications during meet if not the Head Coach	
Name	
Cell Phone	
Other Coaches Attending Meet	
Name	
Name	
Name	
Name	
Name	

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

Signature _____ Date _____

Release Statement: USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., [STAR Aquatics, GREENSBORO COLISEUM, OAK VIEW GROUP, GAC, CITY OF GREENSBORO] 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 [STAR Aquatics and mail to PO Box 16311 High Point, NC 27261] or submit to the Meet Director with this form no later than the start of warmups on Thursday.

	Number		Fee
# Qualifiers			
# Relay Only Swimmers			
# 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	\$
TOTAL AMOUNT DUE			\$

Local Information:

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