

**2024 NCAC Spring Tar Heel States**

Hosted by NCAC

March 21-24th 2024

Held at Koury Natatorium, 400 Skipper Bowles Drive, Chapel Hill, NC 27514

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

**Sanction #NC24072**

|  |  |
| --- | --- |
| **MEET DIRECTOR** | **MEET ENTRY COORDINATOR** |
| Alex Ariosto  [CoachAlexNCAC@gmail.com](mailto:CoachAlexNCAC@gmail.com)  Gretel Brandau  [NCACprograms@gmail.com](mailto:NCACprograms@gmail.com) | Alex Ariosto  [CoachAlexNCAC@gmail.com](mailto:CoachAlexNCAC@gmail.com)  Christopher Pfaffenroth  [pfaffenc@gmail.com](mailto:pfaffenc@gmail.com) |
| **MEET REFEREE** | **MEET MARSHAL** |
| Jeff Baker  jeffreyharrisbaker@yahoo.com | Patti Miller coachpattincac@gmail.com  Justin Wright justin.wright.swim@gmail.com |

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| **FACILITY AND HOST TEAM REQUIREMENTS** | NCAC has discussed specific health and safety procedures with the venue management. At this time, the facility and NCAC have no additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet. | |  |
| **FACILITY** | *Koury Natatorium; 400 Skipper Bowles Dr., Chapel Hill, NC, 27514*  *-The pool is an 8-lane, 25-yard course pool with non-turbulent lane markers and deck-*  *anchored starting blocks. At its most shallow point, the pool measures seven feet in depth while the pool is 18 feet at its deepest point. The Colorado Timing system with touchpads will be used along with buttons and watches in each of 8 nine-foot-wide lanes for competition. Locker rooms for women and men are available. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, rest rooms, or locker rooms. NCAC will ensure the correct competition course dimensions. There will be (2) stop watches and (1) stop button at each lane. Lifeguards will provide first aid.*  *Deck Changing is not allowed during the meet in the facility. Competitors are not permitted access to any areas of the Smith Center (UNC Basketball Arena). Any competitors found trespassing may be removed from the meet. Locker Rooms will be designated for 17U on the pool deck, and a 18O locker room that is in the entry hallway.* | |
| **MEET FORMAT** | | This is a prelim/final & timed final meet.  Session start times are subject to change based on entry numbers and meeting required timelines. Any updates will be sent out on the Monday of meet week.  \*Saturday & Sundays 13&O events will be swum as prelims in the morning and  finals in the evening. All 13-14 and 15&O events will be combined during  Saturday and Sunday prelims. The event finals will be separated out into the  appropriate age group and gender (13-14 and Open).\* |

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| **Session** | **Day** | **Warm-up** | **Meet Start** | **Age Group** |
| 1 | Thursday, Mar 21 | 5:00 PM | 6:00 PM | Open |
| 2 | Friday, Mar 22 | 4:00 PM | 5:00 PM | Open |
| 3 | Sat, Mar 23 | 7:00 AM | 8:30 AM | 13 & O Prelims |
| 4 | Sat, Mar 23 | 12:00 PM | 1:00 PM | 12 & U Timed Finals |
| 5 | Sat, Mar 23 | 5:00 PM | 6:00 PM | 13 & O Finals |
| 6 | Sun, Mar 24 | 7:00 AM | 8:30 AM | 13 & O Prelims |
| 7 | Sun, Mar 24 | 12:00 PM | 1:00 PM | 12 & U Timed Finals |
| 8 | Sun, Mar 24 | 5:00 PM | 6:00 PM | 13 & O Finals |

**DEADLINE AND MEETING SUMMARY**:

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| **Day, Date** | **Time** | **For** |
| Monday, Mar 11th | 12:00 PM | Entry Deadline |
| Each Day | 30 minutes before each session start | Timers Meeting |
| Each Day | 45 minutes before each session start | Officials Meeting |

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| **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.** |
| **TECHNICAL SUIT BAN for 12&Us** | **Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet**.  A Technical Suit is one that has the following components:   * Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or * Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type. |
| **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. |
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| **SAFE SPORT** | The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.    Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.  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 swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time. |
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| **ELIGIBILITY** | All swimmers must be registered with USA Swimming, Inc. to compete in this meet. All Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to entry deadline. Entries listed as “Registration Applied For” will not be accepted. **There will be no on deck registration available at this meet.** |
| **MEMBERS WITH DISABILITIES OR**  **MEDICAL CONDITIONS** | NCAC welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit NCAC’s ability to accommodate all requests. |
| **ENTRIES** | 1. Entries must be submitted via e-mail using Hy-Tek Team Manager, and it is  recommended that hard copy Hy-Tek printout be sent as a backup. Electronic  entries will take precedence over printed copy in case of discrepancies. Any e-  mail entry received will be acknowledged by a confirmation e-mail. If you do  not get a confirmation e-mail, your entry has not been processed.  2. Entries must show swimmer’s USA ID and actual age of swimmer as of *Thursday March 21st 2024.*  3. Entry fees must be received no later than the first session of the meet. Make  checks payable to North Carolina Aquatic Club.  4. Swimmers ages 18 and over must have completed the USA Swimming Athlete  Protection Training required by the MAAPP by the time the Meet Recon is  complete on Sunday, March 19th 2024 otherwise those swimmers could be  removed from the meet.  5. A swimmer’s age on the first day of the meet will determine their age for the entire meet. |
| **ENTRY LIMITATIONS** | Swimmers may swim up to three (3) individual events per day, and up to one (1) relay event per day. Swimmers may compete in up to ten (10) individual events for the meet.  13-14 Swimmers with ESSZ Age Group Sectionals and 15 & O Swimmers with ESSZ Senior Sectionals time standards ***may only swim this event in prelims.***  12 & U Swimmers with ESSZ Age Group Sectional times are encouraged to not compete in the events that they have standards for.  50 Butterfly, 50 Backstroke, 50 Breaststroke, 100 IM, 400 IM, 500 Freestyle, and 1000 Freestyle will not have these restrictions. |
| **ENTRY VERIFICATION** | An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt. |
| **ENTRY DEADLINES** | The Meet Entry Coordinator must receive entries by Monday March 11th 2024 listed in the Deadline and Meeting Summary**.** Late entries may be accepted on deck at the discretion of the Meet Referee, if empty lanes are available. There will be no on deck entries. |

**ENTRY FEES**

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| **Make Checks payable to: North Carolina Aquatic Club. All fees are non-refundable.** | |
| Individual Events | $9.00 per event |
| NC Travel Fund | $3.00 per swimmer |
| Facility Surcharge | $20.00 per swimmer |
| Relay Events | $18.00 per relay |
| Late Entry Fee | $18.00 per individual event /$36.00 relay |

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| **SEEDING** | The conforming time standard for this meet is Short Course Yards. Swimmers will be seeded and swim slowest to fastest in events 200 yards and under by gender. All events 400 yards and over will be swum fast to slow and as mixed gender.  Prelims will be swum as 13 & Overs combined in events for each gender, and separated into Top 16 13-14s and Top 16 15 & O in finals. |
| **CHECK-IN** | There will be positive check-in for all events in Session 1 & 2: Open 400 IM, Open 500 Free, Open 1000 Free, 12 & U 200 IM, 12 & U 200 Free. Positive Check in deadline will be 30 minutes prior to the session start. |
| **SCRATCH RULES** | The North Carolina Scratch Rule is in effect for this meet (see attached). |
| **SCORING** | This meet will not be scored. |
| **FINALS** | Top 16 swimmers will qualify for an A & B Final for 13-14 & 15&O. B Finals will swim first, then A Finals during finals sessions. |
| **AWARDS** | There will be no awards for this meet. |
| **RESULTS** | Results will be posted on the NCAC website within 24 hours of the meets conclusion. At the conclusion of the meet, teams may obtain Hy-Tek meet results files via email attachment. |
| **COACHES** | All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their virtual membership card upon request. A coaches meeting may be held at the meet referee’s discretion. Meet Management requests that at least one coach representative from each team attend all coaches’ meetings. |
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| **OFFICIALS/TIMERs/VOLUNTEERS** | There will be a need for officials. **NCAC** welcomes and encourages anyone willing to volunteer. Volunteering Officials should contact the Meet Referee by email **prior to the meet.** All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet/session. There will be a meeting at the day(s)/time(s) listed in the “Deadline and Meeting Summary” above. All officials are strongly encouraged to complete an individual personal review of applicable USAS rules prior to the meet. Officials should report at the time specified by the Meet Referee and bring a mask (if necessary) and a writing utensil. |
| **HOSPITALITY/**  **CONCESSIONS** | There will be a hospitality area open to all coaches, officials and volunteers. A concession stand will be open in the seating area. |
| **WARM-UP** | In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/down by the diving well. **There is to be no diving or horseplay in this area.** |
| **WAIVER/RELEASE** | As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. NCAC, University of North Carolina, Koury Natatorium, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team’s swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet. |
| **IMAGE RELEASE** | All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team’s head coach and the Meet Director prior to the meet. |

**ORDER OF EVENTS**

***Session 1- Timed Finals***

***Thursday, March 21 2024***

***Warm-up: 5:00PM; Meet Start: 6:00PM***

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| **Mixed** | **Event** |  |
| 1 | Mixed Open 400 IM |  |
| 2 | Mixed Open 500 Free |  |

***Session 2- Timed Finals***

***Friday, March 22nd 2024***

***Warm-up: 4:00 PM; Meet Start: 5:00 PM***

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| **Mixed** | **Event** |  |
| 3 | Mixed 12 & U 200 IM |  |
| 4 | Mixed Open 1000 Free |  |
| 5 | Mixed 12 & U 200 Free |  |

***13 & O Saturday, March 23rd 2024***

***Session 3- Prelims: Warm-up: 7:00 AM; Meet Start: 8:30 AM***

***Session 5- Finals: Warm-up: 5:00 PM; Meet Start: 6:00 PM***

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| **Girls/Women** | **Event** | **Boys/Men** |
| 7 | Open 200 Backstroke | 8 |
| 9 | Open 50 Breaststroke | 10 |
| 11 | Open 100 Free | 12 |
| 13 | Open 200 Breaststroke | 14 |
| 15 | Open 50 Backstroke | 16 |
| 17 | Open 100 Fly | 18 |
| 19 | Open 200 IM | 20 |
| **101** | **13-14 200 Medley Relay \*\*\*** | **102** |
| **103** | **15 & O 200 Medley Relay\*\*\*** | **104** |

**\*\*\*13-14 & 15 & O 200 Medley Relay to be swum with finals.**

***Session 4- 12&U Timed Finals***

***Saturday, March 23rd 2024***

***Warm-up: 12:00 PM; Meet Start: 1:00 PM***

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| **Girls/Women** | **Event** | **Boys/Men** |
| 21 | 11-12 200 Medley Relay | 22 |
| 23 | 10 & U 200 Medley Relay | 24 |
| 25 | 8 & U 100 Medley Relay | 26 |
| 27 | 11-12 200 Backstroke | 28 |
| 29 | 10 & U 50 Breaststroke | 30 |
| 31 | 11-12 50 Breaststroke | 32 |
| 33 | 12 & U 25 Backstroke | 34 |
| 35 | 10 & U 100 Free | 36 |
| 37 | 11-12 100 Free | 38 |
| 39 | 10 & U 50 Backstroke | 40 |
| 41 | 11-12 50 Backstroke | 42 |
| 43 | 12 & U 25 Breaststroke | 44 |
| 45 | 10 & U 100 Fly | 46 |
| 47 | 11-12 100 Fly | 48 |
| 49 | 11-12 200 Breaststroke | 50 |

***13&O Sunday, March 24th 2024***

***Session 6- Prelims: Warm-up: 7:00 AM; Meet Start: 8:30 AM***

***Session 8- Finals: Warm-up: 5:00 PM; Meet Start: 6:00 PM***

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| **Girls/Women** | **Event** | **Boys/Men** |
| 51 | Open 200 Freestyle | 52 |
| 53 | Open 50 Butterfly | 54 |
| 55 | Open 100 Breaststroke | 56 |
| 57 | Open 50 Freestyle | 58 |
| 59 | Open 200 Butterfly | 60 |
| 61 | Open 100 Backstroke | 62 |
| 63 | Open 100 IM | 64 |
| **105** | **13-14 200 Free Relay\*\*\*** | **106** |
| **107** | **15 & O 200 Free Relay\*\*\*** | **108** |

**\*\*\*13-14 & 15 & O 200 Free Relay to be swum with finals.**

***Session 7- 12&U Timed Finals***

***Sunday, March 24th 2024***

***Warm-up: 12:00 PM; Meet Start: 1:00 PM***

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| **Girls/Women** | **Event** | **Boys/Men** |
| 65 | 11-12 200 Free Relay | 66 |
| 67 | 10 & U 200 Free Relay | 68 |
| 69 | 8 & U 100 Free Relay | 70 |
| 71 | 11-12 50 Butterfly | 72 |
| 73 | 10 & U 50 Butterfly | 74 |
| 75 | 12 & U 25 Free | 76 |
| 77 | 11-12 100 Breaststroke | 78 |
| 79 | 10 & U 100 Breaststroke | 80 |
| 81 | 11-12 50 Freestyle | 82 |
| 83 | 10 & U 50 Freestyle | 84 |
| 85 | 12 & U 25 Butterfly | 86 |
| 87 | 11-12 100 Backstroke | 88 |
| 89 | 10 & U 100 Backstroke | 90 |
| 91 | 11-12 200 Fly | 92 |
| 93 | 10 & U 100 IM | 94 |
| 95 | 11-12 100 IM | 96 |

**2024 NCAC Spring Tar Heel States**

**Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to North Carolina Aquatic Club):

NCAC

100 Europa Drive Suite 460

Chapel Hill, NC 27517

Email to: CoachAlexNCAC@gmail.com

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| --- | --- |
| Team Name |  |
| Club Code |  |
| Coach |  |
| Coach Phone |  |
| Coach Email |  |
| Team Address |  |

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| --- | --- | --- | --- |
| Item | Total Number | Cost per | Total |
| Individual Entries |  | *$9.00 per event* |  |
| Relay Entries |  | *$18.00* |  |
| Swimmers (Travel Fund & Facility Surcharge) |  | *$23.00 per swimmer* |  |
| **Total Fees Due** |  |  |  |

**Waiver, Acknowledgement and Liability Release:**

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. NCAC, University of North Carolina, Koury Natatorium, 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. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my 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.

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SIGNATURE (Coach or Club Representative) CLUB

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TITLE DATE

**NORTH CAROLINA SCRATCH RULE**

208.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper

meet authorities promptly upon call. The meet announcement shall specify all mandatory check-in and scratch deadlines and

procedures.

.1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.

.2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part,

who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the

seeding for that event has begun that the swimmer wishes to scratch or as noted in 208.3.4 A or D.. Failure to scratch prior

to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the

swimmer entered in the meet. Unless the meet announcement states otherwise, events seeded on the deck shall be closed

for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or

longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch

deadline occurs after the beginning of the meet and is announced in the meet announcement.

.3 Preliminary and Finals Events

A. Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be

penalized. If the preliminary heat is seeded on the deck then 208.3.2 applies

B. Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to

compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as

noted in 208.3.4. 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.