



C A R O L I N A

2024 SwimMAC B/C Championship

Hosted by SwimMAC Carolina

Saturday, March 2 – Sunday, March 3, 2024

Held at Huntersville Family Fitness & Aquatics (HFFA)

11725 Verhoeff Dr, Huntersville, NC 28078; Phone (704) 766-2222

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

**Sanction #NC24017**

<b>MEET DIRECTOR</b> John Rice westglacier@gmail.com 336-255-5936	<b>MEET ENTRY COORDINATOR</b> Jeffrey Childs Jeffrey@rileychilds.net
<b>MEET REFEREE</b> Jason Bennett <a href="mailto:Zoeytheboxer@gmail.com">Zoeytheboxer@gmail.com</a>	<b>MEET MARSHAL</b> Ben Keast <a href="mailto:bkeast@swimmaccarolina.org">bkeast@swimmaccarolina.org</a> Ariel Hopper <a href="mailto:ahopper@swimmaccarolina.org">ahopper@swimmaccarolina.org</a>

**FACILITY**

HFFA is a 12,952 square-foot pool area featuring a 50-meter by 25-yard Paddock Pool racing tank. The pool depth ranges from 6 feet at the starting end to 17 feet at the far end (diving) of the pool, with eight, 9-foot-wide lanes with non-turbulent lane lines. Paragon starting blocks will be used for competition in accordance with the USA Swimming diving depth guidelines. The facility also features a Colorado 6 timing system, including touchpads, one button, and an eight-lane scoreboard. Hy-Tek Meet Manager software will be used. Two (2) Watches will also be used as a backup in each lane. The pool has two bulkheads for 2–25-yard pools with eight lanes each. In the 25-yard competition pool, using the scoreboard end of the pool, the pool depth ranges from 6 feet at the start end to 6 feet 9 inches at the turn end. On the pool's diving well end, the 25-yard pool has a pool depth of 7 feet at the start end to 17 feet on the turn end. There will be continuous warmup and warm-down lanes available after the bulkheads. SwimMAC will work with the facility to ensure the required course dimensions are valid. 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, properly positioned, and anchored.

***There will be limited "In-Person" spectator viewing. Spectators are confirmed to the pool's bleachers on Lane 8 side. The meet will be live streamed via YouTube and/or Instagram live.***

**MEET FORMAT**

All events will be conducted on a timed final basis. Events may be combined at the discretion of the Referee and Meet Management. All events will swim from slowest to fastest. Individual Events or Relays may be limited or eliminated if required to conform to 4 hours rule.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	8:00 AM	9:00 AM	10&U
2	Saturday	Not before 12:30 PM	1:30 PM**	11&O
3	Sunday	8:00 AM	9:00 AM	10&U
4	Sunday	Not before 12:30 PM	1:30 PM**	11&O

**\*\*Swimmers in the Saturday PM and Sunday PM sessions will be allowed at least 30 minutes in the competition course for Warm-Up.**

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For:
Wednesday, February 21st	5 pm	Entry deadline
Saturday, March 2	7:45 AM/12:15 PM	Coaches Meeting
Saturday, March 2	9:00 AM/1:30 PM	Relay Cards are Due
Sunday, March 3	1:30 PM	Positive Check-In for the 500 Freestyle
Saturday/Sunday, March 2 and 3, 2024	20 Min before the session	Timer Briefing
Saturday/Sunday, March 2 and 3, 2024	45 Min before the session	Session Official Briefings

**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-high regardless of the seam type.

**MAAPP**

All 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 MAAPP is a condition of participation in the conduct of this competition.

**SAFE SPORT**

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in workout rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign

a marshal to monitor warm-up sessions and locker rooms in addition to the host team marshal.

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 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 an 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, coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

## ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to the entry deadline. All Adult Athletes must be APT-certified to compete. Entries listed as Registration Applied for will not be accepted. There will be no on-deck registration available at this meet. **There will be no on-deck registration available at this meet.** The 2021-2024 NAG Time Standards are in effect for this meet. **These sessions are for 12 & Under B or below swimmers and all Senior Development swimmers between the ages of 13-14.**

## MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

SwimMAC 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 SwimMAC's ability to accommodate all requests.

## ENTRIES

Entries must be submitted via email in submitted in Hy-tek format, no hard copy entry forms. Email must be emailed to the Meet Entry Coordinator by the entry deadline. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline. A swimmer's age on the first day of the meet will determine their age for the entire meet. SwimMAC entries will be entered until the four/eight-hour rule is reached. Entries received thereafter will be returned immediately. Meet management reserves the right to scratch and/or add relays as needed. Meet Management also reserves the right to limit the number of participants in the meet

**ENTRY LIMITATIONS** Swimmers are limited to four (4) individual events plus 1 relay per day, and a total of eight (8) individual events and the (2) relays for the weekend.

**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 the date and time listed in the Deadline and Meeting Summary. No late entries will be accepted. There will be no on-deck entries.**

**ENTRY FEES**

<b>Make checks payable to: SwimMAC Carolina; All fees are non-refundable</b>	
Individual Event	\$7.00 per event
Relays	\$14.00 per Relay
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$20.00 per swimmer
Late Entry Fee	\$14.00 per event

**SEEDING** The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order. The 500 freestyles will be swum fastest to slowest, starting with all girls and followed by all boys. Meet management reserves the right to combine Men's and Women's events as needed.

**CHECK-IN** Events 400 yards or longer are positive check-in event. Swimmers who fail to check in by the deadline will be scratched from the event. **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 is entered in the meet.** See Deadline and Meeting Summary for Deadlines.

**SCRATCHES** There will be no penalty for scratching pre-seeded events at the block. Failure to compete in a positive check-in event will result in the swimmer being barred from the next individual event they are entered in.

**SCORING** None

**AWARDS** **8&U events** ' ribbons will be awarded to the top eight 7-year-olds and the top eight 8-year-olds per individual event.  
**10&U events** ' ribbons will be awarded to the top eight 9-year-olds and the top eight 10-year-olds per individual event.  
**12&U events** ' ribbons will be awarded to the top eight 11-year-olds and the top eight 12-year-olds per individual event.  
**Relay events** ' ribbons will be awarded to the top three relays in each relay event.

**RESULTS** Results will be posted on the SwimMAC website within 24 hours of the meet's conclusion. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or 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 Deck Pass virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings 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.

## OFFICIALS/TIMERS/ VOLUNTEERS

There will be a need for officials. SwimMAC welcomes and encourages anyone willing to volunteer. Volunteering Officials are encouraged to 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. Meetings may be in-person at the meet or virtual in advance and assignments may be communicated electronically prior to each session. 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 and a writing utensil.

## HOSPITALITY/ CONCESSIONS

There will be a hospitality area open to all coaches and officials.

## 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 Marshall 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. **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. SwimMAC Carolina, HFFA, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

## IMAGE RELEASE

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet, such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in a 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.

**2024 SwimMAC B/C Spring Championship**

**Order of Events**

**Saturday AM, March 2, 2024**

**Session 1**

**Warm-Up: 8:00 AM; Meet Start: 9:00 AM**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
<b>1</b>	<b>10&amp;U 200 Free Relay</b>	<b>2</b>
<b>3</b>	<b>8&amp;U 200 Free Relay</b>	<b>4</b>
<b>5</b>	<b>10&amp;U 100 Freestyle</b>	<b>6</b>
<b>7</b>	<b>8&amp;U 50 Freestyle</b>	<b>8</b>
<b>9</b>	<b>10&amp;U 50 Fly</b>	<b>10</b>
<b>11</b>	<b>8&amp;U 25 Fly*</b>	<b>12</b>
<b>13</b>	<b>10&amp;U 100 Back</b>	<b>14</b>
<b>15</b>	<b>8&amp;U 50 Back</b>	<b>16</b>
<b>17</b>	<b>10&amp;U 50 Breast</b>	<b>18</b>
<b>19</b>	<b>8&amp;U 25 Breast*</b>	<b>20</b>
<b>21</b>	<b>10&amp;U 200 IM</b>	<b>22</b>
<b>23</b>	<b>8&amp;U 100 IM</b>	<b>24</b>

**\*25 Yd events will start at Turn End**

**Session 2**

**Warm-up: 12:30 PM; Meet Start: 1:30 PM**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
<b>25</b>	<b>11-12 200 Free Relay</b>	<b>26</b>
<b>27</b>	<b>13-14 200 Free Relay</b>	<b>28</b>
<b>29</b>	<b>11-12 100 Free</b>	<b>30</b>
<b>31</b>	<b>13-14 200 Free</b>	<b>32</b>
<b>33</b>	<b>11-12 50 Fly</b>	<b>34</b>
<b>35</b>	<b>13-14 100 Back</b>	<b>36</b>
<b>37</b>	<b>11-12 100 Back</b>	<b>38</b>
<b>39</b>	<b>13-14 200 Fly</b>	<b>40</b>
<b>41</b>	<b>11-12 50 Breast</b>	<b>42</b>
<b>43</b>	<b>13-14 100 Free</b>	<b>44</b>
<b>45</b>	<b>11-12 200 IM</b>	<b>46</b>
<b>47</b>	<b>13-14 200 Breast</b>	<b>48</b>

# ORDER OF EVENTS

Sunday, March 3, 2024

## Session 3

Warm-Up: 8:00 AM; Meet Start: 9:00 AM

Girls/Women	Event	Boys/Men
49	10&U 100 IM	50
51	8&U 25 Free*	52
53	10&U 50 Free	54
55	8&U 50 Breast	56
57	10&U 100 Breast	58
59	8&U 25 Back*	60
61	10&U 50 Back	62
63	8&U 50 Fly	64
65	10&U 100 Fly	66
67	8&U 100 Free	68
69	10&U 200 Free	70

\*25 Yd events will start at Turn End

## Session 4

Warm-up: 12:30 PM; Meet Start: 1:30 PM

Girls/Women	Event	Boys/Men
71	11-12 100 IM	72
73	13-14 200 IM	74
75	11-12 50 Free	76
77	13-14 50 Free	78
79	11-12 100 Breast	80
81	13-14 100 Breast	82
83	11-12 50 Back	84
85	13-14 200 Back	86
87	11-12 100 Fly	88
89	13-14 100 Fly	90
91	11-12 200 Free	92
93	13-14 500 Free**	94
95	11-12 500 Free**	96

\*\*Positive Check-in required. Swimmers must provide own counter.

**2024 SwimMAC B/C Spring Championship**

**Summary of Fees/Release Form**

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

SwimMAC Carolina  
ATTN: Kim DeCann  
9850 Providence Rd  
Charlotte, NC 28270

Email to: [kdecann@swimmaccarolina.org](mailto:kdecann@swimmaccarolina.org)

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$7 per event	
Relay Entries		\$14.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$23 per swimmer	
Late Fee		\$14.00 per event	
<b>Total Fees Due</b>			

**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. Mecklenburg Aquatic Club (DBA SwimMAC Carolina), HFFA, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. 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.

\_\_\_\_\_  
SIGNATURE (Coach or Club Representative)

\_\_\_\_\_  
CLUB

\_\_\_\_\_  
TITLE

\_\_\_\_\_  
DATE