



2024 North Carolina Swimming Short Course Age Group Championships



Hosted by TAC Titans
Thursday, February 15 – Sunday, February 18, 2024
at Triangle Aquatic Center

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

ENTRY DEADLINE Monday, 2/12/2024, 6:00 PM

Qualification period: 9/1/2022-2/11/2024

Sanction #NC24008

MEET DIRECTOR		OME MEET ENTRY COORDINATORS	
Lana Sanders mymeetentry@gmail.com 919-696-0642		Trish Martin/Lynn Tippets-Fazen OME@NCSwim.org (336) 327-3697/(858) 735-8803	
MEET REFEREE	ADMIN REFEREE	MEET MARSHALS (M & F)	
		Matt Cardenas (m) Katy Davis (f)	

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:** Triangle Aquatic Center

Address: 275 Convention Drive, Cary, NC 27511

Facility/Pool Specifications: The Triangle Aquatic Center (TAC) provides 3 indoor pools and 1 outdoor pool with supporting amenities including a Spectator Stadium and Atrium with combined capacity of up to 2000, full-service café, performance recovery center, hospitality gallery, 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 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. 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 25-yard program pool allows for up to ten (10) warm-up/warm-down lanes at any time. There is a Swiss Timing Quantum timing system with HD video scoreboard. Automatic timing will be used with pads and at least one button and watch per lane as backup. 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 the fenced area lot adjacent to the pool. Illegally parked vehicles are liable to be ticketed or towed by the local Police Department at the owner’s expense.

Locker rooms are reserved for athlete use. Separate rest room facilities are available for officials, coaches, and volunteers. ALL coaches, officials, and meet personnel will be required to wear issued credentials.

Medical supervision available to athletes is as follows: **TAC Lifeguard Certified Team with emergency services offered by the Town of Cary**

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

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.

CLASSIFICATION

An LSC Age Group Championships meet in preliminaries/finals and timed finals formats with qualifying time standards.

REGISTRATION

All swimmers must be properly registered as Premium, Seasonal, or Outreach athletes with USA Swimming/NCS by entry deadline. Flex members are not allowed to compete. There will be no on deck registration available at this meet.

**ELIGIBILITY/
FLEX MEMBERS**

This meet is open to North Carolina Swimming registered swimmers who have achieved the NCS Short Course Age Group Championships qualifying standard for each event entered and are 14 years of age or younger on the first day of the meet.

Flex members are NOT eligible for this meet. All Flex memberships must be upgraded to 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 and Operations Vice Chair approval. If proof is not provided by the start of warm ups on Thursday, the athlete will not be permitted to compete. Entry fees for non-compliant athletes are not refundable.

SCHEDULE

Session	Day	Warm-ups Start NOT BEFORE	Meet Starts NOT BEFORE	Age Groups
1	Thursday	4:30-5:20 PM	5:30 PM	13-14, 11-12
2	Friday	7:00-8:20 AM	8:30 AM	13-14
3	Friday*	12:00-12:50 PM	1:00 PM	11-12
4	Friday*	12:00-12:50 PM	1:00 PM	10&Under
5	Friday*	4:30-5:20 PM	5:30 PM	13-14, 11-12
6	Saturday	7:00-8:20 AM	8:30 AM	13-14
7	Saturday*	12:00-12:50 PM	1:00 PM	11-12
8	Saturday*	12:00-12:50 PM	1:00 PM	10&Under
9	Saturday*	4:30-5:20 PM	5:30 PM	13-14, 11-12
10	Sunday	7:00-8:20 AM	8:30 AM	13-14
11	Sunday*	12:00-12:50 PM	1:00 PM	11-12
12	Sunday*	12:00-12:50 PM	1:00 PM	10&Under
13	Sunday*	4:30-5:20 PM	5:30 PM	13-14, 11-12

*At the sole discretion of the Meet Referee and Age Group Chair, afternoon and final session start times may change after entries are processed. Any session may be altered to accommodate inclement weather situations.

DEADLINES AND MEETINGS SUMMARY

Day	Time	For
No later than Monday 4 weeks prior to the meet	12 Noon	OME Entries Open
Monday of meet week	6:00 PM	OME ENTRY DEADLINE
Tuesday of meet week	6:00 PM	Deadline for Corrections and Proof of Times and Flex membership upgrades to be seeded

Wednesday of meet week	12:00 Noon	No late entries or late entry changes permitted
	8:00 PM ZOOM	Virtual Technical Meeting
Thursday of meet week	4:30 PM	Deadline for Proof of Times and membership upgrades for open lanes in slowest heat
Each Day	1 Hour Before Session	Officials Meeting

RULES

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated. The NCS Scratch Rule will be in effect.

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 Adult Participants 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.

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 the 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.

QUALIFYING PERIOD

Short Course Championships: A swimmer must have achieved the qualifying time listed per event in a USA Swimming sanctioned, approved, or observed meet from September 1, 2022 to 11:59 PM the Sunday night before the Monday meet entry deadline.

EXCEPTION: Entries for new qualifiers or new events achieved by USA Swimming Premium or Seasonal registered swimmers who compete in the NCISAA Championships on the Monday meet entry deadline date will be accepted as on time if they are entered as override times in OME or emailed to the Entry Coordinator by Monday 6:00 PM. Entry times must be proven by Tuesday 6:00 PM for swimmers to be seeded into the new events. Proof consists solely of the official NCISAA meet results. This meet cannot be used to improve seed times in previously entered events.

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 and no more than four (4) events per day.

10 & Under swimmers may ENTER and SWIM up to eight (8) individual events and no more than four (4) events per day.

Swimmers may enter with any provable time from the qualifying period that meets the event requirements.

13-14 swimmers qualifying in the 1650Y Freestyle automatically qualify for the 1000Y Freestyle and vice versa.

- 1650Y Freestyle qualifiers who want to swim the 1000Y Freestyle but do not have a provable 1000Y/800M qualifying time should enter the 1000Y Freestyle event with their 1650Y/1500M Freestyle qualifying time.
- 1000Y Freestyle qualifiers who want to swim the 1650Y Freestyle but do not have a provable 1650Y/1500M qualifying time should enter the 1650Y event with their 1000Y/800M Freestyle qualifying time.
- These alternate event qualifiers will be seeded behind conforming event qualifiers.
- Swimmers are not required to enter or swim the original qualifying event in order to enter and swim the automatic qualifying event.

13-14 swimmers qualifying for the 200Y IM automatically qualify for the 100Y IM and should enter the 100Y IM using their 200Y IM time. Swimmers are not required to enter or swim the original qualifying event in order to enter and swim the automatic qualifying event.

RELAY ENTRIES AND LIMITS

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

The number of relay entries allowed is determined by the number of swimmers per gender per age group from each team who are entered in individual events. At least one swimmer entered in an individual event must swim on each relay team or the relay team will be disqualified:

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

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

Swimmers designated as 'relay only' in OME may ONLY swim relays. Relay only swimmers, including alternates, must be entered on a team's OME roster, listed on the Meet Entry Form, and must pay the required athlete surcharges to be eligible to swim on relays.

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

An events file for organizing entries will be posted on ncs swim.org by December 1 or may be obtained via email request to the Entry Coordinator at OME@NCswim.org. **ON-TIME ENTRIES WILL ONLY BE ACCEPTED FROM USA SWIMMING'S ONLINE MEET ENTRY SYSTEM (OME)** except as noted.

On-Time Entries:

USA Swimming's OME system will be used for on-time entries, including relays. OME will close three (3) days prior to the meet on the **Monday of meet week at 6:00 PM**. OME will open no later than the Monday four (4) weeks before the meet at 12:00 Noon.

Coaches may update entry times in OME until the Monday 6:00 PM entry deadline. **OME WILL NOT AUTOMATICALLY** update times. Entry event changes that cannot be made in OME must be emailed to the Entry Coordinator by the Monday 6:00 PM entry deadline to be considered on time.

Coaches shall confirm OME entries and entry times are correct and complete prior to checking out by the Monday 6:00 PM entry deadline. Only printed copies of original OME entries and rosters will be accepted as proof of administrative or system errors.

Teams are responsible for paying the entry fees as calculated on the Meet Entry Fee Summary page in this meet announcement. OME entry fees may be set to \$0 to avoid credit card processing fees. If this is the case, please continue to check out and we will provide you with a fee statement along with your entry list.

Entry Correction Period

All team contacts listed in OME will receive an entry list by midnight after OME closes on Monday at 6:00 PM. Entry corrections, time corrections, new entries, and requested override proofs must be emailed to the Entry Coordinator by the next day, Tuesday 6:00 PM. Teams should have an internal process in place to ensure corrections and membership upgrades are submitted by the deadline. Corrections will only be accepted from a registered coach with the athlete's team. Each coach email will be acknowledged with an email confirmation for receipt of proof.

No on-time changes will be accepted after Tuesday 6:00 PM after which point the psych sheet will be posted. Any ineligible and unproven entries/swimmers will be flagged and swimmers will not be seeded except as indicated below.

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. If proof is provided to the Admin 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 approval. 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 conducted during the qualification period. Sanction number, date, and location must be provided. Hy-Tek Team Manager or Team Unify results WILL NOT be accepted as proof. If a swimmer cannot prove an entry time, they may not compete in the event. Relay times do not have to be proved.

Proof of Membership

If a Flex member is entered in OME, it is the coach’s responsibility to submit proof of upgrade to the Entry Coordinator no later than 6:00 PM Tuesday, two (2) days before the meet, or the swimmer **WILL NOT** be seeded in any events or be eligible for relays. If proof is provided to the Admin Referee after the meet is seeded and before warm ups begin on Thursday, the swimmer may be added to their event subject to lane availability in the slowest heat and Meet Referee approval.

Late Entries

Any late entry or late changes after Tuesday 6:00 PM will be accepted only with the approval of the Meet Referee and the Age Group Chair, only for open lanes in the slowest heat, and will be subject to the double fees and a \$50 team late fee. No late entries or changes to existing entries will be accepted after Wednesday at 12:00 Noon.

ENTRIES FOR SWIMMERS WITH DISABILITIES

NCS welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Swimmers with disabilities qualifying for the meet according to the published meet time standards should enter via OME. Swimmers with disabilities who prefer to qualify using the Para Motivational Time Standards should contact the NCS Meet Entry Coordinator to submit entries via email by the deadline. Coaches entering swimmers with disabilities who require any accommodations are required to provide advance notice in writing to the Meet Director and Meet Referee by the entry deadline including the need for any personal assistants and/or registered service animals. Failure to provide advance notice may limit the host team’s ability to accommodate all requests.

ENTRY FEES

Please use the Meet Entry Summary Report to calculate amount due. Payment of entry fees plus any assessed fines is due by the beginning of warm ups on Thursday. Make checks payable to:

TAC Titans

Contact the Meet Director to arrange alternate payments.

Individual Event	\$8.00 per event
Relays	\$12.00 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$15.00 per swimmer, including relay only swimmers
Late entry fees	Double plus potential \$50 administrative fine
<i>All fees are non-refundable.</i>	

SEEDING AND FORMAT

The conforming time for this meet is SCY. All times will be seeded by SCY first then LCM. Alternate distance event qualifiers in the 1000Y or 1650Y Freestyles will be seeded behind conforming event qualifiers. Combined heats may be swum and pool assignments changed at the discretion of the Meet Referee.

All events that are 400Y or longer, 11-12 200Y 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.

Swimmers must provide their own counters for Freestyle events 500Y or longer. Counters must be athletes, officials, coaches, or volunteers approved to participate in the meet. Assistance is available for small teams or unattached swimmers. Contact the Meet Referee.

13-14 Individual Events

Except for the 1000Y and 1650Y Freestyles and the 100Y IM, all individual events will be conducted on a preliminary and finals basis. A and B heats will be swum in Finals. The fastest eight (8) qualifying swimmers will compete in the **A Final (Championship)** and the next fastest eight (8) will swim in the **B Final (Consolation)**. **The B Final will swim before the A Final.** Alternates should be ready to swim in the B Final and identify themselves to the starter prior to the start of the event. Both the A and B Finals will be scored and subject to no show penalties.

13-14 1000Y Freestyle

The 13-14 1000Y Freestyle will be swum as a timed final event and deck seeded after positive check in. All heats will be swum fast to slow, alternating girls and boys. If two pools are used, no alternating will occur. A combined girls/boys heat may be swum or pool change made at the discretion of the Meet Referee.

13-14 100Y Individual Medley

Swimmers shall qualify for and enter this event with their 200 IM time. (Coaches, note that the TM/TU Events File indicates that events 3 and 4 are 200 IMs for qualifying standards only. Both events will be contested as 100Y IMs.) Events will be swum as timed final events. All heats will be swum fast to slow, all girls then all boys.

13-14 400Y IM and 13-14 500Y Freestyle

The 13-14 400Y IM and 13-14 500Y 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 four (4) heats of girls will swim first slow to fast, followed by the fastest four (4) heats of boys swum slow to fast, followed by the remaining heats swum fast to slow alternating girls and boys. If two pools are used, no alternating will occur. A combined girls/boys heat may be swum or pool change made at the discretion of the Meet Referee.

13-14 1650Y Freestyle

The 13-14 1650Y Freestyle will be swum as a timed final event and deck seeded after positive check in. The fastest eight (8) positively checked in girls and the fastest eight (8) positively checked in boys will swim in the Sunday Finals session. There will be **NO AM/PM option** for this event. All other heats will be swum at the conclusion of the Preliminaries. These heats will be swum fast to slow alternating girls and boys. If two pools are used, no alternating will occur. A combined girls/boys heat may be swum or a pool change made at the discretion of the Meet Referee.

13-14 Relays

All relays will be timed final events. There is **NO AM/PM option** for relays.

- On Thursday, the 13-14 800Y Freestyle Relays will swim the fastest two (2) heats of girls first slow to fast, followed by the fastest two (2) heats of boys slow to fast, followed by all remaining relay heats, fast to slow, all girls then all boys.
- On Friday, the 13-14 400Y Freestyle Relays will swim at the end of Finals with the fastest two (2) heats of girls swimming first slow to fast, followed by the fastest two (2) heats of boys slow to fast, followed by all remaining relay heats, fast to slow, alternating girls then boys.
- On Saturday, the fastest two (2) heats of the 13-14 400Y Medley relays will swim at the end of Finals, slow to fast, girls then boys, with all remaining heats swimming at the end of Preliminaries, slow to fast, all girls then all boys.
- All 13-14 200Y relays will be swum in the preliminary sessions on Saturday and Sunday, slow to fast, all girls then all boys.

11-12 Individual and Relay Events

All events will be timed finals and swum during the afternoon or evening sessions.

11-12 500Y Freestyle

The 11-12 500Y Freestyle will be swum as a timed final event and deck seeded after positive check in. All heats will be swum slow to fast, alternating girls and boys. If two pools are used, no alternating will occur. A combined girls/boys heat may be swum or pool change made at the discretion of the Meet Referee.

11-12 400 IM, 200Y Backstroke, 200Y Butterfly, 200Y Breaststroke

These 11-12 events will be swum as timed finals. The events will be deck seeded after positive check in. On Thursday evening, the fastest three (3) positively checked in heats of 400 IM will be swum consecutively, slow to fast alternating girls and boys unless two pools are used. 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 11-12 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 and the Age Group Chair.

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 unless two pools are used. **The Meet Referee and Age Group Chair 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 500Y Freestyle

The 10&U 500Y Freestyle will be swum as a timed final event and deck seeded after positive check in. All heats will be swum slow to fast, all girls then all boys. A combined girls/boys heat may be swum or pool change made at the discretion of the Meet Referee.

CHANGES TO MEET FORMAT

Within USA Swimming Rules and with unanimous agreement of the Meet Referee, the Meet Director, and the Age Group Chair, **prior to the first day of the meet**, limited changes may be proposed to the format of the meet to improve competition and to accommodate unforeseen circumstances that arise after the meet is sanctioned. Proposed changes require unanimous agreement of coaches at the Technical Meeting.

NCS reserves the right to amend the format of or protocols for this meet at any time to accommodate severe weather impact or additional COVID-19 safety protocols, capacity limits, etc. that may be put in place at the time of the competition. These amendments do not require approval.

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.

Individual Events		Check-In Deadline	
13-14	1000Y Freestyle	Thursday	4:45 PM
11-12	400Y IM	Thursday	4:45 PM
11-12	200Y Backstroke	Thursday	6:00 PM
13-14	400Y IM	Friday	8:45 AM
10&U	500 Freestyle	Friday	12:30 PM or 30 mins before session start
11-12	200Y Fly	Friday	6:00 PM
13-14	500Y Freestyle	Saturday	8:45 AM
11-12	500Y Freestyle	Saturday	12:30 PM or 30 mins before session start
11-12	200Y Breaststroke	Saturday	6:00 PM

13-14	1650Y Freestyle	Saturday	6:00 PM		
Relay Events		Check-In Deadline		Relay Cards Due	
13-14	800Y Freestyle Relay	Thursday	4:45 PM	Thursday	5:30 PM
13-14	400Y Freestyle Relay	Friday	End of prelims	Friday	5:30 PM
13-14	200Y Freestyle Relay	Friday	5:30 PM	Saturday	7:30 AM
11-12	400Y Freestyle Relay	Friday	12:30 PM or 30 mins before session start	Friday	Start of session
13-14	400Y Medley Relay	Saturday	8:45 AM	Saturday	8:45 AM/ 5:30 PM
11-12	200Y Medley Relay	Saturday	12:30 PM or 30 mins before session start	Saturday	At check in
10&U	200Y Medley Relay				
13-14	200Y Medley Relay	Saturday	5:30 PM	Sunday	7:30 AM
11-12	200Y Freestyle Relay	Sunday	12:30 PM or 30 mins before session start	Sunday	At check in
10&U	200Y Freestyle Relay	Sunday			
11-12	400Y Medley Relay	Sunday	12:30 PM or 30 mins before session start	Sunday	Start of session

SCRATCHES

The current NCS Scratch Rule will be in effect during the conduct of this meet for prelim/finals and deck seeded events. 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 rule.

WARM UPS AND BREAKS

A split period of two or more 30-minute warm-up sessions may be utilized at the Age Group Chair's and Meet Referee's discretion if swimmer numbers warrant. Warm-up assignments and procedures will be communicated prior to the meet.

Scheduled breaks are noted in the Order of Events. The Meet Referee and Age Group Chair have authority to add/change 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 can score for each team.

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

AWARDS

Individual events: 1st– 8th place medals.

Relays: 1st – 3rd place medals.

Individual High Point Awards will be presented to the male and female swimmers with the highest point totals in individual events for each age group.

There will not be an awards ceremony at evening Finals for 13-14 events. Awards for the 11-12 and 10 & Unders may be conducted at the end of the afternoon sessions time permitting.

Team Awards: Trophies for 1st– 6th place.

READY ROOM

The top eight (8) 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 and on the Host Team's website and other online locations as announced by the Host Team. 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 at 8:00 PM on Wednesday** of meet week via ZOOM. Coaches are responsible for any information presented at the meeting. Meetings may also be held at other times announced by the Meet Referee.

CREDENTIALS

All coaches must check in and provide proof of current USA Swimming membership to the Meet Director. A current member's membership card as displayed on the USA Swimming app is acceptable proof of USA Swimming membership for all purposes. All coaches on deck must display their USA Swimming membership card in a visible place or have their virtual card readily accessible in the USA Swimming app or wear any identifying item required by the Host Team. Those failing to provide proof of membership could be barred from the deck. Officials must show proof of current USA Swimming membership and NCS certification to the Meet Referee or their designee.

OFFICIALS

There will be an officials' meeting one (1) hour prior to the beginning of each session and at other times as determined by the Meet Referee. NCS welcomes all certified officials on deck. The uniform is white shirts over navy bottoms with white shoes and socks. Long pants or knee-length skirts are preferred for Finals. Officials must show proof of current USA Swimming membership and NCS certification to the Meet Referee or their designee. A current member's membership card as displayed in the USA Swimming app is acceptable proof of USA Swimming membership for all purposes.

NCS Short Course Age Group Championships has been designated as a USA Swimming Official Qualification Meet (OQM) offering the following: evaluations for certification and re-certification of N2 S&T, CJ, DR, and AR and N3 S&T. A limited number of N2 AO evaluations and N3 evaluations may be offered as well at the discretion of the NCS Officials Chair. Regardless of the number of sessions required for certification/recertification, an official will need to serve at no fewer than four (4) sessions to be evaluated. Any official wishing to participate should fill out the Officials Sign Up Form on the NCS website www.SwimNC.com.

All requests for assigned positions should be emailed to the Meet Referee by January 15 and will be based on evaluation requests, session commitments, and level of experience. Please see the USA Swimming website for additional information on National evaluation and certification requirements.

ELIGIBILITY AND TECHNICAL JURY

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

HOSPITALITY

There will be a hospitality room available to all coaches and officials.

LOCKER ROOMS

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 a meet marshal. Additional changing area procedures may be imposed to comply with any COVID-19 safety regulations.

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

WAIVER/RELEASE

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on your OME entry are registered with USA Swimming. You acknowledge that you are familiar with the Safe Sport rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. TAC TITANS, TRIANGLE AQUATIC CENTER, 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 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 sites 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.

2024 NORTH CAROLINA SWIMMING
SHORT COURSE AGE GROUP CHAMPIONSHIPS
ORDER OF EVENTS Thursday Timed Finals and Morning 13-14 Preliminaries

Thursday Evening	Warm-ups 4:30-5:20 PM	Timed Finals Start 5:30 PM
Girls Event #	EVENTS	Boys Event #
1	13-14 1000Y Freestyle	2
3	13-14 100Y IM	4
5/Heats 1-3	11-12 400 IM (Fastest 24)	6/Heats 1-3
7	13-14 800Y Freestyle Relay	8
5/Heats 4+	11-12 400 IM	6/Heats 4+

Friday Morning Prelims	Warm-ups 7:00-8:20 AM	Preliminaries Start 8:30 AM
Girls Event #	EVENTS	Boys Event #
9	13-14 200Y Freestyle	10
11	13-14 100Y Breaststroke	12
13	13-14 100Y Butterfly	14
15	13-14 400Y IM	16

**All 400Y Freestyle Relays (events 15-16) will swim at the end of Finals on Friday evening.

Saturday Morning Prelims	Warm-ups 7:00-8:20 AM	Preliminaries Start 8:30 AM
Girls Event #	EVENTS	Boys Event #
21	13-14 200Y Freestyle Relay	22
	5-minute break	
23	13-14 200Y Butterfly	24
25	13-14 50Y Freestyle	26
27	13-14 200Y Breaststroke	28
29	13-14 100Y Backstroke	30
31	13-14 500Y Freestyle	32
	5-minute break	
33	13-14 400Y Medley Relay **	34

**The fastest 2 heats (top 16) of each 400Y Medley Relay will swim in Finals. All others swim at the end of Prelims.

Sunday Morning Prelims	Warm-ups 7:00-8:20 AM	Preliminaries Start 8:30 AM
Girls Event #	EVENTS	Boys Event #
37	13-14 200Y Medley Relay	38
	5-minute break	
41	13-14 200Y Backstroke	42
43	13-14 100Y Freestyle	44
45	13-14 200Y IM	46
39	13-14 1650Y Freestyle**	40

** The fastest heat (top 8) of each 1650Y Freestyle will swim in Finals. All others will swim at the end of Prelims.

Pay close attention to event order for Sunday Preliminaries. Sunday Finals will follow event number order.

If two pools are used for Preliminaries, the Meet Referee is authorized to add breaks as needed.

2024 NORTH CAROLINA SWIMMING
SHORT COURSE AGE GROUP CHAMPIONSHIPS
ORDER OF EVENTS 13-14 Evening Finals and 11-12 Timed Finals

Friday Finals		Warm-ups not before 4:30-5:20 PM	Finals not before 5:30 PM
Girls Event #	EVENTS		Boys Event #
9	13-14 200Y Freestyle		10
19/1	Heat 1 11-12 200 Backstroke*		20/1
11	13-14 100Y Breaststroke		12
19/2	Heat 2 11-12 200 Backstroke*		20/2
13	13-14 100Y Butterfly		14
19/3	Heat 3 11-12 200 Backstroke*		20/3
15	13-14 400Y IM		16
	5-minute break		
17	13-14 400Y Freestyle Relay **		18
19/4+	Heats 4+ 11-12 200 Backstroke*		20/4+

*The fastest 24 of each 11-12 200 will swim slow to fast as indicated. Others swim fast to slow, alternating, at the end of the session unless announced differently at the Technical Meeting.

**All 400Y Freestyle Relays will swim in Finals.

Saturday Finals		Warm-ups not before 4:30-5:20 PM	Finals not before 5:30 PM
Girls Event #	EVENTS		Boys Event #
23	13-14 200Y Butterfly		24
35/1	Heat 1 11-12 200Y Butterfly*		36/1
25	13-14 50Y Freestyle		26
35/2	Heat 2 11-12 200Y Butterfly*		36/2
27	13-14 200Y Breaststroke		28
35/3	Heat 3 11-12 200Y Butterfly*		36/3
29	13-14 100Y Backstroke		30
31	13-14 500Y Freestyle		32
	5-minute break		
33	13-14 400Y Medley Relay **		34
35/4+	Heat 4+ 11-12 200Y Butterfly*		36/4+

*The fastest 24 of each 11-12 200 will swim slow to fast as indicated. Others swim fast to slow, alternating, at the end of the session unless announced differently at the Technical Meeting.

**The fastest 16 Medley Relay teams in each event will swim in Finals. All others swim at the end of Prelims.

Sunday Finals		Warm-ups not before 4:30-5:20 PM	Finals not before 5:30 PM
Girls Event #	EVENTS		Boys Event #
39	13-14 1650Y Freestyle**		40
47/1	Heat 1 11-12 200 Breaststroke*		48/1
41	13-14 200Y Backstroke		42
47/2	Heat 2 11-12 200 Breaststroke*		48/2
43	13-14 100Y Freestyle		44
47/3	Heat 3 11-12 200 Breaststroke*		48/3
45	13-14 200Y IM		46
47/4+	Heat 4+ 11-12 200 Breaststroke*		48/4+

*The fastest 24 of each 11-12 200 will swim slow to fast as indicated. Others swim fast to slow, alternating, at the end of the session unless announced differently at the Technical Meeting.

**The fastest 8 girls and boys will swim 1650Y Freestyle in Finals. All others will swim at the end of Prelims.

2024 NORTH CAROLINA SWIMMING
SHORT COURSE AGE GROUP CHAMPIONSHIPS
ORDER OF EVENTS Afternoon 11-12 and 10&U Timed Finals

Friday Afternoon 11-12 Pool 1 Warm-ups not before 12:00-12:50 PM Timed Finals not before 1:00 PM

Girls Event #	EVENTS	Boys Event #
49	11-12 200Y Freestyle	50
51	11-12 50Y Breaststroke	52
53	11-12 100Y Butterfly	54
55	11-12 100Y IM	56
	10-minute break	
57	11-12 400Y Freestyle Relay	58

Friday Afternoon 10&U Pool 2 Warm-ups not before 12:00-12:50 PM Timed Finals not before 1:00 PM

Girls Event #	EVENTS	Boys Event #
81	10&U 100Y Butterfly	82
83	10&U 50Y Freestyle	84
85	10&U 50Y Breaststroke	86
87	10&U 100Y Individual Medley	88
	10-minute break	
89	10&U 500Y Freestyle	90

Saturday Afternoon 11-12 Pool 1 Warm-ups not before 12:00-12:50 PM Timed Finals not before 1:00 PM

Girls Event #	EVENTS	Boys Event #
59	11-12 200Y Medley Relay	60
	10-minute break	
61	11-12 50Y Butterfly	62
63	11-12 50Y Freestyle	64
65	11-12 100Y Breaststroke	66
67	11-12 100Y Backstroke	68
	10-minute break	
69	11-12 500Y Freestyle	70

Saturday Afternoon 10&U Pool 2 Warm-ups not before 12:00-12:50 PM Timed Finals not before 1:00 PM

Girls Event #	EVENTS	Boys Event #
91	10&U 200Y Medley Relay	92
	10-minute break	
93	10&U 200Y Freestyle	94
95	10&U 100Y Breaststroke	96
97	10&U 50Y Butterfly	98
99	10&U 100Y Backstroke	100

2024 NORTH CAROLINA SWIMMING
SHORT COURSE AGE GROUP CHAMPIONSHIPS
ORDER OF EVENTS Afternoon 11-12 and 10&U Timed Finals

Sunday Afternoon 11-12 Pool 1 Warm-ups not before 12:00-12:50 PM Timed Finals not before 1:00 PM

Girls Event #	EVENTS	Boys Event #
71	11-12 200Y Freestyle Relay	72
	10-minute break	
73	11-12 200Y Individual Medley	74
75	11-12 50Y Backstroke	76
77	11-12 100Y Freestyle	78
	10-minute break	
79	11-12 400Y Medley Relay	80

Sunday Afternoon 10&U Pool 2 Warm-ups not before 12:00-12:50 PM Timed Finals not before 1:00 PM

Girls Event #	EVENTS	Boys Event #
101	10&U 200Y Freestyle Relay	102
	10-minute break	
103	10&U 200Y Individual Medley	104
105	10&U 50Y Backstroke	106
107	10&U 100Y Freestyle	108



2024 North Carolina Swimming
14&U Short Course AG Championship Time Standards
February 15-18, 2024 – TAC CARY, NC

EVENT		FEMALE			MALE		
AGE GROUPS		10&U	11-12	13-14	10&U	11-12	13-14
50 Fr	SCY	31.89	27.49	26.09	31.79	27.59	24.39
	LCM	35.99	31.29	29.79	36.29	31.49	28.09
100 Fr	SCY	1:10.49	59.69	56.39	1:11.19	59.99	53.19
	LCM	1:20.09	1:08.99	1:04.89	1:20.99	1:08.99	1:01.59
200 Fr	SCY	2:34.19	2:08.59	2:00.19	2:33.79	2:10.99	1:54.09
	LCM	2:56.49	2:27.99	2:18.39	2:54.29	2:28.89	2:12.59
500 Fr	SCY	6:27.49	5:45.99	5:23.49	6:24.29	5:48.89	5:12.89
400 Fr	LCM	5:51.69	5:13.99	4:52.59	5:46.79	5:14.89	4:43.69
1000 Fr	SCY	X	X	11:22.49	X	X	10:55.89
800 Fr	LCM	X	X	10:09.39	X	X	9:49.89
1650 Fr	SCY	X	X	19:17.29	X	X	18:41.19
1500 Fr	LCM	X	X	19:44.49	X	X	18:56.39
50 Bk	SCY	37.09	31.89	X	37.29	32.39	X
	LCM	43.19	37.39	X	43.19	37.79	X
100 Bk	SCY	1:20.89	1:08.99	1:04.19	1:21.39	1:09.79	1:00.79
	LCM	1:33.49	1:19.29	1:15.29	1:33.79	1:21.29	1:11.99
200 Bk	SCY	X	2:23.99	2:15.99	X	2:24.39	2:10.19
	LCM	X	2:44.69	2:38.99	X	2:48.19	2:32.69
50 Br	SCY	42.49	36.39	X	43.59	37.49	X
	LCM	48.79	41.09	X	49.69	43.09	X
100 Br	SCY	1:33.79	1:19.19	1:13.59	1:35.79	1:21.39	1:10.89
	LCM	1:47.49	1:32.69	1:24.59	1:49.09	1:33.19	1:22.09
200 Br	SCY	X	2:47.49	2:37.69	X	2:44.09	2:32.59
	LCM	X	3:10.29	3:00.39	X	3:08.29	2:57.49
50 Fly	SCY	35.59	30.39	X	36.69	30.99	X
	LCM	41.29	34.79	X	41.39	35.69	X
100 Fly	SCY	1:25.99	1:09.19	1:03.59	1:28.09	1:10.99	1:00.69
	LCM	1:38.69	1:19.99	1:13.39	1:39.59	1:21.29	1:09.99
200 Fly	SCY	X	2:28.39*	2:22.49	X	2:28.69	2:17.09
	LCM	X	2:54.39*	2:41.09	X	2:51.29	2:35.09
100 IM	SCY	1:20.69	1:09.29	X	1:21.49	1:09.89	X
	LCM	X	X	X	X	X	X
200 IM	SCY	2:52.79	2:26.39	2:16.89	2:55.89	2:27.39	2:10.59
	LCM	3:20.19	2:47.29	2:38.19	3:20.59	2:49.89	2:30.59
400 IM	SCY	X	5:09.49	4:50.29	X	5:11.89	4:40.09
	LCM	X	5:45.69	5:33.19	X	5:58.59	5:23.79



NCS 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 SHORT COURSE AGE GROUP CHAMPIONSHIPS

Entry Fee Summary Report
Due no later than 4:30 Thursday at Warm Ups

Club Name	
Club Code	
Address	
City/Zip	
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 and will be certified and properly registered as coaches with USA Swimming, Inc. and are responsible for the swimmers entered in this meet during the conduct of the complete event Thursday through Sunday.

Signature _____ Date _____

Release Statement: USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., TAC, TAC TITANS, AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS SHALL BE HELD FREE AND HARMLESS FROM ANY AND ALL LIABILITIES ON CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

Signature _____ Date _____

Make checks payable to TAC Titans and submit to the Meet Director with this form **no later than the start of warm ups on Thursday**. Contact the Meet Director for alternate payment arrangements.

# of Qualifying Swimmers			
# of Relay Only Swimmers			
# of Individual Entries		X \$8.00 each entry	\$
# of Relay Team Entries		X \$12.00 each relay entered	\$
NCS Travel Fund (Qualifiers plus Relay Only swimmers)		X \$3.00 each swimmer	\$
Facility Charge (Qualifiers plus Relay Only swimmers)		X \$15.00 each swimmer	\$
Fines, fees if applicable			\$
TOTAL AMOUNT DUE			\$

Local Travel Information: TAC Visitor Guide