



2016 North Carolina Swimming Short Course Age Group Championships

[Hosted by TAC TITANS]
Thursday, February 25 – Sunday, February 28, 2016
[at Triangle Aquatic Center]

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC16046

MEET DIRECTOR		MEET ENTRY COORDINATOR	
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MEET REFEREE	ADMIN REFEREE	MEET MARSHAL	
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FACILITY

Facility: [Triangle Aquatic Center]

Address: [275 Convention Center Drive, Cary, NC 27511] **Phone:** [919-459-4045]

Facility/Pool Specifications: [The Triangle Aquatic Center (TAC) provides 3 indoor pools and supporting amenities including a full-service café, a swim shop, classroom and wireless internet. 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. Both courses may be used for this competition. The competition lanes are a minimum of 7 feet wide. The 25-yard program pool allows for 4 to 10 warm-up/swim-down lanes at any time. The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. Spectator seating for 1,000 above the deck offers bleacher seating with backs, tables and open seating. The facility may charge a fee for admission to the spectator seating area overlooking the pool. There is a Daktronics OmniSport 2000 Pro Swimming timing system with two matrix scoreboards. The aquatic facility is conveniently located just off I-40 at exit 291 and adjacent to Cary's largest mall, the Cary Towne Center. Parking in the TAC lot is reserved for officials and coaches only. Meet participant parking is available in the shopping mall 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.]

The competition pool has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Only meet volunteers, USA Swimming registered athletes and current USA Swimming registered officials and coaches may be on deck. **NO SPECTATORS ARE ALLOWED ON THE COMPETITION POOL DECK AT ANY TIME.**

CLASSIFICATION

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

REGISTRATION

All swimmers must be properly registered with USA Swimming by entry deadline. Entries listed as "Registration Applied For" will not be accepted. There will be no on deck registration available at this meet.

ELIGIBILITY

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.

Swimmers qualifying in the 1000Y Freestyle also qualify for a bonus swim in the 1650Y Freestyle and vice versa.

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	4:30-5:20 PM	5:30 PM	13-14, 11-12
5	Saturday	7:00-8:20 AM	8:30 AM	13-14
6	Saturday	12:00-12:50 PM	1:00 PM	11-12
7	Saturday	12:00-12:50 PM	1:00 PM	10&Under
8	Saturday	4:30-5:20 PM	5:30 PM	13-14, 11-12
9	Sunday	7:00-8:20 AM	8:30 AM	13-14
10	Sunday	12:00-12:50 PM	1:00 PM	11-12
11	Sunday	12:00-12:50 PM	1:00 PM	10&Under
12	Sunday	4:30-5:20 PM	5:30 PM	13-14, 11-12

DEADLINES AND MEETINGS SUMMARY

Day	Time	For
No later than Monday 3 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
Thursday of meet week	4:30 PM	Deadline for Proof of Times
Thursday of meet week	4:00 PM	General Meeting
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, and the NCS Safety Program. The NCS Scratch Rule is in effect for this meet.

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, or locker rooms. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

Any swimmer entered in the meet who is unaccompanied by a USA Swimming member

coach 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. 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.

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, 2014 to 11:59 PM the Sunday night before the Monday meet entry deadline.

INDIVIDUAL ENTRIES AND LIMITS

13-14 swimmers may ENTER and SWIM up to nine (9) individual events for the meet and no more than three (3) individual events per day.

11-12 swimmers may ENTER and SWIM up to nine (9) individual events plus two (2) exhibition events for the meet. However 11-12 swimmers may only ENTER and SWIM up to four (4) individual events *including* exhibition events PER DAY. **Note that beginning in 2016, 11-12 exhibition events are no longer restricted to only the fastest 24 positively checked in swimmers. All swimmers who enter and check in will be seeded.**

10 & Under swimmers may ENTER and SWIM up to nine (9) individual events and no more than five (5) events per day.

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

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 qualifying time should enter the appropriate alternate distance event with their 1650Y/1500M Freestyle qualifying time.
- 1000Y Freestyle qualifiers who want to swim the 1650Y Freestyle but do not have a provable qualifying time should enter the appropriate alternate distance event with their 1000Y/800M Freestyle qualifying time.
- These bonus swimmers will be seeded behind qualifiers.

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 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: Maximum of one (1) relay team
- 5-8 individual event swimmers: Maximum of two (2) relay teams
- 9-12 individual event swimmers: Maximum of three (3) relay teams
- 13 or more individual event swimmers: Maximum of four (4) relay teams

Each club may enter up to four (4) relay teams in each relay event. Only the A and B designated teams are eligible for scoring.

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 \$3.00 NCS Travel Fund surcharge to be eligible to swim on relays.

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

ON TIME ENTRIES WILL ONLY BE ACCEPTED FROM OME except as noted.

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 three (3) weeks before the meet at 12:00 **Noon**. An OME User’s Manual for NCS Champs is available on NCswim.org.

Coaches may update entry times in OME until the Monday 6:00 PM entry deadline. Entry changes and additions 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 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.

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 override proofs must be emailed to the Entry Coordinator by the next day, Tuesday at 6:00 PM. Teams should have an internal process in place to ensure corrections are submitted by the deadline. Each email will be acknowledged with an email confirmation for receipt of proof. **New entries are subject to double entry fees and a \$50 per team late fee.** No late entries or changes will be accepted after Tuesday 6:00 PM after which point the psych sheet will be generated and posted and the meet will be seeded. Any entries after this point will be accepted only with the approval of the Meet Referee and the Age Group Chair, only for open lanes, and will be subject to the double fees and team late fee.

If a time override is used to enter an individual event in OME, proof of time must be submitted 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 Tuesday deadline and before warm ups begin on Thursday, the swimmer may be added to the event subject to lane availability 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. Sanction number, date, and location must be provided. **Hy-Tek Team Manager or Team Unify results reports will NOT be accepted as proof.**

Teams are responsible for paying the entry fees as calculated on the Meet Entry Summary page in this meet announcement. The **amount due in OME will be incorrect** if the team has relay only swimmers.

ENTRY FEES

Please use the Meet Entry Summary Report to calculate amount due (which will differ from the amount due in OME if you have relay only swimmers.) Payment of entry fees plus any assessed fines is due by the General Meeting.

Make checks payable to: **TAC TITANS**

Individual Event	\$4.00 per event
Relays	\$8.00 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers. Note that OME does not add this NCS Travel Fund fee due for relay only swimmers so you must calculate and submit your total due with the attached Entry Fee Summary/Waiver.
Facility Surcharge	\$10.00 per swimmer, excluding relay only swimmers
All fees are non-refundable.	

SEEDING AND FORMAT

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

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

Combined heats may be swum at the discretion of the Meet Referee.

13-14 Individual Events

Except for the 1000Y and 1650Y Freestyles, 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. The A and B Finals will be scored.

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. Swimmers must provide their own counters.

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 three (3) 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. Swimmers must provide their own counters for the 500Y Freestyle.

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. Swimmers must provide their own counters.

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, all girls, then all 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 in event order.

11-12 Scored Individual and Relay Events

All events will be timed finals and swum during the afternoon sessions on Friday, Saturday, and Sunday.

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 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. Swimmers must provide their own counters.

11-12 Exhibition Events: 400 IM, 200Y Backstroke, 200Y Butterfly, 200Y Breaststroke

The 11-12 exhibition 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 exhibition 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 exhibition heats are empty, a 5 minute break will be observed.

Any additional seeded exhibition heats beyond the fastest three 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 exhibition event and will announce their decision at the General Meeting.** Exhibition events will not be scored.

10 & Under: All events will be timed finals and swum during the afternoon sessions on Saturday and Sunday.

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. Changes require unanimous agreement of coaches at the General 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.

Individual Events		Check-In Deadline	
13-14	1000Y Freestyle	Thursday	4:45 PM
11-12	400Y IM	Thursday	4:45 PM
13-14	400Y IM	Friday	8:45 AM
11-12	200Y Backstroke	Friday	12:30 PM
13-14	500Y Freestyle	Saturday	8:45 AM
11-12	500Y Freestyle, 200Y Fly	Saturday	12:30 PM
13-14	1650Y Freestyle	Sunday	8:45 AM
11-12	200Y Breaststroke	Sunday	12:30 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	Friday	1:00 PM
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	Saturday	12:30 PM
10&U	200Y Freestyle Relay	Saturday	12:30 PM	Saturday	1:00 PM
13-14	200Y Medley Relay	Saturday	5:30 PM	Sunday	7:30 AM
11-12	200Y Freestyle Relay	Sunday	12:30 PM	Sunday	12:30 PM
11-12	400Y Medley Relay	Sunday	12:30 PM	Sunday	1:00 PM
10&U	200Y Medley Relay	Sunday	12:30 PM	Sunday	1:00 PM

SCRATCHES

The current NCS Scratch Rule will be in effect during the conduct of this meet for prelim/finals and deck seeded events. 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 warm-up may be utilized at the 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 has authority to add breaks as necessary.

SCORING

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

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

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

Only A and B relays per gender can score for each team.

11-12 exhibition events will not be scored.

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

AWARDS

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 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 will be at the end of the afternoon sessions.

READY ROOM

The top eight (8) qualifiers for the 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 posted on deck and in an area available to spectators. Results will be available on Meet Mobile and on the Host Team's website. 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 General Meeting at 4:00 PM on Thursday afternoon. 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. All coaches on deck must display their USA Swimming membership card in a visible place or have their virtual membership card readily accessible at all times. 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.
OFFICIALS	<p>There will be an officials' meeting one (1) hour prior to the beginning of each session. NCS welcomes all certified officials on deck. The uniform is white shirts over navy bottoms with white shoes. Long pants or skirts are preferred for Finals. Officials must show proof of current USA Swimming membership and NCS certification to the Meet Referee.</p> <p>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. Regardless of the number of sessions required for certification/recertification, an official will need to serve a minimum of 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.</p> <p>All requests for assigned positions should be emailed to the Meet Referee by February 1 and will be based on evaluation requests and level of experience. Please see the USA Swimming website for additional information on National evaluation and certification requirements.</p>
ELIGIBILITY AND TECHNICAL JURY	An Eligibility and Technical Jury will be appointed by NC Swimming 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.
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. 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 the host team's ability to accommodate all requests.
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 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.

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. For events occurring on the last day of a meet, a fine of \$100 per missed swim shall also be assessed to the club by the appropriate Division Chair for failure to compete. 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.



**2016 NORTH CAROLINA SWIMMING
SHORT COURSE AGE GROUP CHAMPIONSHIPS
ORDER OF EVENTS
Thursday Distance and Morning 13-14 Preliminaries**

**Thursday Evening****Warm-ups 4:30-5:20 PM****Timed Finals Start 5:30 PM**

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
1	10:21.59	11:36.39	13-14 1000Y Freestyle	11:15.69	10:06.79	2
3/Heats 1-3	6:11.39	5:23.99	11-12 400 IM (Fastest 24)	5:18.09	6:08.29	4/Heats 1-3
5	NQT	NQT	13-14 800Y Freestyle Relay	NQT	NQT	6
3/Heats 4+	6:11.39	5:23.99	11-12 400 IM	5:18.09	6:08.29	4/Heats 4+

Friday Morning Prelims**Warm-ups 7:00-8:20 AM****Preliminaries Start 8:30 AM**

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
7	2:21.19	2:02.59	13-14 200Y Freestyle	1:57.09	2:15.29	8
9	1:25.39	1:14.29	13-14 100Y Breaststroke	1:11.59	1:22.89	10
11	1:14.09	1:04.19	13-14 100Y Butterfly	1:01.29	1:10.69	12
13	5:39.59	4:56.09	13-14 400Y IM	4:45.59	5:30.39	14

**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 #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
19	NQT	NQT	13-14 200Y Freestyle Relay	NQT	NQT	20
			5 minute break			
21	2:44.29	2:25.39	13-14 200Y Butterfly	2:19.59	2:38.19	22
23	30.09	26.29	13-14 50Y Freestyle	24.59	28.39	24
25	3:03.99	2:39.89	13-14 200Y Breaststroke	2:35.59	3:01.09	26
27	1:16.29	1:04.79	13-14 100Y Backstroke	1:01.39	1:12.69	28
29	4:58.09	5:29.99	13-14 500Y Freestyle	5:19.29	4:49.29	30
			5 minute break			
31	NQT	NQT	13-14 400Y Medley Relay **	NQT	NQT	32

**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 #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
35	NQT	NQT	13-14 200Y Medley Relay	NQT	NQT	36
			5 minute break			
39	2:42.19	2:18.69	13-14 200Y Backstroke	2:12.79	2:35.89	40
41	1:05.49	56.89	13-14 100Y Freestyle	53.69	1:02.19	42
43	2:41.39	2:19.69	13-14 200Y IM	2:13.19	2:33.59	44
37	20:08.49	19:40.79	13-14 1650Y Freestyle**	19:15.39	19:31.09	38

** 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.



**2016 NORTH CAROLINA SWIMMING
SHORT COURSE AGE GROUP CHAMPIONSHIPS
ORDER OF EVENTS
13-14 Evening Finals and 11-12 Exhibition Events**

**Friday Finals****Warm-ups not before 4:30-5:20 PM****Finals Start 5:30 PM**

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
7	2:21.19	2:02.59	13-14 200Y Freestyle	1:57.09	2:15.29	8
17/1	2:53.19	2:30.59	Heat 1 11-12 200 Backstroke*	2:27.39	2:52.79	18/1
9	1:25.39	1:14.29	13-14 100Y Breaststroke	1:11.59	1:22.89	10
17/2	2:53.19	2:30.59	Heat 2 11-12 200 Backstroke*	2:27.39	2:52.79	18/2
11	1:14.09	1:04.19	13-14 100Y Butterfly	1:01.29	1:10.69	12
17/3	2:53.19	2:30.59	Heat 3 11-12 200 Backstroke*	2:27.39	2:52.79	18/3
13	5:39.59	4:56.09	13-14 400Y IM	4:45.59	5:30.39	14
			5 minute break			
15	NQT	NQT	13-14 400Y Freestyle Relay **	NQT	NQT	16
17/4+	2:53.19	2:30.59	Heats 4+ 11-12 200 Backstroke*	2:27.39	2:52.79	18/4+

*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 General Meeting.

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

Saturday Finals**Warm-ups not before 4:30-5:20 PM****Finals Start 5:30 PM**

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
21	2:44.29	2:25.39	13-14 200Y Butterfly	2:19.59	2:38.19	22
33/1	2:54.99	2:33.09	Heat 1 11-12 200Y Butterfly*	2:31.69	2:53.29	34/1
23	30.09	26.29	13-14 50Y Freestyle	24.59	28.39	24
33/2	2:54.99	2:33.09	Heat 2 11-12 200Y Butterfly*	2:31.69	2:53.29	34/2
25	3:03.99	2:39.89	13-14 200Y Breaststroke	2:35.59	3:01.09	26
33/3	2:54.99	2:33.09	Heat 3 11-12 200Y Butterfly*	2:31.69	2:53.29	34/3
27	1:16.29	1:04.79	13-14 100Y Backstroke	1:01.39	1:12.69	28
29	4:58.09	5:29.99	13-14 500Y Freestyle	5:19.29	4:49.29	30
			5 minute break			
31	NQT	NQT	13-14 400Y Medley Relay **	NQT	NQT	32
33/4+	2:54.99	2:33.09	Heat 4+ 11-12 200Y Butterfly*	2:31.69	2:53.29	34/4+

*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 General 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 Start 5:30 PM**

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
37	20:08.49	19:40.79	13-14 1650Y Freestyle**	19:15.39	19:31.09	38
45/1	3:15.19	2:50.29	Heat 1 11-12 200 Breaststroke*	2:45.79	3:12.79	46/1
39	2:42.19	2:18.69	13-14 200Y Backstroke	2:12.79	2:35.89	40
45/2	3:15.19	2:50.29	Heat 2 11-12 200 Breaststroke*	2:45.79	3:12.79	46/2
41	1:05.49	56.89	13-14 100Y Freestyle	53.69	1:02.19	42
45/3	3:15.19	2:50.29	Heat 3 11-12 200 Breaststroke*	2:45.79	3:12.79	46/3
43	2:41.39	2:19.69	13-14 200Y IM	2:13.19	2:33.59	44
45/4+	3:15.19	2:50.29	Heat 4+ 11-12 200 Breaststroke*	2:45.79	3:12.79	46/4+

*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 General Meeting.

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



2016 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 Start 1:00 PM

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
47	2:30.99	2:11.19	11-12 200Y Freestyle	2:13.29	2:31.89	48
49	41.49	36.69	11-12 50Y Breaststroke	37.89	43.39	50
51	1:20.79	1:09.89	11-12 100Y Butterfly	1:11.69	1:22.09	52
53	---	1:09.99	11-12 100Y IM	1:10.59	---	54
			5 minute break			
55	NQT	NQT	11-12 400Y Freestyle Relay	NQT	NQT	56

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

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
57	NQT	NQT	11-12 200Y Medley Relay	NQT	NQT	58
			5 minute break			
59	35.09	30.69	11-12 50Y Butterfly	31.29	35.99	60
61	31.59	27.69	11-12 50Y Freestyle	27.79	31.79	62
63	1:33.59	1:19.99	11-12 100Y Breaststroke	1:22.19	1:34.69	64
65	1:20.09	1:09.69	11-12 100Y Backstroke	1:10.49	1:22.09	66
			5 minute break			
67	5:19.69	5:52.99	11-12 500Y Freestyle	5:55.99	5:20.89	68

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

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
79	43.19	37.09	10-Under 50Y Backstroke	37.29	43.19	80
81	---	1:20.69	10-Under 100Y IM	1:21.49	---	82
83	35.99	31.89	10-Under 50Y Freestyle	31.79	36.29	84
85	1:47.49	1:33.79	10-Under 100Y Breaststroke	1:35.79	1:49.09	86
87	41.29	35.59	10-Under 50Y Butterfly	36.69	41.39	88
89	2:56.49	2:34.19	10-Under 200Y Freestyle	2:33.79	2:54.29	90
			5 minute break			
91	NQT	NQT	10-Under 200Y Freestyle Relay	NQT	NQT	92

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

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
69	NQT	NQT	11-12 200Y Freestyle Relay	NQT	NQT	70
71	37.69	32.19	11-12 50Y Backstroke	32.69	38.19	72
73	1:09.69	1:00.29	11-12 100Y Freestyle	1:00.59	1:09.69	74
75	2:50.69	2:29.29	11-12 200Y IM	2:30.19	2:53.29	76
			5 minute break			
77	NQT	NQT	11-12 400Y Medley Relay	NQT	NQT	78

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

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
93	1:20.09	1:10.49	10-Under 100Y Freestyle	1:11.19	1:20.99	94
95	48.79	42.49	10-Under 50Y Breaststroke	43.59	49.69	96
97	1:38.69	1:25.99	10-Under 100Y Butterfly	1:28.09	1:39.59	98
99	1:33.49	1:20.89	10-Under 100Y Backstroke	1:21.39	1:33.79	100
101	3:20.19	2:52.79	10-Under 200Y IM	2:55.89	3:20.59	102
			5 minute break			
103	NQT	NQT	10-Under 200Y Medley Relay	NQT	NQT	104



**2016 NORTH CAROLINA SWIMMING
SHORT COURSE AGE GROUP CHAMPIONSHIPS**



**Entry Fee Summary Report
Due no later than 4:00 Thursday at General Meeting**

Club Name	
Club Code	
Address	
City	
Zip	
Head Coach	
Name	
Email	
Cell Phone	
Office Phone	
Main Coach Contact at 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 TITANS, TRIANGLE AQUATIC CENTER], AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS SHALL BE HELD FREE AND HARMLESS FROM ANY AND ALL LIABILITIES ON CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES 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 General Meeting at 4:00 on Thursday.

# of Qualifying Swimmers			
# of Relay Only Swimmers			
# of Individual Entries		X \$4.00 each entry	\$
# of Relay Team Entries		X \$8.00 each relay entered	\$
NCS Travel Fund (Qualifiers PLUS Relay Only swimmers)		X \$3.00 each swimmer	\$
Facility Charge (Qualifying swimmers only)		X \$10.00 each swimmer	\$
Fines, fees if applicable			\$
TOTAL AMOUNT DUE			\$

Hotel and Local Information

PREFERRED HOTELS AND RESTAURANTS PROGRAM

The Triangle Aquatic Center is proud to partner with 8 local hotels as part of our Preferred Hotels Program. Please make sure when making your reservation that you reference the meet name and the Triangle Aquatic Center.

Please click here for special rates currently being offered for this meet:

<http://www.triangleaquatics.org/events/preferred-hotels/>

The image features a map of the Triangle Aquatic Center area in Cary, North Carolina. The map shows the center's location at the intersection of Walnut St and Tryon Rd, near the Tom Briggstad Tom Briggstad Swim Center. A yellow line highlights the Tom Briggstad Tom Briggstad Swim Center. To the left of the map are three restaurant logos: Chick-fil&C (Cary Towne Center), The EGG&I (Breakfast & Lunch, Serving Our Friends Daily), and LUCKY 32 SOUTHERN KITCHEN. To the right of the map is a vertical list of eight hotel logos, each with a red circle containing a number from 1 to 8. The hotels are: 1. Best Western, 2. DOUBLETREE, 3. Hampton, 4. Hampton Inn & Suites, 5. Hilton Garden Inn, 6. HYATT PLACE, 7. SPRINGHILL SUITES by Marriott, and 8. HOMWOOD SUITES BY HILTON.