



**2017 NORTH CAROLINA AQUATIC CLUB
TAR HEEL STATES INVITATIONAL**

**Hosted By NCAC
Koury Natatorium**

**400 Skipper Bowles Drive, Chapel Hill, NC 27514
July 28 - 30, 2017**

SANCTION: Held under the Sanction of United States Swimming, Inc., issued by North Carolina, Inc.
Sanction #NC17111

MEET DIRECTOR	MEET ENTRY COORDINATOR
Tracey Tomlinson tracey_tomlinson@med.unc.edu	Anthony Addlesberger aaddlesberger85@gmail.com
Anthony Addlesberger aaddlesberger85@gmail.com	
MEET REFEREE	MEET MARSHALL
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FACILITY: Koury Natatorium, UNC Campus, Skipper Bowles Drive, Chapel Hill NC. An eight-lane, 50m, USA Swimming certified pool with non-turbulent lane lines and deck anchored starting blocks. Colorado Timing System and full-color scoreboard will be used. Pool depth ranges from 7 to 14ft with starting blocks at both ends. Spectator seating is available in the balcony area. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

NO SPECTATORS ARE PERMITTED ON THE POOL DECK.

FORMAT: This is a time final, prelim/final, Age Group / Senior pre-seeded meet unless otherwise indicated.

Session	Day	Warm-up	Meet Start	Age Groups
1, 4, 7	Fri, Sat, Sun Prelims	7:00AM	8:00AM	13-14, Senior
2, 5, 8	Fri, Sat, Sun Timed Final	Not before Noon	Not before 1:00PM	10-un, 11-12
3, 6, 9	Fri, Sat, Sun Finals	Not before 4:30PM	Not before 5:30PM	13-14, Senior

**ENTRY DEADLINE AND
CHECK-IN SUMMARY:**

Day, Date	Time	For
Tuesday, July 18	6:00PM	Entry Deadline

Friday, July 28	8:00AM	400 IM, Positive Check-in Closes
Friday, July 28	12:30PM	200 IM, Positive Check-in Closes
Saturday, July 29	8:00AM	400 Free, Positive Check-in Closes
Sunday, July 30	8:00AM	800 Free, Positive Check-in Closes
Fri/Sat/Sun July 28,29,30	Prior to session start	Relay cards due
Fri/Sat/Sun July 28, 29,30	1 hour prior to session start time	Officials Meeting located Hospitality
Friday, July 28	7:40AM	Coaches Meeting located Hospitality

SAFETY:

The North Carolina Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No horseplay will be tolerated! Other than volunteer meet workers, no parents will be allowed on the deck.

RACING STARTS:

Any swimmer entered in the meet, 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.

RULES:

This meet will be conducted in accordance with the current USA Swimming Code and the NCS Safety Program, except where rules are optional and exceptions are herein stated.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Deck changes are prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

ELIGIBILITY:

All swimmers must be registered with USA Swimming, Inc. or foreign swimmers invited to participate by USA Swimming in compliance with 202.6.1A. Swimmers must be registered prior to entry deadline. USA Swimming members entered will be checked against current LSC registration. There is no on deck registration available at this meet.

SWIMMERS WITH DISABILITIES:

NCAC welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the meet director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit NCAC's ability to accommodate all requests.

ENTRIES:

- 1. Entries must be submitted via e-mail using Hy-Tek Team Manager, and it is recommended that hard copy Hy-Tek printout be sent as a backup.** Electronic entries will take precedence over printed copy in case of discrepancies. Any e-mail entry received will be acknowledged by a confirmation e-mail. If you do not get a confirmation e-mail, your entry has not been processed.
- 2. Entries must show swimmer's USA ID and actual age of swimmer as of July 28, 2017.**
- 3. Enter LONG COURSE METER times only. NT entries will NOT be accepted.** Please make sure the times entered are close approximations to times that can be achieved.

4. Entry fees must be received by the entry deadline. Make checks payable to **North Carolina Aquatic Club**. Entries received without payment will not appear in the psych sheet until payment is received.

5. This meet always fills to capacity VERY quickly. Send your entries in early to avoid being closed out.

ENTRY LIMITS:

10 & Under and 11-12 swimmers are limited to 9 (nine) individual events for the meet and no more than 5 (five) individual events per day.

13-14, and Senior swimmers are limited to 8 (eight) individual events for the meet and no more than 3 (three) individual events per day.

Relays-Each club may enter up to 3 (three) relay teams per relay event.

Entries will close with the team that puts the total number of entries over 550 swimmers or stretches the timeline unreasonably.

ENTRY VERIFICATION: An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINE: Entries must be received by **6 pm, Tuesday July 18, 2017**. Telephone entries will not be accepted. Late entries may be accepted on deck at the discretion of the Meet Referee, as long as empty lanes are available. No new athletes will be accepted into the meet after the entry deadline. Fax entries will **not** be accepted. Express mailing must be sent so as NOT to require a signature.

ENTRY FEES:

Make checks payable to: NCAC. All fees are non-refundable.	
Individual Event	\$5.50/ event
Relay	\$10.00 / relay
NC Travel Fund	\$3.00 / swimmer
Facility Surcharge	\$15.00 / swimmers
Late Entry Fee	\$11.00 / \$20.00

SEEDING: The conforming time standard for this meet is LC Meters. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. "NT" entries will not be accepted.

13-14 and Senior Sessions:

All morning prelim sessions may be conducted using chase starts with odd and even heats starting from opposite ends. All evening final sessions will be started at the East end of the pool. Dive-over starts may be used throughout the meet.

The competition will consist of a preliminary session and a finals session Friday, Saturday, Sunday with Sunday. During finals, a consolation heat followed by a championship heat will be swum based on results from preliminaries and will be contested in that order. The top 8 swimmers from preliminaries qualify for the Championship heat. Swimmers placing 9th-16th during preliminaries qualify for the Consolation heat. Alternates should be ready to swim and standing near the starter. Alternates will not be called.

All events will be conducted as prelims/finals with the exception of Relays, 400 Free, 400 IM 800 Free. Swimmers participating in the 400 Free, 800 Free must provide their own timer and counter (if required).

800 Freestyle

The Open 800 Free will be swum during the Sunday morning session (alternating women and men fastest to slowest) with the fastest heat swum during the finals session. Swimmers should indicate AM/PM preference at check in. In order to maintain the time line, this event may be swum with two swimmers per lane. If two swimmers per lane, the events will alternate two heats of women then two heats of men. The two heats will start simultaneously from each end of the pool. In addition, meet management reserves the right to limit the number of heats swum for this event. For all heats swum during the preliminary session, swimmers must provide their own **2 timers**.

400 IM and 400 Freestyle

The Open 400 IM and 400 Free will be swum as timed final events (alternating women and men fastest to slowest) with the top 8 seeded swimmers swimming with finals. There will be NO AM/PM option for the 400 IM and 400 Free. Meet Management reserves the right to combine heats (men and women) and/or limit the number of heats swum. In addition, the 400 Free may be swum with two swimmers per lane. If two swimmers per lane, the events will alternate two heats of women then two heats of men. The two heats will start simultaneously from each end of the pool.

Afternoon 10 & under and 11-12 Sessions:

All events will be pre-seeded. If deemed necessary to meet the 4-hour rule, afternoon sessions will be conducted using chase starts with boy and girls starting at opposite ends.

11-12 400 Freestyle may be limited to the fastest 24 entrants of each gender dependent upon the time line. The 400 Freestyle will be swum slowest to fastest in event order. Meet management may elect to run the 11-12 400 Freestyle with two swimmers in each lane.

Relays

Relays will be swum as Timed Finals. All relays will be swum slowest to fastest. Only swimmers listed on the entry form may swim on relays. Relay-only swimmers should be designated as such and must pay the NCS travel fee. All relays on Saturday will be swum in the finals session. All senior relays on Sunday will be swum in the morning session

Relay cards are due before the start of the session in which the relay will be swum.

POSITIVE CHECK-IN: Positive check-in is located at clerk of course and will be required for the following events:

- 13-14 / Senior 400 IM by 8:00AM Friday
- 10-un / 11-12 200 IM by 12:30PM Friday
- 13-14 / Senior 400 Free by 8:00AM Saturday
- Open 800 Free by 8:00AM Sunday

The listed events will be deck seeded and swum as timed finals. Swimmers who fail to check in will not be permitted to swim and entry fees will not be refunded.

SCRATCH RULES: There will be no penalty or failing to compete in pre-seeded events including relays at the block. A swimmer qualifying for the Championship or Consolation Finals based upon the results of the preliminary session must notify the referee within 30 minutes after the announcement of the qualifiers of that race that they may not intend to compete. All scratching for finals must be done with the admin referee or his/her designee. For deck seeded events swimmers who are

properly checked in and seeded but fail to compete and are not excused by the meet referee will be barred from their next individual event.

North Carolina Scratch Rule is in effect.

SCORING: This meet is not scored.

AWARDS: Individual Events: Ribbons 1st – 8th place
Relay Events: Ribbons 1st – 3rd place

RESULTS: Results will be posted on NCAC website within 24 hours of the conclusion of the meet and teams will be emailed their results. Meet Mobile will be used pending facility internet connectivity.

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. NCAC welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of such to the meet referee by displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.

Teams may be asked to provide timers. Requests for timers will be e-mailed to teams in advance of the meet if necessary.

HOSPITALITY / CONCESSIONS:

There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.

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 (if available). **There is to be no diving or horseplay in this area.**

WAIVER/RELEASE:

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. NCAC, Koury and the University of North Carolina – Chapel Hill, 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.

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.



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FRIDAY JULY 28, 2017

Order of Events

Session 1 – 13 & Over Prelims Friday, July 28, 2017		
Warm-ups: 7:00AM		Prelims Start: 8:00AM
GIRLS EVENT #	EVENT	BOYS EVENT #
1	200 Freestyle	2
3	100 Breaststroke	4
	10 minute Break	
5	100 Butterfly	6
7	Open 400 IM**	8
** 400 IM will swim as a timed final with the fastest heat swim at finals at night.		
Session 2 – 12&Under Timed Finals Friday, July 28, 2017		
Warm-ups: Not before 12:00 PM		Timed Finals: Not before 1:00 PM
GIRLS EVENT #	EVENT	BOYS EVENT #
9	11-12 100 Freestyle	10
11	10&Under 100 Free	12
13	11-12 100 Breaststroke	14
15	10&Under 100 Breaststroke	16
17	11-12 50 Butterfly	18
19	10&Under 50 Butterfly	20
21	11-12 200 IM	22
23	10&Under 200 IM	24
25	11-12 200 Medley Relay	26
27	10&Under 200 Medley Relay	28
Session 3 – 13 & Over Finals Friday, July 28, 2017		
Warm-ups: 4:30pm		Finals: 5:30pm
GIRLS EVENT #	EVENT	BOYS EVENT #
1	200 Freestyle	2
3	100 Breaststroke	4
	10 minute Break	
5	100 Butterfly	6
7	Open 400 IM*	8
	10 minute Break	
81	13-14 200 Medley Relay	82
83	Senior 200 Medley Relay	84



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SATURDAY JULY 29, 2017

Order of Events

Session 4 – 13 & Over Prelims Warm-ups: 7:00AM Saturday, July 29, 2017 Prelims Begin: 8:00 AM		
GIRLS EVENT #	EVENT	BOYS EVENT #
29	200 Butterfly	30
31	50 Freestyle	32
	10 minute Break	
33	200 Breaststroke	34
35	100 Backstroke	36
	10 minute Break	
37	Open 400 Freestyle*	38
Session 5 – 12&Under Timed Finals Warm-ups: Not before 12:00 PM Saturday, July 29, 2017 Timed Finals: Not before 1:00 PM		
GIRLS EVENT #	EVENT	BOYS EVENT #
39	11-12 100 Butterfly	40
41	10&Under 100 Butterfly	42
43	11-12 50 Backstroke	44
45	10&Under 50 Backstroke	46
47	11-12 200 Freestyle	48
49	10&Under 200 Freestyle	50
51	11-12 50 Breaststroke	52
53	10&Under 50 Breaststroke	54
Session 6 – 13 & Over Finals Warm-ups: 4:30 PM Saturday, July 29, 2017 Finals Begin: 5:30 PM		
GIRLS EVENT #	EVENT	BOYS EVENT #
29	200 Butterfly	30
31	50 Freestyle	32
	10 minute Break	
33	200 Breaststroke	34
35	100 Backstroke	36
	10 minute Break	
37	Open 400 Freestyle*	38



2016 NORTH CAROLINA AQUATIC CLUB TAR HEEL STATES INVITATIONAL

SUNDAY JULY 30, 2017

Order of Events

Session 7 – 13 & Over Prelims Sunday, July 30, 2017		
Warm-ups: 7:00 AM		Prelims Begin: 8:00
GIRLS EVENT #	EVENT	BOYS EVENT #
55	100 Freestyle	56
57	200 Backstroke	58
	10 minute Break	
59	200 IM	60
	10 minute Break	
61	13-14 200 Free Relay	62
63	200 Free Relay	64
	10 minute Break	
65	Open 800 Freestyle*	66
Session 8 – 12& Under Timed Finals Sunday, July 30, 2017		
Warm-ups: Not before noon		Timed Finals: Not before 1:00 PM
GIRLS EVENT #	EVENT	BOYS EVENT #
67	11-12 50 Freestyle	68
69	10&Under 50 Freestyle	70
71	11-12 100 Backstroke	72
73	10 &Under 100 Backstroke	74
75	11-12 400 Freestyle	76
77	10&Under 200 Free Relay	78
79	11-12 200 Free Relay	80
Session 9 – 13 & Over Finals Sunday, July 30, 2017		
Warm-ups: 4:30PM		Finals Begin: 5:30PM
GIRLS EVENT #	EVENT	BOYS EVENT #
55	100 Freestyle	56
57	200 Backstroke	58
	10 minute Break	
59	200 IM	60
65	Open 800 Freestyle*	66