



**NORTH CAROLINA AQUATIC CLUB
LONG COURSE QUAD MEET**

Hosted By NCAC
Koury Natatorium

400 Skipper Bowles Drive, Chapel Hill, NC
27514 May 5 -6, 2018

SANCTION: Held under the Sanction of United States Swimming, Inc., issued by North Carolina, Inc.
Sanction #NC18096

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| MEET DIRECTOR | MEET ENTRY COORDINATOR |
| Anthony Addlesberger aaddlesberger85@gmail.com | Anthony Addlesberger aaddlesberger85@gmail.com |
| MEET REFEREE | MEET MARSHAL |
| Tage Honore thonore@gr8danes.net | Brad Langford coachbradncac@gmail.com |

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 Age Group / Senior pre-seeded meet unless otherwise indicated.

| Session | Day | Warm-up | Meet Start | Age Groups |
|---------|----------------------------------|---------|------------|------------|
| 1, 4 | Saturday, Sunday Timed Finals | 7:00AM | 8:00AM | 13 & O |
| 2,5 | Saturday, Sunday Timed Finals | 11:00AM | 11:30AM | OPEN |
| 3, 6 | Saturday, Sunday Timed Finals | 1:30PM | 2:30PM | 12 & Under |

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

| Day, Date | Time | For |
|---------------------|---------|------------------------------------|
| Wednesday, April 25 | 6:00PM | Entry Deadline |
| Saturday, May 5 | 11:00AM | 400 Free, Positive Check-in Closes |
| Sunday, May 6 | 11:00AM | 400 IM, Positive Check-in Closes |

| | | |
|-------------------|------------------------------------|---------------------------------------|
| Sat, Sun May 5, 6 | 1 hour prior to session start time | Officials Meeting located Hospitality |
| Saturday, May 5 | 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..

ELIGIBILITY: Any current USA Swimming registered swimmer that represents The High Point Swim Club, Hillsborough Aquatic Club, Marlins of Raleigh, and North Carolina Aquatic Club. All swimmers entered will be checked against current LSC registration. There will be no on deck registration available at this meet.

SWIMMERS WITH and DISABILITIES: NCAC welcomes all swimmers with disabilities as described in the USA Swimming Rules 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 May 6, 2018.**
- 3. Enter LONG COURSE METER times only.**
- 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.

ENTRY LIMITS: Swimmers may enter a maximum of **four (4)** individual events per day with a total of **eight (8)** individual events for the meet.

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 **6pm, Wednesday, April 25, 2018**. 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 | \$5.00/ event |
| NC Travel Fund | \$3.00 / swimmer |
| Facility Surcharge | \$15.00 / swimmers |
| Late Entry Fee | \$10.00 / \$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.

400 Free and 400 IM will be swum alternating women/men fast to slow.

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

- OPEN 400 Free by 11:00AM Saturday
- OPEN 400 IM by 11:00AM Sunday

The listed events will be deck seeded. 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 at the block. 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.

SCORING: Individual events will be scored 9-7-6-5-4-3-2-1.

AWARDS: 12 & Under individual events: Ribbons for 1st through 8th place. Please be sure to pick up your teams awards prior to departing the pool on Sunday.

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.

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.



2018 NORTH CAROLINA AQUATIC CLUB "QUAD MEET"

| Session 1 - 13 & O Timed Finals Saturday, May 5, 2018 | | |
|--|-------------------------|-----------------------|
| Warm-ups: 7:00 AM | | Timed Finals: 8:00 AM |
| GIRLS EVENT # | EVENT | BOYS EVENT # |
| 1 | 13 & O 200 IM | 2 |
| 3 | 13 & O 100 Freestyle | 4 |
| 5 | 13 & O 200 Butterfly | 6 |
| 7 | 13 & O 100 Breaststroke | 8 |
| 9 | 13 & O 200 Backstroke | 10 |

| Session 2 - OPEN Timed Finals Saturday, May 5, 2018 | | |
|--|---------------|------------------------|
| Warm-ups: 11:00 AM | | Timed Finals: 11:30 AM |
| GIRLS EVENT # | EVENT | BOYS EVENT # |
| 11 | OPEN 400 Free | 12 |

| Session 3 - 12 & U Timed Finals Saturday, May 5, 2018 | | |
|--|------------------------|-----------------------|
| Warm-ups: 1:00 PM | | Timed Finals: 2:00 PM |
| GIRLS EVENT # | EVENT | BOYS EVENT # |
| 13 | 12 & U 200 IM | 14 |
| 15 | 12 & U 100 Freestyle | 16 |
| 17 | 12 & U 50 Butterfly | 18 |
| 19 | 12 & U 100 Backstroke | 20 |
| 21 | 12 & U 50 Breaststroke | 22 |



2018 NORTH CAROLINA AQUATIC CLUB "QUAD MEET"

| Session 4 - 13 & O Timed Finals Sunday, May 6, 2018 | | |
|--|-------------------------|------------------------------|
| Warm-ups: 7:00 AM | | Timed Finals: 8:00 AM |
| GIRLS EVENT # | EVENT | BOYS EVENT # |
| 23 | 13 & O 200 Freestyle | 24 |
| 25 | 13 & O 100 Butterfly | 26 |
| 27 | 13 & O 200 Breaststroke | 28 |
| 29 | 13 & O 100 Backstroke | 30 |
| 31 | 13 & O 50 Freestyle | 32 |

| Session 5 - OPEN Timed Finals Sunday, May 6, 2018 | | |
|--|--------------|-------------------------------|
| Warm-ups: 11:00 AM | | Timed Finals: 11:30 AM |
| GIRLS EVENT # | EVENT | BOYS EVENT # |
| 33 | OPEN 400 IM | 34 |

| Session 6 - 12 & U Timed Finals Sunday, May 6, 2018 | | |
|--|-------------------------|------------------------------|
| Warm-ups: 1:00 PM | | Timed Finals: 2:00 PM |
| GIRLS EVENT # | EVENT | BOYS EVENT # |
| 35 | 12 & U 200 Freestyle | 36 |
| 37 | 12 & U 100 Butterfly | 38 |
| 39 | 12 & U 50 Freestyle | 40 |
| 41 | 12 & U 100 Breaststroke | 42 |
| 43 | 12 & U 50 Backstroke | 44 |