



**2019 ACC LONG COURSE TIME TRIALS**  
 Hosted by WOLF-NC  
 Sponsored by Greensboro Aquatic Center  
 and  
 Greensboro Convention and Visitors Bureau  
**Sunday, February 24, 2019**  
 AND  
**Sunday, March 3, 2019**  
 The Greensboro Aquatic Center  
 1921 W. Gate City Blvd., Greensboro, NC 27403



Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming  
**Approval #NC19010APTT (Feb 24) and Approval NC19011APTT (March 3)**

MEET DIRECTOR	MEET ENTRY COORDINATOR
Kate McIntosh <a href="mailto:Katherine.McIntosh@greensboro-nc.gov">Katherine.McIntosh@greensboro-nc.gov</a>	Kate McIntosh <a href="mailto:Katherine.McIntosh@greensboro-nc.gov">Katherine.McIntosh@greensboro-nc.gov</a>
MEET REFEREE	MEET MARSHAL
Trish Martin <a href="mailto:pkmartin13@gmail.com">pkmartin13@gmail.com</a>	David Hoover <a href="mailto:David.hoover@greensboro-nc.gov">David.hoover@greensboro-nc.gov</a>

**FACILITY**

The Greensboro Aquatic Center is a state-of-the-art indoor facility with three pools which opened in August 2011. The main competition pool is 9-10 feet deep at both ends and will be configured into one 50 meter yard courses with up to eight 9-foot wide lanes each. All lanes feature non-turbulent lane lines and Paragon KDI starting blocks. Up to eight lanes will be used for this competition. The Omega electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. At least three lanes will be open for continuous warm up and down. Seating for 1800 spectators is available. The Greensboro Coliseum will provide free parking. Directions to the GAC are available at [www.GreensboroAquaticCenter.com](http://www.GreensboroAquaticCenter.com).

**MEET FORMAT**

This is a closed time trial pre-seeded/deck seeded meet.

**ELIGIBILITY**

These ACC LC Time Trials are open to any member of an ACC Men's and Women's Swimming team who is eligible to represent his/her school in NCAA competition in the 2018-2019 season. Both sessions are open to men and women.

The results of these LC Time Trials will NOT be uploaded to the NCAA database and will NOT be considered for NCAA Championship meet qualification.

Swimmers who are also 2019 registered members of USA Swimming and are registered through their respective LSCs prior to February 15, 2019 will have

their results automatically uploaded to SWIMS for USA Swimming meet qualification. **No on deck registration is available at either meet.**

**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.

Session	Day	Facility Opens	Warm-up Starts	Meet Starts
1	Sunday, February 24	8:00 AM	8:30 AM	9:30 AM
2	Sunday, March 3	8:00 AM	8:30 AM	9:30 AM

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For:
Tues., Feb 19	12:00 midnight	Email entry deadline for February 24 TT session
Feb 20-23	Regular TT sign up hours	On deck entries accepted for February 24 and March 3 sessions
Sun., Feb 24	8:30 AM	Entries close for February 24 TT session
Sun., Feb 24	8:30 AM	Positive check in closes for Feb. 24 TT session events
Sun., Feb 24	8:45 AM	Officials' briefing
Sun., Feb 24	9:20 AM	Coaches' meeting at Meet Referee's discretion
Tues., Feb 24	12:00 midnight	Email entry deadline for March 3 TT session
Feb 27-Mar 2	Regular TT sign up hours	On deck entries accepted for March 3 TT session
Sun., Mar 3	8:30 AM	Entries close for March 3 TT session
Sun., Mar 3	8:30 AM	Positive check in closes for March 3 TT session events
Sun., Mar 3	8:45 AM	Officials' briefing
Sun., Mar 3	9:20 AM	Coaches' meeting at Meet Referee's discretion

**ENTRIES**

Entry files for each session may be emailed to the Entry Coordinator until the stated deadlines.

On deck entries will be accepted during regular TT sign up hours at both Championship meets and on the mornings of each TT session.

Entries should be made with LCM or SCY times. Times are not required to be provable and may be estimated to provide accurate seeding for all competitors. NT entries will be seeded last.

**ENTRY DEADLINES**

Entries may be submitted via Hytek email up until midnight on Tuesday, Feb. 19 for the February 24 session and until midnight on Tuesday, Feb. 26 for the March 3 session.

On deck entries will be accepted from 7:00 AM to 9:00 AM on each morning. Entries made after this time will be considered late and accepted only for open lanes and at the discretion of the Meet Referee.

<b>ENTRY LIMITATIONS</b>	Swimmers may swim a maximum of six (6) time trials per session. Breaks may be scheduled by the Meet Referee and will be announced in the coaches' meetings.
<b>ENTRY FEES</b>	No fees will be charged for these sessions.
<b>ENTRY VERIFICATION</b>	Preliminary psych sheets for each session will be posted at GAC and on <a href="http://www.GreensboroAquaticCenter.com">www.GreensboroAquaticCenter.com</a> .
<b>SEEDING</b>	<p>The conforming time standard for this meet is long course meters. Swimmers will be seeded slowest to fastest, LCM then SCY. The Meet Referee reserves the right to combine heats and events according to USA Swimming rules.</p> <p>Swimmers should positively check in for their events by 8:30 AM at each session to be seeded.</p>
<b>SCRATCHES</b>	There is no penalty for scratching events at the blocks.
<b>WARM-UP</b>	<p>General warm up in all lanes from 8:30-9:10 AM. Specific warm ups from 9:10-9:25 as follows: one-way dive starts in Lanes 2 and 7, pace in Lanes 1 and 8, general warm up in other lanes. Additional sprint and pace lanes may be assigned or opened early at the Meet Referee's discretion. The Marshal will ensure teams, coaches, and swimmers follow all warm-up procedures.</p> <p>During the competition, there will be at least three lanes available for continuous warm-up/down. Swimmers will enter the pool feet first in this area.</p>
<b>SAFE SPORT</b>	<p>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 in addition to host team marshal.</p> <p>Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms.</p> <p><b>DECK CHANGES ARE PROHIBITED.</b></p> <p>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. 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.</p> <p>Any swimmer entered in the meet, unaccompanied by a USA Swimming/NCAA member coach, must be certified by a USA Swimming/NCAA member coach as being proficient in performing a racing start or must start each race from within</p>

the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**SCORING/AWARDS** These sessions will not be scored and no awards will be made.

**RESULTS** Results will be posted on GAC's website ([www.GreensboroAquaticCenter.com](http://www.GreensboroAquaticCenter.com)) within 24 hours of each meet's conclusion and teams will be emailed their results.

**SWIMMERS WITH DISABILITIES** WOLF-NC welcomes all ACC swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in the 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 WOLF-NC's ability to accommodate all requests.

**COACHES** All coaches on deck must be registered and properly certified with their ACC teams and must check in with the Meet Director.

There may be a General Meeting each morning at 9:20 AM at the Meet Referee's discretion. 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. Coaches are responsible for any information presented at the meeting.

**OFFICIALS** All ACC Championship officials are encouraged and welcome to officiate at these time trials. Contact the Meet Referee by email prior to the meet. Other officials may be invited to assist. Officials briefings will be held 45 minutes prior to the start of the session in the hospitality area.

Uniform for these meets is white polo over **KHAKI** or **NAVY** pants, shorts, or skirts with white shoes.

**HOSPITALITY/ CONCESSIONS** There will be limited hospitality available on deck to all coaches and officials. Refreshments will be for sale at concession stands. Outside food beyond that needed for swimmer nutrition and hydration is not permitted by the facility.

**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 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.

**2019 ACC LONG COURSE TIME TRIALS  
ORDER OF EVENTS**

**Sunday February 24, 2019**

ACC swimmers who are eligible to represent their schools in the 2018-2109 season are eligible for either/both sessions. Swimmers who are properly registered with USA Swimming by February 15 will have their times automatically uploaded to the SWIMS database. Times from this meet will not be uploaded to the NCAA database and are not eligible for NCAA Championship entries.

**Facility Opens: 8:00 AM Warm-up: 8:30 AM Meet Starts: 9:30 AM**

<b>Women's Event #</b>	<b>Event</b>	<b>Men's Event #</b>
101	<b>50M Freestyle</b>	102
103	<b>400M Freestyle</b>	104
105	<b>100M Backstroke</b>	106
107	<b>100M Breaststroke</b>	108
109	<b>400M Individual Medley</b>	110
111	<b>200M Butterfly</b>	112
113	<b>100M Freestyle</b>	114
115	<b>200M Breaststroke</b>	116
117	<b>200M Backstroke</b>	118
119	<b>200M Individual Medley</b>	120
121	<b>100M Butterfly</b>	122
123	<b>200M Freestyle</b>	124
125	<b>800M Freestyle</b>	
	<b>1500M Freestyle</b>	126

**2019 ACC LONG COURSE TIME TRIALS  
ORDER OF EVENTS**

**Sunday March 3, 2019**

ACC swimmers who are eligible to represent their schools in the 2018-2109 season are eligible for either/both sessions. Swimmers who are properly registered with USA Swimming by February 15 will have their times automatically uploaded to the SWIMS database. Times from this meet will not be uploaded to the NCAA database and are not eligible for NCAA Championship entries.

**Facility Opens: 8:00 AM Warm-up: 8:30 AM Meet Starts: 9:30 AM**

<b>Women's Event #</b>	<b>Event</b>	<b>Men's Event #</b>
201	<b>50M Freestyle</b>	202
203	<b>400M Freestyle</b>	204
205	<b>100M Backstroke</b>	206
207	<b>100M Breaststroke</b>	208
209	<b>400M Individual Medley</b>	210
211	<b>200M Butterfly</b>	212
213	<b>100M Freestyle</b>	214
215	<b>200M Breaststroke</b>	216
217	<b>200M Backstroke</b>	218
219	<b>200M Individual Medley</b>	220
221	<b>100M Butterfly</b>	222
223	<b>200M Freestyle</b>	224
225	<b>800M Freestyle</b>	
	<b>1500M Freestyle</b>	226

## 2019 ACC LONG COURSE Time Trials Release Form

Complete and email or mail this form or bring it to the Time Trial sign up area prior to competition.

Mail to GAC ATTN: Kate McIntosh  
1921 West Gate City Blvd., Greensboro, NC 27403

Email to: [Katherine.McIntosh@greensboro-nc.gov](mailto:Katherine.McIntosh@greensboro-nc.gov)

Team Name	
Coach	
Coach Phone	
Coach Email	
Team Address	

### **Waiver, Acknowledgement and Liability Release:**

I, the undersigned coach or team representative, verify that all of the team's swimmers participating in these Time Trial sessions are **eligible to compete for their ACC team in the 2018-2019 season**. Swimmers who are **registered with USA Swimming by February 15, 2019** will have their times automatically uploaded to the SWIMS database. I understand that times will **not be uploaded to the NCAA database** and are **not eligible for NCAA Championship entry**. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. North Carolina State University, WOLF-NC, The ACC, Greensboro Aquatic Center, City of Greensboro, North Carolina Swimming, and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

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SIGNATURE (Coach or Club Representative)

CLUB

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TITLE

DATE