

Frosty Invitational
 Hosted by ATOM
 January 12-13, 2019

Held at Mecklenburg County Aquatic Center
 800 E. Martin Luther King Jr Blvd, Charlotte NC 28202

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC19019

MEET DIRECTOR Shaynah Jerrell (919)360-0375 coachshaynah@gmail.com	MEET ENTRY COORDINATOR Stephanie Toth (336-906-1611) Coachstephanie28@gmail.com
MEET REFEREE Jeff Foltz (919) 523-9540 jhfoltz@msn.com	MEET MARSHAL Jack Eichenlaub (215)872-9578 Jgeichenlaub90@gmail.com

FACILITY The competition pool is an 8-lane, 25 yard course featuring nine-foot wide lanes separated by non-turbulent lane lines, Paragon starting blocks and a minimum pool depth of six feet. A Colorado Electronic Timing System and an 8-lane scoreboard will be used. Warm-up and warm-down lanes will be available. The pool is certified by USA Swimming. There is ample seating for 1000 spectators and competitors. **The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming**

MEET FORMAT This is a timed final Age Group/Senior, pre-seeded meet unless otherwise indicated. Closed Blue Ridge Swim League Meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	8:00 AM	9:00 AM	12 & under
2	Saturday	Not before 1:00 PM	Not Before 2:00 PM	13-14 & Senior
3	Sunday	8:00 AM	9:00 AM	12 & under
4	Sunday	Not before 12:30 PM	Not before 1:30 PM	13-14 & Senior

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday, January 2, 2019	11:59 PM	Entry deadline
Saturday, January 12, 2019	8:30 AM & 1:30 PM	Officials Meeting
Saturday, January 12, 2019	8:50 AM	Coaches Meeting
Sunday, January 13, 2019	8:30 AM & 1:00 PM	Official Meeting

SAFETY	The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated.
RACING STARTS	Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an 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 Rules and Regulations, except where rules therein are optional and exceptions are stated. 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. 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.
ELIGIBILITY	All swimmers must be Blue Ridge Swim League members registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline. Entries listed as "Registration Applied For" will not be accepted. There will be no on deck registration available at this meet.
SWIMMERS WITH DISABILITIES	ATOM 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 ATOM's ability to accommodate all requests.
ENTRIES	Submit entries in Team Manager by email to Stephanie Toth (coachstephanie28@gmail.com). List swimmer's age as of January 12, 2019. There will be no "on deck" registration available at the meet. Only properly completed entry forms with payment of all fees will be accepted. Mixed relays must consist of two female and two male swimmers.
ENTRY LIMITATIONS	Swimmers may enter up to 4 individual events and 1 relay per day.
ENTRY VERIFICATION	An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.
ENTRY DEADLINES	The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. Late entries may be accepted at the discretion of the Meet Referee. Late entries will be charged double entry fees and will not be seeded. There will be no on deck entries.

ENTRY FEES

Make checks payable to: ATOM; All fees are non-refundable	
Individual Event	\$5.00 per event
Relay Event	\$15.00 per relay
Facility Surcharge	\$10 per swimmer
Late Entry Fee	Double the IE and relay fees listed

Checks payable to: **“ATOM”**

Mail Checks to: **Shaynah Jerrell, 1026 Leigh Ave Charlotte NC 28205**

SEEDING The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order

SCRATCHES There will be no penalty for scratching pre-seeded events at the block

SCORING No team or individual scoring will be kept.

AWARDS Medals 1st for individual events
Ribbons 2nd, 3rd for individual events
Ribbons 1st, 2nd, 3rd for relay events

RESULTS At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment.

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. ATOM 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.

**HOSPITALITY/
CONCESSIONS** There will be a hospitality area open to all coaches and officials. Refreshments will be provided.

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. 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. ATOM, MCAC, 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.

IMAGE RELEASE

All participants agree to be filmed and photographed by the host club 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 host club or NCS website or social media 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.

ORDER OF EVENTS

Saturday, January 12, 2019

Warm-up: 8:00 AM; Meet Start: 9:00 AM

Girls		Boys
Event #	Event Description	Event #
1	8&U 100 IM	2
3	10&U 200 IM	4
5	11&12 200 IM	6
7	8&U 25 Back	8
9	10&U 100 Back	10
11	11&12 100 Back	12
13	8&U 25 Fly	14
15	10&U 50 Fly	16
17	11&12 50 Fly	18
19	8&U 25 Free	20
21	10&U 100 Free	22
23	11&12 100 Free	24
25	8&U 25 Breast	26
27	10&U 50 Breast	28
29	11&12 50 Breast	30
31	8&U 100 Free Relay	32
33	10&U 200 Free Relay	34
35	11&12 200 Free Relay	36

Saturday, January 12, 2019

Warm-up: not before 1:00 PM; Meet Start: not before 2:00 PM

Girls		Boys
Event #	Event Description	Event #
37	13&14 200 IM	38
39	Senior 200 IM	40
41	13&14 100 Breast	42
43	Senior 100 Breast	44
45	13&14 200 Back	46
47	Senior 200 Back	48
49	13&14 100 Free	50
51	Senior 100 Free	52
53	13&14 200 Fly	54
55	Senior 200 Fly	56
57	13&14 200 Free Relay	58
59	Senior 200 Free Relay	60
61	Senior 500 Free	62

Sunday, January 13, 2019
Warm-up: 8:00 AM; Meet Start: 9:00 AM

Event #	Event Description	Event #
63	11-12 Mixed 200 Medley Relay	
64	10&U Mixed 200 Medley Relay	
	10 minute break	
Girls		Boys
65	11-12 100 IM	66
67	10&U 100 IM	68
69	11-12 200 Free	70
71	10&U 200 Free	72
73	11-12 100 Breast	74
75	10&U 100 Breast	76
77	11-12 50 Back	78
79	10&U 50 Back	80
81	11-12 100 Fly	82
83	10&U 100 Fly	84
85	11-12 50 Free	86
87	10&U 50 Free	88
89	11-12 500 Free	90

Sunday, January 13, 2019
Warm-up: not before 12:30 PM; Meet Start: not before 1:30 PM

Event #	Event Description	Event #
91	13-14 Mixed 200 Medley Relay	
92	Senior Mixed 200 Medley Relay	
	10 minute break	
Girls		Boys
93	Senior 400 IM	94
95	13&14 200 Free	96
97	Senior 200 Free	98
99	13&14 100 Back	100
101	Senior 100 Back	102
103	13&14 20 Breast	104
105	Senior 200 Breast	106
107	13&14 50 Free	108
109	Senior 50 Free	110
111	13&14 100 Fly	112
113	Senior 100 Fly	114
	10 minute break *only if swimmer in fly and first heat of 1000	
115	Senior 1000 Free	116