



2019 North Carolina Swimming Long Course Age Group Championships



Hosted by TAC Titans

Thursday July 11- Sunday July 14, 2019

Held at Triangle Aquatic Center

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

Sanction #NC19105

MEET DIRECTOR		MEET ENTRY COORDINATOR	
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MEET REFEREE	ADMIN REFEREE	MEET MARSHALS	
Linda Hughes lahughes@nc.rr.com	David Riggsbee swim.meet.referee@gmail.com	Mark Frank	

FACILITY **Facility:** Triangle Aquatic Center

Address: 275 Convention Dr., 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, 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. The competition course has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming, Inc. The LC competition lanes are a minimum of 9 feet wide. The 25-yard program pool allows for 4 to 10 warm-up/warm-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 HD video scoreboard. Paddock starting blocks with Swim Innovation wedge blocks. Hy-tek Meet Manager 7.0 will be used. 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 coaches and officials 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 and 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 LSC Age Group Championship meet in preliminaries/finals and timed finals formats with qualifying time standards.

REGISTRATION All swimmers must be properly registered with USA Swimming by the entry deadline. There will be no on deck registration at this meet.

ELIGIBILITY This meet is open to North Carolina registered swimmers who have achieved the current NCS Long Course Age Group Championship qualifying time standard for each event entered and are 14 years of age or younger on the first day of the meet.

Swimmers qualifying in the 800M Freestyle automatically qualify for a bonus swim in the 1500M Freestyle and vice versa.

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. Swimmers with disabilities qualifying for the meet according to the published meet time standards should enter via OME. Swimmers with disabilities who prefer to qualify using the Para Motivational Time Standards should contact the NCS Meet Entry Coordinator to submit entries by the deadline. Coaches entering swimmers with disabilities who require any accommodations are required to provide advance notice in writing to the Meet Director and Meet Referee by the entry deadline including the need for any personal assistants and/or registered service animals. Failure to provide advance notice may limit the host team’s ability to accommodate all requests.

SCHEDULE

Session	Day	Warm-up	Meet Start	Age Group
1	Thursday	1:30-2:55 PM	3:00 PM	13-14 Timed Finals, 11-12 Timed Finals
2	Friday	7:00-8:25 AM	8:30 AM	13-14 Preliminaries
3	Friday	12:00-1:00 PM	1:05 PM*	11-12, 10 & Under Timed Finals
4	Friday	5:00-5:55 PM	6:00 PM*	13-14 Finals, 11-12 Exhibition
5	Saturday	7:00-8:25 AM	8:30 AM	13-14 Preliminaries
6	Saturday	12:00-1:00 PM	1:05 PM*	11-12, 10 & Under Timed Finals
7	Saturday	5:00-5:55 PM	6:00 PM*	13-14 Finals, 11-12 Exhibition
8	Sunday	7:00-8:25 AM	8:30 AM	13-14 Preliminaries
9	Sunday	12:45-1:45 PM	1:50 PM*	11-12, 10 & Under Timed Finals
10	Sunday	5:15-6:10 PM	6:15 PM*	13-14 Finals, 11-12 Exhibition

****Afternoon and Finals session start times may change after entries are processed.***

A split period warm up may be utilized if swimmer numbers warrant at the discretion of the Meet Referee and AG Chair. Warm up sessions will be at least 30 minutes long. Warm up lane assignments will be communicated to teams prior to the meet.

Scheduled breaks are noted in the Order of Events. The Meet Referee has authority to add breaks as necessary.

Afternoon and evening session start times should be read as “not before.” Updated start time estimates will be provided to coaches once entries are processed.

DEADLINES AND MEETINGS SUMMARY

Day	Time	For
June 1	12:00 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	1:00 PM	General Meeting
Thursday of meet	1:30 PM	Deadline for proof of times
Every meet day	1 hour before session	Officials Briefing

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. Only feet first entry into warm down lanes at all times and during warm ups except during specific warm up periods while under the direct supervision of a certified coach. No glass is allowed in the pool area or locker rooms at any time. Running and horseplay will not be allowed. As at any pool, the deck may be slippery and caution should be taken to prevent accidents. Swimmers are not allowed in pool equipment rooms or work out rooms. NO blocking of fire exits, which includes doorways and passages. Coaches must carry their coach certification cards or have easy access to Deck Pass at all times when on the pool deck and must hold current certifications and registration with USA Swimming.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms, or behind the starting blocks. Flash photography of any kind at the start of a race is prohibited.

Deck changes are prohibited.

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. 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.

Unless approved in writing in advance of the competition by the Vice President Operations, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

The Minor Athlete Abuse Prevention Policy is in effect for this meet and all Applicable Adults are expected to comply with the stated requirements and guidelines.

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

Long Course Championship: A swimmer must have achieved the qualifying time listed per event in a USA Swimming sanctioned, approved, or observed meet from January 1 of the prior year to 11:59PM the Sunday night before the Monday meet entry deadline.

INDIVIDUAL ENTRIES AND LIMITS

13-14 swimmers may enter and swim up to eight (8) individual events for the meet and no more than three (3) individual events per day.

11-12 swimmers may enter and swim up to eight (8) individual events plus up to two (2) exhibition events (400 IM, 200 Backstroke, 200 Butterfly, and 200 Breaststroke) for the meet. They are further limited to no more than four (4) individual events per day. Exhibition events will be awarded but not scored.

10&U swimmers may enter and swim up to eight (8) individual events plus the 400 FR exhibition event for the meet. They are further limited to no more than four (4) individual events per day. The 400 FR will be awarded but not scored.

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

Swimmers qualifying in the 800M Free automatically qualify for the 1500M Free and vice versa.

- 1500M Freestyle qualifiers who want to swim the 800M Freestyle but do not have a provable qualifying time should enter via the appropriate alternate distance event with their 1500M/1650Y Freestyle qualifying time.
- 800M Freestyle qualifiers who want to swim the 1500M Freestyle but do not have a provable qualifying time should enter via the appropriate alternate distance event with their 800M/1000Y Freestyle qualifying time.
- However, these bonus swimmers will be seeded behind qualifiers.
- Swimmers are not required to enter the original distance event in which they qualified in order to enter the automatic bonus event.

RELAY ENTRIES

Relay qualifying times are not required to be provable and may be overridden with aggregate or estimated times.

The number of relay entries allowed per team is determined by the number of qualifiers per gender per age group 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 in an age group/gender: Maximum of one (1) relay team for that age group/gender
- 5-8 individual event swimmers in an age group/gender: Maximum of two (2) relay teams for that age group/gender
- 9-12 individual event swimmers in an age group/gender: Maximum of three (3) relay teams for that age group/gender
- 13 or more individual event swimmers in an age group/gender: Maximum of four (4) relay teams for that age group/age group

Only the A and B designated teams are eligible for scoring. Any relay that competes without at least one swimmer qualified in an individual event will be disqualified.

Swimmers designated as 'relay only' in OME may ONLY swim relays. All relay 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 and \$7.50 Facility Fee 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 four (4) weeks before the meet at 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. **NOTE THAT ENTRY TIMES IN OME DO *NOT* AUTOMATICALLY UPDATE TO A SWIMMER'S FASTEST TIME.** Entry changes, updates, 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. The person making OME entries for a team is solely responsible for communicating and approving those entries within their organization **prior to** the 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. 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 Entry Fee Summary** page in this meet announcement, NOT the amount shown due in OME or in any team management software. Fees will be incorrect if the team has relay only swimmers.

ENTRY FEES

The total fees as calculated on the Entry Fee Summary plus any assessed entry fines are due no later than the General Meeting unless alternate payment arrangements are negotiated with the Meet Director.

Make checks payable to: TAC Titans

Individual Event	\$6.00 per event
Relay Event	\$10.00 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	\$15.00 per qualifier \$7.50 per relay only swimmer

Fees are non-refundable.

SEEDING AND FORMAT

The conforming time for this meet is LCM. All times will be seeded by LCM first, then SCY. Non-conforming event qualifiers in the 800M and 1500M Frees will be seeded behind conforming event qualifiers and bonus swimmers after qualifiers.

All events that are 400M or longer, 11-12 200M Backstroke, Breaststroke, and Butterfly, 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 and events may be swum at the discretion of the Meet Referee.

13-14 Individual Events:

Except for the 800M and 1500M Freestyles, all events will be conducted on a preliminary and finals basis. A and B heats will swim in finals. The fastest eight qualifiers compete in the A Final (Championship) and the next fastest eight swim in the B Final (Consolation). **The B Final will swim before the A Final.** Alternates should identify themselves to the starter prior to the beginning of the event and should be ready to swim in the B Final if no shows occur. The A and B Finals will be scored.

13-14 800M Freestyle:

The 13-14 800M Freestyle will be swum as a timed final event and deck seeded after positive check in. All heats will swim fast to slow, alternating girls and boys. A combined girls/boys heat may be swum at the discretion of the Meet Referee. Swimmers must provide their own counters.

13-14 400M IM and 400M Freestyle:

The 13-14 400M IM and 13-14 400M Freestyle will be swum as preliminary/final events and deck seeded after positive check in. The **fastest two (2) preliminary heats will be circle seeded.** The **fastest 4 heats** of girls swim first slow to fast, followed by the **fastest 4 heats** of boys swum slow to fast. The remaining heats will swim fast to slow, alternating girls and boys. A combined girls/boys heat may be swum at the discretion of the Meet Referee.

13-14 1500M Freestyle:

The 13-14 1500M Free will be swum as a timed final event and deck seeded after positive check in. The fastest positively checked in heat (8) of girls and boys will swim in the Sunday finals session. There will be **no AM/PM option** for this event. All other heats will swim at the conclusion of preliminaries after a 10-minute break. These heats will swim fast to slow, alternating girls and boys. A combined girls/boys heat may be swum at the discretion of the Meet Referee. Swimmers must provide their own counters.

13-14 Relays:

All relays will be timed final events and deck seeded after positive check in. **There is no AM/PM option for relays.**

- The 13-14 800M Freestyle relay will swim fastest two heats of girls slow to fast, then fastest two heats of boys slow to fast, followed by remaining heats fast to slow alternating girls and boys.
- On Friday and Saturday, the fastest eight positively checked in relay teams will swim in the evening finals sessions. The remaining teams will swim at the end of the preliminary session, slow to fast in event order. There is no AM/PM option.

11-12 Individual Events:

All 11-12 events will be timed finals swum in the afternoon and evening sessions.

11-12 Exhibition 400M IM:

The 11-12 400M IM will be seeded after positive check in. The fastest three heats will swim slow to fast alternating girls and boys as indicated in the Order of Events. Remaining heats will swim at the conclusion of the session, fast to slow alternating girls and boys. This event will be awarded but not scored.

11-12 400M Freestyle:

The 11-12 400M Freestyle will be deck seeded after positive check in and will swim slow to fast in event order. A combined girls/boys heat may be swum at the Meet Referee's discretion.

11-12 Exhibition 200M Backstroke, Butterfly, and Breaststroke Events:

These 11-12 events will be swum as timed finals. The events will be deck seeded after positive check in. On Friday, Saturday, and Sunday, the fastest three (3) positively checked in heats of each 200 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 heats are empty, a 5 minute break will be observed. A boys’ heat may swim in place of an empty girls’ heat and vice versa and heats may be combined at the discretion of the Meet Referee and the Age Group Chair.

Any additional seeded heats in these events 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. **The Meet Referee and Age Group chair will determine after entries have closed when the extra heats will swim for each event and will announce their decision at the General Meeting.** These events will be awarded but not scored.

10 & Under Individual Events:

All events will be timed finals and swum in the afternoon sessions.

10&U Exhibition 400M Freestyle:

The 10&U 400M Freestyle will be deck seeded after positive check in and will swim slow to fast in event order. A combined girls/boys heat may be swum at the Meet Referee’s discretion. This event will be awarded but not scored.

10&U and 11-12 Relays: All relays will be timed final events. All relays will swim slow to fast in event order.

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.

CHASE STARTS AND TWO PER LANE

Based on projected timelines, the Age Group Chair and the Meet Referee reserve the right to use chase starts for preliminary and timed finals events 100M and longer and that the 800M/1500M Freestyle events be swum two per lane. These decisions, if made, will be announced no later than the General Meeting.

POSITIVE CHECK IN SCHEDULE

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. Afternoon check in times will be adjusted if session start times change.

Individual Events	Check-In Deadline		
13-14	800M Free	Thursday	2:15 PM
11-12	400M IM	Thursday	2:15 PM
11-12	200M Back	Thursday	6:30 PM
13-14	400M IM	Friday	8:00 AM
10&U 11-12	400M Free	Friday	12:15 PM or 30 min before session starts
11-12	200M Butterfly	Friday	6:30 PM
13-14	400M Free	Saturday	8:00 AM

11-12	200M Breaststroke	Saturday	6:30 PM	
13-14	1500M Free	Saturday	6:30 PM	
Relay Events	Check-In Deadline			Relay Cards Due
13-14	800M Free Relay	Thursday	2:30 PM	3:30 PM
13-14	400M Free Relay	Friday	8:00 AM	10:00 AM
11-12	400M Free Relay	Friday	12:15 PM or 30 min before session starts	2:15 PM
13-14	400M Medley Relay	Saturday	8:00 AM	10:00 AM
10&U 11-12	200M Medley Relay 400 Medley Relay	Saturday	12:15 PM or 30 min before session starts	2:15 PM
10&U 11-12	200M Free Relay	Sunday	1:00 PM or 30 min before session starts	3:00 PM

SCRATCHES

The current NCS Scratch Rule will be in effect during the conduct of this meet for prelim/finals and deck seeded events (see attachment.) 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.

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 standard 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 designated relays per gender can score for each team.

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

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 points scored in individual events for each age group.

Sportsmanship and Spirit Award: Based on the vote of teams represented at the NCS LC Age Group Championship meet. In the events of a tie, the Meet Director, Meet Referee, NCS Coach Rep and NCS Age Group Chair may cast tie-breaking votes. The deadline for voting is up until completion of the Sunday 12 & Under session.

There will not be an awards ceremony during the finals sessions. 12&U awards ceremonies will be held immediately following the afternoon sessions.

READY ROOM

The top eight 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 the host team’s website, facility internet connectivity permitting. At the conclusion of the meet, teams will be emailed results files or may request results files on a memory stick.

GENERAL MEETING

There will be a General Meeting at 1:00 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.

COACHES	All coaches must check in and provide proof of current USA Swimming membership to the Meet Director. A current member's Deck Pass is acceptable proof of USA Swimming membership for all purposes. All coaches on deck must display their USA Swimming membership card in a visible place or have their Deck Pass card readily accessible at all times or wear any identifying item required by the Host Team. Those failing to demonstrate proof of membership could be barred from the deck.
OFFICIALS	<p>Sign up to officiate at https://forms.gle/SwPpbpyRv8hXi3UL7.</p> <p>Officials must show proof of current USA Swimming membership and NCS certification to the Meet Referee.</p> <p>There will be an officials' meeting ONE hour prior to the beginning of each session. We welcome 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. A current member's Deck Pass is acceptable proof of USA Swimming membership for all purposes.</p> <p>This meet has been designated as a USA Swimming Official Qualification Meet. (Certification for N2 S&T, CJ, DR, AR; re-certification for N2 all positions; and certification and re-certification for N3 S&T.) Officials interested in other evaluations should contact the NCS Officials Chair by June 23. Any official wishing to participate should fill out the Officials sign up form on NCSwim.org. Officials requesting an assigned position should be apply by June 23. Assignments will be based on evaluation requests, level of experience, and other factors. 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 the Meet Referee and Age Group Chair consisting of one coach, one swimmer, and one non-coach/non-athlete member of NC Swimming should an eligibility or technical protest arise.
HOSPITALITY AND CONCESSIONS	There will be a hospitality room available to all coaches and officials. Drinks and snacks will be provided to volunteers on deck during the meet. Concession stand is available for spectators and swimmers.
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. Triangle Aquatic Center, TAC Titans, 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 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 social media sites 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.



North Carolina 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.



2019 North Carolina Swimming Long Course AG Championships Time Standards

EVENT		FEMALE			MALE		
		10&U	11-12	13-14	10&U	11-12	13-14
50 Free	LCM	35.99	30.59	29.09	36.29	30.49	27.59
	SCY	31.49	26.89	25.29	31.49	26.69	23.99
100 Free	LCM	1:19.99	1:07.09	1:03.29	1:20.89	1:07.79	59.89
	SCY	1:10.29	58.19	55.19	1:10.29	58.49	51.89
200 Free	LCM	2:55.89	2:26.79	2:19.49	2:54.29	2:27.69	2:12.19
	SCY	2:32.99	2:08.39	1:59.99	2:32.29	2:08.79	1:54.99
400 Free	LCM	5:54.29	5:16.49	4:55.39	5:51.49	5:20.39	4:38.49
500 Free	SCY	6:27.49	5:47.49	5:23.09	6:24.29	5:49.19	4:59.19
800 Free	LCM	X	X	10:14.79	X	X	9:57.99
1000 Free	SCY	X	X	11:22.49	X	X	11:02.19
1500 Free	LCM	X	X	19:36.19	X	X	19:10.99
1650 Free	SCY	X	X	19:10.09	X	X	18:29.59
50 Back	LCM	43.19	35.89	X	42.69	35.09	X
	SCY	36.09	30.99	X	37.19	30.59	X
100 Back	LCM	1:33.49	1:16.59	1:11.99	1:33.79	1:18.69	1:08.69
	SCY	1:20.09	1:06.59	1:02.69	1:20.99	1:07.89	59.29
200 Back	LCM	X	2:51.39	2:35.69	X	2:51.09	2:28.79
	SCY	X	2:27.59	2:14.49	X	2:24.39	2:08.79
50 Breast	LCM	48.29	41.09	X	49.69	42.09	X
	SCY	41.49	35.29	X	43.09	36.29	X
100 Breast	LCM	1:47.09	1:30.09	1:24.49	1:49.09	1:31.69	1:19.49
	SCY	1:31.89	1:17.29	1:12.59	1:33.79	1:19.09	1:08.89
200 Breast	LCM	X	3:13.19	3:02.09	X	3:09.69	2:52.59
	SCY	X	2:46.89	2:36.69	X	2:42.49	2:28.49
50 Fly	LCM	41.49	33.09	X	41.39	34.09	X
	SCY	36.29	29.39	X	36.69	30.19	X
100 Fly	LCM	1:38.69	1:16.49	1:11.59	1:38.69	1:18.19	1:07.09
	SCY	1:25.79	1:07.49	1:02.19	1:25.79	1:09.19	58.99
200 Fly	LCM	X	2:53.19	2:40.79	X	2:51.49	2:35.99
	SCY	X	2:30.09	2:19.89	X	2:28.69	2:13.49
100 IM	LCM	X	X	X	X	X	X
	SCY	X	X	X	X	X	X
200 IM	LCM	3:20.59	2:44.29	2:36.79	3:20.59	2:46.29	2:28.39
	SCY	2:54.19	2:24.09	2:16.29	2:54.19	2:24.99	2:08.79
400 IM	LCM	X	6:07.69	5:37.19	X	6:04.59	5:16.09
	SCY	X	5:17.49	4:47.49	X	5:17.19	4:34.69

USA Swimming Para Motivational Time Standards

Para 1 LSC Motivational Time Standards																		
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Girls								P1	Boys								
	10 & U P1		11-12 P1		13-14 P1		15 & O P1			10 & U P1		11-12 P1		13-14 P1		15 & O P1		
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
	1:44.49	1:44.49	1:34.69	1:34.69	1:26.19	1:26.19	1:24.89	1:24.89		50 FR	1:39.29	1:39.29	1:30.29	1:30.29	1:21.29	1:21.29	1:18.29	1:18.29
	3:39.19	3:39.19	3:18.59	3:18.59	3:00.79	3:00.79	2:58.09	2:58.09		100 FR	3:44.19	3:44.19	3:23.79	3:23.79	3:03.49	3:03.49	2:56.69	2:56.69
8:44.89	8:44.89	7:55.69	7:55.69	7:12.99	7:12.99	7:06.49	7:06.49	200 FR	6:09.09	6:09.09	5:35.59	5:35.59	5:01.99	5:01.99	4:50.90	4:50.89		
2:03.59	2:03.59	1:51.99	1:51.99	1:41.99	1:41.99	1:40.39	1:40.39	50 BK	1:22.89	1:22.89	1:15.39	1:15.39	1:07.89	1:07.89	1:05.39	1:05.39		
3:47.19	3:47.19	3:25.89	3:25.89	3:07.49	3:07.49	3:04.59	3:04.59	100 BK	3:01.19	3:01.19	2:44.69	2:44.69	2:28.19	2:28.19	2:22.69	2:22.69		
1:54.39	1:54.39	1:43.63	1:43.63	1:34.39	1:34.39	1:32.99	1:32.99	50 BR	1:29.59	1:29.59	1:21.49	1:21.49	1:13.29	1:13.29	1:10.59	1:10.59		
5:26.29	5:26.29	4:55.69	4:55.69	4:29.19	4:29.19	4:25.19	4:25.19	100 BR	4:19.99	4:19.99	3:56.39	3:56.39	3:32.69	3:32.69	3:24.89	3:24.89		
3:03.89	3:03.89	2:46.69	2:46.69	2:31.79	2:31.79	2:29.49	2:29.49	50 FL	2:48.09	2:48.09	2:32.79	2:32.79	2:17.49	2:17.49	2:12.39	2:12.39		
7:35.89	7:35.89	6:53.15	6:53.15	6:16.19	6:16.19	6:10.49	6:10.49	150 IM	7:30.09	7:30.09	6:49.19	6:49.19	6:08.19	6:08.19	5:54.59	5:54.59		

Para 2 LSC Motivational Time Standards																		
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	Girls								P2	Boys								
	10 & U P2		11-12 P2		13-14 P2		15 & O P2			10 & U P2		11-12 P2		13-14 P2		15 & O P2		
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
	56.89	59.79	51.49	54.19	46.89	49.39	46.19	48.59		50 FR	53.99	56.79	49.09	51.69	44.19	46.49	42.59	44.79
	2:06.59	2:13.19	1:54.69	2:00.69	1:44.39	1:49.89	1:42.79	1:48.19		100 FR	1:59.09	2:05.29	1:48.29	1:53.99	1:37.39	1:42.59	1:33.79	1:38.79
4:20.49	4:34.19	3:56.09	4:08.49	3:34.89	3:46.29	3:31.69	3:42.79	200 FR	4:11.89	4:25.09	3:48.49	4:00.99	3:26.09	3:36.89	3:18.49	3:28.89		
		9:37.09	7:51.09	8:45.39	7:08.89	8:37.49	7:02.39	400/ 500 FR			9:37.89	7:51.69	8:40.09	7:04.49	8:20.79	6:48.79		
1:09.09	1:12.69	1:02.59	1:05.89	56.99	59.99	56.09	59.09	50 BK	1:01.09	1:04.29	55.49	58.39	49.99	52.59	48.09	50.69		
2:39.79	2:48.19	2:24.79	2:32.49	2:11.89	2:18.79	2:09.89	2:16.69	100 BK	2:32.79	2:40.89	2:18.89	2:26.29	2:05.09	2:11.59	2:00.39	2:06.79		
		4:58.79	5:14.49	4:31.99	4:46.29	4:27.89	4:41.99	200 BK			4:20.89	4:34.59	3:54.79	4:07.09	3:46.09	3:57.99		
1:12.09	1:15.89	1:05.49	1:08.89	59.59	1:02.69	58.69	1:01.69	50 BR	1:09.19	1:12.79	1:02.89	1:06.19	56.59	59.59	54.49	57.39		
2:39.99	2:48.39	2:24.99	2:32.59	2:11.99	2:18.89	2:09.99	2:16.79	100 BR	2:33.39	2:41.49	2:19.49	2:26.79	2:05.49	2:12.09	2:00.89	2:07.19		
		5:17.19	5:34.19	4:24.89	4:38.79	4:44.69	4:59.59	200 BR			5:00.99	5:16.79	4:30.89	4:45.09	4:20.89	4:34.59		
1:09.59	1:13.19	1:03.09	1:06.39	57.39	1:00.39	56.59	59.49	50 FL	55.89	58.79	50.79	53.49	45.69	48.09	43.99	46.39		
2:58.89	3:08.29	2:42.09	2:50.59	2:27.59	2:35.29	2:25.39	2:32.99	100 FL	2:55.29	3:04.49	2:39.39	2:47.79	2:23.39	2:30.99	2:18.09	2:25.39		
5:31.79	5:49.19	5:00.59	5:16.39	4:33.69	4:48.09	4:29.59	4:43.69	200 IM	5:12.39	5:28.89	4:43.99	4:58.99	4:15.59	4:29.09	4:06.19	4:19.09		

Para 3 LSC Motivational Time Standards																		
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	Girls								P3	Boys								
	10 & U P3		11-12 P3		13-14 P3		15 & O P3			10 & U P3		11-12 P3		13-14 P3		15 & O P3		
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
	44.09	48.89	39.89	44.29	36.39	40.39	35.79	39.69		50 FR	39.79	44.19	36.19	40.19	32.59	36.19	31.39	34.79
	1:33.89	1:44.29	1:25.09	1:34.49	1:17.49	1:26.09	1:16.39	1:24.79		100 FR	1:26.49	1:36.09	1:18.59	1:27.29	1:10.79	1:18.59	1:08.09	1:15.69
3:51.49	4:17.19	3:29.79	3:53.09	3:10.99	3:32.19	3:08.09	3:28.99	200 FR	3:17.69	3:39.59	2:59.69	3:19.69	2:41.69	2:59.59	2:35.79	2:53.09		
8:46.89	7:43.19	7:57.59	6:59.79	7:14.79	6:22.19	7:08.19	6:16.39	400/ 500 FR	8:31.99	7:30.09	7:45.49	6:49.19	6:58.99	6:08.29	6:43.49	5:54.69		
		18:00.49	15:19.59	16:32.09	14:04.39	16:18.49	13:52.79	800/ 1000 FR			18:21.59	15:37.49	16:31.39	14:03.69	15:54.69	13:32.49		
		32:31.69	30:29.19	30:01.09	28:08.19	29:37.89	27:46.39	1500/ 1650 FR			34:04.19	31:55.79	30:39.71	28:44.19	29:31.53	27:40.29		
53.39	59.29	48.39	53.69	44.09	48.99	43.39	48.19	50 BK	45.59	50.69	41.49	46.09	37.29	41.49	35.89	39.89		
1:52.49	2:04.99	1:41.99	1:53.29	1:32.89	1:43.19	1:31.49	1:41.59	100 BK	1:36.09	1:46.79	1:27.39	1:37.09	1:18.59	1:27.39	1:15.69	1:24.09		
		4:04.79	4:31.89	3:42.99	4:07.69	3:39.59	4:03.89	200 BK			3:29.49	3:52.79	3:08.59	3:29.49	3:01.59	3:21.79		
56.79	1:03.09	51.49	57.19	46.79	51.99	46.09	51.19	50 BR	49.79	55.29	45.29	50.29	40.79	45.29	39.29	43.59		
1:59.69	2:12.99	1:48.49	2:00.49	1:38.69	1:49.69	1:37.19	1:47.99	100 BR	1:50.59	2:02.89	1:20.49	1:51.69	1:30.49	1:40.49	1:27.19	1:36.79		
		4:20.29	4:49.19	3:56.99	4:23.29	3:53.29	4:19.19	200 BR			3:40.09	4:04.49	3:18.09	3:40.09	2:56.09	3:31.89		
48.29	53.59	43.69	48.49	39.79	44.19	39.19	43.49	50 FL	43.29	48.09	39.29	43.69	35.39	39.29	31.49	37.89		
1:41.69	1:52.89	1:32.09	1:42.29	1:23.89	1:33.19	1:22.59	1:31.69	100 FL	1:30.89	1:40.99	1:22.79	1:31.99	1:14.39	1:22.59	1:06.09	1:19.59		
		3:40.99	4:05.49	3:21.39	3:43.69	3:18.09	3:40.09	200 FL			3:29.19	3:52.39	3:08.29	3:29.19	2:47.39	3:21.39		
3:57.99	4:24.39	3:35.69	3:59.59	3:16.29	3:38.09	3:19.39	3:34.79	200 IM	3:29.69	3:52.99	3:10.69	3:31.79	2:51.59	3:10.69	2:32.49	3:03.59		
		8:34.59	9:25.49	7:48.39	8:34.69	7:41.39	8:26.99	400 IM			7:46.79	8:20.09	6:56.79	7:30.09	6:40.09	7:13.39		



2019 NORTH CAROLINA SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIP ORDER OF EVENTS

THURSDAY EVENING		Warm Ups 1:30-2:55 PM	Timed Finals 3:00 PM
Girls Event	EVENTS		Boys Event
1	13-14 800M Freestyle		2
3/Heats 1-3	11-12 400M IM		4/Heats 1-3
5	13-14 800M Freestyle Relay		6
3/Heats 4+	11-12 400M IM		4/Heats 4+

FRIDAY MORNING		Warm Ups 7:00-8:25 AM	Preliminaries 8:30 AM
Girls Event	EVENTS		Boys Event
7	13-14 200M Freestyle		8
9	13-14 100M Breaststroke		10
11	13-14 100M Butterfly		12
13	13-14 400M Individual Medley		14
	10-minute break		
15	13-14 400M Freestyle Relay**		16

**The fastest 8 relay teams (girls & boys) will swim in finals. No AM/PM option.

SATURDAY MORNING		Warm Ups 7:00-8:25 AM	Preliminaries 8:30 AM
Girls Event	EVENTS		Boys Event
19	13-14 200M Butterfly		20
21	13-14 50M Freestyle		22
23	13-14 200M Breaststroke		24
25	13-14 100M Backstroke		26
27	13-14 400M Freestyle		28
	10-minute break		
29	13-14 400M Medley Relay**		30

**The fastest 8 relay teams (girls & boys) will swim in finals. No AM/PM option.

SUNDAY MORNING		Warm Ups 7:00-8:25 AM	Preliminaries 8:30 AM
Girls Event	EVENTS		Boys Event
35	13-14 100M Freestyle		36
37	13-14 200M Backstroke		38
39	13-14 200M Individual Medley		40
33	13-14 1500M Freestyle**		34

**The fastest 8 swimmers (girls & boys) will swim in finals. No AM/PM option. Swimmers must provide their own counters.



2019 NORTH CAROLINA SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIP ORDER OF EVENTS

Note: Session Start Times are subject to change

FRIDAY AFTERNOON		Warm Ups EST. 12:00-1:00 PM	Timed Finals 1:05 PM
Girls Event	EVENTS		Boys Event
43	11-12 50M Freestyle		44
45	10&U 50M Freestyle		46
47	11-12 100M Butterfly		48
49	10&U 100M Butterfly		50
51	11-12 50M Breaststroke		52
53	10&U 50M Breaststroke		54
55	11-12 400M Freestyle		56
57	10&U 400M Freestyle		58
59	11-12 400M Freestyle Relay		60
17	11-12 200M Backstroke**		18

** Events 17/18 swim in finals.

SATURDAY AFTERNOON		Warm Ups EST. 12:00-1:00 PM	Timed Finals 1:05 PM
Girls Event	EVENTS		Boys Event
61	10&U 200M Freestyle		62
63	11-12 200M Freestyle		64
65	10&U 100M Breaststroke		66
67	11-12 100M Breaststroke		68
69	10&U 100M Backstroke		70
71	11-12 100M Backstroke		72
73	10&U 200M Medley Relay		74
75	11-12 400M Medley Relay		76
31	11-12 200M Butterfly**		32

** Events 31/32 swim in finals.

SUNDAY AFTERNOON		Warm Ups EST. 12:45-1:45 PM	Timed Finals 1:50 PM
Girls Event	EVENTS		Boys Event
77	10&U 50M Backstroke		78
79	11-12 50M Backstroke		80
81	10&U 200M Individual Medley		82
83	11-12 200M Individual Medley		84
85	10&U 50M Butterfly		86
87	11-12 50M Butterfly		88
89	10&U 100M Freestyle		90
91	11-12 100M Freestyle		92
93	10&U 200M Freestyle Relay		94
95	11-12 200M Freestyle Relay		96
41	11-12 200M Breaststroke**		42

** Events 41/42 swim in finals.



2019 NORTH CAROLINA SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIP ORDER OF EVENTS

Note: Session Start Times are subject to change

FRIDAY FINALS		Warm Ups EST. 5:00-5:55 PM	Finals 6:00 PM
Girls Event	EVENTS		Boys Event
7	13-14 200M Freestyle		8
17/1	11-12 200M Backstroke*		18/1
9	13-14 100M Breaststroke		10
17/2	11-12 200M Backstroke*		18/2
11	13-14 100M Butterfly		12
17/3	11-12 200M Backstroke*		18/3
13	13-14 400M Individual Medley		14
	10-minute break		
15	13-14 400M Freestyle Relay**		16
17/4+	11-12 200M Backstroke*		18/4+

*Heats 4+ swim at the end of finals unless announced differently. If both 11-12 heats are empty, a 5-minute break will be observed instead.

**The fastest 8 relay teams (girls & boys) will swim in finals.

SATURDAY FINALS		Warm Ups EST. 5:00-5:55 PM	Finals 6:00 PM
Girls Event	EVENTS		Boys Event
19	13-14 200M Butterfly		20
31/1	11-12 200M Butterfly*		32/1
21	13-14 50M Freestyle		22
31/2	11-12 200M Butterfly*		32/2
23	13-14 200M Breaststroke		24
31/3	11-12 200M Butterfly*		32/3
25	13-14 100M Backstroke		26
27	13-14 400M Freestyle		28
	10-minute break		
29	13-14 400M Medley Relay**		30
31/4+	11-12 200M Butterfly*		32/4+

*Heats 4+ swim at the end of finals unless announced differently. If both 11-12 heats are empty, a 5-minute break will be observed instead.

**The fastest 8 relay teams (girls & boys) will swim in finals.

SUNDAY FINALS		Warm Ups EST. 5:15-6:10 PM	Finals 6:15 PM
Girls Event	EVENTS		Boys Event
33	13-14 1500M Freestyle**		34
41/1	11-12 200M Breaststroke*		42/1
35	13-14 100M Freestyle		36
41/2	11-12 200M Breaststroke*		42/2
37	13-14 200M Backstroke		38
41/3	11-12 200M Breaststroke*		42/3
39	13-14 200M Individual Medley		40
41/4+	11-12 200M Breaststroke*		42/4+

*Heats 4+ swim at the end of finals unless announced differently. If both 11-12 heats are empty, a 5-minute break will be observed instead.

**The fastest 8 girls & boys swim in finals. All others swim in prelims. Swimmers must provide counters.

2019 NORTH CAROLINA SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIP MANDATORY Entry Fee Summary Report and Waiver

Club Name:		Club Code:	
Address:			
City, Zip:			
Head Coach			
Name:			
Email:			
Cell:			
Office:			
Assistant Coaches Attending Meet			
Name:			
Name:			
Name:			
Name:			
Name:			

I certify that all coaches identified above are currently certified and registered as coaches with USA Swimming, Inc. and will be certified and registered as coaches during the meet dates and will be directly responsible for the swimmers entered in this meet during the conduct of the event, Thursday, July 11 - Sunday, July 14 , 2019.

Signature _____ Date _____

Release Statement

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., Triangle Aquatic Center, TAC Titans, 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 _____

# of Individual Entries		X \$6.00 each entry	\$
# of Relay Team Entries		X \$10.00 each relay entry	\$
NCS Travel Fund (Total swimmers)		X \$3.00 each swimmer	\$
Facility Charge Qualifiers		X \$15.00 each qualifier	\$
Facility Charge Relay Only		X \$7.50 each R/O swimmer	
TOTALS			\$

Make checks payable to TAC Titans and mail or submit to the Meet Director with this form no later than the General Meeting on Thursday.

[NCS Age Group Champs Visitor Guide](#)

[TAC Preferred Hotels](#)