

CAROLINA AQUATIC TEAM'S TRICK OR TREAT INVITE

October 25-27, 2019

Hillsborough Triangle Sportsplex

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

Sanction #NC19148

MEET DIRECTOR	MEET ENTRY COORDINATOR
Sandy Falise sandy.falise@gmail.com	Sandy Falise 711 Hardscrabble Drive Hillsborough, NC 27278 sandy.falise@gmail.com
MEET REFEREE	MEET MARSHALS
Beth Burge bethburge@me.com	Tim Vann/Starr Husketh

Facility

The Sportsplex pool is an 11-lane, 25 yard course pool with non-turbulent lane markers and deck-anchored starting blocks. It is 6 feet deep at both ends. The Colorado Timing system will be used along with watches in each of 10 eight-foot wide lanes for competition. In addition to the competition pool, there is a warm-up/warm-down pool with 3 lanes for continuous use throughout the meet. Spectator seating for approximately 400 people is available on one side of the pool and there is deck space for additional folding chairs. The facility also has a snack bar. Locker rooms for women and men are available. **The competition course has not been certified in accordance with 104.2.2C(4).**

Facility Rules

This facility forbids coolers, food or beverages from being brought into the building. No smoking is allowed in the building. No glass containers or bottles are allowed inside the facility at any time. Shoes are required in the lobby due to ice skaters on the premises.

Meet Format	This is a timed final, Age Group/Senior pre-seeded meet unless otherwise indicated.
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Session	Day	Warm-up	Meet Start	Age Groups
1	Friday Timed Finals	5:00 PM	6:00 PM	12 and under
2	Saturday Timed Finals	7:00 AM	8:00 AM	12 and under
3	Saturday Timed Finals	12:30 PM	1:00 PM	Open
4	Saturday Timed Finals	3:00 PM	4:00 PM	13 & Overs
5	Sunday Timed Finals	7:00 AM	8:00 AM	12 and under

6	Sunday Timed Finals	12:30 PM	1:00 PM	Open
7	Sunday Timed Finals	3:00 PM	4:00 PM	13 & Overs

DEADLINE AND MEETING SUMMARY

Day, Date:	Time:	For:
Saturday, Sep 14th 2019	8:00 PM	Intention to Enter
Wed, Oct. 16 ^h 2019	6:00 PM	Entry deadline
Friday, Oct 25 th 2019	3:45 PM	Coaches Meeting – Hospitality
Saturday, Oct 26th, 2019	12:30 PM	Positive Check In 1650/400 IM Closes
Sunday, Oct 27th, 2019	12:30 PM	Positive Check In 1650/400 IM Closes
Daily	30 Min Before Start	Officials Briefing in Hospitality

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.** 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. 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.

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.

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 Rules and Regulations, except where rules therein are optional, and exceptions are herein stated. 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. 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.

TECHNICAL SUIT BAN for 12&Us

Per NCS Rule 210.2, 12 & Under athletes may not compete in Technical Suits at this meet.

A Technical Suit is one that has the following components:

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or

- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. and all Adult Athletes must hold current APT certification to compete. 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. There are no minimum/maximum time standards for qualification to enter an event.

SWIMMERS WITH DISABILITIES

Carolina Aquatic Team 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 CAT's ability to accommodate all requests.

ENTRIES

Entries must be submitted in HyTek format by email to the Entry Coordinator by the entry deadline. List the swimmers age of October 25th, 2019. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Entry Coordinator by the entry deadline for entries to be considered complete. Historically this meet fills prior to the entry deadline so early entries are strongly encouraged. Carolina Aquatic Team's entries will be entered first and then complete entries from other teams in the order received. Carolina Aquatic Team reserves the right to limit entries in order to comply with the four/eight-hour rule. Rejected entries will be returned immediately. All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge and Facility Surcharge if relays are shown in the Order of Events. Unless entries are rejected, entry fees are non-refundable.

The conforming time for this meet is SCY. Entries should be made with SCY times, converted LCM times, or *estimated SCY times*. Swimmers should be accurately entered with their current best times. **Please send an email to sandy.falise@gmail.com indicating the approximate number of swimmers your team plans to bring to the meet by September 14th, 2019.** This information is for planning purposes only and does not indicate acceptance into the meet.

ENTRY LIMIT

Swimmers 12 and under are limited to **4 individual events and 1 relay per day and 12 individual entries for the meet. Swimmers 13 and over are limited to 5 individual events and 1 relay per day and 10 individual events for the meet.** **Meet management reserves the right to limit team entries in order to manage the timeline.** Any team affected will be notified by telephone or e-mail and entry fees will be refunded. These are the only fees that will be refunded.

ENTRY DEADLINE

Wednesday, October 16th, 2019.

Entries will be accepted up to 6 PM on Wednesday, October 16th, 2019. Telephone entries will not be accepted, although changes to entries may be accepted by phone or e-mail. Please follow-up to make sure that the Meet Director has received any meet entry changes. Late entries may be accepted at the discretion of the Meet Referee but will be charged double and may not be seeded. Entries will be accepted in the order in which completed entries are received. **Entries may be limited at the discretion of the Meet Director in order to manage the timeline. If the meet is filled, we reserve the right to reject and return entries even if received prior to the deadline.**

ENTRY FEES

Make checks payable to: Carolina Aquatic Team; All fees are non-refundable	
Individual Event	\$5.00 per Individual Event (NCS Registered Swimmers)
Individual Event	\$5.75 per Individual Event (outside – NCS-LSC Swimmers)
Relays	\$10.00 per Relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$10 per swimmer
Late Entry Fee	Double Listed Entry Fees
Email Entries To: sandy.false@gmail.com	

A late entry is any entry received on or after 6 PM Wednesday, October 16th, 2019.

ORDER OF EVENTS

See the attached schedule. Breaks are noted in the Order of Events. Additional breaks may be added at the discretion of the Meet Referee.

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. Carolina Aquatic Team reserves the right to combine heats and events at the discretion of the Meet Referee to comply with the four-hour rule.
	<ul style="list-style-type: none"> The Open 400Y IM and the Open 1650Y Freestyle will be swum alternating EVENTS (for example women’s 400 IM heat 1, Men’s 1650 heat 1, women’s 400 IM heat 2 and so on). Events will be swum slowest to fastest alternating women and men and may be limited to the fastest 30 of each gender. Positive check in by the deadline is required to ensure swimmers are seeded. Meet management reserves the right to limit entries to conform to timelines. <u>Swimmers MAY be required to provide their own timers and counters if needed.</u>

POSITIVE CHECK-IN

A positive check-in, located at clerk of course, will be required for the following events:

- 400 IM
- 1650 Freestyle

Swimmers that fail to check in will be scratched from the event and not seeded.

SCRATCHES

There will be no penalty for scratching or failing to compete in pre-seeded

AND PENALTIES

events including relays at the block when swum.

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

This meet will not be scored.

AWARDS

Winners of the 12 & Under events will be awarded 1st – 8th place ribbons.

RESULTS

Events for 13 & over swimmers will be swum combined but separated into 13-14 and 15 and up for results. The results will be posted on the Carolina Aquatic Team website and Meet Mobile.

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.

<p>OFFICIALS TIMERS VOLUNTEERS</p>	<p>There will be a need for officials. Carolina Aquatic Team 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. Apprentices in every position are welcome and invited to participate. Please contact the Meet Referee if you plan to work as an apprentice. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary. Carolina Aquatic Team welcomes volunteer timers from visiting teams. Please check in with the volunteer coordinator at the entrance to see if there are open lanes and to get a deck pass. Timers meetings will be held approximately 20 minutes prior to the start of each session.</p>
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**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials and meet volunteers. Concessions are available for swimmers and spectators at the Sportsplex concession stand.

WARM-UPS

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. This information will be provided in the Coaches Packet. A Current Coaches Card will be required to pick up the packet. The Marshal 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 at least three lanes available for continuous

warm-up/down. There is to be no diving or horseplay in this area. Please begin warm-up procedures at the Starting End of the pool. Swimmers will enter the pool feet first except in lanes that are designated for one way race starts under the direct supervision of a USAS certified coach. Diving will not be allowed until the specific warm-up period is announced.

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. Carolina Aquatic Team, Triangle Sportsplex, 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.

CAT Trick or Treat Order of Events

Friday Afternoon, October 25th, 2019

12 and Unders		
Warm-ups at 5:00 PM. Meet starts at 6:00 PM		
Girls	Event	Boys
1	8 and Under 25 Breast	2
3	12 and Under 200 Breast	4
5	8 and Under 25 Back	6
7	12 and Under 200 Back	8
9	8 and Under 25 Butterfly	10

11	12 and Under 200 Butterfly	12
13	8 and Under 25 Free	14
15	8 and Under 100 Free Relay	16

Saturday Morning, October 26th, 2019

12 and Unders		
Warm-ups at 7:00 AM. Meet starts at 8:00 AM		
Girls	Event	Boys
17	10 and Under 100 Freestyle	18
19	11-12 100 Freestyle	20
21	10 and Under 50 Butterfly	22
23	11-12 50 Butterfly	24
25	10 and Under 100 Backstroke	26
27	11-12 100 Backstroke	28
29	10 and Under 50 Breaststroke	30
31	11-12 50 Breaststroke	32
33	12 and Under 200 Freestyle	
	12 and Under 200 IM	34
35	12 and Under 200 Medley Relay	36

Saturday Midday, October 26th, 2019

Open		
Warm-ups at 12:30pm. Meet starts at 1:00pm		
Girls	Event	Boys
37	Open 400 IM	
	Open 1650 yard Freestyle	38

Saturday Afternoon, October 26th, 2019

13 & Over		
Warm-ups at 3:00 PM. Meet starts at 4:00 PM		
Girls	Event	Boys
39	13&O 100 Freestyle	40
41	13&O 200 Butterfly	42
43	13&O 100 Backstroke	44
45	13&O 200 Breaststroke	46
47	13&O 200 Freestyle	
	13&O 200 IM	48
49	13&O 400 Medley Relay	50

ORDER OF
EVENTS

Sunday Morning, October 27th, 2019

12 and Unders		
Warm-ups at 7:00 AM. Meet starts at 8:00 AM		
Girls	Event	Boys
51	10 and Under 50 Freestyle	52
53	11-12 50 Freestyle	54
55	10 and Under 100 Butterfly	56
57	11-12 100 Butterfly	58
59	10 and Under 50 Backstroke	60
61	11-12 50 Backstroke	62
63	10 and Under 100 Breaststroke	64
65	11-12 100 Breaststroke	66
67	12 and Under 200 IM	
	12 and Under 200 Freestyle	68
69	12 and Under 200 Freestyle Relay	70

Sunday Midday, October 27th, 2019

Open		
Warm-ups at 12:30pm. Meet starts at 1:00 PM		
Girls	Event	Boys
71	Open 1650 Freestyle	
	Open 400 IM	72

*Deck seeded events with positive check-in required **by 12:30PM**. Swimmers who have not been checked in will be scratched from the event.

**Sunday Afternoon, October 27th,
2019**

13 and Over		
Warm-ups at 3:00 PM. Meet starts at 4:00 PM		
Girls	Event	Boys
73	13&O 50 Freestyle	74
75	13&O 100 Butterfly	76
77	13&O 200 Backstroke	78
79	13&O 100 Breaststroke	80
81	13&O 200 IM	
	13&O 200 Freestyle	82
83	13&O 400 Freestyle Relay	84

**CAROLINA AQUATIC TEAM'S TRICK OR TREAT
INVITE**

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Summary of Fees/Release Form

Complete and email this form along with entry fees to:
Sandy Falise: 711 Hardscrabble Drive, Hillsborough, NC 27278
sandy.falise@gmail.com

Team Name						
Club Code						
Coach						
Coach Phone						
Coach Email						
Team Address						
MEET FEES	NCS TRAVEL FUND \$3 PER SWIMMER	FACILITY SURCHARGE \$10 PER SWIMMER		INDIVIDUAL ENTRIES \$5.00 NC \$5.75 Out of State		RELAY FEE \$10 PER RELAY
TOTAL # SWIMMERS			TOTAL INDIVIDUAL ENTRIES		TOTAL # RELAYS	
ENTRY FEES DUE	\$	\$		\$		\$
			TOTAL ENTRY FEES DUE payable to "Carolina Aquatic Team"			\$

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. 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. Carolina Aquatic Team, Triangle Sportsplex, 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. 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.

Head Coach's Signature _____ Printed Name _____ E-Mail
Address _____ Phone _____
Club Name _____ Club Code _____
Club Address _____
City _____ State _____ Zip Code _____