



2020 North Carolina Swimming Short Course Age Group Championships

Hosted by GCY Swim Team
Thursday, February 13 – Sunday, February 16, 2020
at Greensboro Aquatic Center



Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC20004

MEET DIRECTOR		MEET ENTRY COORDINATOR	
Brad Herndon 336-478-9635 brad.herndon@ymcagreensboro.org		Trish Martin OME@NCSwim.org 336-327-4697	
MEET REFEREE	ADMIN REFEREE	MEET MARSHAL	
Lynn Tippets-Fazen swimmeet.AR@gmail.com	Anne-Marie Schneider amsbpt@gmail.com	Stuart Moffitt 336-478-9635 stuartmoffitt95@yahoo.com	

FACILITY **Facility:** Greensboro Aquatic Center

Address: 1921 West Gate City Blvd, Greensboro, NC 27403 **Phone:**

Facility/Pool Specifications: The Greensboro Aquatic Center is a state-of-the-art indoor facility with three pools. The main competition pool is 9-10 feet deep at both ends and can be configured into two 25-yard courses with up to ten 7-foot wide lanes each. All lanes feature non-turbulent lane lines and Paragon starting blocks. The Omega electronic timing system will be used.

Seating for 1800 spectators is available.

Parking will be available for \$5 per day with unlimited entry and exit. Free parking passes will be provided for volunteers, coaches and officials. In addition any coach or official who presents a 2020 USA Swimming membership card or Deck Pass virtual membership card to the gate attendant at the volunteer lot will receive free parking.

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 Age Group Championships meet in preliminaries/finals and timed finals formats with qualifying time standards.

RULES This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention Policy, 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.

MAAPP 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.

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.

REGISTRATION

All swimmers must be properly registered with USA Swimming/NCS by entry deadline. Entries listed as “Registration Applied For” will not be accepted. There will be no on deck registration available at this meet.

ELIGIBILITY

This meet is open to eligible USA Swimming athlete members registered with NC Swimming. Swimmers must have achieved the current NCS Short Course Age Group Championships qualifying standard to enter an event. Swimmers must be 14 years of age or younger on the first day of the meet.

Swimmers qualifying in the 1000Y Freestyle also qualify for a bonus swim in the 1650Y Freestyle and vice versa. 13-14 swimmers qualifying in the 200Y IM qualify for the 100Y IM.

SAFE SPORT

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 and locker rooms in addition to host team marshal.

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

Deck changes are prohibited.

Any swimmer entered in the meet who is 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 Program and Events Committee Chair or designee, 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.

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.

SCHEDULE

Session	Day	Warm-ups Start NOT BEFORE	Meet Starts NOT BEFORE	Age Groups
1	Thursday	4:00-4:50 PM	5:00 PM	13-14, 11-12
2	Friday	7:00-8:20 AM	8:30 AM	13-14
3	Friday*	12:00-12:50 PM	1:00 PM	11-12
4	Friday*	4:30-5:20 PM	5:30 PM	13-14, 11-12

5	Saturday	7:00-8:20 AM	8:30 AM	13-14
6	Saturday*	12:00-12:50 PM	1:00 PM	11-12
7	Saturday*	12:00-12:50 PM	1:00 PM	10&Under
8	Saturday*	4:30-5:20 PM	5:30 PM	13-14, 11-12
9	Sunday	7:00-8:20 AM	8:30 AM	13-14
10	Sunday*	12:00-12:50 PM	1:00 PM	11-12
11	Sunday*	12:00-12:50 PM	1:00 PM	10&Under
12	Sunday*	4:30-5:20 PM	5:30 PM	13-14, 11-12

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

DEADLINES AND MEETINGS SUMMARY

Day	Time	For
No later than Monday 4 weeks prior to the meet	12 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 week	4:00 PM	Deadline for Proof of Times
Thursday of meet week	3:30 PM	General Meeting
Each Day	1 Hour Before Session	Officials Meeting

QUALIFYING PERIOD

Short Course Championships: A swimmer must have achieved the qualifying time listed per event in a USA Swimming sanctioned, approved, or observed meet from September 1, 2018 to 11:59 PM the Sunday night before the Monday meet entry deadline.

EXCEPTION: Entries for new qualifiers or new events achieved by USA Swimming registered swimmers competing in the NCISAA Championships on the Monday meet entry deadline date will be accepted as on time if they are entered as override times in OME or emailed to the Entry Coordinator by Monday 6:00 PM. Entry times must be proven by Tuesday 6:00 PM for swimmers to be seeded into the new events. Proof consists solely of the official NCISAA meet results. This meet cannot be used to improve seed times in previously entered events.

INDIVIDUAL ENTRIES AND LIMITS

13-14 swimmers may ENTER and SWIM up to nine (9) individual events for the meet and no more than three (3) individual events per day.

11-12 swimmers may ENTER and SWIM up to nine (9) individual events for the meet and no more than four (4) events per day.

10 & Under swimmers may ENTER and SWIM up to nine (9) individual events and no more than five (5) events per day.

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

13-14 swimmers qualifying in the 200Y IM automatically qualify for the 13-14 100Y IM. Swimmers should enter the 13-14 100Y IM with their 200 IM qualifying time. (Coaches, note that the TM/TU Events File indicates that events 3 and 4 are 200Y IMs for qualifying standards only. Both of these events will be contested as 100Y IMs.)

Swimmers qualifying in the 1650Y Freestyle automatically qualify for the 1000Y Freestyle and vice versa.

- 1650Y Freestyle qualifiers who want to swim the 1000Y Freestyle but do not have a provable qualifying time should enter the appropriate alternate distance event with their 1650Y/1500M Freestyle qualifying time.

- 1000Y Freestyle qualifiers who want to swim the 1650Y Freestyle but do not have a provable qualifying time should enter the appropriate alternate distance event with their 1000Y/800M Freestyle qualifying time.
- Alternate distance event qualifiers will be seeded behind primary event qualifiers.

RELAY ENTRIES AND LIMITS

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

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

Only the A and B designated teams are eligible for scoring. C and D relays will be marked as exhibition and will be seeded after A and B relay teams.

Swimmers designated as 'relay only' in OME may ONLY swim relays. Relay only 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 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 12:00 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. **OME WILL NOT AUTOMATICALLY** update times. Entry changes 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 and entry times are correct and complete prior to checking out by the Monday 6:00 PM 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 6:00 PM. Teams should have an internal process in place to ensure corrections are submitted by the deadline. 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 Coordinator, 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 WILL NOT be accepted as proof.**

Teams are responsible for paying the entry fees as calculated on the Meet Entry Fee Summary page in this meet announcement. The **amount due in OME will be incorrect** if the team has relay only swimmers.

ENTRY FEES

Please use the Meet Entry Summary Report to calculate amount due (which will differ from the amount due in OME if you have relay only swimmers.) Payment of entry fees plus any assessed fines is due by the General Meeting.

Make checks payable to: **Bryan Family YMCA**

Individual Event	\$6.00 per event
Relays	\$10.00 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers. Note that you must calculate and submit your total due with the attached Meet Entry Fee Summary/Waiver. If you have relay only swimmers, OME amount due will not be correct.
Facility Surcharge	\$15.00 per qualifying swimmer; \$7.50 per relay only swimmer. Note that you must calculate and submit your total due with the attached Meet Entry Fee Summary/Waiver. If you have relay only swimmers, OME amount due will not be correct.
All fees are non-refundable.	

SEEDING AND FORMAT

The conforming time for this meet is SCY. All times will be seeded by SCY first, then LCM. Alternate event qualifiers in the 1000Y or 1650Y Freestyles will be seeded behind primary event qualifiers. Combined heats may be swum at the discretion of the Meet Referee.

All events that are 400Y or longer, 11-12 200Y 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 may be swum at the discretion of the Meet Referee.

13-14 Individual Events

Except for the 1000Y and 1650Y Freestyles and the 100Y IM, all individual events will be conducted on a preliminary and finals basis. A and B heats will be swum in Finals. The fastest eight (8) qualifying swimmers will compete in the **A Final (Championship)** and the next fastest eight (8) will swim in the **B Final (Consolation)**. **The B Final will swim before the A Final.** Alternates should be ready to swim in the B Final and identify themselves to the starter prior to the start of the event. The A and B Finals will be scored.

13-14 1000Y Freestyle

The 13-14 1000Y Freestyle will be swum as a timed final event and deck seeded after positive check in. All heats will be swum fast to slow, alternating girls and boys. If two pools are used, no alternating will occur. A combined girls/boys heat may be swum or pool change made at the discretion of the Meet Referee. Swimmers must provide their own counters.

13-14 400Y IM and 13-14 500Y Freestyle

The 13-14 400Y IM and 13-14 500Y 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 four (4) heats of girls will swim first slow to fast, followed by the fastest four (4) heats of boys swum slow to fast, followed by the remaining heats swum fast to slow alternating girls and boys. If two pools are used, no alternating will occur. A combined girls/boys heat may be swum or pool change made at the discretion of the Meet Referee. Swimmers must provide their own counters for the 500Y Freestyle.

13-14 1650Y Freestyle

The 13-14 1650Y Freestyle will be swum as a timed final event and deck seeded after positive check in. The fastest eight (8) positively checked in girls and the fastest eight (8) positively checked in boys will swim in the Sunday Finals session. There will be **NO AM/PM option** for this event. All other heats will be swum at the conclusion of Preliminaries. These heats will be swum fast to slow alternating girls and boys. If two pools are used, no alternating will occur. A combined girls/boys heat may be swum or a pool change made at the discretion of the Meet Referee. Swimmers must provide their own counters.

13-14 Relays

All relays will be timed final events. There is **NO AM/PM option** for relays.

- On Thursday, the 13-14 800Y Freestyle Relays will swim the fastest two (2) heats of girls first, slow to fast, followed by the fastest two (2) heats of boys, slow to fast, followed by all remaining relay heats, fast to slow, all girls, then all boys.
- On Friday, the 13-14 400Y Freestyle Relays will swim at the end of Finals with the fastest two (2) heats of girls swimming first, slow to fast, followed by the fastest two (2) heats of boys, slow to fast, followed by all remaining relay heats, fast to slow, all girls, then all boys.
- On Saturday, the fastest two (2) heats of the 13-14 400Y Medley relays will swim at the end of Finals, slow to fast, girls then boys, with all remaining heats swimming at the end of Preliminaries, slow to fast, all girls, then all boys.
- All 13-14 200Y relays will be swum in the preliminary sessions on Saturday and Sunday, slow to fast in event order.

11-12 Individual and Relay Events

All events will be timed finals and swum during the afternoon or evening sessions.

11-12 500Y Freestyle

The 11-12 500Y Freestyle will be swum as a timed final event and deck seeded after positive check in. All heats will be swum fast to slow, alternating girls and boys. If two 11-12 pools are used, no alternating will occur. A combined girls/boys heat may be swum or pool change made at the discretion of the Meet Referee. Swimmers must provide their own counters.

11-12 400 IM, 200Y Backstroke, 200Y Butterfly, 200Y Breaststroke

NOTE: These events are scored events and included in a swimmer's individual daily and meet event limit.

These 11-12 events will be swum as timed finals. The events will be deck seeded after positive check in. On Thursday evening, the fastest three (3) positively checked in heats of 400 IM will be swum consecutively, slow to fast alternating girls and boys unless two pools are used. 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 Coordinator.

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 unless two pools are used. **The Meet Referee and Age Group Coordinator will determine after entries have closed when the extra heats will swim for each event and will announce their decision at the General Meeting.**

10 & Under: All events will be timed finals and swum during the afternoon sessions on Saturday and Sunday.

CHANGES TO MEET FORMAT

Within USA Swimming Rules and with unanimous agreement of the Meet Referee, the Meet Director, and the Age Group Coordinator, **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. Proposed changes require unanimous agreement of coaches at the General Meeting.

POSITIVE CHECK IN

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	1000Y Freestyle	Thursday	4:15 PM		
11-12	400Y IM	Thursday	4:15 PM		
11-12	200Y Backstroke	Thursday	5:30 PM		
13-14	400Y IM	Friday	8:45 AM		
11-12	200Y Fly	Friday	6:00 PM		
13-14	500Y Freestyle	Saturday	8:45 AM		
11-12	500Y Freestyle	Saturday	12:30 PM or 30 mins before session start		
11-12	200Y Breaststroke	Saturday	6:00 PM		
13-14	1650Y Freestyle	Saturday	6:00 PM		
Relay Events		Check-In Deadline		Relay Cards Due	
13-14	800Y Freestyle Relay	Thursday	4:15 PM	Thursday	5:00 PM
13-14	400Y Freestyle Relay	Friday	End of prelims	Friday	5:30 PM
13-14	200Y Freestyle Relay	Friday	5:30 PM	Saturday	7:30 AM
13-14	400Y Medley Relay	Saturday	8:45 AM	Saturday	8:45 AM/ 5:30 PM
13-14	200Y Medley Relay	Saturday	5:30 PM	Sunday	7:30 AM
11-12	400Y Freestyle Relay	Friday	12:30 PM or 30 mins before session start	Friday	Start of session
11-12	200Y Medley Relay	Saturday	12:30 PM or 30 mins before session start	Saturday	At check in
10&U	200Y Freestyle Relay	Saturday	12:30 PM or 30 mins before session start	Saturday	Start of session
11-12	200Y Freestyle Relay	Sunday	12:30 PM or 30 mins before session start	Sunday	At check in
11-12	400Y Medley Relay	Sunday	12:30 PM or 30 mins before session start	Sunday	Start of session
10&U	200Y Medley Relay	Sunday			

SCRATCHES	The current NCS Scratch Rule will be in effect during the conduct of this meet for prelim/finals and deck seeded events. 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.
WARM UPS AND BREAKS	<p>A split period warm-up of two 30-minute sessions may be utilized at the Age Group Coordinator's and Meet Referee's discretion if swimmer numbers warrant. Warm-up assignments and procedures will be communicated prior to the meet.</p> <p>Scheduled breaks are noted in the Order of Events. The Meet Referee and Age Group Coordinator have authority to add breaks as necessary.</p>
SCORING	<p>INDIVIDUAL EVENTS: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Swimmers must achieve the qualifying time or faster in each event to score.</p> <p>RELAY EVENTS: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 Only A and B relays per gender can score for each team.</p> <p>Team and individual high point scores will be published at Finals.</p>
AWARDS	<p>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 point totals in individual events for each age group.</p> <p>There will not be an awards ceremony at evening Finals for 13-14 events. Awards for the 11-12 and 10 & Unders will be at the end of the afternoon sessions.</p>
READY ROOM	The top eight (8) qualifiers for the 13-14 A Final are invited to report to the ready room five minutes prior to their event for the parade of the A Final heat. 11-12 events will not parade.
RESULTS	Results will be posted on deck and in an area available to spectators. Results will be available on Meet Mobile and on the Host Team's website. At the conclusion of the meet, teams will be emailed results files or may request results files on a memory stick.
COACHES	There will be a General Meeting at 3:30 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.
CREDENTIALS	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 provide proof of membership could be barred from the deck. Officials must show proof of current USA Swimming membership and NCS certification to the Meet Referee.
OFFICIALS	Officials must show proof of current USA Swimming membership and NCS certification to the Meet Referee. Deck Pass is acceptable proof of USA Swimming membership for all purposes.

There will be an officials' meeting ONE hour prior to the beginning of each session. NCS welcomes all certified officials on deck. The uniform is white shirts over navy bottoms with white shoes. Long pants or skirts are preferred for finals.

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.) A limited number of N2 AO evaluations may be offered as well at the discretion of the NCS Officials Chair. Officials interested in other evaluations should contact the NCS Officials Chair by December 1. Any official wishing to participate should fill out the Officials sign up form on www.SwimNC.com. Please see the USA Swimming website for additional information on National evaluation and certification requirements.

Officials requesting an assigned position should be apply by January 15. Assignments will be made by the Meet Referee based primarily on evaluation requests and level of experience.

ELIGIBILITY AND TECHNICAL JURY

An Eligibility and Technical Jury will be appointed by the Operations Vice Chair or his designee consisting of one coach, one swimmer, and one non-coach/non-athlete member of NC Swimming should an eligibility or technical protest arise.

HOSPITALITY

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.

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.

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. The YMCA of Greensboro, Inc., the Bryan Family YMCA, the GREENSBORO AQUATIC CENTER, 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.

NCS 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.



2020 North Carolina Swimming 14&U Short Course AG Championships Time Standards

EVENT		FEMALE			MALE		
		10&U	11-12	13-14	10&U	11-12	13-14
50 Free	SCY	31.89	27.49	26.09	31.79	27.59	24.39
	LCM	35.99	31.29	29.79	36.29	31.49	28.09
100 Free	SCY	1:10.49	59.69	56.39	1:11.19	59.99	53.19
	LCM	1:20.09	1:08.99	1:04.89	1:20.99	1:08.99	1:01.59
200 Free	SCY	2:34.19	2:08.59	2:00.19	2:33.79	2:10.99	1:54.09
	LCM	2:56.49	2:27.99	2:18.39	2:54.29	2:28.89	2:12.59
500 Free	SCY	X	5:45.99	5:23.49	X	5:48.89	5:12.89
400 Free	LCM	X	5:13.99	4:52.59	X	5:14.89	4:43.69
1000 Free	SCY	X	X	11:22.49	X	X	11:02.19
800 Free	LCM	X	X	10:09.39	X	X	9:54.79
1650 Free	SCY	X	X	19:17.29	X	X	18:52.49
1500 Free	LCM	X	X	19:44.29	X	X	19:07.79
50 Back	SCY	37.09	31.89	X	37.29	32.39	X
	LCM	43.19	37.39	X	43.19	37.79	X
100 Back	SCY	1:20.89	1:08.99	1:04.19	1:21.39	1:09.79	1:00.79
	LCM	1:33.49	1:19.29	1:15.29	1:33.79	1:21.29	1:11.99
200 Back	SCY	X	2:23.99	2:15.99	X	2:24.39	2:10.19
	LCM	X	2:44.69	2:38.99	X	2:48.19	2:32.69
50 Breast	SCY	42.49	36.39	X	43.59	37.49	X
	LCM	48.79	41.09	X	49.69	43.09	X
100 Breast	SCY	1:33.79	1:19.19	1:13.59	1:35.79	1:21.39	1:10.89
	LCM	1:47.49	1:32.69	1:24.59	1:49.09	1:33.19	1:22.09
200 Breast	SCY	X	2:47.49	2:37.69	X	2:44.09	2:32.59
	LCM	X	3:10.29	3:00.39	X	3:08.29	2:57.49
50 Fly	SCY	35.59	30.39	X	36.69	30.99	X
	LCM	41.29	34.79	X	41.39	35.69	X
100 Fly	SCY	1:25.99	1:09.19	1:03.59	1:28.09	1:10.99	1:00.69
	LCM	1:38.69	1:19.99	1:13.39	1:39.59	1:21.29	1:09.99
200 Fly	SCY	X	2:28.39	2:22.49	X	2:28.69	2:17.09
	LCM	X	2:54.39	2:41.09	X	2:51.29	2:35.09
100 IM	SCY	1:20.69	1:09.29	X	1:21.49	1:09.89	X
	LCM	X	X	X	X	X	X
200 IM	SCY	2:52.79	2:26.39	2:16.89	2:55.89	2:27.39	2:10.59
	LCM	3:20.19	2:47.29	2:38.19	3:20.59	2:49.89	2:30.59
400 IM	SCY	X	5:09.49	4:50.29	X	5:11.89	4:40.09
	LCM	X	5:45.69	5:33.19	X	5:58.59	5:23.79

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	1:48.89	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	29:37.99	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

2020 NORTH CAROLINA SWIMMING
SHORT COURSE AGE GROUP CHAMPIONSHIPS
ORDER OF EVENTS Thursday Timed Finals and Morning 13-14 Preliminaries

Thursday Evening

Warm-ups 4:00-4:50 PM

Timed Finals Start 5:00 PM

Girls Event #	EVENTS	Boys Event #
1	13-14 1000Y Freestyle	2
3	13-14 100Y IM	4
5/Heats 1-3	11-12 400 IM (Fastest 24)	6/Heats 1-3
7	13-14 800Y Freestyle Relay	8
5/Heats 4+	11-12 400 IM	6/Heats 4+

Friday Morning Prelims

Warm-ups 7:00-8:20 AM

Preliminaries Start 8:30 AM

Girls Event #	EVENTS	Boys Event #
9	13-14 200Y Freestyle	10
11	13-14 100Y Breaststroke	12
13	13-14 100Y Butterfly	14
15	13-14 400Y IM	16

**All 13-14 400Y Freestyle Relays will swim at the end of Finals on Friday evening.

Saturday Morning Prelims

Warm-ups 7:00-8:20 AM

Preliminaries Start 8:30 AM

Girls Event #	EVENTS	Boys Event #
21	13-14 200Y Freestyle Relay	22
	5-minute break	
23	13-14 200Y Butterfly	24
25	13-14 50Y Freestyle	26
27	13-14 200Y Breaststroke	28
29	13-14 100Y Backstroke	30
31	13-14 500Y Freestyle	32
	5-minute break	
33	13-14 400Y Medley Relay **	34

** The fastest 16 A&B Medley Relay teams in each event will swim in Finals. All others swim at the end of Prelims.

Sunday Morning Prelims

Warm-ups 7:00-8:20 AM

Preliminaries Start 8:30 AM

Girls Event #	EVENTS	Boys Event #
37	13-14 200Y Medley Relay	38
	5-minute break	
41	13-14 200Y Backstroke	42
43	13-14 100Y Freestyle	44
45	13-14 200Y IM	46
39	13-14 1650Y Freestyle**	40

** The fastest heat (top 8) of each 1650Y Freestyle will swim in Finals. All others will swim at the end of Prelims.

***Pay close attention to event order for Sunday Preliminaries. Sunday Finals will follow event number order.

****If two pools are used for Preliminaries, the Meet Referee is authorized to add breaks as needed.

2020 NORTH CAROLINA SWIMMING
SHORT COURSE AGE GROUP CHAMPIONSHIPS
ORDER OF EVENTS 13-14 Evening Finals and 11-12 Timed Finals

Friday Finals **Warm-ups not before 4:30-5:20 PM** **Finals Start 5:30 PM**

Girls Event #	EVENTS	Boys Event #
9	13-14 200Y Freestyle	10
19/1	Heat 1 11-12 200 Backstroke*	20/1
11	13-14 100Y Breaststroke	12
19/2	Heat 2 11-12 200 Backstroke*	20/2
13	13-14 100Y Butterfly	14
19/3	Heat 3 11-12 200 Backstroke*	20/3
15	13-14 400Y IM	16
	5-minute break	
17	13-14 400Y Freestyle Relay **	18
19/4+	Heats 4+ 11-12 200 Backstroke*	20/4+

*The fastest 24 of each 11-12 200 will swim slow to fast as indicated. Others swim fast to slow, alternating, at the end of the session unless announced differently at the General Meeting.

** All 400Y Freestyle Relays will swim in Finals.

Saturday Finals **Warm-ups not before 4:30-5:20 PM** **Finals Start 5:30 PM**

Girls Event #	EVENTS	Boys Event #
23	13-14 200Y Butterfly	24
35/1	Heat 1 11-12 200Y Butterfly*	36/1
25	13-14 50Y Freestyle	26
35/2	Heat 2 11-12 200Y Butterfly*	36/2
27	13-14 200Y Breaststroke	28
35/3	Heat 3 11-12 200Y Butterfly*	36/3
29	13-14 100Y Backstroke	30
31	13-14 500Y Freestyle	32
	5-minute break	
33	13-14 400Y Medley Relay **	34
35/4+	Heat 4+ 11-12 200Y Butterfly*	36/4+

*The fastest 24 of each 11-12 200 will swim slow to fast as indicated. Others swim fast to slow, alternating, at the end of the session unless announced differently at the General Meeting.

** The fastest 16 A&B Medley Relay teams in each event will swim in Finals. All others swim at the end of Prelims.

Sunday Finals **Warm-ups not before 4:30-5:20 PM** **Finals Start 5:30 PM**

Girls Event #	EVENTS	Boys Event #
39	13-14 1650Y Freestyle**	40
47/1	Heat 1 11-12 200 Breaststroke*	48/1
41	13-14 200Y Backstroke	42
47/2	Heat 2 11-12 200 Breaststroke*	48/2
43	13-14 100Y Freestyle	44
47/3	Heat 3 11-12 200 Breaststroke*	48/3
45	13-14 200Y IM	46
47/4+	Heat 4+ 11-12 200 Breaststroke*	48/4+

*The fastest 24 of each 11-12 200 will swim slow to fast as indicated. Others swim fast to slow, alternating, at the end of the session unless announced differently at the General Meeting.

** The fastest 8 girls and boys will swim 1650Y Freestyle in Finals. All others will swim at the end of Prelims.

2020 NORTH CAROLINA SWIMMING
SHORT COURSE AGE GROUP CHAMPIONSHIPS
ORDER OF EVENTS Afternoon 11-12 and 10&U Timed Finals

Friday Afternoon 11-12 Pool 1 Warm-ups not before 12:00-12:50 PM Timed Finals not before 1:00 PM

Girls Event #	EVENTS	Boys Event #
49	11-12 200Y Freestyle	50
51	11-12 50Y Breaststroke	52
53	11-12 100Y Butterfly	54
55	11-12 100Y IM	56
	5-minute break	
57	11-12 400Y Freestyle Relay	58

Saturday Afternoon 11-12 Pool 1 Warm-ups not before 12:00-12:50 PM Timed Finals not before 1:00 PM

Girls Event #	EVENTS	Boys Event #
59	11-12 200Y Medley Relay	60
	5-minute break	
61	11-12 50Y Butterfly	62
63	11-12 50Y Freestyle	64
65	11-12 100Y Breaststroke	66
67	11-12 100Y Backstroke	68
	5-minute break	
69	11-12 500Y Freestyle	70

Saturday Afternoon 10&U Pool 2 Warm-ups not before 12:00-12:50 PM Timed Finals not before 1:00 PM

Girls Event #	EVENTS	Boys Event #
81	10-Under 50Y Backstroke	82
83	10-Under 100Y IM	84
85	10-Under 50Y Freestyle	86
87	10-Under 100Y Breaststroke	88
89	10-Under 50Y Butterfly	90
91	10-Under 200Y Freestyle	92
	5-minute break	
93	10-Under 200Y Freestyle Relay	94

Sunday Afternoon 11-12 Pool 1 Warm-ups not before 12:00-12:50 PM Timed Finals not before 1:00 PM

Girls Event #	EVENTS	Boys Event #
71	11-12 200Y Freestyle Relay	72
	5-minute break	
73	11-12 50Y Backstroke	74
75	11-12 100Y Freestyle	76
77	11-12 200Y IM	78
	5-minute break	
79	11-12 400Y Medley Relay	80

Sunday Afternoon 10&U Pool 2 Warm-ups not before 12:00-12:50 PM Timed Finals not before 1:00 PM

Girls Event #	EVENTS	Boys Event #
95	10-Under 100Y Freestyle	96
97	10-Under 50Y Breaststroke	98
99	10-Under 100Y Butterfly	100
101	10-Under 100Y Backstroke	102
103	10-Under 200Y IM	104
	5-minute break	
105	10-Under 200Y Medley Relay	106

**2020 NORTH CAROLINA SWIMMING
SHORT COURSE AGE GROUP CHAMPIONSHIPS**

Entry Fee Summary Report
Due no later than Thursday at General Meeting

Club Name	
Club Code	
Address	
City	
Zip	
Head Coach	
Name	
Email	
Cell Phone	
Office Phone	
Main Coach Contact to receive ALL Meet Communications during meet if not the Head Coach	
Name	
Cell Phone	
Other Coaches Attending Meet	
Name	
Name	
Name	
Name	
Name	

I certify that all coaches identified above are currently and will be certified and properly registered as coaches with USA Swimming, Inc. and are responsible for the swimmers entered in this meet during the conduct of the complete event Thursday through Sunday.

Signature _____ Date _____

Release Statement: USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., the YMCA of Greensboro, Inc., the Bryan Family YMCA, GREENSBORO AQUATIC CENTER, 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.

Make checks payable to the Bryan Family YMCA and submit to the Meet Director with this form no later than the General Meeting on Thursday.

# of Qualifying Swimmers			
# of Relay Only Swimmers			
# of Individual Entries		X \$6.00 each entry	\$
# of Relay Team Entries		X \$10.00 each relay entered	\$
NCS Travel Fund (Qualifiers PLUS Relay Only swimmers)		X \$3.00 each swimmer	\$
Facility Charge for Qualifiers		X \$15.00 each swimmer	\$
Facility Charge for Relay Only swimmers		X \$7.50 each swimmer	\$
Fines, fees if applicable			\$
TOTAL AMOUNT DUE			\$

LOCAL INFORMATION: