



**CAROLINA AQUATIC TEAM
FROZEN FRENZY
AG/SR INVITATIONAL**



JANUARY 10-12, 2020

Orange County Sportsplex, Hillsborough NC

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

Sanction #NC20014

MEET DIRECTOR	MEET ENTRY COORDINATOR
Starr Husketh Starr.husketh@chemtek.us	Starr Husketh 1309 Briardale Lane Durham, NC 27712 starr.husketh@chemtek.us
MEET REFEREE	MEET MARSHALS
Anne Marie Schneider 919-244-4947 amsbpt@gmail.com	Sandy Falise/Tim Vann

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 the starting and turn 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. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, rest rooms, or locker rooms. 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. Shoes are required in the lobby due to ice skaters on the premises. Swimmers and spectators must remain out of the recreation area. Please observe all posted facility rules.

Meet Format This is a timed final, Age Group/Senior pre-seeded meet unless otherwise indicated. Breaks are noted in the Order of Events. Others may be added at the discretion of the Meet Referee.

Session	Day	Warm-up	Meet Start
1	Friday Timed Finals	4:00 PM	5:15 PM
2	Saturday Timed Finals	7:00 AM	8:00 AM
3	Saturday Timed Finals	Not Before 12 PM	Not Before 12:45 PM
4	Sunday Timed Finals	7:00 AM	8:00 AM
5	Sunday Timed Finals	Not Before 12PM	Not Before 12:45 PM

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Friday, Dec 13 th 2019	8:00 PM	Intention to Enter
Wednesday, Jan. 1 2020	9:00 PM	Entry deadline
Friday, Jan. 10	3:45 PM	Coaches Meeting - Hospitality
Friday, Jan. 10	4:30 PM	500 Freestyle Positive Check In Closes
Saturday, Jan.11	8:00 AM	200Y Medley Relay cards due and 400Y IM Positive Check In Closes
Saturday, Jan.11	12:15 PM	200Y Medley Relay cards due
Sunday, Jan. 12	8:00 AM	200 Free Relay Cards are due and 1650Y Freestyle positive check in closes
Sunday, Jan. 12	12:15 PM	200Y Freestyle Relay cards due

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. 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.

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:

The meet will be conducted in accordance with USA Swimming Rules and Regulations and NCS Safety program, except where the rules therein are optional, and exceptions are herein stated. The North Carolina Scratch Rule (included in the announcement) is in effect except where rules are optional and exceptions are 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. Swimmers must be registered prior to entry deadline. All swimmers must be registered with USA Swimming, Inc. and all Adult Athletes must hold current APT certification to compete. 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 Carolina Aquatic Team's ability to accommodate all requests.

ENTRIES

Please submit entries using Hy-Tek Meet Manager compatible files via email. Please submit a complete summary form electronically or as a paper copy. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Coordinator by the entry deadline. A swimmer's age on the first day of the meet will determine the age for the entire meet. Please list the swimmer's ages as of January 10, 2020. Only properly completed entries with payment will be accepted. Carolina Aquatic Team's entries will be entered first and then accept teams/entries in the order received, until the four/eight hour rule is reached. Entries received thereafter will be returned immediately. **All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge.**

(1) Payment must accompany all entries.

(2) Please send an email to starr.husketh@chemtek.us indicating the approximate number of swimmers your team plans to bring to the Meet by December 13th, 2019. This information is for planning purposes only and does not indicate acceptance into the meet.

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 or best estimated times.
Entries for Swimmers with “No Time (NT)” will not be accepted into the Meet.

ENTRY LIMITS Swimmers are limited to **4 individual events and 1 relay per day, not to exceed 10 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 VERIFICATION An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINE **Wednesday, January 1, 2020.**
Entries will be accepted up to 9 PM on Wednesday, January 1, 2020. 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 entry fees 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. There will be no on deck entries.**

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
Mail Entries To: starr.husketh@chemtek.us	
Starr Husketh – 1309 Briardale Lane, Durham, NC 27712	

A late entry is any entry received on or after 9 PM Wednesday, January 1, 2020.

ORDER OF EVENTS See attached schedule.

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. Additional breaks may be added at the discretion of the Meet Referee.**

- **The Open 400Y IM will be swum slowest to fastest, all women followed by all men. Positive check in by the deadline is required to ensure swimmers are seeded.**

- **The Open 500Y Freestyle will be swum fastest to slowest, alternating women and men. Positive check in by the deadline is required to ensure swimmers are seeded.**

- **The Open 1650Y Freestyle will be swum fastest to slowest, alternating women and men and may be limited to the fastest 30 swimmers of each gender. Positive check in by the deadline is required to ensure swimmers are seeded.**

Swimmers are required to provide their counters and may be required to provide their own timers.

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

- 500Y Freestyle, by 4:30 PM Friday
- 400Y Individual Medley by 8 AM Saturday
- 1650Y Freestyle, by 8:00 AM Sunday

Swimmers who do not check in may not be seeded in the event. According to the NC Scratch Rule, a swimmer who is properly checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.

SCRATCHES There will be no penalty for scratching pre-seeded events including relays at the block. For deck seeded events, the NCS Scratch Rule is in effect and included as part of the announcement. All coaches and swimmers are expected to be familiar with its provisions.

SCORING This meet will not be scored.

AWARDS Ribbons will be awarded for 12 & under age groups.
Individual events: 1st – 8th place ribbons
Relays: 1st – 3rd place ribbons
13 & over events will be swum combined but separated into 13-14 and 15 and up for results.

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 and must check in with the Meet Director. **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 General Meeting for coaches on Friday at 3:45 pm in the Hospitality Room. Other meetings may be held at the Meet Referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

OFFICIALS

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.** Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area 45 minutes before the Meet starts. Apprentice Officials for all positions are welcome. Please contact the Meet Referee by email and provide your Position and number of sessions already worked.

TIMERS**VOLUNTEERS**

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.

**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, Orange County 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.

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ORDER OF EVENTS

Friday Evening, January 10, 2020

Warm-ups 4:00 PM / Timed Finals 5:15 PM

Women	Event	Men
1	12 & Under 200 IM	2
3*	Senior 500 Free	4*

*Deck seeded events with positive check-in to be completed by 4:30 PM. Swimmers not checked in, will be scratched from the event.

Saturday Morning, January 11, 2020

Warm-ups 7:00 AM / Timed Finals 8:00 AM

Women	Event	Men
5	Senior 200 Free	6
7	Senior 100 Back	8
9	Senior 200 Fly	10
11	Senior 50 Free	12
13	Senior 200 Breast	14
	5 Minute Break	
15	13-14 200 Medley Relay	16
17	Senior 200 Medley Relay	18
	5 Minute Break	
19*	Senior 400 IM	20*

*Deck seeded events with positive check-in required **by 8:00 AM**. Swimmers who have not been checked in will be scratched from the event. The 400 IM will be swum slowest to fastest, all women followed by all men.

Saturday Afternoon, January 11, 2020

Warm-ups 12:00 PM / Timed Finals 12:45 PM

Women	Event	Men
21	10 & U 200 Medley Relay	22
23	11-12 200 Medley Relay	24
25	10 & U 100 Breast	26
27	11-12 100 Breast	28
29	10 & U 200 Free	30
31	11-12 200 Free	32
33	10 & U 50 Back	34
35	12 & U 200 Back	36
37	11-12 50 Back	38
39	10 & U 100 Fly	40
41	11-12 100 Fly	42
43	10 & U 50 Free	44
45	11-12 50 Free	46

ORDER OF EVENTS

Sunday Morning, January 12, 2020

Warm-ups 7:00 AM / Timed Finals 8:00 AM

Women	Event	Men
47	Senior 100 Free	48
49	Senior 100 Breast	50
51	Senior 200 Back	52
53	Senior 100 Fly	54
55	Senior 200 IM	56
57	13-14 200 Free Relay	58
59	Senior 200 Free Relay	60
	10 Minute Break	
61*	Senior 1650 Free	62*

*Deck seeded events with positive check-in required **by 8:00 AM**. Swimmers who have not been checked in will be scratched from the event. The 16500 Free will be swum fastest to slowest, alternating women and men and may be limited to the fastest 30 of each gender.

Sunday Afternoon, January 12, 2020

Warm-ups 12:00 PM / Timed Finals 12:45 PM

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



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Summary of Fees/Release Form

Complete and email this form along with entry fees to:
Starr Husketh: 1309 Briardale Lane – Durham, NC 27712
starr.husketh@chemtkek.us

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 "Carolina Aquatic Team"			\$

Please make checks 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. The Carolina Aquatics 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 _____

Club Name _____ Date _____

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 information 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. 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 information 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 information.

.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

208.3.2applies

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 205.3. 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.

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 reseeding, 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 Exceptions 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.