

CAROLINA AQUATIC TEAM'S VALENTINE SPLASH

February 8th-9th, 2020

Hillsborough Triangle Sportsplex

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

Sanction #NC20031

Time Trials Sanction #NC20031TT

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 Burgeb@labcorp.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.

Session	Day	Warm-up	Meet Start	Age Groups
1	Saturday Timed Finals	7:00 AM	8:00 AM	10 & U, 11/12 Boys
2	Saturday Timed Finals	12:30 PM	1:30 PM	11-12 Girls, 13 & Over
3	Sunday Timed Finals	7:00 AM	8:00 AM	10 & U, 11/12 Boys
4	Sunday Timed Finals	12:30 PM	1:30 PM	11-12 Girls, 13& Over

MEET FORMAT

This is a timed final-prelim/final Age Group/Senior, pre-seeded meet unless otherwise indicated.

DEADLINE AND MEETING SUMMARY

Day, Date:	Time:	For:
Saturday, Jan 11, 2020	8:00 PM	Intention to Enter
Wednesday, Jan 29 2020	6:00 PM	Entry deadline
Saturday, Feb 8, 2020	6:45 AM	Coaches Meeting – Hospitality
Saturday, Feb 8, 2020	30 Min. Before Start	1650 Free Positive Check In Closes
Saturday, Feb 8, 2020	30 min before session ends	Time Trial Sign Up Ends
Sunday, Feb 9, 2020	7:30 AM	10&U, 11-12 Boys 500 Free Positive Check
Sunday, Feb 9, 2020	30 Min. Before Start	11-12 Girls, 13&O 500 Free Positive Check In
Sunday, Feb 9, 2020	30 min before session ends	Time Trial Sign Up Ends
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. 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.

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.

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.

**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.

ENTRIES

Entries must be submitted in HyTek format by email to the Entry Coordinator by the entry deadline. List the swimmers age of February 8, 2020. 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*. **NT entries will not be accepted.** 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 January 11th, 2020.** This information is for planning purposes only and does not indicate acceptance into the meet.

ENTRY LIMIT

Swimmers are limited to 5 **individual events per day and 10 for the entire meet including Time Trials. 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, January 29th, 2020.

Entries will be accepted up to 6 PM on Wednesday, January 29th, 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 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
Time Trials	\$10.00 per individual event/\$15 per relay
Email Entries To: sandy.falise@gmail.com	

A late entry is any entry received on or after 6 PM Wednesday, January 29th, 2020.

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.

TIME TRIALS Time Trials will be offered only after the afternoon Session both Saturday and Sunday depending on the timeline and at the discretion of the Meet Referee. Entrants in Time Trials must be entered in the meet. **Distance Trials will only be offered after the session on Saturday Night.** Time Trials count toward a swimmer's individual events per day event limit.

Sign up deadlines on days when Time Trials are offered will be 30 minutes before the session ends. The order in which time trial events will be conducted will follow National event order except for the Distance Events (e.g., that day's events, followed by next day, etc.).

Time Trial fees are \$10.00 per individual event and \$15.00 for relays payable in cash at sign up. Swimmers must provide their own timers and counters for Time Trials. Time Trials will begin immediately after the session conclusion, or at the discretion of the Meet Referee. USA Swimming rules will apply to Time Trials.

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.

- The Open 400Y IM and the 500Y Freestyle will be swum fastest to slowest in event order. The 1650 will be swum fastest to slowest, 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.

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

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

- 500 Freestyle
- 1650 Freestyle

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

**SCRATCHES
AND PENALTIES**

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

**OFFICIALS
TIMERS
VOLUNTEERS**

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.

**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'S VALENTINE SPLASH

ORDER OF EVENTS

Saturday Morning, February 8th, 2020

10 & UNDER and 11-12 BOYS		
Warm-ups at 7:00 AM. Meet starts at 8:00 AM		
Girls	Event	Boys
	11-12 400 Yd IM	2
3	10&U 100 Yd IM	4
	11-12 100 Yd IM	6
7	10&U 100 Yd Backstroke	8
	11-12 100 Yd Backstroke	10
11	10&U 200 Yd Freestyle	12
	11-12 200 Yd Freestyle	14
15	10&U 100 Yd Butterfly	16
	11-12 100 Yd Butterfly	18
19	10&U 50 Yd Breaststroke	20
	11-12 50 Yd Breaststroke	22
	11-12 200 Yd Breaststroke	24
25	10&U 50 Yd Freestyle	26
	11-12 50 Yd Freestyle	28

Saturday Afternoon, February 8th, 2020

11-12 GIRLS and 13 & Over		
Warm-ups at 12:30 PM. Meet starts 1:30 PM.		
Girls	Event	Boys
29	11-12 50 Yd Freestyle	
31	13&O 50 Yd Freestyle	32
33	11-12 100 Yd IM	
35	Open 400 Yd IM	36
37	11-12 100 Yd Backstroke	
39	13&O 100 Yd Backstroke	40
41	11-12 100 Yd Butterfly	
43	13&O 100 Yd Butterfly	44
45	11-12 50 Yd Breaststroke	
47	Open 200 Yd Breaststroke	48
49	11-12 200 Yd Freestyle	
51	13&O 200 Yd Freestyle	52
53	Open 1650 Yd Freestyle	54

CAT'S VALENTINE SPLASH

ORDER OF EVENTS

Sunday Morning, February 9th, 2020

10 & UNDER and 11-12 BOYS		
Warm-ups at 7:00 AM. Meet starts at 8:00 AM		
Girls	Event	Boys
*	11-12 200 Yd IM	56
57	10&U 200 Yd IM	58
*	11-12 100 Yd Freestyle	60
61	10&U 100 Yd Freestyle	62
*	11-12 200 Yd Butterfly	64
65	10&U 50 Yd Butterfly	66
*	11-12 50 Yd Butterfly	68
69	10&U 100 Yd Breaststroke	70
*	11-12 100 Yd Breaststroke	72
73	10&U 50 Yd Backstroke	74
*	11-12 50 Yd Backstroke	76
*	11-12 200 Yd Backstroke	78
79	12&U 500 Yd Freestyle	80

*Deck seeded events with positive check-in required **by 7:30 AM**. Swimmers who have not been checked in will be scratched from the event.

Sunday Afternoon, February 9th, 2020

11-12 GIRLS and 13 & OVER		
Warm-ups start at 12:30 PM. Meet starts at 1:30 PM		
Girls	Event	Boys
81	13&O 200 Yd IM	82
83	11-12 200 Yd IM	
85	13&O 100 Yd Freestyle	86
87	11-12 100 Yd Freestyle	
89	Open 200 Yd Butterfly	90
91	11-12 50 Yd Butterfly	
93	13&O 100 Yd Breaststroke	94
95	11-12 100 Yd Breaststroke	
97	Open 200 Yd Backstroke	98
99	11-12 50 Yd Backstroke	
101	Open 500 Yd Freestyle	102

CAT'S VALENTINE SPLASH

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 <u>\$5.00</u> NC \$5.75 Out of State		RELAY FEE <u>\$10 PER RELAY</u>
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 _____