



CAROLINA AQUATIC TEAM 2018 Rock the Block Quad Meet



September 28 - 30, 2018

Smithfield Recreation and Aquatic Center

600 Booker Dairy Road, Smithfield, NC 27577

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

Sanction #NC18130

MEET DIRECTOR	MEET ENTRY COORDINATOR
<p>Starr Husketh Starr.husketh@chemtek.us</p>	<p>Starr Husketh 1309 Briardale Lane Durham, NC 27712 starr.husketh@chemtek.us</p>
MEET REFEREE	MEET MARSHALS
<p>Michael Ivy 919-649-3288 mwivy64@gmail.com</p>	<p>Sandy Falise/Tim Vann</p>

Facility:

The Smithfield Recreation and Aquatics (SRAC) provides an eight-lane 25-yard competition pool with depth of four to nine feet. Up to ten lanes will be available during warm-ups. Two lanes will be available during the meet for warm-up and cool-down. Paragon starting blocks will be used for the start of all events. These have a maximum height of 30 inches from the pool deck. Competition lanes are a minimum of 5 feet wide. There is a Colorado System 6 with one scoreboard. The competition course has not been certified in accordance with 104.2.2C(4). There are boy's and girl's locker rooms available for teams. There is also free WIFI available to spectators.

The aquatic facility is located just off Hwy 70 East at the Smithfield Community Park.

Spectator seating is located on the deck with 182 seats along with upstairs overview seating.

The aquatic facility has a 3,000 square foot splash park that will be used for spectator seating along with team areas.

Parking in the SRAC will be for members, meet officials and meet volunteers. Adjacent parking will be located at the Smithfield Community Park and Smithfield Selma High School.

Facility Rules: This facility forbids coolers, food or beverages from being brought into the building. No smoking is allowed on the grounds of the facility or inside the facility. No glass containers are allowed inside the facility. Only meet volunteers, USA Swimming registered athletes and USA Swimming registered coaches and officials may be on deck. Each team is responsible for cleaning up their area. Please place all trash in receptacles provided.

Classification: AG/SR Quad meet attended by Carolina Aquatic Team (CAT), East Carolina Aquatics (ECA), Hillsborough Aquatic Club (HAC) and Raleigh Swimming Association (RSA).

- Meet Format**
- (1) All events are time finals. The 500 Free (Events 1, 2, 17 and 18) and the 1000 Free (Events 3 and 4), are positive check-in events, and will be deck seeded. The 1000 Free will be swum fastest to slowest. All other events will be swum slowest to fastest.
 - (2) There will be one competition pool for the meet. Meet management reserves the right to adjust session start time or move and combine events and heats based on number of entries received.
 - (3) Meet management reserves the right to limit event participation to conform to the timeline for all sessions.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday Timed Finals	4:00 PM	5:30 PM	11 & Over
2	Saturday Timed Finals	7:00 AM	8:30 AM	13 & Over
3	Saturday Timed Finals	1:00 PM	2:30 PM	12 & Under
4	Sunday Timed Finals	7:00 AM	8:30 AM	13 & Over
5	Sunday Timed Finals	1:00 PM	2:30 PM	12 & Under

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday, Sept. 19	9:00 PM	Entry deadline
Friday, Sept. 28	3:45 PM	Coaches Meeting - Hospitality
Friday, Sept. 28	4:45 PM	500Y Free and 1000Y Freestyle Positive Check-In Closes
Saturday, Sept. 29	7:45 AM	500Y Freestyle positive check in closes
Saturday, Sept. 29	12:30 PM (30 mins before race starts)	200Y Freestyle Relay cards due
Sunday, Sept. 30	7:45 AM	400Y IM Positive Check-In Closes
Sunday, Sept. 29	12:30 PM (30 mins before race starts)	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. All starts from the shallow end of the pool, including relay takeoffs, will be in-water starts. 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 not in effect during this meet. 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.

No photography or mobile phone use of any type will be permitted behind the starting blocks. 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. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc., and one of the teams listed in the Classification Section. 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 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 including team entry report and financial report. 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. Only properly completed entries with payment will be accepted. **All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge. Please note the following entry rules will be strictly enforced by the meet director:**

- (1) Payment must be received by the entry deadline in order to be seeded

into the heat sheet.

- (2) Please list the swimmer's ages as of September 28, 2018.
- (3) There may be on-deck event entries taken at this meet, but in open lanes only, with double fees paid at time of entry.

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.

ENTRY LIMITS

All Swimmers are limited to no more than three (3) Individual Events plus one (1) Relay event per session, not to exceed seven (7) total individual events for the Meet.

Athletes wishing to swim the 1000 free (events 3 and 4) must have a verifiable BB time or better in the 500 free for their age group to be eligible to swim that event. No Time (NT) entries will not be accepted for the 1000 Free.

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, September 19, 2018

Entries will be accepted up to 9 PM on Wednesday, September 19, 2018. 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. A check made payable to CAT must be received by the entry deadline. If payment is not received by the entry deadline, those entries may not be seeded into the psych sheet.

ENTRY FEES

Make checks payable to: Carolina Aquatic Team; All fees are non-refundable	
Individual Event	\$5.00 per Individual Event (NCS Registered 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, September 19, 2018.

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, reduce the number of

heats or add breaks throughout the meet to provide rest for the athletes at the discretion of the Meet Referee.

- The 13 and Over 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 500Y Freestyle 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. Swimmers are required to provide their own Timers and Counters for this Event.
- The 11 and Over 1000Y Freestyle will be swum fastest to slowest, all women followed by all men. Positive check in by the deadline is required to ensure swimmers are seeded. Swimmers are required to provide their own Timers and Counters for this Event.

POSITIVE CHECK-IN	A positive check-in, located at clerk of course, will be required for the 500Y Freestyle, the 1000Y Freestyle and the 400Y IM.
SCRATCHES	There will be no penalty for scratching pre-seeded events including relays at the block. For deck seeded events, the NCS Scratch Rule will Not be in effect but has been included as part of the announcement. There will be No penalty for No Showing a positive check-in event.
SCORING	This meet will not be scored.
AWARDS	Prizes may be awarded to heat winners.
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 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.

VOLUNTEERS

Carolina Aquatic Team plans to staff as much of this meet as possible but welcomes volunteer from participating 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. Dinner will be served Friday night. Breakfast and Lunch will be served Saturday and Sunday. Light snacks will be available throughout the meet.

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 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, Smithfield Recreation and 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.

**2018 ROCK THE BLOCK
QUAD MEET
Hosted by Carolina Aquatic Team**

ORDER OF EVENTS

Friday Evening, September 28, 2018

Warm-ups 4:00 PM / Timed Finals 5:30 PM

Women	Event	Men
1	11-12 500 Free	2
3	11 & Over 1000 Free	4

NOTE: Deck seeded events with positive check-in to be completed by 4:45 PM. Swimmers not checked in, will be scratched from the event. Based on the number of entrants, meet management reserves the right to combine events, reduce the number of heats or add breaks throughout the meet to provide rest for the athletes.

Saturday Morning, September 29, 2018

Warm-ups 7:00 AM / Timed Finals 8:30 AM

Women	Event	Men
5	13 & Over 200 Free	6
7	13 & Over 100 Back	8
9	13 & Over 200 IM	10
11	13 & Over 50 Free	12
13	13 & Over 200 Breast	14
15	13 & Over 100 Fly	16
17	13 & Over 500 Free	18

Saturday Afternoon, September 29, 2018

Warm-ups 1:00 PM / Timed Finals 2:40 PM

Women	Event	Men
19	8 & Under 25 Free	20
21	10 & Under 50 Free	22
23	11-12 50 Free	24
25	8 & Under 25 Back	26
27	10 & Under 100 Back	28
29	11-12 100 Back	30
31	8 & Under 25 Breast	32
33	10 & Under 50 Breast	34
35	11-12 50 Breast	36
37	8 & Under 25 Fly	38
39	10 & Under 50 Fly	40
41	11-12 50 Fly	42
43	11-12 200 Free Relay	44

ORDER OF EVENTS

Sunday Morning, September 30, 2018

Warm-ups 7:00 AM / Timed Finals 8:30 AM

Women	Event	Men
45	13 & Over 200 Back	46
47	13 & Over 100 Free	48
49	13 & Over 200 Fly	50
51	13 & Over 100 Breast	52
53	13 & Over 400 IM	54

NOTE: Deck seeded events with positive check-in required 7:45 AM. Swimmers who have not been checked in will be scratched from the event. Based on the number of entrants, meet management reserves the right to combine events, reduce the number of heats or add breaks throughout the meet to provide rest for the athletes.

Sunday Afternoon, September 30, 2018

Warm-ups 1:00 PM / Timed Finals 2:30 PM

Women	Event	Men
55	8 & Under 50 Free	56
57	10 & Under 100 Free	58
59	11-12 100 Free	60
61	8 & Under 50 Back	62
63	10 & Under 50 Back	64
65	11-12 50 Back	66
67	8 & Under 50 Breast	68
69	10 & Under 100 Breast	70
71	11-12 100 Breast	72
73	8 & Under 50 Fly	74
75	10 & Under 100 Fly	76
77	11-12 100 Fly	78
79	10 & Under 200 Free Relay	80



**CAROLINA AQUATIC TEAM
2018 ROCK THE BLOCK QUAD MEET**



Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to
(checks payable to CAT):

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		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 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.