



2023 SwimMAC November LC/SC Invitational

Hosted by SwimMAC Carolina

November 11-12, 2023

Held at

SwimMAC Training Facility (Prelims)

Charlotte Latin

9850 Providence Rd, Charlotte, NC 28270

And

Klein Aquatic Center (Finals)

Charlotte Country Day

1440 Carmel Rd, Charlotte, NC, 28226

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

**Sanction #NC23160**

<b>MEET DIRECTOR</b>		<b>MEET ENTRY COORDINATOR</b>	
John Rice <a href="mailto:westglacier@gmail.com">westglacier@gmail.com</a> 336-255-5936		Jeffrey Childs <a href="mailto:Jeffrey@rileychilds.net">Jeffrey@rileychilds.net</a> 704-307-0327	
<b>MEET REFEREE</b>		<b>MEET MARSHAL</b>	
Jeffrey Childs <a href="mailto:Jeffrey@rileychilds.net">Jeffrey@rileychilds.net</a> 704-307-0327		Randy Erlenbach <a href="mailto:rerenbach@swimmaccarolina.org">rerenbach@swimmaccarolina.org</a> Kim DeCann kdecann@swimmaccarolina.org	

**FACILITY**

The SwimMAC Swim Center is a 30,000-square-foot facility featuring a 50-meter by 25-yard Paddock Pool racing tank. The pool has Competitor 4" Racing Lanes and uses Paddock stainless steel starting platforms. The facility also features a Colorado System 6 timing system and a ten-lane scoreboard. Touchpads, buttons, and two watches per lane will be used. Hy-Tek Meet Manager software will be used. In the 50-yard competition configuration (Prelims/Timed Finals), the pool depth ranges from 12 feet at the starting end to 4 feet at the pool's far end with ten (10), 8-foot-wide lanes. Eight (8) lanes will be used for competition during all Preliminary and Timed Final sessions. Lane ten (10) will be available for continuous warm-up/cool-down during the competition.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Klein Aquatics Center (KAC) is a 5,625-square-foot pool area featuring a 25-yard by 25-yard competition tank. The pool depth ranges from 7' feet at the starting end to 7'-3" feet at the pool's far end with eight, 9-foot-wide lanes with TSP Wave Breaker 6" lane lines. Kiefer starting blocks will be used for competition in accordance with

the USA Swimming diving depth guidelines. The facility also features a Colorado 7 timing system and a full-color eight-lane scoreboard. The timing system utilizes touch pads, two buttons, and two watches per lane. Hy-Tek Meet Manager software will be used. An adjacent 25-yard 5-lane program pool is available for continuous warm-up and cool-down.

The competition course has not been certified in accordance with 104.2.2C(4).

Spectator seating is in a separate gallery only. No chairs are permitted on deck for spectators. Parking is available on weekends in the Student Parking Lot 100 yards to the east of the facility. Smoking is not permitted inside the building. Absolutely no glass bottles will be allowed on the pool deck. Only meet volunteers, USA Swimming registered athletes, and current USA Swimming registered officials, and coaches may be on deck. Separate locker-room and public restrooms are available.

**MEET FORMAT**

Prelim/finals pre-seeded meet, unless otherwise indicated, with Qualifying Times.

Saturday and Sunday Prelims – Prelims will be swum using eight (8) lanes in **Long Course format @ SwimMAC Training Facility – Charlotte Latin.**

Saturday and Sunday Finals – Finals will be swum using eight (8) lanes in a **Short Course format** using a maximum of eight (8) lanes @ Klein Aquatics Center.

Events 200 M or less will be swum using A, B, C, and D format; The top 22 qualifiers will return for Finals. The D Bonus and C Consolation Finals will swim using eight (8) lanes. The B Super Finals will use four (4) lanes, and the A Ultra Final will use two (2) lanes. Final heats will swim in the following order: D, C, B, and A Final.

400IM and 400M/500y Freestyle will be swum using A, B, and C format. The top 20 qualifiers will return for Finals. The C Bonus and B Consolation Final will swim using eight (8) lanes. The A Championship Final will use four (4) lanes. Final heats will swim in the following order: C, B, and A.

The 800 M/1000 Yard Freestyle will be limited to two heats for Women and two for men during Prelims. The top 8 women and the top 8 men will return for finals.

Meet management reserves the right to limit heats or eliminate events if needed to manage the timeline. Meet Management reserves the right to add breaks between events if deemed necessary. Breaks will be published before the session and limited to 10 minutes. Events may be combined at the discretion of the Referee. All events will swim slowest to fastest unless noted.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	7:30-8:50 am	9:00am	LCM Prelims
2	Saturday	4:00-5:20 pm	5:30 pm	SCY Finals
3	Sunday	7:30-8:50 am	9:00 am	LCM Prelims
4	Sunday	4:00-5:20 pm	5:30 pm	SCY Finals

**DEADLINE AND MEETING SUMMARY:**

<b>Day, Date</b>	<b>Time</b>	<b>For:</b>
Wed, November 1, 2023	5 pm	Entry Deadline
Sat., November 11, 2023	7:15 am	Coaches Meeting (Hospitality Room)
November 11-12, 2023	60 min. prior to the start of each session	Officials Meeting (Hospitality Room)
November 11-12, 2023	20 min. prior to the start of each session	Timers Briefing

**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 stated.**

**TECHNICAL SUIT BAN for 12&Us**

**Per USA Swimming Rule 102.8.1F, 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.

**MAAPP**

All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy ("MAAPP") and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

**SAFE SPORT**

The NCS Safety Program is in effect for this meet. Coaches are advised to closely always supervise their swimmers. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in workout 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 the host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, 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 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 without the use of a backstroke ledge. When unaccompanied by a member-coach, 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 an 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, coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

**ELIGIBILITY**

All swimmers must be registered with USA Swimming, Inc. All Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to the entry deadline. Entries listed as "Registration Applied For" will not be accepted. **There will be no on-deck registration available at this meet.**

**MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS**

SwimMAC 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 SwimMAC's ability to accommodate all requests.

**ENTRIES**

Entries submitted in Hy-tek format require no hard copy entry forms. Email must be emailed to the Meet Entry Coordinator by the entry deadline. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline. A swimmer's age on the first day of the meet will determine their age for the entire meet. SwimMAC entries will be entered until the four/eight-hour rule is reached.

**BONUS EVENTS**

Swimmers qualifying in any individual event by having a 2023 North Carolina Swimming Senior Short Course Qualifying time in that event are also eligible to enter **up to three (3) bonus events**. All entries are subjected to both daily and meet limits.

NCS SR Champs	Allowable Bonus Events
1 Cut	3 Bonus
2 Cuts	2 Bonus
3-5 Cuts	1 Bonus

**ENTRY LIMITATIONS**

Swimmers may compete in 3 individual events per day for a total of six (6) for the meet.

**ENTRY VERIFICATION**

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

**ENTRY DEADLINES**

**The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. No late entries will be accepted. There will be no on-deck entries.**

**ENTRY FEES**

<b>Make checks payable to: SwimMAC; All fees are non-refundable</b>	
Individual Event	\$7.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$20.00 per swimmer

**SEEDING**

The conforming time standard for this meet is long course meters. All non-conforming times will be seeded in the last rank order. Swimmers will be seeded and swum from slowest to fastest unless otherwise indicated for all timed final events. Preliminary events will be circled-seeded. All events 400 M/Yards and longer will be deck seeded.

**CHECK-IN**

Positive check-in will be at the Clerk of Course. There will be a positive check-in for 400-yard or longer events. Swimmers who fail to check in by the deadline will be scratched from the event. See the Schedule below:

<b>Individual Events</b>	<b>Check-in Deadline</b>	
Open 400M IM	Saturday	9:00 am
Open 800M/1000y Free	Saturday	9:00 am
Open 400M/500y Free	Sunday	9:00 am

- **Open 400M IM:** The 400M Individual Medley will be swum as a prelims/finals event and will be deck seeded **slowest to fastest** after positive check-in. The top two heats will be circled-seeded.
- **Open 800M/1000y Free:** The 800M Freestyle will be swum as a prelim/final event and will be deck seeded after positive check-in. The event will be limited to two (2) heats of Women and Two Heat of Men. **All heats will swim at the end of preliminaries, fastest to slowest alternating Women and Men. 1000 SCY will swim during finals.**
- **Open 400M/500y Free:** The 400M Free will be swum as a prelims/finals event and will be deck seeded **slowest to fastest** after positive check-in. The top two heats will be circled-seeded. **500 SCY will swim during finals.**

**RELAYS**

None

**SCRATCHES**

There will be no penalty for scratching pre-seeded events at the block. The North Carolina Scratch Rule is in effect for this meet and included at the conclusion of this Meet Announcement. For positive check-in deck-seeded events, a swimmer who is properly checked-in has been seeded, and fails to compete in said event **shall be barred from their next individual event.**

A swimmer identified as a finalist when preliminary results are announced and subsequently seeded who fails to compete in said final heat **shall be barred from further competition** for the remainder of the meet unless relieved by the Meet Referee. It is the swimmer's responsibility to scratch from finals. Swimmers are requested to scratch their events regardless of place if they are not returning for Finals. **Swimmers should listen for announcements and check for scratches at the Clerk of Course desk on the pool deck.**

Coaches are asked to instruct alternates to check in with the deck referee, identifying themselves as an alternate, prior to the beginning of the event for which they are an alternate.

**SCORING**

No Scoring

**AWARDS**

No Awards

**RESULTS**

Results will be posted on the SwimMAC website within 24 hours of the meet's conclusion. At the conclusion of the meet, teams may obtain Hy-Tek backups either on a memory stick or via email attachment.

**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. A coach/general meeting will be 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. SwimMAC welcomes and encourages anyone willing to volunteer. Volunteering Officials are encouraged to sign up using the following [link](#). If you have questions, please contact the Meet Referee Jeffrey Childs@ jeffrey@rileychilds.net. All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet/session. There will be a meeting at the day(s)/time(s) listed in the "Deadline and Meeting Summary" above. Meetings may be in-person at the meet or virtual in advance, and assignments may be communicated electronically prior to each session. All officials are strongly encouraged to complete a personal review of applicable USAS rules before the meet. Officials should report at the time specified by the Meet Referee and bring a mask (if necessary) and a writing utensil.

**HOSPITALITY/  
CONCESSIONS**

There will be a hospitality area open to all coaches and officials.

**WARM-UP**

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshalls 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 lanes available for continuous warm-up/down. **There is to be no diving or horseplay in this area.**

**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. SwimMAC Carolina, 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 a 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.

## 2023 SwimMAC November LC/SC Invitational ORDER OF EVENTS

Saturday, November 11, 2023

Morning Session

Warm-up: 7:30A Prelims Start: 9:00A @ Charlotte Latin					
Warm-up: 4:30P Finals Start: 5:30P @ Klein Aquatics Center					
Women's Event	Qualifying Time SCY/LCM	Event Prelims – LCM Finals – SCY		Qualifying Time SCY/LCM	Men's Event
1	1:59.89/2:18.89	200 Free LCM		1:51.89/2:07.39	2
3	1:02.89/1:10.69	100 Fly LCM		56.59/1:03.79	4
5	4:49.19/5:27.79	400 Ind. Med. LCM*		4:29.49/5:09.59	6
7	2:14.89/2:33.89	200 Back LCM		2:04.89/2:24.29	8
9	1:12.79/1:22.79	100 Breast LCM		1:04.99/1:14.49	10
11	25.89/29.39	50 Free LCM		23.29/27.19	12
13	11:15.19/10:02.39	800 Free LCM**/1000 SCY Free		10:38.89/9:26.59	14

\*Positive Check-in required.

\*\* Positive Check-in required. Swimmer provides its own counter.

Sunday, November 12, 2023

Morning Session

Warm-up: 7:30A Prelims Start: 9:00A @ Charlotte Latin					
Warm-up: 4:30P Finals Start: 5:30P @ Klein Aquatics Center					
Women's Event	Qualifying Time SCY/LCM	Event Prelims – LCM Finals - SCY		Qualifying Time SCY/LCM	Men's Event
15	2:15.89/2:34.49	200 Ind. Med. LCM		2:04.89/2:25.39	16
17	1:03.89/1:13.19	100 Back LCM		57.59/1:06.59	18
19	5:22.19/4:49.29	400 Free LCM*/500 Free SCY		5:04.29/4:32.39	20
21	2:36.89/2:57.99	200 Breast LCM		2:21.59/2:41.99	22
23	2:19.09/2:34.99	200 Fly LCM		2:06.19/2:21.89	24
25	55.89/1:03.89	100 Free LCM*		51.19/59.49	26

\*Positive Check-in required. Swimmer provides its own counter.



## 2023 SwimMAC November LC/SC Invitational

### Summary of Fees/Release Form

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

SwimMAC Carolina  
 ATTN: Kim DeCann  
 9850 Providence Rd  
 Charlotte, NC 28270

Email to: [kdecann@swimmaccarolina.org](mailto:kdecann@swimmaccarolina.org)

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$7 per event	
Relay Entries		-	
Swimmers (Travel Fund & Facility Surcharge)		\$23 per swimmer	
<b>Total Fees Due</b>			

**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. Mecklenburg Aquatic Club (DBA SwimMAC Carolina), Charlotte Latin, 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.

\_\_\_\_\_  
 SIGNATURE (Coach or Club Representative)

\_\_\_\_\_  
 CLUB

\_\_\_\_\_  
 TITLE

\_\_\_\_\_  
 DATE

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.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.



**2023 North Carolina Swimming**  
**Senior Short Course Championship Time Standards**  
 February 23-26, 2023 – MCAC, Charlotte, NC  
 Qualifying Period: Sept 1, 2021-Feb 19, 2023

COURSE	WOMEN	EVENT	MEN	COURSE
YD	25.89	50 FREE	23.29	YD
MTR	29.39		27.19	MTR
YD	55.89	100 FREE	51.19	YD
MTR	1:03.89		59.49	MTR
YD	1:59.89	200 FREE	1:51.89	YD
MTR	2:18.89		2:07.39	MTR
YD	5:22.19	400/500 FREE	5:04.29	YD
MTR	4:49.29		4:32.39	MTR
YD	11:15.19	800/1000 FREE	10:38.89	YD
MTR	10:02.39		9:26.59	MTR
YD	18:50.49	1500/1650 FREE	17:44.79	YD
MTR	19:03.09		18:05.69	MTR
YD	1:03.89	100 BACK	57.59	YD
MTR	1:13.19		1:06.59	MTR
YD	2:14.89	200 BACK	2:04.89	YD
MTR	2:33.89		2:24.29	MTR
YD	1:12.79	100 BREAST	1:04.99	YD
MTR	1:22.79		1:14.49	MTR
YD	2:36.89	200 BREAST	2:21.59	YD
MTR	2:57.99		2:41.99	MTR
YD	1:02.89	100 FLY	56.59	YD
MTR	1:10.69		1:03.79	MTR
YD	2:19.09	200 FLY	2:06.19	YD
MTR	2:34.99		2:21.89	MTR
YD	2:15.89	200 IM	2:04.89	YD
MTR	2:34.49		2:25.39	MTR
YD	4:49.19	400 IM	4:29.49	YD
MTR	5:27.79		5:09.59	MTR