



2021 NCAC Long Course Meet

June 25-27, 2021
Koury Natatorium



Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC21117

MEET DIRECTOR	MEET ENTRY COORDINATOR
Hunter Hojnacki Hunter.hoj@gmail.com	Hunter Hojnacki Hunter.hoj@gmail.com
MEET REFEREE	MEET MARSHAL
Jeff Baker jefferyharrisbaker@gmail.com	Sherwood Watts coachwattsnac@gmail.com

CONDITION OF SANCTION

As a condition of this sanction, North Carolina Athletic Club (NCAC) agrees to comply and to enforce all COVID 19 health and safety mandates and guidelines (including face mask, social distancing, and mass gatherings) of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, and the NCAC Meet Plan detailed below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID 19 sanctioning period.

ASSUMPTION OF RISK DISCLAIMER

NCAC has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

COVID-19 RELEASE

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY

CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

LOCAL PROTOCOLS

- As a condition of sanction, all meet participants – coaches, officials, administrators, vendors, and athletes (when not in the pool) – must wear fabric or paper face coverings/masks that fit snugly against the face and simultaneously cover the nose and mouth to minimize the spread of respiratory droplets. All participants must also comply with mandated social distancing and mass gathering rules. Participants wishing to remove their face coverings for periods longer than 5 minutes to eat or drink must move and stay 10 feet away from others or exit the facility until their face coverings are back in proper position.
- Entry will be through the front doors of the Natatorium. Exits will be the same doors.
- During the session, swimmers will sit socially distant inside in either the bleachers or in chairs on the pool deck.
- Teams will have designated lanes & times for warmup. No more than 12 per lane during warmup.
- Koury Natatorium is allowed to have 381 people on the pool deck at any time. With session coaching staffs and the above meet and facility personnel, NCAC is in compliance with all CDC, State and local government requirements.
- Meet personnel for each session are as follows (All Meet Personnel MUST always wear masks):
- Nine (9) Timers: One timer per lane with a button and watch and one backup timer. Timers should not enter the pool deck until fifteen minutes prior to the start of the session (not the warmup).
- Personnel for each session are as follows (All Staff MUST always wear masks with lifeguards on stand as the exception):
 - One (1) Meet Technician
 - One (1) Timing Operator
 - One (1) Video Operator
 - One (1) Meet Director
 - Two (2) Lifeguards
- Officials' Meeting will be 20 minutes prior to each session.
- Session sizes will be limited to less than 125 swimmers.

IMPORTANT INFORMATION:

- Swimmers will be allowed in the building no more than thirty (30) minutes prior to their warm-up time and must leave the building after their last swim of the session.
- Access to the building will be the front door.
- Only swimmers and essential personnel will be allowed in the facility. Swimmers will be able to exit via the front door if they need to see their parents. This door will be monitored. Swimmers will have access to the locker rooms, not to exceed more than 11 at a time.
- We will use volunteer timers - one per lane with a button and watch. Timing equipment will be cleaned in between sessions.
- Sessions may need to be combined at the discretion of Meet Management.

- Live streaming will be available for parents to view the meet. Information on the livestream channel will be distributed to teams prior to the start of the meet.
- Athletes will be lined up in bullpen before their races. The first heat will be walked to their block spot with their masks on with only items used for racing with them. They will walk to their lanes, place personal items and mask on designated stands (one side of each stand for odd heats v even heats) behind blocks, go to blocks for their race. During the race, the next heat will be walked to the blocks. The racing heat, when finished, will go up to a 100 warmdown for events 100 or longer, 50 warmdown for 50 events. The next heat will do flyover starts to begin their race. The first heat will get out of the water, put their masks on, and leave to the designated team area. All blocks and item holders will be disinfected after every start. Warmdown lengths may be altered at the discretion of the Meet Director based on timelines.
- Marshals will be monitoring the team spaces to ensure athletes are maintaining these protocols.

FACE COVERINGS All meet participants – coaches, officials, administrators, and athletes (between events) must wear face masks and comply with mandated social distancing and mass gathering rules.

LOCKER ROOMS/ CHANGING Locker rooms will be available, but not exceed more than 5 or 15 people at a time, depending on which locker rooms are being used. These will be labeled at the facility. Deck changing is prohibited.

ENTRY & EXIT PROCEDURES and ATHLETE SEATING AREAS Entry will be through the front door of the Natatorium. Exits will be the same doors or the emergency exit. Athletes will sit in designated team areas which will be monitored by parent volunteers.

SWIMMER LIMITATIONS and PROTOCOLS Koury Natatorium is allowed 381 on the pool deck at any time. With session coaching staffs and the above meet and facility personnel, NCAC is in compliance with all CDC, State and local government requirements.

When not in the water, athletes are expected to wear a mask at all times, including when walking to and from an event and/or warm-up lanes. They may remove masks for swimming but must don them again once they exit the water. Additionally, athletes are expected to always maintain proper distancing.

SPECTATOR LIMITATIONS and PROTOCOLS Live streaming will be available for parents to view the meet. Information on the livestream channel will be distributed to teams prior to the start of the meet.

PARENTAL ACCESS Parents needing access to their athlete during the meet in a closed-deck environment can contact their children directly via cellphone and arrange to meet them outside in

front of the ACC Media Video Board. Should parents be unable to contact their child directly, they should contact the Meet Marshal or Meet Director.

FACILITY	<p>Koury Natatorium 400 Skipper Bowles Dr Chapel Hill, NC 27514</p> <p>The pool is an 8-lane, 50-meter course pool with non-turbulent lane markers and bulkhead-anchored starting blocks. The Colorado Timing system with touchpads will be used along with buttons and watches in each of 8 nine-foot wide lanes for competition. 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 been certified in accordance with 104.2.2C(4).</p> <p>NO SPECTATORS ARE PERMITTED IN THE FACILITY</p>
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MEET FORMAT This is a timed finals meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	4:30 PM	6:00 PM	Mixed Open
2	Saturday	9:30 AM	10:30 AM	10 & U
3	Saturday	12:00 PM	1:00 PM	11-12
4	Saturday	2:30 PM	4:00 PM	13 & O Girls
5	Saturday	5:30 PM	7:00 PM	13 & O Boys
6	Sunday	9:30 AM	10:30 AM	10 & U
7	Sunday	12:00 PM	1:00 PM	11 – 12
8	Sunday	2:30 PM	4:00 PM	13 & O Girls
9	Sunday	5:30 PM	7:00 PM	13 & O Boys

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For
Saturday, June 19 th	4:00 PM	Entry Deadline
Wednesday, June 2 nd	7:00 PM via ZOOM	Officials Meeting

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 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 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 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.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. and be members of invited teams. 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.**

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

NCAC 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. Members who are unable to wear face masks because of a documented medical condition must notify the Meet Director in advance and may have limited deck access. Failure to provide advance notice may limit NCAC's ability to accommodate all requests.

ENTRIES

1. Entries must be submitted via e-mail using Hy-Tek Team Manager, and it is recommended that hard copy Hy-Tek printout be sent as a backup. Electronic entries will take precedence over printed copy in case of discrepancies. Any e-mail entry received will be acknowledged by a confirmation e-mail. If you do not get a confirmation e-mail, your entry has not been processed.
2. Entries must show swimmer's USA ID and actual age of swimmer as of Friday, June 25th, 2021.
3. Entry fees must be received no later than the first session of the meet. Make checks payable to North Carolina Aquatic Club.
4. Swimmers ages 18 and over must have completed the USA Swimming Athlete Protection Training required by the MAAPP by the time the Meet Recon is complete on Saturday, June 19th, otherwise those swimmers could be removed from the meet.

A swimmer's age on the first day of the meet will determine their age for the entire meet. NCAC'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.

ENTRY LIMITATIONS

Swimmers may swim a maximum of seven (7) individual events for the meet, no more than three (3) events per day. Swimmers may only be entered in one session per day.

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

Entries must be received by 4 PM, Saturday, June 19th. Telephone entries will not be accepted. Late entries may be accepted on deck at the discretion of the Meet Referee, if empty lanes are available. Fax entries will not be accepted. Express mailing must be sent so as NOT to require a signature. There will be no on deck entries.

ENTRY FEES

Make Checks payable to: North Carolina Aquatic Club. All fees are non-refundable.	
Individual Events	\$9.00 / event
NC Travel Fund	\$3.00 / swimmer
Facility Surcharge	\$20.00 / swimmer
Late Entry Fee	\$20.00 / individual event

SEEDING

The conforming time standard for this meet is Long Course Meters. NT entries will not be accepted.

Sessions will be seeded slow to fast. This may change at the discretion of the Meet Director and Meet Ref.

POOL FORMAT

All 8 lanes will be used for competitions. Breaks will be added to session for additional warm down opportunities, if possible, at the discretion of the meet director.

CHECK-IN

There are no positive check in events.

SCORING

This meet will not be scored.

AWARDS

No awards will be given.

RESULTS

Results will be posted on NCAC website within 24 hours of the conclusion of the meet and teams will be emailed their results. Meet Mobile will be used pending facility internet connectivity.

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.

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. NCAC welcomes and encourages anyone willing to volunteer. Volunteering Officials **MUST** contact the Meet Referee by email **prior to the meet**. 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.

**HOSPITALITY/
CONCESSIONS**

Hospitality will be limited, with pre-packaged food, in the facilities "Team Room" just off the pool deck. Mask can be removed inside the room to eat or drink, but mask must be worn when appropriate.

WARM-UP

In accordance with USA Swimming and COVID-19 guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. 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.

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. NCAC, University of North Carolina, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from 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.



2021 NCAC Long Course Meet

June 25th-27th, 2021

Order of Events



Session 1– Mixed Open Timed Final		
Warm-ups: 4:30 PM	Friday, June 25th, 2021	Meet Start: 6:00 PM
GIRLS EVENT #	EVENT	BOYS EVENT #
301A	Mixed 12 & U 400 Free	301B
302A	Open 1500 Free	302B
303A	11-12 400 IM	303B

Session 2 – 10 & U Warm-ups: 9:30 AM Saturday, June 26th, 2021 Meet Start: 10:30 AM		
GIRLS EVENT #	EVENT	BOYS EVENT #
1	100 Butterfly	2
3	50 Free	4
5	100 Backstroke	6
7	50 Breaststroke	8
9	200 Freestyle	10

Session 3 – 11-12 Warm-ups: 12:00 PM Saturday, June 26th, 2021 Meet Start: 1:00 PM		
GIRLS EVENT #	EVENT	BOYS EVENT #
101	200 Butterfly	102
103	100 Breaststroke	104
105	50 Free	106
107	100 Backstroke	108
109	50 Butterfly	110
111	200 Freestyle	112

Warm-ups: 2:30 PM Session 4 – 13 & O Girls Saturday, June 26th, 2021 Meet Start: 4:00 PM		
GIRLS EVENT #	EVENT	BOYS EVENT #
201	200 Freestyle	
203	100 Breaststroke	
205	50 Free	
207	200 Butterfly	
209	100 Backstroke	
211	50 Butterfly	
213	400 IM	

Warm-ups: 5:30 PM Session 5 – 13 & O Boys Saturday, June 26th, 2021 Meet Start: 7:00 PM		
GIRLS EVENT #	EVENT	BOYS EVENT #
	200 Freestyle	202
	100 Breaststroke	204
	50 Free	206
	200 Butterfly	208
	100 Backstroke	210
	50 Butterfly	212
	400 IM	214

Session 6 – 10 & U Warm-ups: 9:30 AM Sunday, June 27th, 2021 Meet Start: 10:30 AM		
GIRLS EVENT #	EVENT	BOYS EVENT #
11	50 Butterfly	12
13	100 Free	14
15	50 Backstroke	16
17	100 Breaststroke	18
19	200 IM	20

Session 7 – 11-12 Warm-ups: 12:00 PM Sunday, June 27th, 2021 Meet Start: 1:00 PM		
GIRLS EVENT #	EVENT	BOYS EVENT #
113	200 IM	114
115	50 Backstroke	116
117	100 Butterfly	118
119	200 Breaststroke	120
121	100 Freestyle	122
123	50 Breaststroke	124
125	200 Backstroke	126

Warm-ups: 2:30 PM			Session 8 – 13 & O Girls Sunday, June 27th, 2021			Meet Start: 4:00 PM		
GIRLS EVENT #		EVENT		BOYS EVENT #				
215		200 IM						
217		50 Backstroke						
219		200 Breaststroke						
221		100 Butterfly						
223		200 Backstroke						
225		100 Freestyle						
227		50 Breaststroke						
229		400 Freestyle						

Warm-ups: 5:30 PM			Session 9 – 13 & O Boys Sunday, June 27th, 2021			Meet Start: 7:00 PM		
GIRLS EVENT #		EVENT		BOYS EVENT #				
		200 IM		216				
		50 Backstroke		218				
		200 Breaststroke		220				
		100 Butterfly		222				
		200 Backstroke		224				
		100 Freestyle		226				
		50 Breaststroke		228				
		400 Freestyle		230				

2021 NCAC Summer Meet

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to NCAC:

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$9.00 per event	
Relay Entries		N/A	
Swimmers (Travel Fund & Facility Surcharge)		\$23.00 per swimmer	
Total Fees Due			

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. NCAC, the University of North 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. 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