



## 2022 NCAC Tar Heel States

Mar 24- 27, 2022

Koury Natatorium

400 Skipper Bowles Drive, Chapel Hill, NC 27514

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

**Sanction #NC22064**



<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
Hunter Hojnacki Hunter.hoj@gmail.com	Hunter Hojnacki Hunter.hoj@gmail.com
<b>MEET REFEREE</b>	<b>MEET MARSHAL</b>
Jeff Baker Jeffreyharrisbaker@gmail.com	Eli Danson coachelincac@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 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.

## NCAC COVID-19 MEET PLAN

### NCS FACE COVERING STATEMENT

NCS recommends the proper use of face coverings at all NCS activities and expects all participants, coaches, officials, volunteers, and spectators to comply with all club and facility specific COVID-19 safety requirements and guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, and local jurisdictions.

### LOCAL PROTOCOLS

- **Koury Natatorium requires that all meet participants and others in the building wear face coverings and maintain social distance. Athletes are expected to wear face coverings at all times, when not in the water.**
- 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:
- Seventeen (17) Timers: Two timers 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:
  - 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.

### 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.
- 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.
- Marshals will be monitoring the team spaces to ensure athletes are maintaining these protocols.

<b>LOCKER ROOMS/ CHANGING</b>	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.
<b>ENTRY &amp; EXIT PROCEDURES and ATHLETE SEATING AREAS</b>	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.
<b>SWIMMER LIMITATIONS and PROTOCOLS</b>	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.
<b>SPECTATOR LIMITATIONS and PROTOCOLS</b>	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.
<b>PARENTAL ACCESS</b>	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.
<b>FACILITY</b>	<p>Koury Natatorium  400 Skipper Bowles Dr  Chapel Hill, NC 27514</p> <p>The pool is an 8-lane, 25-yard course pool with non-turbulent lane markers and bulkhead-anchored starting blocks. Pool depth ranges from 7 to 14 ft. The Colorado Timing system with touchpads will be used along with buttons and watches in each of (8) 9-foot-wide lanes for competition. Locker rooms for women and men are available. The competition course has been certified in accordance with 104.2.2C(4).</p>

NO SPECTATORS ARE PERMITTED IN THE FACILITY

**MEET FORMAT**

This is a prelim/final & timed final meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Thursday, Mar 24	5:00 PM	6:00 PM	Open
2	Friday, Mar 25	5:00 PM	6:00 PM	Open
3	Sat, Mar 26	7:00 AM	8:30 AM	13 & O Prelims
4	Sat, Mar 26	12:00 PM	1:00 PM	12 & U
5	Sat, Mar 26	5:00 PM	6:00 PM	13 & O Finals
6	Sun, Mar 27	7:00 AM	8:30 AM	13 & O Prelims
7	Sun, Mar 27	12:00 PM	1:00 PM	12 & U
8	Sun, Mar 27	5:00 PM	6:00 PM	13 & O Finals

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For
Saturday, Mar 16 <sup>th</sup>	12:00 PM	Entry Deadline
Each Day	45 minute before session start	Officials Meeting
Thursday, Mar 24 <sup>th</sup>	5:30 PM	Coaches 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 NCAC. 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 coverings 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 Thursday, Mar 24<sup>th</sup> 2022
3. Entry fees must be received no later than the first session of the meet. Make checks payable to North Carolina Aquatic Club.

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

**ENTRY LIMITATIONS**

Swimmers may swim up to three (3) individual events per day, and up to one (1) relay event per day.

13-14 Swimmers with ESSZ Age Group Sectionals and 15 & O Swimmers with ESSZ Senior Sectionals time standards cannot compete in the events they exceed the standard for, unless noted otherwise.

12 & U Swimmers with ESSZ Age Group Sectional times are encouraged to not compete in the events that they have standards for.

50 Butterfly, 50 Backstroke, 50 Breaststroke, 100 IM, 400 IM, 500 Freestyle, and 1000 Freestyle will not have these restrictions.

**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 12:00 PM, Wednesday, Mar 16<sup>th</sup>. 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**

<b>Make Checks payable to: North Carolina Aquatic Club. All fees are non-refundable.</b>	
Individual Events	\$9.00 / event
Relay Events	\$18.00 / relay
NC Travel Fund	\$3.00 / swimmer
Facility Surcharge	\$15.00 / swimmer
Late Entry Fee	\$10.00 / individual event/\$36.00 relay

<b>SEEDING</b>	<p>The conforming time standard for this meet is Short Course Yards. Swimmers will be seeded and swim slowest to fastest in events 200 yards and under. All events 400 yards and over will be swum fast to slow and swam as mixed gender.</p> <p>13 &amp; O Prelims will be swum combined in events, and separated into Top 16 13-14s and Top 16 15 &amp; O in finals.</p>
<b>CHECK-IN</b>	<p>There will be check-in for all events in Session 1 &amp; 2, Open 400 IM, Open 500 Free, Open 1000 Free, 12 &amp; U 200 IM, 12 &amp; U 200 Free</p>
<b>SCRATCH RULES</b>	<p>There are no penalties for failing to compete in pre-seeded events. There are no penalties for failing to compete in deck-seeded events.</p>
<b>SCORING</b>	<p>Top 16 will score in each event on a 16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1 scale. Relays are worth double, A-B Relays only will score.</p>
<b>FINALS</b>	<p>Top 16 swimmers will qualify for an A &amp; B Final. B Finals will swim first, then A Finals during finals sessions.</p>
<b>RESULTS</b>	<p>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.</p>
<b>COACHES</b>	<p>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.</p> <p>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.</p>
<b>OFFICIALS/TIMERS/ VOLUNTEERS</b>	<p>There will be a need for officials. NCAC welcomes and encourages anyone willing to volunteer. Volunteering Officials <b>MUST</b> contact the Meet Referee by email <b>prior to the meet</b>. 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.</p>
<b>HOSPITALITY/ CONCESSIONS</b>	<p>There will be a hospitality area open for coaches, officials, and volunteers. A concession stand will be open in the seating area.</p>
<b>WARM-UP</b>	<p>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</p>

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, Koury and the University of North Carolina -Chapel Hill, 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.





# 2022 NCAC Tar Heel States

*Mar 24-27, 2022*

*Order of Events*



<b>Session 1 – Timed Finals</b> <b>Thursday, Mar 24<sup>th</sup>, 2022</b>		
<b>Warm-ups: 5:00PM</b>		<b>Start Time: 6:00PM</b>
<b>GIRLS EVENT #</b>	<b>EVENT</b>	<b>BOYS EVENT #</b>
1A	Mixed Open 400 IM	1B
2A	Mixed Open 500 Free	2B

<b>Session 2 – Timed Finals</b> <b>Friday, Mar 25<sup>th</sup>, 2022</b>		
<b>Warm-ups: 5:00PM</b>		<b>Start Time: 6:00PM</b>
<b>GIRLS EVENT #</b>	<b>EVENT</b>	<b>BOYS EVENT #</b>
3A	Mixed 12 & U 200 IM	3B
4A	Mixed Open 1000 Free	4B
5A	Mixed 12 & U 200 Free	5B

<b>Session 3 – 13 &amp; O Prelims</b> <b>Saturday, Mar 26<sup>th</sup>, 2022</b>		
Warm-ups: 7:00 AM		Start Time: 8:30 AM
GIRLS EVENT #	EVENT	BOYS EVENT #
7	13 & O 200 Backstroke	8
9	13 & O 50 Breaststroke	10
11	13 & O 100 Free	12
13	13 & O 200 Breaststroke	14
15	13 & O 50 Backstroke	16
17	13 & O 100 Fly	18
19	13 & O 200 IM	20

<b>Session 4 – 12 &amp; U Timed Finals</b> <b>Saturday, Mar 26<sup>th</sup>, 2022</b>		
Warm-ups: 12:00 PM		Start Time: 1:00 PM
GIRLS EVENT #	EVENT	BOYS EVENT #
21	11-12 200 Medley Relay	22
23	10 & U 200 Medley Relay	24
25	11-12 200 Backstroke	26
27	10 & U 50 Breaststroke	28
29	11-12 50 Breaststroke	30
31	10 & U 100 Free	32
33	11-12 100 Free	34
35	10 & U 50 Backstroke	36
37	11-12 50 Backstroke	38
39	10 & U 100 Fly	40
41	11-12 100 Fly	42
43	11-12 200 Breaststroke	44

<b>Session 5 – 13 &amp; O Finals</b> <b>Saturday, Mar 26<sup>th</sup>, 2022</b>		
<b>Warm-ups: 5:00 PM</b>		<b>Start Time: 6:00 PM</b>
<b>GIRLS EVENT #</b>	<b>EVENT</b>	<b>BOYS EVENT #</b>
101	13-14 200 Medley Relay	102
103	15 & O 200 Medley Relay	104
7A	13-14 200 Backstroke	8A
7B	15 & O 200 Backstroke	8B
9A	13-14 50 Breaststroke	10A
9B	15 & O 50 Breaststroke	10B
11A	13-14 100 Free	12A
11B	15 & O 100 Free	12B
13A	13-14 200 Breaststroke	14A
13B	15 & O 200 Breaststroke	14B
15A	13-14 50 Backstroke	16A
15B	15 & O 50 Backstroke	16B
17A	13-14 100 Fly	18A
17B	15 & O 100 Fly	18B
19A	13-14 200 IM	20A
19B	15 & O 200 IM	20B

<b>Session 6 – 13 &amp; O Prelims</b> <b>Sunday, Mar 27<sup>th</sup>, 2022</b>		
Warm-ups: 7:00 AM		Start Time: 8:30 AM
GIRLS EVENT #	EVENT	BOYS EVENT #
45	13 & O 200 Freestyle	46
47	13 & O 50 Butterfly	48
49	13 & O 100 Breaststroke	50
51	13 & O 50 Freestyle	52
53	13 & O 200 Butterfly	54
55	13 & O 100 Backstroke	56
57	13 & O 100 IM	58

<b>Session 7 – 12 &amp; U Timed Finals</b> <b>Saturday, Mar 26<sup>th</sup>, 2022</b>		
Warm-ups: 12:00 PM		Start Time: 1:00 PM
GIRLS EVENT #	EVENT	BOYS EVENT #
59	11-12 200 Free Relay	60
61	10 & U 200 Free Relay	62
63	11-12 50 Butterfly	64
65	10 & U 50 Butterfly	66
67	11-12 100 Breaststroke	68
69	10 & U 100 Breaststroke	70
71	11-12 50 Freestyle	72
73	10 & U 50 Freestyle	74
75	11-12 100 Backstroke	76
77	10 & U 100 Backstroke	78
79	11-12 200 Fly	80
81	10 & U 100 IM	82
83	11-12 100 IM	84

<b>Session 8 – 13 &amp; O Finals</b> <b>Sunday, Mar 27<sup>th</sup>, 2022</b>		
<b>Warm-ups: 5:00 PM</b>		<b>Start Time: 6:00 PM</b>
<b>GIRLS EVENT #</b>	<b>EVENT</b>	<b>BOYS EVENT #</b>
105	13-14 200 Free Relay	106
107	15 & O 200 Free Relay	108
45A	13-14 200 Freestyle	46A
45B	15 & O 200 Freestyle	46B
47A	13-14 50 Butterfly	48A
47B	15 & O 50 Butterfly	48B
49A	13-14 100 Breaststroke	50A
49B	15 & O 100 Breaststroke	50B
51A	13-14 50 Freestyle	52A
51B	15 & O 50 Freestyle	52B
53A	13-14 200 Butterfly	54A
53B	15 & O 200 Butterfly	54B
55A	13-14 100 Backstroke	56A
55B	15 & O 100 Backstroke	56B
57A	13-14 100 IM	58A
57B	15 & O 100 IM	58B

## 2022 NCAC 10 & U Mini Challenge

### 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		\$5.00 per event	
Relay Entries		N/A	
Swimmers (Travel Fund & Facility Surcharge)		\$18.00 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. NCAC, Koury and the University of North Carolina – Chapel Hill, 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.

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SIGNATURE (Coach or Club Representative)

CLUB

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TITLE

DATE