



Friday Night at the Races

Hosted by STAR Aquatics

January 24, 2020

The Greensboro Aquatic Center
1921 W. Gate City Blvd., Greensboro, NC 27403

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

Sanction #NC20007

MEET DIRECTOR	MEET REFEREE
Jay Dodson (336) 337-0169	Jay Williams (336) 325-0925 jwilliams@loweandwilliams.com
Nanette Stevens (336) 686-4571 nanstevens@triad.rr.com	MEET ENTRY COORDINATOR ADMINISTRATIVE OFFICIAL
	Beth Williams (336) 325-7226 bwilliams@loweandwilliams.com

FACILITY

The Greensboro Aquatics Center is a 50 meter pool which can be broken into two short course venues with a separate diving well. This competition will use one or two short course competition venues that are 10 lanes or 8 lanes (depending on entries) with continuous warm-up and cool down lanes available throughout the meet. The pool depth is 9'-10' at the start and turn ends and 4" lane lines will be used to reduce turbulence. The lane width is 7'. An Omega timing system with a Daktronics Pro-Star LED Video Scoreboard Display will display results simultaneously. Starting platforms are Omega deck anchored platforms. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

No outside Food or Drink will be permitted. There is a spectator seating area with a capacity of 1850 persons. Spectators are not allowed on the deck at any time. The 650 bleacher seats on deck are reserved for swimmers only. **No chairs are permitted in the stands or on deck.**

VENUE SHOPS

Food and drink may be purchased from the concession stand located in the facility. Augusta Swim Supply will be open in the Greensboro Aquatic Center during the meet.

PARKING

Parking will be \$5.00 per day with re-entry allowed. Parking for Coaches and Officials will be provided.

MEET FORMAT There will be one timed final session with a total of 30 events as set forth in the Order of Events. Mixed Relays must consist of 2 male swimmers and 2 female swimmers. STAR Aquatics reserves the right to limit any event to allow the meet to run in the allotted time.

The Meet Referee reserves the right to combine heats and/or events.

MEET SCHEDULE AND DEADLINES

- Officials meetings will be 45 minutes prior to the start of all sessions.

Tuesday January 14, 2020	Time
Entry Deadline	10:00 pm
Friday January 24, 2020 Evening Timed Finals	Time
General Coaches' Meeting	4:30 pm
Warm-Up	4:45 pm
Relay Cards Due for 12 & Under and 13 & Over Mixed Free Relays	5:45 pm
Meet Start	5:45 pm

SAFETY The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated.

Swimmers may be dropped off only in designated safe areas.

Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms.

Anyone failing to comply with a safety request may forfeit his or her privilege to participate.

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. All persons on-deck or behind the blocks must be USAS certified coaches, officials, registered swimmers, or meet volunteers.

RACING STARTS 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. 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.

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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

Deck changes are prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Neither photography nor video recording is permitted behind the blocks.

MAAPP

The Minor Athlete Abuse Prevention Policy is in effect for this meet and all Applicable Adults are expected to comply with the stated requirements and guidelines.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc and **all Adult Athletes (ages 18 and over) 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.**

TECHNICAL SUIT BAN FOR 12 & UNDERS

Per NCS Rule 210.2, 12 & Under athletes may not compete in Technical Suits at this meet.

A Technical Suit is one that has the following components:

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

SWIMMERS WITH DISABILITIES

Star Aquatics 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 Star Aquatics' ability to accommodate all requests.

ENTRIES

Please email entries to entries@staraquatics.net using Hy-Tek Team Manager for entries. List all swimmers' ages as of January 24, 2020. Entries may be sent via email and must include the following:

- 1) A Hy-Tek compatible entry file
- 2) Team entry report
- 3) Financial report
- 4) A list of Coaches attending the meet.

A swimmer's age on the first day of the meet will determine his/her age for the entire meet.

Teams/entries will be accepted in the order they are received, until the four-hour timeline is reached. Entries received after the timeline is reached will be returned. **If you plan to attend this meet, please notify Nanette Stevens (nanstevens@triad.rr.com) with your intent and approximate number of swimmers as soon as possible.**

ENTRY LIMITATIONS A swimmer may enter a maximum of four (4) individual events and one (1) relay per day. Meet Management reserves the right to limit and/or eliminate events/heats to allow the meet to run in the allotted time.

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 **10:00 pm Tuesday, January 14, 2020**. Late entries may be accepted at the discretion of the Meet Director and Meet Referee. There may be on-deck entries, but only in open lanes and at the discretion of the Meet Director and Meet Referee. **Double fees will apply to all late entries and must be paid before entry can be processed on deck.**

ENTRY FEES

Make checks payable to: Star Aquatics; All fees are non-refundable	
Individual Event	\$3.00 per event
Relay Event	\$12.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$10.00 per swimmer
Late Event Fee	\$6.00 per event

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. There will be no course conversion for this meet. All 200-yard events may be limited at the discretion of the meet director to the top 24 swimmers per event in order to run the meet in the allotted time.

SCRATCHES The North Carolina Scratch rule will be in effect. (NCS Swimming Rules and Regulations 208.3)

SCORING This meet will not be scored.

AWARDS There will be no awards for this meet.

RESULTS Live results will be posted on STAR Aquatics' website. At the conclusion of the meet, results will be sent to each team 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 showing their Deck Pass virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

**OFFICIALS/
TIMERS/
VOLUNTEERS** **All teams may be required to provide timers based on the number of swimmers entered in the meet. Timer assignments will be distributed after registration has closed.**

There will be a need for officials. Star Aquatics welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet, sign up using the link on the meet page on the STAR Aquatics website (www.staraquatics.net), 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 showing 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 at the date and time listed in the Meet Schedule and Deadlines table.

**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 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 lanes available for continuous warm-up/cool-down. There is to be **no diving or horseplay** in this area. Only **feet-first** entry into the warm-up lanes is permitted.

**WAIVER/
RELEASE** As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. STAR Aquatics, Greensboro 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.

**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.

**STAR Aquatics
Friday Night at the Races
Order of Events**

January 24, 2020 Timed Finals		
Girls	Events	Boys
1	Open 50 Breaststroke	2
3	Open 100 Backstroke	4
5	Open 200 Butterfly	6
7	Open 50 Freestyle	8
9	Open 100 Breaststroke	10
11	Open 200 Backstroke	12
13	Open 50 Butterfly	14
15	Open 100 Freestyle	16
17	Open 200 Breaststroke	18
19	Open 50 Backstroke	20
21	Open 100 Butterfly	22
23	Open 200 Freestyle	24
25	Open 100 IM	26
27	Open 200 IM	28
29	12 & Under Mixed 200 Free Relay	
30	13 & Over Mixed 200 Free Relay	

STAR Friday Night at the Races
January 24, 2020
Mail Meet Entry Form and Payment to:
STAR Aquatics
PO Box 16311
High Point, NC 27261

Official Entry Information:

Club Name _____ Club Code _____

Head Coach _____ Home Phone _____

Email Address _____ Work Phone _____

Assistant
Coach _____

Assistant
Coach _____

Assistant
Coach _____

Assistant
Coach _____

# of Individual Entries		× \$3.00 each entry	\$
# of Relay Entries		× \$12.00 each entry	
NCS Travel Fund (total swimmers)		× \$3.00 each swimmer	
Facility Charge (total swimmers)		× \$10.00 each swimmer	\$
Total			\$

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. STAR Aquatics, Greensboro 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. 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 _____

Date _____

NCS 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 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. 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. 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.