



2022 CAT Rock the Blocks Quad
 Hosted by Carolina Aquatic Team (CAT)
 Oct 8 – 9, 2022
 Held at Smithfield Recreation and Aquatic Center
 600 Booker Dairy Rd
 Smithfield, NC 27577



Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC22173

MEET DIRECTOR	MEET ENTRY COORDINATOR
Starr Husketh starr.husketh@chemtek.us 919-698-2421	Starr Husketh starr.husketh@chemtek.us 919-698-2421
MEET REFEREE	MEET MARSHAL
Anne Marie Schneider (919) 244-4947 amsbpt@gmail.com	Elizabeth Moreno Emrich85@gmail.com

CONDITION OF SANCTION

As a condition of this sanction, CAT agrees to comply and to enforce all COVID-19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, and the CAT 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

CAT 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, NORTH CAROLINA SWIMMING, 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.

NCS and CAT may impose or update COVID-19 safety protocols to reflect the latest COVID-19 guidelines in effect at the time of the meet.

CAT 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. FACILITY AND HOST TEAM REQUIREMENTS

FACILITY and HOST TEAM REQUIREMENTS

CAT has discussed specific health and safety procedures with venue management. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, Centers for Disease Control and Prevention (CDC), state and local jurisdictions will be maintained throughout the duration of the meet. At the time of sanction Johnston County and the Smithfield Recreation and Aquatic Center have no mask mandates. CAT & the Smithfield Recreation and Aquatic Center strongly encourages individuals who are not fully vaccinated to maintain distance whenever possible.

SPECTATOR LIMITATIONS AND PROTOCOLS

The on-deck spectator seating is available for those wanting to watch the meet. However, as conditions change, it may be necessary to close the venue to spectators.

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 at the facility entrance. In the case of an emergency, please call and/or text the Meet Director at 919-698-2421.

FACILITY

The SRAC provides an eight lane 25-yard competition pool with a depth of four to nine feet. Up to 10 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 and 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. This pool is not certified in accordance to 104.2.2C(4). There are boys' and girls' locker rooms available for teams.

Spectator seating is located on the deck with 182 seats, and there is additional seating upstairs. There is also free wifi available to spectators.

There is a 3,000 square foot splash park that will be used for team areas.

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

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.

Please inform your families of the following facility rules:

- The facility does not allow coolers or outside food or beverages.
- 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.

MEET FORMAT

- Events will be conducted in a pre-seeded, timed finals format. Events of 400 yards or longer will require a positive check-in.
- Meet management reserves the right to adjust session start times, combine sessions, or move and combine events and heats based on the number of entries received.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	6:30 AM	8:00 AM	13 & Over
2	Saturday	11:30 AM	12:00 PM	OPEN
3	Saturday	2:30 PM	3:40 PM	12 & Under
4	Sunday	7:00 AM	8:30 AM	13 & Over
5	Sunday	12:30 PM	1:40 PM	12 & Under

DEADLINE AND MEETING SUMMARY

Day, Date	Time	For
Wednesday, Sept 28	6:00 PM	Entry deadline
Saturday, Oct 8	6:00 AM	Coaches/general meeting
All	45-min before session start	Officials meeting
All	30-min before session start	Timers meeting
All	30-min before session start	Positive check-in deadline

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 & UNDER SWIMMERS

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

This is a quad meet, open to all CAT, ECA, HAC, and RSA swimmers. All swimmers must be registered with one of these teams and USA Swimming, Inc., and 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.

SWIMMERS WITH DISABILITIES OR MEDICAL CONDITIONS

CAT 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 CAT's ability to accommodate all requests.

ENTRIES

Please email entries **to the entry coordinator** using Hy-Tek Team Manager. Entries may be sent via email and must include a Hy-Tek compatible entry file, team entry report and financial report. 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:

- Payment must be received by the entry deadline in order to be seeded into the heat sheet.
- Please list the swimmer's age as of Oct 8, 2022.

ENTRY LIMITATIONS

Swimmers are limited to a maximum of 3 individual events and 1 relay event per session and 7 individual events throughout the meet. Note that a DQ, No Show, or DFS in any individual event counts as participation in that event.

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. Double entry fees may be charged for late entries, if accepted. There will be no on deck entries.

ENTRY FEES

Make checks payable to: CAT; All fees are non-refundable	
Individual Event	\$5.00 per event
Relay Event	\$10.00 per relay
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$10.00 per swimmer
Late Entry Fee	Double the IE and Relay fees listed

SEEDING

The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest, with the exception of the 1000 Free which will be swum from fastest to slowest. All non-conforming times will be seeded last in rank order.

Swimmers in the Saturday Distance Session 2 must supply their own timers and counters.

Swimmers in the Sunday morning 500 Free must supply their own counters.

CHECK-IN

The 400 IM, 500 Free, and 1000 Free require a positive check-in. Swimmers should check in at the admin table 30 minutes prior to session start.

SCRATCHES

There will be no penalty for scratching pre-seeded events at the block.

SCORING

No team or individual scoring will be kept.

AWARDS

No awards will be provided.

RESULTS

Results will be posted on CAT's website within 48 hours of the meet's conclusion. Forty-eight hours following the meet, teams may obtain Hy-Tek backups 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. 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

CAT welcomes and encourages anyone willing to volunteer. Volunteering Officials should 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. 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 an individual personal review of applicable USAS rules prior to 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 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/down (if available). 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 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. Raleigh Swimming Association (CAT), Sonner Aquatic Facility, 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.

ORDER OF EVENTS

Saturday, Oct 8, 2022 – Session 1
Warm-up: 6:30 AM; Start: 8:00 AM

Girls/Women	Event	Boys/Men
101	13&O 200 yd Free	102
103	13&O 100 yd Back	104
105	13&O 200 yd IM	106
107	13&O 50 yd Free	108
109	13&O 200 yd Breast	110
111	13&O 100 yd Fly	112
113	13&O 400 yd IM (+√)	114

Saturday, Oct 8, 2022 – Session 2
Warm-up: 11:30 AM; Start: 12:00 PM

Girls/Women	Event	Boys/Men
201	OPEN 500 Free (+√)	202
203	OPEN 1000 yd Free (F→S, +√)	204

Saturday, Oct 8, 2022 – Session 3
Warm-up: 2:30 PM; Start: 3:40 PM

Girls/Women	Event	Boys/Men
221	8&U 25 yd Free	222
223	12&U 50 Free	224
225	8&U 25 Back	226
227	12&U 100 Back	228
229	8&U 25 Breast	230
231	12&U 50 Breast	232
233	8&U 25 Fly	234
235	12&U 50 Fly	236
237	12&U 200 yd Free Relay	238

Sunday, Oct 9, 2022 – Session 4
 Warm-up: 7:00 AM; Start: 8:30 AM

Girls/Women	Event	Boys/Men
301	13&O 200 Back	302
303	13&O 100 yd Free	304
305	13&O 200 yd Fly	306
307	13&O 100 yd Breast	308
309	13&O 500 yd Free (+√)	310

Sunday, Oct 9, 2022 – Session 5
 Warm-up: 12:30 PM; Start: 1:40 PM

Girls/Women	Event	Boys/Men
321	8&U 50 yd Free	322
323	12&U 100 Free	324
325	12&U 50 Back	326
327	8&U 50 Breast	328
329	12&U 100 Breast	330
331	8&U 50 Fly	332
333	12&U 100 Fly	334
335	12&U 200 yd Medley Relay	336

Note: Based on the number of entrants, meet management reserves the right to combine events, reduce the number of heats, or add breaks to provide rest for the athletes.

**2022 CAT Rock the Blocks Quad
Summary of Fees/Release Form**

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

ATTN: Laura Hubbard
1013 Jones Franklin Rd
Raleigh, NC 27606
Email to: finances@swimCAT.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$5 per event	
Relay Entries		\$10 per event	
Swimmers (Travel Fund & Facility Surcharge)		\$13 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. CAT, Sonner Aquatic Facility, 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