

CAROLINA AQUATIC TEAM'S TRICK OR TREAT INVITE

October 28-30, 2022

Hillsborough Triangle Sportsplex

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

Sanction #NC22166

MEET DIRECTOR	MEET ENTRY COORDINATOR
Sandy Falise sandy.falise@gmail.com	Sandy Falise sandy.falise@gmail.com
MEET REFEREE	MEET MARSHALS
Anne Marie Schneider amsbpt@gmail.com	Liz Moreno Emrich85@gmail.com

CONDITION OF SANCTION

As a condition of this sanction, Carolina Aquatic Team (CAT) agrees to comply with 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 in effect at the time of the meet. Further, the meet will be conducted in accordance with individual facility requirements as detailed in the CAT Meet Plan 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. and Carolina Aquatic Team 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.

CAT Covid Meet Plan: Swimmers MAY be seated outdoors- weather permitting. This information along with any other changes will be given to coaches prior to the meet.

**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**

CAT has discussed specific safety and health procedure with the venue management. At this time, the facility and CAT have no additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet.

**LOCKER ROOMS/
CHANGING**

Athletes must arrive and depart in their suits. Locker rooms are for restroom use only and must not be used for changing or showering. Deck changing is prohibited. Restrooms will be monitored by parent volunteers.

**ENTRY & EXIT
PROCEDURES and
ATHLETE SEATING
AREAS**

Entry will be through the front door of the Sportsplex unless communicated otherwise prior to the meet. Exits will be the back, double doors, or the emergency exit. During the meet, athletes MAY be required to enter through the back doors and exit back to the parking lot through the far emergency exit (right next to lot).

**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 at the front door. Should parents be unable to contact their child directly, they should see the Meet Marshal or Meet Director.

FACILITY

Orange County Sportsplex

1010 Meadowlands Dr.

Hillsborough, NC 27278

The Sportsplex pool is an 10-lane, 25-yard course pool with non-turbulent lane markers and deck-anchored starting blocks. It is 6 feet deep at both the starting and turn ends. The Colorado Timing system with touchpads will be used along with buttons and watches in each of 10 eight-foot-wide lanes for competition. In addition to the competition pool, there is a warm-up/warm-down pool with 3 lanes for continuous use throughout the meet. 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 not been certified in accordance with 104.2.2C(4).

NO SPECTATORS ARE PERMITTED IN THE AREA OF THE POOL DECK WHERE SWIMMERS ARE SEATED.

MEET FORMAT

This is a timed finals meet. **Final start times for afternoon sessions will be determined after entries are submitted and distanced warm-ups can be ensured.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	5:00 PM	6:00 PM	12 & Under
2	Saturday	7:00 AM	8:00 AM	13 & Over
3	Saturday	Immediately following AM session	30 minutes after warmups	Open
4	Saturday	Not before 12:00 PM	1:00 PM**subject to change	12& Under
5	Sunday	7:00 AM	8:00 AM	13& Over
6	Sunday	Immediately following AM session	30 minutes after warmups	Open
7	Sunday	Not before 12:00 PM	1:00 PM**subject to change	12 & Under

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For
Saturday, October 1 st 2022	8:00 PM	Intention to Enter
Wednesday, October 19 th , 2022	6:00 PM	Entry deadline
Friday, October 28th, 2022	4:45 PM	Coaches Meeting
Saturday, Oct 29th, 2022	Immediately after AM Session ends	Positive Check In 1650/400 IM Closes
Sunday, Oct 30th, 2022	Immediately after AM session ends	Positive Check In 1650/400 IM Closes

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 always supervise their swimmers closely. 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. 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

Carolina Aquatic Team 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 CAT'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, October 28, 2022.
 3. Entry fees must be received no later than the first session of the meet. Make checks payable to Carolina Aquatic Team.
 4. Swimmers ages 18 and over must have completed the USA Swimming Athlete Protection Training required by the MAAPP at least two days prior to the meet start date, 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. CAT'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. All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge.

ENTRY LIMITATIONS

Swimmers are limited to 4 individual events and 1 relay event per day. Swimmers 12 and under are limited to 12 individual entries for the meet. Swimmers 13 and over are limited to 8 individual events for the meet. Midday Distance events count towards the swimmer's overall daily event limits. **Meet management reserves the right to limit team entries in order to manage the timeline.** Any team affected will be notified by telephone or e-mail and entry fees will be refunded. These are the only fees that will be refunded.

ENTRY DEADLINES

Entries must be received by 6pm Wednesday, October 19th, 2022. 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. There will be no on deck entries.

ENTRY FEES

Make checks payable to: Carolina Aquatic Team; All fees are non-refundable	
Individual Event	\$6.00 per Individual Event (NCS Registered Swimmers)
Individual Event	\$6.75 per Individual Event (outside – NCS-LSC Swimmers)
Relay Event	\$12 per relay event
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$12 per swimmer
Late Entry Fee	Double Listed Entry Fees
Email Entries To: sandy.falise@gmail.com	

A late entry is any entry received on or after 6 PM Wednesday, October 19th, 2022.

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. Carolina Aquatic Team reserves the right to combine heats and events at the discretion of the Meet Referee to comply with the four-hour rule.

- The Open 400Y IM and the Open 1650Y Freestyle will be swum alternating EVENTS (for example women's 400 IM heat 1, Men's 1650 heat 1, women's 400 IM heat 2 and so on). Events will be swum slowest to fastest alternating women and men and may be limited to the fastest 30 of each gender. Positive check in by the deadline is required to ensure swimmers are seeded. Meet management reserves the right to limit entries to conform to timelines

Swimmers MAY be required to provide their own timers and counters.

SCRATCHING

There are no penalties for scratches or failing to compete in preseeded events at the block when swum.

For Deck seeded Events, swimmers who are properly checked in and seeded but fail to compete and are not excused by the Meet Referee will be barred from their next individual event.

CHECK-IN

A positive check-in, located at clerk of course, will be required for the following events:

- 400 IM
- 1650 Freestyle

SCORING	This meet will not be scored.
AWARDS	Ribbons will be given to 12 & Unders excluding events swum during the Open Distance sessions as follows: Individual Events: 1 st – 8 th place ribbons by age group Relays: 1 st – 3 rd place ribbons
RESULTS	Events for 13 & over swimmers will be swum combined but separated into 13-14 and 15 and up for results. The results will be posted on the Carolina Aquatic Team website and Meet Mobile.
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	There will be a need for officials. CAT welcomes and encourages anyone willing to volunteer. Volunteering Officials MUST contact the Meet Referee by email <u>prior to the meet</u> . 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. Officials should plan to arrive 30 minutes before the start of their session for the officials meeting that session unless otherwise communicated by the Meet Referee.
HOSPITALITY/ CONCESSIONS	Hospitality will be limited to coaches and officials. This may change at the Meet Directors discretion.
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. 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 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. CAT, Orange County Sportsplex, 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 CAT 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 Carolina Aquatic Team Trick Or Treat Meet

Order of Events

Friday Afternoon, October 28th, 2022

12 and Unders		
Warm-ups at 5:00 PM. Meet starts at 6:00 PM		
Girls	Event	Boys
1	8 and Under 25 Breast	2
3	12 and Under 200 Breast	4
5	8 and Under 25 Back	6
7	12 and Under 200 Back	8
9	8 and Under 25 Butterfly	10
11	12 and Under 200 Butterfly	12
13	8 and Under 25 Free	14
15	8 and Under 100 Free Relay	16

Saturday Morning, October 29th, 2022

13 and Over		
Warm-ups at 7:00 AM. Meet starts at 8:00 AM		
Girls	Event	Boys
17	13&O 100 Freestyle	18
19	13&O 200 Butterfly	20
21	13&O 100 Backstroke	22
23	13&O 200 Breaststroke	24
25	13&O 200 Freestyle	
	13&O 200 IM	28
29	13&O 400 Medley Relay	30

Saturday Midday, October 29th, 2022

Open		
Warm-ups immediately after AM session. Meet starts 30 min after warmups start		
Girls	Event	Boys
31	Open 400 IM	
	Open 1650 yard Freestyle	32

Saturday Afternoon, October 29th, 2022

12 & Under		
Warm-ups start at 12:00 PM. Meet starts at 1:00 PM**(subject to change)		
Girls	Event	Boys
33	10 and Under 100 Freestyle	34
35	11-12 100 Freestyle	36
37	10 and Under 50 Butterfly	38
39	11-12 50 Butterfly	40
41	10 and Under 100 Backstroke	42

43	11-12 100 Backstroke	44
45	10 and Under 50 Breaststroke	46
47	11-12 50 Breaststroke	48
49	12 and Under 200 Freestyle	
	12 and Under 200 IM	50
51	12 and Under 200 Medley Relay	52

Sunday Morning, October 30th, 2022

13 and Over		
Warm-ups at 7:00 AM starts at 8:00 AM		
Girls	Event	Boys
53	13&O 50 Freestyle	54
55	13&O 100 Butterfly	56
57	13&O 200 Backstroke	58
59	13&O 100 Breaststroke	60
61	13&O 200 IM	
	13&O 200 Freestyle	62
63	13&O 400 Freestyle Relay	64

Sunday Midday, October 30th, 2022

Open		
Warm-ups immediately after AM session. Meet starts 30 min after warmups		
Girls	Event	Boys
65	Open 1650 Freestyle	
	Open 400 IM	66

*Deck seeded events with positive check-in required at start of warmjups. Swimmers who have not been checked in will be scratched from the event.

Sunday Afternoon, October 30th, 2022

12 and Under		
Warm-ups at 12:00 PM. Meet starts at 1:00 PM**(subject to change)		
Girls	Event	Boys
67	10 and Under 50 Freestyle	68
69	11-12 50 Freestyle	69
71	10 and Under 100 Butterfly	72
73	11-12 100 Butterfly	74
75	10 and Under 50 Backstroke	76
77	11-12 50 Backstroke	78
79	10 and Under 100 Breaststroke	80
81	11-12 100 Breaststroke	82
83	12 and Under 200 IM	
	12 and Under 200 Freestyle	84
85	12 and Under 200 Freestyle Relay	86

CAROLINA AQUATIC TEAM'S TRICK OR TREAT INVITE

Summary of Fees/Release Form

Complete and email this form along with entry fees to:

Sandy Falise:

sandy.falise@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

MEET FEES	NCS TRAVEL FUND \$3 PER SWIMMER	FACILITY SURCHARGE \$12 PER SWIMMER		INDIVIDUAL ENTRIES \$6 NC \$6.75 Out of State		
TOTAL # SWIMMERS			TOTAL INDIVIDUAL ENTRIES			
ENTRY FEES DUE	\$	\$		\$		\$
			TOTAL ENTRY FEES DUE payable to "Carolina Aquatic Team"			\$

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. Carolina Aquatic Team, Triangle Sportsplex, 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.

Head Coach's Signature _____ Printed Name _____ E-Mail
 Address _____ Phone _____
 Club Name _____ Club Code _____
 Club Address _____
 City _____ State _____ Zip Code _____