



The Gourd Time Gathering
Hosted by SMAC
November 18-19, 2023
Held at Waynesville Recreation Center Pool
550 Vance St, Waynesville, NC 28786

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC23213

MEET DIRECTOR	MEET ENTRY COORDINATOR
Dan McGuire PO Box 452 Waynesville, NC 28786 smacwnc@gmail.com	Dan McGuire PO Box 452 Waynesville, NC 28786 smacwnc@gmail.com
MEET REFEREE	MEET MARSHAL
Matt Butler 828-545-5446 butlerconinc@gmail.com	Mike Lombardo and Andrea Lingle PO Box 452 Waynesville, NC 28786 smacwnc@gmail.com

FACILITY and HOST TEAM REQUIREMENTS *SMAC has discussed specific health and safety procedures with the venue management. At this time, the facility and SMAC 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.*

FACILITY The Waynesville Recreation Center is a semi-open air facility with eight (8) 25- yard lanes Bleacher seating is available for up to 420 spectators along with ample deck space and bleacher seating for swimmers. The water depth of the competition pool (or course) is eight (8) feet deep at the starting end of the course and three feet six inches (3'6") at the turn end of the course. Any starts from the turn end must begin from in the water. A Colorado Timing system (CTS6) will be used for all races. Colorado Timing Systems scoreboard with touchpads and plunger buttons. There are two timers per lane, one with stopwatch, and the other with stopwatch and plunger button connected to the CTS.

SMAC will ensure the competition course dimensions.

Parking is available directly out front of the Rec Center. More detailed parking information will be released once Facility Rules:

- *NO smoking is allowed inside the facility
- *NO coolers allowed inside the facility
- *NO glass containers allowed inside the facility
- *NO food or beverages allowed on deck, in the locker rooms or in spectator areas
- *Spectators limited to designated areas. *Playing on the splash pad or other pool is strictly prohibited.

This is a timed final Age Group/Senior meet

MEET FORMAT

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	8:30am	9am	Open
2	Sunday	8:30am	9am	Open

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
11/10	9:00 pm	Entry deadline
11/18	8:40 am	Official Briefings
11/18	8:30 am	Coaches/General Meeting
11/18	8:45 am	Timer Briefing

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. There will be no scratch limitations at this meet.

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 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 MAAPP 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 the 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 the 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

Smoky Mountain Aquatic Club 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 Smoky Mountain Aquatic Club's ability to accommodate all requests.

ENTRIES

Entries submitted in Hy-Tek format require no hard copy entry forms. Email is preferred for electronic entries. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline. A swimmer's age on the first day of the meet will determine their age for the entire meet. Smoky Mountain Aquatic Club 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 4 individual events 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

The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. Late entries may be accepted at the discretion of the Meet Director. On deck entries will be accepted for a \$10 fee and at the discretion of the Meet Referee.

ENTRY FEES

Make checks payable to: Smoky Mountain Aquatic Club; All fees are non-refundable	
Individual Event	\$6.00 per event
Relays	\$12.00 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Fee	\$8.00 per swimmer
Surcharge	\$10.00 per swimmer
Late Entry Fee	\$10.00 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
CHECK-IN	All events will be pre-seeded and there will be no positive check-in.
SCRATCHES	There will be no penalty for scratching pre-seeded events at the block
SCORING	No team or individual scoring will be kept.
AWARDS	Awards will be provided for 1st-3rd place overall in each event
RESULTS	Results will be posted on Smoky Mountain Aquatic Club's website within 24 hours of the meets conclusion. At the conclusion of the meet, teams may obtain Hy-Tek backups either on a memory stick or 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	There will be a need for officials. Smoky Mountain Aquatic Club 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 the 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. 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. Smoky Mountain Aquatic Club, Waynesville Recreation Center, 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 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, 11/18

Session 1

Warm-up: 8:30 am ; Meet Start: 9:30am

Session 1		
Girls/Women	Event	Boys/Men
Open 200 Free Relay	1-2	Open 200 Free Relay
13 & Over 200 IM	3-4	13 & Over 200 IM
12 & U 200 IM	5-6	12 & U 200 IM
10 & U 25 Backstroke	7-8	10 & U 25 Backstroke
10 & U 50 Backstroke	9-10	10 & U 50 Backstroke
11-12 50 Backstroke	11-12	11-12 50 Backstroke
13 & Over 200 Breaststroke	13-14	13 & Over 200 Breaststroke
12 & U 200 Breaststroke	15-16	12 & U 200 Breaststroke
13 & Over 100 Freestyle	17-18	13 & Over 100 Freestyle
12 & U 100 Freestyle	19-20	12 & U 100 Freestyle
10 & U 25 Breaststroke	21-22	10 & U 25 Breaststroke
10 & U 50 Breaststroke	23-24	10 & U 50 Breaststroke
11-12 50 Breaststroke	25-26	11-12 50 Breaststroke
13 & Over 200 Backstroke	27-28	13 & Over 200 Backstroke
12 & U 200 Backstroke	29-30	12 & U 200 Backstroke
13 & Over 100 Butterfly	31-32	13 & Over 100 Butterfly
12 & U 100 Butterfly	33-34	12 & U 100 Butterfly
Open 500 Freestyle	35-36	Open 500 Freestyle

Sunday, 11/19

Session 2

Warm-up: 8:30 am ; Meet Start: 9:30am

Session 2		
Girls/Women	Event	Boys/Men
Open 200 Medley Relay	37-38	Open 200 Medley Relay
13 & Over 200 Freestyle	39-40	13 & Over 200 Freestyle
12 & U 200 Freestyle	41-42	12 & U 200 Freestyle
10 & U 25 Butterfly	43-44	10 & U 25 Butterfly
10 & U 50 Butterfly	45-46	10 & U 50 Butterfly
11-12 50 Butterfly	47-48	11-12 50 Butterfly

13 & Over 100 Backstroke	49-50	13 & Over 100 Backstroke
12 & U 100 Backstroke	51-52	12 & U 100 Backstroke
13 & Over 200 Butterfly	53-54	13 & Over 200 Butterfly
12 & U 200 Butterfly	55-56	12 & U 200 Butterfly
13 & Over 100 Breaststroke	57-58	13 & Over 100 Breaststroke
12 & U 100 Breaststroke	59-60	12 & U 100 Breaststroke
10 & U 100 IM	61-62	10 & U 100 IM
11-12 100 IM	63-64	11-12 100 IM
10 & U 25 Freestyle	65-66	10 & U 25 Freestyle
12 & U 50 Freestyle	67-68	12 & U 50 Freestyle
13 & Over 50 Freestyle	69-70	13 & Over 50 Freestyle
Open 400 IM	71-72	Open 400 IM

**SMAC Swim Your Heart Out
Summary of Fees/Release Form**

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

Smoky Mountain Aquatic Club

ATTN: Daniel McGuire

PO Box 452

Waynesville, NC 28786

Email to: smacwnc@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$6.00 per event	
Relay Entries		\$12.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$21.00 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. Smoky Mountain Aquatic Club, Waynesville Recreation 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 (Coach or Club Representative)

CLUB

TITLE

DATE