

2023 Western Carolina Swim Association Conference Championship

Hosted by Catawba Valley Aquatic Club

July 29, 2023

Held at Collett Street Pool, 401 North King Street, Morganton, NC 28655

***Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC23149***

MEET DIRECTOR	MEET ENTRY COORDINATOR
Dan St. Louis (828) 443-0865 fhscoach@gmail.com	Dan St. Louis 517 Riverside Drive, Morganton, NC 28655 (828) 443-0865 fhscoach@gmail.com
MEET REFEREE	MEET MARSHAL
Phil Eberle (262) 994-6864 eberlephillip@gmail.com	Martha Bumgarner (Female Meet Marshal) Mark Evanko (Male Meet Marshal)

FACILITY and HOST TEAM REQUIREMENTS Catawba Valley Aquatic Club has discussed specific health and safety procedures with the venue management. At this time, the facility and Catawba Valley Aquatic Club 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 competition pool has 6 lanes, depths ranging from 4 feet to 5 ½ feet and is equipped with non-turbulent lane lines. The pool is 50 meters long with 7 foot wide lanes. Stainless steel blocks are mounted, 4 feet above the water line on both ends of the pool. We will be using manual timing with 3 stopwatches/lane. There will be no warm up/warm down during the meet. The competition course has not been certified in accordance with 104.2.2C(4). Parking is directly in front of the pool. No deck changing will be allowed.

There will be our traditional WCSA Team Parade held after warmups and before the finals Saturday Afternoon. The theme for each team will be optional and each team in costume will parade around the pool one time. The team with the best costume/theme and most team spirit will be awarded the Chuck Stockton Team Spirit Award.

MEET FORMAT This is a prelim/final for individual events and Timed finals for relays held Saturday morning. It is an Age Group pre-seeded meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	8:00AM	9:00 AM	All Ages
2	Saturday	4:00 PM	4:50 PM	All Ages
Team Parade	Saturday	4:50 PM	5:15 PM	All Ages
Finals			5:15 PM	All Ages

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
July 22, 2023	Time: 8:00 PM	Entry deadline
July 29th, 2023	Time 8:30 AM	Official Briefings
July 29th, 2023	Time 8:45 AM	Timer Briefing
July 29th, 2023	Time 8:55 AM	Coaches/General 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. The NCS Scratch Rule is not in effect for this meet. Some events may be combined at the discretion of the Meet Referee.

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 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 Morganton Swim Club, Catawba Valley Aquatic Club, Rutherford County Swim Team or Watauga Swim Team. 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

Catawba Valley 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 Morganton Swim Team’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. Morganton Swim Team 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 may swim a maximum of 3 individual events plus 2 relays per day and a total of 3 individual events and 2 relays for the meet.

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 Referee. There will be no on deck entries.

ENTRY FEES

Make checks payable to: Morganton Swim Team; All fees are non-refundable	
Individual Event	\$4.00 per event
Relays	\$8.00 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$10.00 per swimmer, including relay only swimmers

SEEDING

There are no time standards for this meet. Swimmers will be circle seeded as indicated by a prelims/finals competition. The top 6 swimmers in each event from the preliminary morning swim session will swim in the finals.

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 for trials and finals. A swimmer who qualifies for finals but will not be returning for the evening session must notify the meet referee within 30 minutes after his/her morning session. The coach of next alternate swimmer will be notified to swim in the finals.
SCORING	All scoring will be as follows: <ul style="list-style-type: none"> • Individual events: 7-5-4-3-2-1 • Relay events: 14-10-8-6-4-2; only 1 relays per gender may score for each team.
AWARDS	Medals will be awarded for top 3 finishers with ribbons for 4 th through 6 th in each age group, 8 & Under, 9-10, 11-12, and 13-14, 18 and under. In case of a tie both swimmers will be awarded the appropriate medal or ribbon. High point trophies will be given for each age group , male and female. Team Awards will be given for first place team.
RESULTS	Results will be posted on NC Swims. Results will be sent to all coaches 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. Catawba Valley 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 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. Refreshments will be available at the concession stand.
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. 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. The Morganton Swim Club, City of Morganton, Collett Street Pool, 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 - Preliminaries

Saturday, July 29th, 2023

Warm-up: 8:00 AM ;Meet Start: 9:00 AM

Girls/Women Event #s	Event	Boys/Men Event #s
1	*8-Under 200 Free Relay	2
3	*10-Under 200 Free Relay	4
5	*12-Under 200 Free Relay	6
7	*14-Under 200 Free Relay	8
9	*Open 200 Free Relay	10
11	10-Under 200 IM	12
13	11-12 200 IM	14
15	13-14 200 IM	16
17	Open 200 IM	18
19	8 -Under 50 Freestyle	20
21	9-10 50 Freestyle	22
23	11-12 50 Freestyle	24
25	13-14 100 Freestyle	26
27	Open 100 Freestyle	28
29	8 -Under 50 Breastroke	30
31	9-10 50 Breastroke	32
33	11-12 50 Breastroke	34
35	13-14 100 Breastroke	36
37	Open 100 Breastroke	38
39	8 -Under 50 Backstroke	40
41	9-10 50 Backstroke	42
43	11-12 50 Backstroke	44
45	13-14 100 Backstroke	46
47	Open 100 Backstroke	48
49	8 -Under 50 Butterfly	50
51	9-10 50 Butterfly	52
53	11-12 50 Butterfly	54
55	13-14 100 Butterfly	56
57	Open 100 Butterfly	58
59	*8-Under 200 Medley Relay	60
61	*10-Under 200 Medley Relay	62
63	*12-Under 200 Medley Relay	64
65	*14-Under 200 Medley Relay	66
67	*Open 200 Medley Relay	68

Note: All relays are timed finals held Saturday morning. Awards will be given Saturday morning for relays.

Finals - Saturday July 29th, 2023
Warm-up: 4:00 PM; Meet Start: 5:15 PM

Girls/Women	Event	Boys/Men
11	10-Under 200 IM	12
13	11-12 200 IM	14
15	13-14 200 IM	16
17	Open 200 IM	18
Break for Awards IM		
19	8 -Under 50 Freestyle	20
21	9-10 50 Freestyle	22
23	11-12 50 Freestyle	24
25	13-14 100 Freestyle	26
27	Open 100 Freestyle	28
Break for Awards Freestyle		
29	8 -Under 50 Breaststroke	30
31	9-10 50 Breaststroke	32
33	11-12 50 Breaststroke	34
35	13-14 100 Breaststroke	36
37	Open 100 Breaststroke	38
Break for Awards Breaststroke		
39	8 -Under 50 Backstroke	40
41	9-10 50 Backstroke	42
43	11-12 50 Backstroke	44
45	13-14 100 Backstroke	46
47	Open 100 Backstroke	48
Break for Awards Backstroke		
49	8 -Under 50 Butterfly	50
51	9-10 50 Butterfly	52
53	11-12 50 Butterfly	54
55	13-14 100 Butterfly	56
57	Open 100 Butterfly	58
Awards for Fly, High Point and Team		

Note: The top 6 swimmers in each event from the preliminary morning swim session will swim in the finals.

Western Carolina Swim Association Conference Championship Meet

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to
Morganton Swim Club
ATTN: Dan St. Louis
517 Riverside Drive
Morganton, NC 28655
Email to: fhscoach@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$4.00 per event	
Relay Entries		\$8.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$13.00 per swimmer – includes relay only swimmers	
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. HOST TEAM, 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