



2024 SwimMAC Blue Orange Intrasquad Meet

Hosted by SwimMAC Carolina

September 28-29, 2024

Held at SwimMAC Training Facility at Charlotte Latin

9850 Providence Rd, Charlotte, NC 28270

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

**Sanction #NC24141**

Also Sanctioned by US Masters Swimming

**US Masters Sanction #134-S006**

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
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<b>MEET REFEREE</b>	<b>MEET MARSHAL</b>
Gaylen Benett <a href="mailto:gaylenbennett@gmail.com">gaylenbennett@gmail.com</a>	Ariel Hopper <a href="mailto:ahopper@swimmaccarolina.org">ahopper@swimmaccarolina.org</a> Steve Robling <a href="mailto:srobling@swimmaccarolina.org">srobling@swimmaccarolina.org</a>

**FACILITY**

The SwimMAC Swim Center is a 30,000-square-foot facility featuring a 50-meter by 25-yard Paddock Pool racing tank. The pool has Competitor 4" Racing Lanes and uses Paddock stainless steel starting platforms. The facility also features a Colorado System 6 timing system and a ten-lane scoreboard. Touchpads, buttons, and two watches per lane will be used. Hy-Tek Meet Manager software will be used. In the 25-yard competition pool, the pool depth ranges from 6 feet at the starting end to 12 feet at the pool's far end with ten 8-foot-wide lanes. Up to 12 additional lanes will be available for continuous warm-up and warm-down.

SwimMAC will work with the facility to ensure the required course dimensions are valid. Lifeguards will provide First Aid. Available equipment includes an AED, backboard, bag-valve Mask, and one-way valve mask.

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1

**There will be limited "In-Person" spectator viewing.**

**MEET FORMAT**

Timed Finals meet dual sanction with US Masters. Events may be combined at the discretion of the Referee and Meet Management. All events will swim from slowest to fastest. Session start times may be adjusted based on entries. All parties will be notified of any changes within twenty-four (24) hours after the entry deadline.

Swimmers are limited to one session per day.

Session #2 is restricted to "new" 10&U swimmers only

Master Swimmers are limited to Morning Sessions (#1 and 4) only

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	7:30 am	8:30 am	Open/Master
2	Saturday	11:30 am*	12:00 pm	10&U
3	Saturday	2:00 pm**	3:00 pm	Open
4	Sunday	7:30 am	8:30 am	Open/Master
5	Sunday	11:30 am	12:30 pm	Open

\*At the Conclusion of the AM session but not before 11:30 am.

\*\*At the Conclusion of the 10U session but not before 2:00 pm.

Start Time to be confirmed after the entry deadline.

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For:
Wednesday, September 18, 2024	5 pm	Entry deadline
Saturday, September 28, 2024	7:15 am	Coaches Meeting
Saturday/Sunday, September 28/29, 2024	20 Min before the session	Timer Briefing
Saturday/Sunday, September 28/29, 2024	45 Min before the session	Official Briefings

**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. Masters swimmers will compete according to USA Swimming rules as detailed on page 129 of the 2023 USA Swimming Rule Book.**

**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 closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in workout 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, restrooms, 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 an 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, 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 SwimMAC Carolina or US Master Swimmers and be members of SwimMAC Masters. **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

SwimMAC 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 SwimMAC's ability to accommodate all requests.

## ENTRIES

Entries submitted in Hy-tek format require no hard copy entry forms. Email must be emailed to the Meet Entry Coordinator by the entry deadline. 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. SwimMAC entries will be entered until the four/eight-hour rule is reached.

**ENTRY LIMITATIONS** Master Swimmers - three (3) individual events per day and six (6) for the weekend. Returning Swimmers (Sessions 1,3,4 or 5) are limited to three (3) individual events per day and six (6) for the weekend. New Swimmers (Session 2) are limited to four (4) individual entries and are limited to Session #2.

**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. No late entries will be accepted. There will be no on-deck entries.**

**ENTRY FEES**

<b>Make checks payable to SwimMAC; All fees are non-refundable</b>	
Individual Event	\$8.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$18.00 per swimmer

**MASTERS FEES**

<b>Accepted online Via Club Assistant Only (No Deck Entries)</b>	
Before September 18th	\$60.00 Flat Fee

**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. The Orange Team will be in Even and the Blue Team in Odd lanes. All non-conforming times will be seeded last in rank order. Meet management reserves the right to combine Men’s and Women’s events as needed.

**CHECK-IN** None

**SCRATCHES** There will be no penalty for scratching pre-seeded.

**SCORING** The top 30 places will be scored: Master Swimmers are nonscoring. 34,31,30,29,28,26,27,25,24,23,21,20,19,18,17,16,15,14,13,12,10,9,8,7,6,5,4,3,2,1

**AWARDS** None

**RESULTS** Results will be posted on the SwimMAC website within 24 hours of the meet's 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 DeckPass virtual membership card upon request. A coach/general meeting will be 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. SwimMAC welcomes and encourages anyone willing to volunteer. Volunteering Officials are encouraged to 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 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 Marshall 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 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. SwimMAC Carolina, Charlotte Latin, 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 a 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 28th, 2024

## Session 1

Warm-up 7:30 am Meet Start 8:30 am

Girls/Women	Event	Boys/Men
1	12&U 50 Free	2
3	Open 50 Free	4
5	12&U 50 Back	6
7	Open 50 Back	8
9	12&U 50 Breast	10
11	Open 100 Breast	12
13	12&U 100 IM	14
15	Open 100 IM	16

## Session 2

Restricted to "New" 10&U swimmers

Warm-up 11:30 pm Meet Start 12:00 pm

Girls/Women	Event	Boys/Men
17	9-10 50FR	18
19	8&U 50FR	20
21	9-10 25 Fly	22
23	8&U 25 Fly	24
25	9-10 25 BR	26
27	8&U 25 BR	28
29	9-10 25 BK	30
31	8&U 25 BK	32
33	9-10 25 FR	34
35	8&U 25 FR	36
37	9-10 100IM	38
39	8&U 100 IM	40

## Session 3

Warm-up 2:00 pm Meet Start 3:00 pm

Girls/Women	Event	Boys/Men
41	10&U 25 free	42
43	Open 50 Free	44
45	10&U 25 back	46
47	Open 50 Breast	48
49	10&U 25 breast	50
51	Open 100 Breast	52
53	10&U 25 fly	54
55	OPEN 100 IM	56
57	10&U 100 IM	58

**Sunday 29th, 2024**

**Session 4**

**Warm-up 7:30 am Meet Start 8:30 am**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
59	12&U 100FR	60
61	Open 100 Free	62
63	12&U 50 Fly	64
65	Open 50 Fly	66
67	12&U 50BK	68
69	Open 100BK	70
71	12&U 50BR	72
73	Open 50 Breast	74
75	12&U 100 Fly	76
77	Open 100 Fly	78

**Session 5**

**Warm-up 11:30 am Meet Start 12:30 am**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
79	10&U 100FR	80
81	Open 100 Free	82
83	10&U 50 Fly	84
85	Open 50 Fly	86
87	10&U 50BK	88
89	Open 50BK	90
91	10&U 100Fly	92
93	Open 100Fly	94
95	10&U 100BK	96
97	Open 100 Back	98

**SwimMAC Blue Orange Intrasquad Meet  
Summary of Fees/Release Form**

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

SwimMAC Carolina  
ATTN: Kim DeCann  
9850 Providence Rd  
Charlotte, NC 28270

Email to: [kdecann@swimmaccarolina.org](mailto:kdecann@swimmaccarolina.org)

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$8 per event	
Relay Entries			
Swimmers (Travel Fund & Facility Surcharge)		\$21 per swimmer	
US Masters (thru September 18 <sup>th</sup> )		\$60.00	
<b>Total Fees Due</b>			

**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. Mecklenburg Aquatic Club (DBA SwimMAC Carolina), Charlotte Latin, 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