

# 2024 PAC Tune-up

Hosted by Piedmont Aquatic Club (PAC)

September 28, 2024

Held at the Edward M. Armfield Civic Center, 873 W 52 Bypass, Pilot Mountain, NC 27041

Held under the sanction of USA Swimming, Inc. issued by North Carolina Swimming, Inc. Sanction #NC24142

MEET DIRECTOR	MEET ENTRY COORDINATOR
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## FACILITY and PAC REQUIREMENTS

PAC has discussed specific health and safety procedures with the venue management. At this time, the facility and PAC 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 Edward M. Armfield Civic Center has an eight-lane 25-yard indoor pool with 7ft. wide non-turbulent lanes, a Daktronics timing system complete with eight lane scoreboard and touch pads. The automatic timing system uses touch pads and one timer per lane, each operating a button and a stopwatch. The pool is equipped with Paragon starting platforms and is 8 ft. deep at the start end and 4 ft. deep at the turn end. The competition course has not been certified in accordance with 104.2.2C(4). A warm up/warm down lane will be available throughout the competition. PAC will ensure the required course dimensions. Free parking for the meet is available in the gravel parking lot behind the facility. Lifeguards will be available during warm-ups and the competition to provide first aid.

## MEET FORMAT

This is a single-session Age Group pre-seeded meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	8:00-9:00 AM	9:10 AM	all

\*Note: The meet host reserves the right to adjust the warm-up and session start times to accommodate the number of entries.

## DEADLINE AND MEETING SUMMARY

Day, Date	Time	For:
Thursday, September 19, 2024	5:00 PM	Entry Deadline
Saturday, September 28, 2024	8:10 AM	Officials 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.

**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 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. All persons on deck or behind the blocks must be USAS certified coaches, officials, registered swimmers, or meet volunteers.

#### **ELIGIBILITY**

All swimmers must be registered with USA Swimming, Inc. and be members of Piedmont Aquatic Club or invited teams. 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**

Piedmont 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. 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 Piedmont Aquatic Club's ability to accommodate all requests.

#### **ENTRIES**

Entries submitted in Hy-Tek format require no hard copy entry forms. E-mail is required 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 his/her age for the entire meet. PAC entries will be entered first and then additional teams/entries in the order received, until the four-hour rule is reached. Entries received thereafter will be returned immediately.

**ENTRY LIMITATIONS** Swimmers may enter 3 individual events. Relays will not be conducted.

**ENTRY VERIFICATION** An email will be sent to the team contacts confirming entry within 48 hours of the receipt.

<b>ENTRY DEADLINES</b>	The Meet Entry Coordinator must receive entries by Thursday, September 19, 2024 at 5:00 PM. Late entries may be accepted at the discretion of the Meet Director.
<b>ENTRY FEES</b>	\$20.00 entry fee per swimmer payable to Piedmont Aquatic Club. Entry fees are non-refundable. There is no facility fee, and the \$20 per swimmer fee includes the \$3/swimmer NCS Travel Fund surcharge.
<b>SEEDING</b>	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.
<b>CHECK-IN</b>	All events will be pre-seeded and there will be no positive check-in.
<b>SCRATCHES</b>	There will be no penalty for scratching pre-seeded events at the block.
<b>AWARDS</b>	Individual Events - Ribbons 1 <sup>st</sup> through 8 <sup>th</sup> place.
<b>RESULTS</b>	At the conclusion of the meet, results will be posted on the team website and posted on the NCS website.
<b>COACHES</b>	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.
<b>OFFICIALS/ TIMERS/ VOLUNTEERS</b>	There will be a need for officials. Piedmont Aquatic Club welcomes and encourages anyone willing to volunteer. Volunteering Officials <b>MUST</b> contact the Meet Referee by email <b>prior to the meet</b> . 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 no officials meeting at the meet, and assignments will be communicated electronically prior to each session. A virtual meeting may be held prior to the meet / session at the referee's discretion, and all assigned officials are strongly encouraged to complete an individual personal review of applicable USAS rules for their assigned position prior to the meet. Officials should report to their assigned position 10 minutes before session start, and bring a mask, your personal water bottle, and a writing utensil.
<b>HOSPITALITY/ CONCESSIONS</b>	There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.
<b>WARM-UP</b>	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 (if available). <b>There is</b>

**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. Piedmont Aquatic Club, The Edward M. Armfield Civic and 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. 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

1	Girls 10&UN 100 IM	25	Girls 13-14 100 breast
2	Boys 10&UN 100 IM	26	Boys 13-14 100 breast
3	Girls 11-12 100 IM	27	Girls Senior 100 breast
4	Boys 11-12 100 IM	28	Boys Senior 100 breast
5	Girls 13-14 200 IM	29	Girls 8&UN 25 back
6	Boys 13-14 200 IM	30	Boys 8&UN 25 back
7	Girls Senior 200 IM	31	Girls 9-10 50 back
8	Boys Senior 200 IM	32	Boys 9-10 50 back
9	Girls 8&UN 25 free	33	Girls 11-12 50 back
10	Boys 8&UN 25 free	34	Boys 11-12 50 back
11	Girls 9-10 50 free	35	Girls 13-14 100 back
12	Boys 9-10 50 free	36	Boys 13-14 100 back
13	Girls 11-12 50 free	37	Girls Senior 100 back
14	Boys 11-12 50 free	38	Boys Senior 100 back
15	Girls 13-14 100 free	39	Girls 8&UN 25 fly
16	Boys 13-14 100 free	40	Boys 8&UN 25 fly
17	Girls Senior 100 free	41	Girls 9-10 50 fly
18	Boys Senior 100 free	42	Boys 9-10 50 fly
19	Girls 8&UN 25 breast	43	Girls 11-12 50 fly
20	Boys 8&UN 25 breast	44	Boys 11-12 50 fly
21	Girls 9-10 50 breast	45	Girls 13-14 100 fly
22	Boys 9-10 50 breast	46	Boys 13-14 100 fly
23	Girls 11-12 50 breast	47	Girls Senior 100 fly
24	Boys 11-12 50 breast	48	Boys Senior 100 fly