



2024 NCAC IMX Meet

Hosted by NCAC
Oct. 19-20 2024



Held at Koury Natatorium, 400 Skipper Bowles Drive, Chapel Hill, NC 27514
Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC24175

MEET DIRECTOR	MEET ENTRY COORDINATOR
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MEET REFEREE	MEET MARSHAL
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FACILITY AND HOST TEAM REQUIREMENTS

NCAC has discussed specific health and safety procedures with the venue management. At this time, the facility and NCAC 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

Koury Natatorium; 400 Skipper Bowles Dr., Chapel Hill, NC, 27514

The pool is an 8-lane, 50-meter pool, which can be divided into two 25-yard course venues, each with non-turbulent lane markers and deck-anchored starting blocks. The Colorado Timing system with touchpads will be used along with buttons and watches in each of 8 nine-foot-wide lanes for competition. 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. Prior to each session of competition, the facility host shall examine the bulkhead and shall confirm to the Meet Referee that the bulkhead is stable, straight, and properly positioned and anchored. NCAC will ensure the correct competition course dimensions.

Deck Changing is not allowed during the meet in the facility. Competitors are not permitted access to any areas of the Smith Center (UNC Basketball Arena). Any competitors found trespassing may be removed from the meet. Locker Rooms will be designated for 17U on the pool deck, and a 180 locker room that is in the entry hallway.

Lifeguards will be on the pool deck for medical assistance.

MEET FORMAT

This is a timed final pre-seeded meet

Session start times are subject to change based on entry numbers and meeting required timelines. Any updates will be sent out on the Monday of meet week

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	11:00 AM	12:00 PM	12 & U
2	Saturday	3:30 PM	4:30 PM	Open
3	Sunday	8:00 AM	9:00 AM	12 & U
4	Sunday	11:30 AM	12:30 PM	Open

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For
Wednesday, Oct 9th	12:00 PM (noon)	Entry Deadline
Saturday & Sunday October 19th & 20 th	30 minutes prior to the start of the session	Officials Meeting
Saturday & Sunday October 19th & 20th	20 minutes prior to the start of the session	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.

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.

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

NCAC 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 NCAC'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 Saturday, October 19th, 2024.
3. Entry fees must be received no later than the first session of the meet. Make checks payable to North Carolina Aquatic Club.
4. Swimmers ages 18 and over must have completed the USA Swimming Athlete Protection Training required by the MAAPP by the time the Meet Recon is complete on Friday October 18th, 2024, otherwise those swimmers could be removed from the meet.
5. A swimmer's age on the first day of the meet will determine their age for the entire meet.

ENTRY LIMITATIONS

Swimmers may swim a maximum of six (6) individual events, no more than three (3) per day. Entries will close with the team that puts the total entries over 600 swimmers or stretches the timeline unreasonably. Swimmers can only compete in one session 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 October 9th at 12:00 PM listed in the Deadline and Meeting Summary. 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. Express mailing must be sent so as NOT to require a signature. There will be no on deck entries.

ENTRY FEES

Make Checks payable to: North Carolina Aquatic Club. All fees are non-refundable.	
Individual Events	\$9.00 per event
NC Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$20.00 per swimmer
Heat Sheet Charge	\$1.00 per swimmer
Late Entry Fee	\$18.00 per individual event

SEEDING

The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order.

CHECK-IN

400 IM & 500 Freestyle events will require check-in. Check-in will close 45 minutes before the start of the session the event is in.

SCRATCH RULES

There are no penalties for failing to compete in pre-seeded events. There are no penalties for failing to compete in deck-seeded events.

SCORING

This meet will not be scored.

AWARDS

There will be no awards for this meet.

RESULTS

Results will be posted on the NCAC website within 24 hours of the meets conclusion. At the conclusion of the meet, teams may obtain Hy-Tek meet results files 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. **NCAC** 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, officials and volunteers. A concession stand will be open in the seating area.

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 (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 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. NCAC, University of North Carolina, Koury Natatorium, 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

Session 1- 12&U Timed Finals

Saturday, October 19th, 2024

Warm-up: 11:00 AM; Meet Start: 12:00 PM

Girls/Women	Event	Boys/Men
1	12 & U 50 Breaststroke	2
3	9-12 100 Breaststroke	4
5	12 & U 50 Backstroke	6
7	9-12 100 Backstroke	8
9	12 & U 100 IM	10
11	9-12 200 IM	12

Session 2- 13&O Timed Finals

Saturday, October 19th, 2024

Warm-up: 3:30 PM; Meet Start: 4:30 PM

400 IM will require positive check in that closes 45 minutes before the meet starts

Girls/Women	Event	Boys/Men
13	13&O 200 Breaststroke	14
15	13&O 100 Breaststroke	16
17	13&O 200 Backstroke	18
19	13&O 100 Backstroke	20
21	13&O 400 IM	22

Session 3- 12&U Timed Finals

Sunday, October 20th, 2024

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

The 500 Free will require positive check in that closes 45 minutes before the meet starts

Girls/Women	Event	Boys/Men
23	12 & U 50 Butterfly	24
25	9-12 100 Butterfly	26
27	10 & U 100 Freestyle	28
29	12 & U 200 Freestyle	30
31	9-12 500 Freestyle	32

Session 4- 13&O Timed Finals

Sunday, October 20th, 2024

Warm-up: 11:30 AM; Meet Start: 12:30 PM

The 500 Free will require positive check in that closes 45 minutes before the meet starts

Girls/Women	Event	Boys/Men
33	13&O 200 IM	34
35	13&O 100 Butterfly	36
37	13&O 200 Butterfly	38
39	13&O 200 Freestyle	40
41	13&O 500 Freestyle	42

**2024 NCAC IMX Meet
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to North Carolina Aquatic Club):
 NCAC
 100 Europa Drive Suite 460
 Chapel Hill, NC 27517
 Email to: CoachAlexNCAC@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		<i>\$9.00 per event</i>	
Relay Entries		<i>N/A</i>	
Swimmers (Travel Fund, Heat Sheet Fee & Facility Surcharge)		<i>\$24.00 per swimmer</i>	
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. NCAC, University of North Carolina, Koury Natatorium, 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 _____