

**2024 Western Carolina Swim Association Conference Championship**

**Hosted by Catawba Valley Aquatic Club**

**July 27, 2024**

**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 #NC24130***

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
Dan St. Louis (828) 443-0865 fhscoach@gmail.com	Dan St. Louis 517 Riverside Drive, Morganton, NC 28655 (828) 443-0865 fhscoach@gmail.com
<b>MEET REFEREE</b>	<b>MEET MARSHAL</b>
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. Emergency care will be handled by City of Morganton Lifeguards.

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.

<b>Session</b>	<b>Day</b>	<b>Warm-up</b>	<b>Meet Start</b>	<b>Age Group</b>
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 20th, 2024	Time: 8:00 PM	Entry deadline
July 27th, 2024	Time 8:30 AM	Official Briefings
July 27th, 2024	Time 8:45 AM	Timer Briefing
July 27th, 2024	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. 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**

<b>Make checks payable to: Morganton Swim Team; All fees are non-refundable</b>	
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.

<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 for trials and finals. The NCS Scratch Rule is in effect for this meet. 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.
<b>SCORING</b>	All scoring will be as follows: <ul style="list-style-type: none"> <li>• Individual events: 7-5-4-3-2-1</li> <li>• Relay events: 14-10-8-6-4-2; only 1 relays per gender may score for each team.</li> </ul>
<b>AWARDS</b>	Medals will be awarded for top 3 finishers with ribbons for 4 <sup>th</sup> through 6 <sup>th</sup> 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.
<b>RESULTS</b>	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.
<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. 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.
<b>OFFICIALS/TIMERS/ VOLUNTEERS</b>	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 <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 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.
<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 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. <b>There is to be no diving or horseplay in this area.</b>
<b>WAIVER/RELEASE</b>	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 27<sup>th</sup>, 2024**

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

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

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

**Finals - Saturday July 27<sup>th</sup>, 2024**  
**Warm-up: 4:00 PM; Meet Start: 5:15 PM**

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

**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	
<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. 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.

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SIGNATURE (Coach or Club Representative)

CLUB

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TITLE

DATE