



2025 SwimMAC Intrasquad Short Course Shootout

Hosted by SwimMAC Carolina

July 22nd, 2025

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 # Sanction #NC25097

MEET DIRECTOR	MEET ENTRY COORDINATOR
Nikki Degner nikviol@hotmail.com	Jeffrey Childs Jeffrey@rileychilds.net
MEET REFEREE	MEET MARSHAL
Jason Bennett zoeytheboxer@gmail.com	Sean Ford sford@swimmaccarolina.org Christie Close cclose@swimmaccarolina.org

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 is equipped with 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, two 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 far end of the pool with 10, 8-foot-wide lanes. There will be up to 12 additional lanes 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.

There will be limited "In-Person" spectator viewing. The meet will be live-streamed via YouTube.

MEET FORMAT

All events will be conducted on a timed final basis. Events may be combined at the discretion of the Referee and Meet Management. All events will swim slowest to fastest. All heats will report to the staging area. Access behind the block will be limited to the heat in the water and the next heat. The staging area is located along lane one (1) side of the pool.

Session	Day	Warm-up	Meet Start	Age Group
1	Tuesday	3:00 pm	4:00 pm	Open

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, July 15 th , 2025	12:00 pm	Entry deadline
Tuesday, July 22 nd , 2025	3:15 pm	Official Briefings
Tuesday, July 22 nd , 2025	3:40 pm	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 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 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 cell phones, 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. 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. To request accommodation or modification for swimmers with disabilities, coaches should complete the [USA Swimming Accommodation Form](#) and submit it to the Meet Referee and Meet Director prior to the entry deadline.

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 first and then accept teams/entries in the order received, until the four-hour rule is reached. Entries received thereafter will be returned immediately.

ENTRY LIMITATIONS

Swimmers are limited to three (3) individual events and one (1) relay 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. No late entries will be accepted. There will be no on-deck entries.

ENTRY FEES

Make checks payable to: SwimMAC; All fees are non-refundable	
Individual Event	\$8.00 per event
Relays Events	\$16.00 per team
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$18.00 per swimmer

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. 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

There will be positive check-in for all events, 400 yards or longer. Positive check-in will be by coach only with the Clerk of Course, as stated in the Deadline and Meeting Summary above. Any swimmers not checked in will be scratched from the event and not seeded. Events will be deck-seeded and swam from slowest to fastest in session order. Events will be combined as needed. See the Schedule below:

Individual Events	Check-in Deadline	
11&O 400 IM	Tuesday	3:15 pm
11&O 1000 Free	Tuesday	3:30 pm
11&O 1650 Free	Tuesday	3:30 pm
11&O 500 Free	Tuesday	3:30 pm

SCRATCHES

There will be no penalty for scratching pre-seeded. The North Carolina Scratch Rule is in effect.

SCORING

None

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. 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. SwimMAC welcomes and encourages anyone willing to volunteer. Volunteering Officials **MUST** 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 Marshalls 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, lanes will be 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, HFFA, 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

Tuesday, July 22, 2025

Session 1

Warm-up 3:00 pm Meet Start 4:00 pm

Girls	Event	Boys
1	Open 200 Free Relay	2
3	11&Over 400 IM*	4
5	Open 50 Free	6
7	11&Over 200 Breast	8
9	Open 100 Back	10
11	11&Over 1000 Free*	12
13	11&Over 200 Fly	14
15	Open 100 Breast	16
17	Open 200 IM	18
19	Open 100 Free	20
21	11&Over 1650 Free*	22
23	Open 200 Free	24
25	Open 100 Fly	26
27	11&Over 200 Back	28
29	Open 500 Free*	30
31	Open 200 Medley Relay	32

*Positive Check-in: Swimmers must provide their own Counter

**2025 SwimMAC SC Shootout
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

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$8 per event	
Relay Entries		\$16 per team	
Swimmers (Travel Fund & Facility Surcharge)		\$21 per swimmer	
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. 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