



2025 WAVE/NSEA Last Chance Dual
 Hosted by Waves of Wilmington (WOW)
 2/1-2/2025
 Held at UNCW

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC25044

MEET DIRECTOR	MEET ENTRY COORDINATOR
David Sokolofsky 910-233-3389 davidsokolofsky@yahoo.com	David Sokolofsky 910-233-3389 davidsokolofsky@yahoo.com
MEET REFEREE	MEET MARSHAL
John Jewell 910-297-1640 jmjswim@gmail.com	M- Jon Suits F- Jen Hughes

FACILITY	UNCW Natatorium, Wilmington, NC. The competition pool is an 8-lane 25-yard pool with non-turbulent lane lines(7 ft. width) water depth at both ends is 4.5-5.5 feet. Colorado electric timing, scoreboard, and fixed starting blocks. The timing system consists of touch pads with one timer per lane operating both a watch and a button. WOW will ensure proper course dimensions. There is an additional 6-lane 20-yard pool for continuous warm up and warm down. Medical support will be 911.
MEET FORMAT	Timed Finals. Dual Meet. Open to: WOW + NSEA

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	9:20 AM	10:00 AM	All

2	Sunday	9:20 AM	10:00 AM	All
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DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday, 1/22	11:59 PM	Entry deadline
Daily	TBA	Official Briefings
N/A	N/A	Coaches/General Meeting
Daily	TBA	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 North Carolina Swimming and USA Swimming, Inc. and be members of WOW or NSEA. 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

WOW 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 WOW'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. WOW 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.
- ENTRY LIMITATIONS** Three (3) individual events 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 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

Make checks payable to: WOW; All fees are non-refundable	
Individual Event	\$5.00
Relays	none
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$20.00 per swimmer
Late Entry Fee	none

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

CHECK-IN All events will be pre-seeded and there will be no positive check-in.

SCRATCHES There will be no penalty for scratching pre-seeded events at the block.

SCORING No scoring

AWARDS No awards.

RESULTS Results will be emailed to each team at the conclusion of the meet.

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. WOW 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. 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 at the time specified by the Meet Referee and bring a writing utensil.

**HOSPITALITY/
CONCESSIONS**

Hospitality for 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. WOW, UNCW, 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

Saturday, 2/1

Warm-up: 9:20 AM; Meet Start: 10:00 AM

Mixed	Event	
1	12 & Under 50 Fly	
2	Open 100 Fly	
3	12 & Under 50 Back	
4	Open 100 Back	
5	Open 100 Free	
6	11 & Over 200 Fly	
7	11 & Over 200 Back	
8	11 & Over 200 Breast	

Sunday, 2/2

Warm-up: 9:20 AM; Meet Start: 10:00 AM

Mixed	Event	
9	Open 50 Free	
10	12 & Under 50 Breast	
11	Open 100 Breast	
12	12 & Under 100 IM	
13	Open 200 IM	
14	Open 200 Free	

**WOW/NSEA Dual Meet
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to Waves of Wilmington):
WAVES OF Wilmington
David Sokolofsky

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$5.00 per event	
Relay Entries		\$0.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$23.00 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. WOW, UNCW,, 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