



2025 BAC / NSEA DUAL MEET
Hosted by Brunswick Aquatic Club
Sept 20 & 21, 2025

Held at Dinah E Gore Aquatic Center, 210 College Rd, Bolivia, NC 28422

MEET DIRECTOR	MEET ENTRY COORDINATOR
Gavin Spake 336-596-3181 headcoachbacgators@gmail.com	Gavin Spake 336-596-3181 headcoachbacgators@gmail.com
MEET REFEREE	MEET MARSHAL
Matt Derry matt@nseaswim.com 910-338-6670	Julie Long 610-316-9448 julielong1981@gmail.com Cully Jackson 860-978-1024 jacksonproducts@gmail.com

FACILITY and BAC REQUIREMENTS

BAC has discussed specific health and safety procedures with the venue management. At this time, masks are optional at the Dinah E Gore Fitness & Aquatic Center. 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 is an 8-lane 25-yard pool with non-turbulent lane lines (7 ft. width), Colorado electric timing with touch pads, backup plungers and fixed starting blocks. Two timers per lane; one operating a watch and plunger button and one operating a watch only. There is an additional 20- yard warm water pool for continuous warm up and warm down. Pool depth 6 1/2 feet at start end and 5 feet at turn end. BAC will ensure the correct competition course dimensions. Medical support will not be available during the meet.

MEET FORMAT

This is a timed final, pre-seeded meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	3:00 PM	4:00 PM	Open
2	Sunday	3:00 PM	4:00 PM	Open

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Thursday, Sept 11th	8:00 pm	Entry deadline
Saturday, Sept 20th	3:00 pm	Coaches Meeting
Saturday, Sept 20th	3:30 pm	Officials Briefing*

*Subsequent Officials Meeting 30 minutes prior to each session start

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. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, changing rooms or behind starting blocks. Deck changes are prohibited.

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 BAC's 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 a member of either BAC or NSEA. 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

BAC 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 BAC'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 start of the meet. A swimmer's age on the first day of the meet will determine their age for the entire meet. Entries will be entered in the order they are received, until the four/eight-hour rule is reached. Entries received thereafter will be returned immediately.

ENTRY LIMITATIONS

Swimmers may swim a maximum of 4 individual events and 2 Relay events each 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. No Late entries will be accepted. There will be no on deck entries.

ENTRY FEES

Make checks payable to: BRUNSWICK AQUATIC CLUB; All fees are non-refundable	
Individual Event	\$7.00 per event
Relays	\$14.00 per event
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
CHECK-IN	No events will require a positive check in
SCRATCHES	There will be no penalty for scratching pre-seeded events at the block.
SCORING/AWARDS	The Meet will be scored; no awards will be given.
COACHES	<p>All coaches on deck must be registered and certified with USA Swimming.</p> <p>Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their virtual membership card upon request. There will be a technical 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 technical meetings. Coaches are responsible for all information discussed at meetings.</p> <p>NCS Registration Chair will provide meet management with a list of current coaches' certifications. Coaches who are not current in all required certifications will not be allowed on deck.</p>
RESULTS	Results will be posted on BAC's 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.
OFFICIALS/TIMERS/VOLUNTEERS	There will be a need for officials. BAC welcomes and encourages anyone willing to volunteer. Volunteering Officials should contact the Meet Referee by email <u>prior to the meet.</u> All officials on deck must be registered and certified with USA Swimming. Certification will be verified by the 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 and officials. Refreshments will be available in the hospitality area and distributed on deck throughout the meet. Light snacks will be provided on Saturday. Breakfast will be provided on Sunday.
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 short term 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. BAC, DINAH E. GORE FITNESS AND AQUATIC 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
Session 1 - Open
Saturday, 9/20/25
Warm-up: 3:00pm; Meet Start: 4:00pm

Girls	Event	Boys
1	10 & under 100 Yard Freestyle Relay	2
3	12 & over 200 Yard Freestyle Relay	4
5	10 & under 25 Yard Butterfly	6
7	12 & over 50 Yard Butterfly	8
9	10 & under 50 Yard Backstroke	10
11	12 & over 100 Yard Backstroke	12
13	10 & under 25 yard Breaststroke	14
15	12 & over 50 Yard Breaststroke	16
17	10 & under 50 Yard Freestyle	18
19	12 & over 100 Yard Freestyle	20
21	10 & under 100 Yard IM	22
23	12 & over 100 Yard IM	24

Session 2 - Open
Sunday, 9/21/25
Warm-up: 3:00pm; Meet Start: 4:00pm

Girls	Event	Boys
25	10 & under 100 Yard Medley Relay	26
27	12 & over 200 Medley Relay	28
29	10 & under 25 Yard Freestyle	30
31	12 & over 50 Yard Freestyle	32
33	10 & under 50 Yard Breaststroke	34
35	12 & over 100 Yard Breaststroke	36
37	10 & under 25 Yard Backstroke	38
39	12 & over 50 Yard Backstroke	40
41	10 & under 50 Yard Butterfly	42
43	12 & over 100 Yard Butterfly	44
45	250 Yard Grand Relay	46

**BAC v NSEA Dual
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to Brunswick Aquatic Club):

BRUNSWICK AQUATIC CLUB

ATTN: SCOTT CARON

786 Marsh Rose Path

Calabash, NC 28467

Email to: smc0035@me.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$7.00 per event	
Relay Entries		\$14.00 per entry	
Swimmers (Travel Fund & Facility Surcharge)		\$21.00 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. BAC, Dinah E Gore Fitness and Aquatic 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. 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

DATE