



**BAC / NSEA DUAL MEET**

**Hosted by Brunswick Aquatic Club**

**Sept 18-19, 2021**

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

***Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.  
Sanction #NC21143***

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
Gavin Spake 336-596-3181 benjaminspake@gmail.com	Scott Caron 843-582-5033 smc0035@me.com
<b>MEET REFEREE</b>	<b>MEET MARSHAL</b>
Eric Ruppert 910-465-8459 eruppert@gmail.com	Julie Long 610-316-9448 Julielong1981@gmail.com

**CONDITION OF  
SANCTION**

As a condition of this sanction, Brunswick Aquatic Club (BAC) agrees to comply with and to enforce all COVID-19 health and safety mandates and guidelines of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions in effect at the time of the meet. Further, the meet will be conducted in accordance with individual facility requirements as detailed in the BAC Meet Plan below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID-19 sanctioning period.

**ASSUMPTION OF  
RISK DISCLAIMER**

The BAC has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

**COVID-19 RELEASE**

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, NORTH CAROLINA SWIMMING, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

## **BRUNSWICK AQUATIC CLUB COVIS-19 MEET PLAN**

<b>NCS FACE COVERING STATEMENT</b>	<p>Following new CDC recommendations and the North Carolina Governor's latest Executive Order issued May 14, 2021, North Carolina Swimming has revised guidance on the use of face coverings at USA Swimming activities as follows:</p> <ul style="list-style-type: none"><li>• North Carolina Swimming strongly recommends that partially vaccinated or unvaccinated individuals continue to wear face coverings and practice social distancing at all swimming activities.</li><li>• Other individuals are welcome to continue wearing face coverings for personal comfort.</li><li>• NCS clubs may require that participants wear face coverings and observe social distancing at meets that they host.</li><li>• NCS members are expected to comply with all COVID-19 safety guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, aquatic facilities, and member clubs.</li></ul>
<b>FACILITY and BAC REQUIREMENTS</b>	<p>BAC has discussed specific health and safety procedures with the venue management. At this time, the facility and BAC 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.</p>
<b>SPECTATOR LIMITATIONS and PROTOCOLS</b>	<p>There will be no "In-Person" spectator viewing. BAC will live-stream the meet via the BAC Gators Facebook page. Parents will have access to the hall restrooms outside of the pool.</p>
<b>PARENTAL ACCESS</b>	<p>Parents needing access to their athlete during the meet in a closed-deck environment can contact their children directly via cellphone and arrange to meet them outside the doors to the therapy pool. Should parents be unable to contact their child directly, they should see the Meet Marshall at the entrance. In the case of an emergency, please call and/or text Julie Long at 610-316-9448.</p>
<b>FACILITY</b>	<p>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. The competition course has not been certified in accordance with 104.2.2C(4).</p>
<b>MEET FORMAT</b>	<p>This is a timed final, pre-seeded meet.</p>

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	1:00PM	2:00PM	All Swimmers
2	Sunday	9:00 AM	10:00 AM	All Swimmers

**DEADLINE AND MEETING SUMMARY:** (keep section in chronological order)

Day, Date	Time	For:
Thursday, Sept 9	5:00 pm	Entry deadline
Saturday, Sept 18	12:30 pm	Coaches Meeting
Saturday, Sept 18	1:30 pm	Officials 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. 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 be members of **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. 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 however; disks are also acceptable. 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. BAC 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 4 individual events and 1 relay event each session. Teams may enter a maximum of 3 relay teams per relay event.

#### **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**

<b>Make checks payable to: BRUNSWICK AQUATIC CLUB; All fees are non-refundable</b>	
Individual Event	\$6.00 per event
Relays	\$16.00 per team

NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$12.00 per swimmer

<b>SEEDING</b>	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
<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.
<b>SCORING</b>	The Meet will be scored in the following manner Individual events: 12-9-6-3-2-1 Relay events: 24-12-6
<b>AWARDS</b>	No awards will be given.
<b>RESULTS</b>	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.
<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. <b>BAC</b> welcomes and encourages anyone willing to volunteer. Volunteering Officials should contact the Meet Referee by email <b><u>prior to the meet.</u></b> 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.
<b>HOSPITALITY/ CONCESSIONS</b>	There will be a hospitality area open to all coaches and officials. Refreshments will be available in the hospitality area and distributed on deck.
<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 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. <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. 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 - All Swimmers  
Saturday, 9/18/21  
Warm-up: 1:00pm; Meet Start: 2:00pm

Girls	Event	Boys
1	12 & Under 200 Freestyle	2
3	13 & Over 200 Freestyle	4
5	8 & Under 25 Breaststroke	6
7	12 & Under 100 Breaststroke	8
9	13 & Over 100 Breaststroke	10
11	12 & Under 50 Backstroke	12
13	13 & Over 200 Backstroke	14
15	12 & Under 100 IM	16
17	8 & Under 25 Butterfly	18
19	12 & Under 100 Butterfly	20
21	13 & Over 100 Butterfly	22
23	12 & Under 50 Freestyle	24
25	13 & Over 50 Freestyle	26
27	8 & Under 100 Medley Relay	28
29	12 & Over 200 Medley Relay	30
31	13 & Over 200 Medley Relay	32

Session 2 - All Swimmers  
Sunday, 9/19/21  
Warm-up: 9:00am; Meet Start: 10:00am

Girls	Event	Boys
33	12 & Under 200 IM	34
35	13 & Over 200 IM	36
37	8 & Under 25 Freestyle	38
39	12 & Under 100 Freestyle	40
41	13 & Over 100 Freestyle	42
43	12 & Under 50 Breaststroke	44
45	13 & Over 200 Breaststroke	46
47	8 & Under 25 Backstroke	48
49	12 & Under 100 Backstroke	50
51	13 & Over 100 Backstroke	52
53	12 & Under 50 Butterfly	54
55	13 & Over 200 Butterfly	56
57	8 & Under 100 Freestyle Relay	58
59	12 & Over 200 Freestyle Relay	60
61	13 & Over 200 Freestyle Relay	62
63	Open 500 Freestyle	64

**Battle at the Beach**  
**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		\$6.00 per event	
Relay Entries		\$16.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$15.00 per swimmer	
<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. 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

\_\_\_\_\_  
TITLE

\_\_\_\_\_  
DATE