



2022 SwimMAC **Intrasquad** Short Course Shootout

Hosted by SwimMAC Carolina

July 26th, 2022

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 #NC22076**

| MEET DIRECTOR  | MEET ENTRY COORDINATOR   |
|--|--|
| Nikki Degner<br><a href="mailto:nikviol@hotmail.com">nikviol@hotmail.com</a>     | Jeffrey Childs<br><a href="mailto:Jeffrey@rileychilds.net">Jeffrey@rileychilds.net</a>     |
| MEET REFEREE   | MEET MARSHAL   |
| Chuck Graf<br><a href="mailto:charlesegraf@gmail.com">charlesegraf@gmail.com</a> | Kim DeCann<br><a href="mailto:kdecann@swimmaccarolina.org">kdecann@swimmaccarolina.org</a> |

**CONDITION OF  
SANCTION**

As a condition of this sanction, SwimMAC Carolina 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 SwimMAC Carolina 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**

SwimMAC Carolina 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 against 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.

### SwimMAC Carolina COVID-19 MEET PLAN

|                                    |  |
|------------------------------------|--|
| <b>NCS FACE COVERING STATEMENT</b> | NCS recommends the proper use of face coverings at all NCS activities and expects all participants, coaches, officials, volunteers, and spectators to comply with all club and facility specific COVID-19 safety requirements and guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, and local jurisdictions.   |
| <b>LOCAL PROTOCOLS</b>             | <ul style="list-style-type: none"> <li>• <b>SwimMAC will comply with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions throughout the duration of the meet.</b></li> <li>• <b>All meet participants – swimmers, coaches, officials, and volunteers have the option to wear a face coverings while in the Facility.</b></li> <li>• The "Clerk of Course" is located on Lane 1 side between Timing "crows' nest" and turn end.</li> <li>• Meet flow is as follows: <ul style="list-style-type: none"> <li>○ Heat 1 is called to blocks with Short Whistle and, wait for Long Whistle to step up on the block.</li> <li>○ Heat 2 and Heat 3 are at the "Clerk of Course" waiting along the lane 1 side of the pool.</li> <li>○ As soon as Heat 1 is away Heat 2 will approach Starting area.</li> <li>○ Once Heat #2 is away, Heat #1 will exit the pool and exit clockwise toward lane 10.</li> <li>○ This process continues for all heats and events throughout all sessions.</li> <li>○ For schedule breaks, the Referee empties the pool after heat, and the next heat is called to blocks at the end of the break.</li> </ul> </li> <li>• Warm-up and cool-down lanes will be available in the lanes adjacent to the competition pool during the meet.</li> </ul> |
| <b>SPECTATOR LIMITATIONS</b>       | <i>There will be <b>limited</b> "In-Person" spectator viewing. The meet will be live-streamed via Youtube and/or Instagram live.</i>   |
| <b>PARENTAL ACCESS</b>             | <i>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 at the designated exit pool door. Should parents be unable to contact their child directly, they should see the Meet Director. In the case of an emergency, please call and/or text the Meet Director.</i>  |

### 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, 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 ten, 8 foot wide lanes. There will be up to 12 additional lanes available for continuous warm-up and warm down. The competition course has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming.

**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. Swimmers/Coach will coordinate counters for 500, 1000, and 1650 freestyle from swimmers entered in session.

| 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:               |
|--------------------------------------|----------|--------------------|
| Monday, July 18 <sup>th</sup> , 2022 | 12:00 pm | Entry deadline     |
| Tuesday, July 26, 2022               | 3:15 pm  | Official Briefings |
| Tuesday, July 26, 2022               | 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 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 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 a cell phone, 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, 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 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. 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 SwimMAC's ability to accommodate all requests.

#### **ENTRIES**

Entries submitted in Hy-tec 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 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   | \$6.00 per event    |
| Relays Events  | \$12.00 per team    |
| NCS Travel Fund  | \$3.00 per swimmer  |
| Facility Surcharge   | \$16.00 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 Mens and Womens 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 that are not checked in will be scratched from the event and not seeded. Events will be deck seeded and swam slowest to fastest in session order. Events will be combined as needed. See 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-tec 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 bring a mask (if necessary) 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 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. 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 26, 2022

Session 1

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

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

\*Positive Check-in, Swimmers must provide own Counter

**2022 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](mailto:kdecann@swimmaccarolina.org)

|              |  |
|--------------|--|
| Team Name    |  |
| Club Code    |  |
| Coach        |  |
| Coach Phone  |  |
| Coach Email  |  |
| Team Address |  |

| Item  | Total Number | Cost per         | Total |
|---|--------------|------------------|-------|
| Individual Entries                          |              | \$6 per event    |       |
| Relay Entries                               |              | \$12 per team    |       |
| Swimmers (Travel Fund & Facility Surcharge) |              | \$19 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. 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.

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SIGNATURE (Coach or Club Representative)

CLUB

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TITLE

DATE



## NORTH CAROLINA SCRATCH RULE

208.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet announcement shall specify all mandatory check-in and scratch deadlines and procedures.

- .1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
- .2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch or as noted in 208.3.4 A or D.. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet announcement states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet announcement.
- .3 Preliminary and Finals Events
  - A. Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck then 208.3.2 applies
  - B. Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 208.3.4. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.
  - C. In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete
  - D. When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim
  - E. If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)
- .4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:
  - A. The Referee is notified in the event of illness or injury and accepts the proof thereof.
  - B. The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
  - C. The swimmer was not named in any finals heat during the initial announcement of results
  - D. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

## 208.4. RELAY SCRATCH RULE

- .1 All Meets - Any relay or relay member, in a relay event that fails to compete in or report for that event shall not be penalized.