



2021 ESSZ Short Course Age Group Championships

HOSTED BY TAC Titans Swim Team
Thursday, March 11 - Sunday, March 14, 2021
at Triangle Aquatic Center



Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC21053

MEET DIRECTOR		MEET ENTRY COORDINATOR	
Lana Sanders mymeetentry@gmail.com 919-696-0642		Lana Sanders mymeetentry@gmail.com 919-696-0642	
MEET REFEREE	ADMINISTRATIVE REFEREE	MEET MARSHAL	
David Rigsbee Swim.meet.referee@gmail.com	TBD	Chandler Munson cmusson@triangleaquatics.org	

CONDITION OF SANCTION

As a condition of this sanction, TAC Titans Swim Team agrees to comply and to enforce all COVID 19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, and the TAC Meet Plan detailed 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 TAC Titans Swim Team 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.

While NC Swimming allows out-of-state athletes to compete in NCS meets, some states and LSCs do not allow their athletes to travel to out-of-state meets. USA Swimming asks that clubs get approval from their home LSCs before their athletes may compete in out-of-state meets. That approval must be sent by the general chair of the traveling club's LSC to the general chair of the meet host's LSC.

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.

FACE COVERINGS

As a condition of sanction, all meet participants – coaches, officials, administrators, vendors, and athletes (when not in the pool) – must wear fabric or paper face coverings/masks that fit snugly against the face and simultaneously cover the nose and mouth to minimize the spread of respiratory droplets. All participants must also comply with mandated social distancing and mass gathering rules. Participants wishing to remove their face coverings for periods longer than 5 minutes to eat or drink must move and stay 10 feet away from others or exit the facility until their face coverings are back in proper position..

LOCAL PROTOCOLS AND CAPACITY PLAN

TAC is allowed to have 150 swimmers in the water at any time and an additional 140 people on deck on the EAST competition pool. Capacity in the stadium area and atrium is limited to 340 people. With session coaching staffs and the above meet and facility personnel, TAC is in compliance with all CDC, State and local government requirements.

Meet personnel for each session are as follows (All Meet Personnel MUST wear textile face coverings at all times with the Announcer as the exception during the meet):

- Five (5) Meet Marshals (Meet Volunteers): Two (2) individuals will be on deck and responsible for maintaining five (5) swimmers per lane for all warmup/warm-down. The other individuals will be responsible for maintaining social distancing in the stadium and not permitted to enter the pool deck. Meet Marshals must be in position 15 minutes before the start of warmups and work through the entire session.
- Nine (9) to Seventeen (17) Timers (Meet Volunteers): One to two timers per lane with a button and watch. The timing staff will be determined one week prior to the meet depending on capacity constraints and facility recommendations. Timers should not enter the pool deck until five minutes prior to the start of the session (not the warmup).
- One (1) Announcer (Meet Volunteer): Act as Clerk of Course to announce when swimmers should be entering the pool deck. Announcer should not enter the pool deck until five minutes prior to the start of the session (not the warmup).

TAC Personnel for each session are as follows (All TAC Staff MUST wear masks at all times with lifeguards on stand as the exception):

- One (1) Facility Supervisor
- One (1) Lifeguard Supervisor
- One (1) Meet Technician
- One (1) Customer Service Specialist
- One (1) Timing Operator
- Two (2) Video Operators
- One (1) Meet Director
- Three (3) Lifeguards

Official's Meeting for ALL SESSIONS will be conducted via Zoom at a date to be announced. It will be recorded for those who can't attend live and attendance will be monitored to ensure that all officials participate. Officials for each session are as follows and may be amended once facility capacity constraints in February are known:

- One (1) Meet Referee
- Two (2) Deck Referee
- One (1) Starter
- One (1) Admin Referee
- One (1) Admin Official/computer operator
- Four (4) Stroke and Turn Judges

Other:

- Volunteer/Officials' Check-In for the meet will be outside the TAC main entrance.
- Sponsor and/or vendor tables will be located outside at this event.
- The pool area will be cleared and completely sanitized within 30 minutes of the start of warm-ups of each session. Watches and shared items will be sanitized and/or placed in zip lock bags (to be changed between every session). Timers must bring their own pencil/pen.

The capacity plan will be updated to reflect the latest COVID-19 guidelines in effect for the meet.

**LOCKER
ROOMS/
CHANGING**

Deck changing is prohibited. 12&U athletes must arrive and depart in their suits. 13-14-year-old swimmers may use the locker rooms to change into and out of tech suits. Congregating in locker rooms is strictly prohibited. Locker rooms will be monitored by the meet marshal. Changing areas are limited to a maximum of fifteen (15) in each locker room as designated on signage outside and inside the locker rooms. Otherwise, locker rooms are for restroom use only and must not be used for showering.

Officials, volunteers, and coaches may use the dry restroom facilities on deck.

**ENTRY & EXIT
PROCEDURES
AND
ATHLETE
SEATING AREAS**

Swimmers will be allowed in the building no more than thirty (30) minutes prior to their warm-up time and must leave the building immediately after their last swim of the session.

Access to the building will be the front door only. Swimmers for each session will enter the building through the main entrance upstairs and proceed to their assigned team area in the stadium where they should practice social distancing throughout the entire stadium seating area.

Swimmers will setup their spot in the stadium. NO CHAIRS ON THE POOL DECK. SWIMMERS SHOULD ONLY BRING THEIR TOWEL AND A WATER BOTTLE/DRINK/CAP/GOGGLES/MASK ON DECK. SNACKS AND BAGS SHOULD REMAIN IN THEIR SPOT IN THE STADIUM. When told to begin warmup, swimmers will enter the pool deck via the **EAST** set of stairs and will go to their assigned warmup pool/lanes.

**SWIMMER
LIMITATIONS
AND
PROTOCOLS**

Swimmers not in the pool, waiting for their event behind the blocks, using the restroom, or meeting with a coach are not permitted on deck and must exit through the **WEST** stairs immediately and return to the Stadium to await the call for their next event.

When entering the pool for a scheduled event, swimmers will be asked to line up on designated spaces in the back of Spectator Stadium, maintaining social distancing protocol and will wait to be called down to the pool deck by the Announcer. All swimmers will enter the pool deck through the **EAST** stairs.

A MAXIMUM OF FIVE (5) SWIMMERS PER LANE FOR ALL WARMUPS AND WARM DOWNS.

**PARENTAL/
SPECTATOR
ACCESS,
LIMITATIONS,
AND
PROTOCOLS**

Due to facility size and COVID-19 limitations, there will be no "In-Person" spectator viewing. Spectators/Parents may not enter the facility for any reason. Should parents need to wait for their athlete during warmups or during the meet, there is a shopping center across the street where they can park and wait. There are also restrooms at the Kohl's department store or CVS if necessary and a Starbucks for food or beverages.

Parents/Guests are expected to comply with all mandated state/local/facility COVID-19 guidelines including distancing, mask use, and gathering limits while dropping off or picking up their athlete or if an emergency situation arises and they need to speak with their athlete or facility/meet personnel at the designated meeting location outside the Athlete Entrance.

Only swimmers and essential personnel will be allowed on deck. Swimmers will be able to exit via the front door if they need to see their parents. This door will be monitored.

There is absolutely no parking in front of the building or in the drop-off pickup lanes. This rule applies to coaches, staff, and parking space owners as well. This area is designated for parents to congregate with compliant masks and social distancing practices so that they can meet with their swimmers.

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 Main Entrance area. Should parents be unable to contact their child directly, they should see a Meet Marshal located at the main entrance to the facility. In the case of an emergency, please call and/or text the Meet Director.

**LIVE
STREAMING**

Live streaming will be available for parents to view the meet. Information on the livestream channel will be distributed to teams prior to the start of the meet.

**HEALTH
SCREENING**

Ingress to the facility will require health screening questions and/or a temperature check before entering in accordance with CDC and local health department recommendation. Temperature checks/health screenings will be administered by the meet marshals/coaches at the designated entrances for all participants upon arrival at the facility.

**PARTICIPATION
IS CONTINGENT
ON
COMPLIANCE**

Compliance with all COVID-19 safety protocols, rules, and regulations is required for participation in this meet. USA Swimming members or meet volunteers who fail or refuse to do so or who defy directions from Meet Marshals, officials, or facility staff may be ejected from the facility at the sole discretion of the Meet Referee, the Operations or Age Group Chair, or the Facility Director. All participants are expected to be familiar with safety requirements and are responsible for following them at all times.

FACILITY

Facility: Triangle Aquatic Center (TAC)

Address: 275 Convention Drive, Cary, NC 27511

Phone: 919-459-4045

Facility/Pool Specifications: The Triangle Aquatic Center (TAC) provides 3 indoor pools and supporting amenities including a full-service café, a swim shop, classroom and wireless internet. The 50-meter competition pool with bulkhead offers a total of 8 50-meter competition lanes with a depth of 7 to 12 feet that can be configured for separate 8-lane and 10-lane, 25-yard competition courses. The competition course has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming, Inc. The competition lanes are a minimum of 7 feet wide. The 25-yard program pool allows for 4 to 10 warm-up/warm-down lanes at any time. The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. Spectator seating for 1,000 above the deck offers bleacher seating with backs, tables, and open seating. The facility may charge a fee for admission to the spectator seating area overlooking the pool. There is a Daktronics OmniSport 2000 Pro Swimming timing system with HD video scoreboard. Meet participant parking is available across from the swimmer drop-off loop and in the shopping mall lot adjacent to the pool. Illegally parked vehicles are liable to be ticketed or towed by the local Police Department and the owner's expense.

ONLY USA Swimming registered athletes, meet personnel, and current USA Swimming registered officials and coaches may be on deck during warm-ups and/or competition. ALL coaches, officials, and

meet personnel will be required to wear credentialed wristbands or lanyards on the pool deck. Please check-in at the clerk of course.

CLASSIFICATION An Age Group Championship meet in timed finals format with qualifying time standards. Each session will be whole age groups competing together (13-14 session, 11-12 session, 10&U session). 13-14 and 11-12 will be four (4) full days (Thurs-Sun) and 10&U will be three (3) full days (Fri-Sun.) Meet Management reserves the right to adjust sessions, session assignments, and start times to comply with COVID-19 capacity constraints and cleaning requirements in effect at the time of the meet.

RULES This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention Policy, except where rules therein are optional and exceptions are stated, and the NCS Safety Program. The NCS Scratch Rule is in effect for this meet.

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.

TECHNICAL SUIT BAN FOR 12&Us **Per USA Swimming rule 102.8.1.F, 12&U 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.

REGISTRATION All swimmers must be properly registered with USA Swimming by entry deadline. Entries listed as "Registration Applied For" will not be accepted. There will be NO on deck registration available at this meet.

ELIGIBILITY This meet is open to members of the Eastern Section of the Southern Zone, its clubs and swimmers registered with USA Swimming and in good standing with the Eastern Section. All USA Swimming registered clubs in the following LSCs are eligible to become members of the Eastern Section: Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Southeastern and West Virginia. All swimmers must be registered with USA Swimming (2021) prior to the entry deadline. Teams and unattached swimmers may become annual members by paying the membership fee via check made payable to NCS Regional Fund and mailed with the application to:
2020 ESSZ Membership, c/o Jonathan Watson, Treasurer, 6766 Chauncey Drive, Raleigh, NC 27615.
Membership fees are \$25 prior to December 31 and \$150 after.

USA Swimming member athletes and clubs from outside these LSC boundaries are eligible to participate provided they 1) receive the approval to attend from the ESSZ Chair or delegate at least three months prior to the first day of the meet, 2) become registered associate members of the ESSZ prior to the meet entry deadline, and 3) meet the entry requirements. Associate membership fees of \$45 must be paid via check made payable to NCS Regional Fund and mailed with the application to:
2021 ESSZ Membership, c/o Jonathan Watson, Treasurer, 6766 Chauncey Drive, Raleigh, NC 27615.

Swimmers must have achieved the current ESSZ Short Course Age Group Championships qualifying standard in **each event** entered. Swimmers must be 14 years of age or younger on the first day of the meet.

Swimmers qualifying in the 1000Y Freestyle also qualify for a to swim in the 1650Y Freestyle and vice versa.

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.

SCHEDULE

Session	Day	Warm-Ups Start NOT BEFORE	Meet Starts NOT BEFORE	Age Group
1	Thursday AM	9:30 – 10:50 AM	11:00 AM	13-14
2	Thursday PM	3:30 -4:30 PM	4:40 PM	11-12
3	Friday AM	7:00 – 8:20 AM	8:30 AM	13-14
4	Friday Mid-Day	12:00 – 12:50 PM	1:00 PM	10&U
5	Friday PM	2:50 – 3:50 PM	4:00 PM	11-12
6	Saturday AM	7:00 – 8:20 AM	8:30 AM	13-14
7	Saturday Mid-Day	12:00 – 12:50 PM	1:00 PM	10&U
8	Saturday PM	2:50 – 3:50 PM	4:00 PM	11-12
9	Sunday AM	7:00 – 8:20 AM	8:30 AM	13-14
10	Sunday Mid-Day	12:00 – 12:50 PM	1:00 PM	10&U
11	Sunday PM	2:50 – 3:50 PM	4:00 PM	11-12

****Afternoon session warm-up and start times may change after entries are processed.***

****Session assignments may be changed and sessions may be added to comply with COVID-19 capacity constraints. Warm up sessions are limited to 150 swimmers.***

DEADLINE AND MEETING SUMMARY

DAY/DATE	TIME	FOR
Monday, March 1	6:00 PM	Entries DUE
Tuesday, March 2	6:00 PM	Psych sheet posted – NCSwim.org
Friday, March 5	6:00 PM	Corrections may be submitted until
Sunday, March 7	6:00 PM	New Qualifiers DUE
Monday, March 8	6:00 PM	Final psych sheet published
Wednesday, March 10	TBD	Virtual General Meeting
Wednesday, March 10	TBD	Virtual Officials' Meeting

*Teams are responsible for errors in their entry file. NO late entries after Sunday, March 7 at 6:00 PM.

QUALIFYING PERIOD

Short Course Championships: A swimmer must have achieved the qualifying time listed per event in a USA Swimming sanctioned, approved, or observed meet from **March 1, 2019 to 6:00 PM on Monday, March 1, 2021.**

Swimmers qualifying in events for the first time between March 1, 2021 and March 7, 2021 may enter as new qualifiers subject to the event entry limits (9 for the meet and 4 per day). Please email entry information to mymeetentry@gmail.com. **Do not send a new entry file.**

INDIVIDUAL ENTRIES AND LIMITS

Qualified swimmers may ENTER and SWIM up to nine (9) individual events for the meet and no more than four (4) events per day.

Swimmers may enter with any provable time from the qualifying period that meets the event requirements.

Swimmers qualifying in the 1650Y Freestyle automatically qualify for the 1000Y Freestyle and vice versa.

- 1650Y Freestyle qualifiers who want to swim the 1000Y Freestyle but do not have a provable qualifying time should enter the appropriate alternate distance event with their 1650Y/1500M Freestyle qualifying time.
- 1000Y Freestyle qualifiers who want to swim the 1650Y Freestyle but do not have a provable qualifying time should enter the appropriate alternate distance event with their 1000Y/800M Freestyle qualifying time.
- Alternate distance event qualifiers will be seeded behind primary event qualifiers.

RELAY ENTRIES

There will be NO relay events.

**ENTRY
DEADLINE/
LATE ENTRIES
AND
CORRECTIONS**

This meet's entry process has been amended to provide better COVID-19 capacity planning.

ON TIME ENTRIES WILL ONLY BE ACCEPTED BY HYTEK COMPATIBLE ENTRY FILE.

Entries are due by 6:00 PM on Monday, March 1, 2021, ten (10) days prior to the start of the meet. Swimmers qualifying in an event for the first time between March 1, 2021 and March 7, 2021 may enter by emailing Swimmer information, event and qualifying time to mymeetentry@gmail.com

When emailing your team entry, LIST ALL COACHES EMAILS FOR COMMUNICATIONS. Once entries are received, teams will receive an entry list to review. A preliminary Psych Sheet will be posted to the NCSwim.org website Tuesday, March 2, 2021 by 6:00 PM. Any entry corrections or time corrections must be emailed to the Entry Coordinator by Friday, March 5, 2021 at 6:00 PM.

There is no correction period for New Qualifiers. Coaches are responsible for ensuring new qualifying entries are correct and complete by March 7, 2021 entry deadline.

Late entries made after the relevant entry deadline are subject to double entry fees and a \$50 per team late fee. No late entries or changes will be accepted after March 7, 2021 at 6:00 PM after which point the final psych sheet will be generated and posted and the meet will be seeded. Any entries after this point will be accepted only with the approval of the Meet Referee and the Age Group Coordinator, only for open lanes in the slowest heat and will be subject to the double fees and team late fee.

**PROOF OF
TIMES**

-Swimmers who enter must have achieved a time equal to or faster than the qualifying standard for each event entered.

-The finalized results for each event will be reviewed by the ESSZ committee. If a swimmer fails to achieve the qualifying standard and cannot prove that they achieved the standard will be fined \$25 for each event. All fines will be collected by the ESSZ committee and go to the ESSZ travel fund.

-Proof of times may include times achieved during either Short Course (SCY) or Long Course (LCM) events. Long course meter equivalent events include:

* Swimmers who achieve the 400M Free may enter the 500Y Free. **Enter with the LCM time.**

* Swimmers who achieve the 800M Free or 1500M Free qualifying time may enter the 1000Y Free and/or the 1650Y Free. **Enter with the LCM time.**

-The SWIMS database will be the sole source used to verify Proof of Time for this meet.

ENTRY FEES

Coaches must use the Meet Entry Summary Report to calculate amount due. Payment of entry fees plus any assessed fines is at the start of warm ups on Thursday unless other arrangements are made with the Meet Director. Make checks payable to: **Triangle Aquatic Center (TAC)**

ENTRY FEES

Individual Event	\$10.00 per event
NCS Travel Fund	\$3.00 per swimmer <i>Note that you must calculate and submit your total due with the attached Meet Entry Fee Summary/Waiver.</i>
Facility Surcharge	\$20.00 per swimmer <i>Note that you must calculate and submit your total due with the attached Meet Entry Fee Summary/Waiver.</i>
Late Entry Fee	Double Event fee
<i>All fees are non-refundable.</i>	

*Teams are responsible for paying the entry fees as calculated on the Meet Entry Fee Summary page in this meet announcement.

SEEDING AND FORMAT

The conforming time for this meet is SCY. All times will be seeded by SCY first, then LCM, then SCM. Alternate event qualifiers in the 1000Y or 1650Y Freestyles will be seeded behind primary event qualifiers. Enter these alternate events with the qualifying time standard for each. Combined heats may be swum at the discretion of the Meet Referee.

All events that are 400Y or longer will be deck seeded after positive check in. An “electronic” positive check in by the deadline indicated in the schedule below is required to be seeded into the event. Failure to check in by the deadline will result in the swimmer not being able to swim in the event.

ALL EVENTS ARE TIMED FINALS AND WILL SWIM SLOW TO FAST, ALL GIRLS THEN ALL BOYS.

Swimmers must provide their own counters for the 500Y, 1000Y, and 1650Y Freestyles. These counters must be athletes, officials, or coaches participating in the meet. Assistance is available for small teams or unattached swimmers. Contact the Meet Referee.

For any event, combined girls/boys’ heats may be swum or pool/session changes may be made at the discretion of the Meet Referee. Meet Management reserves the right to add or combine sessions, adjust session start times and age group session assignments, and/or limit entries to comply with allowable COVID capacity numbers for the facility based on entries and to comply with all federal, state, local and facility guidelines in place at the time of the meet.

CHANGES TO MEET FORMAT

Within USA Swimming Rules and with unanimous agreement of the Meet Referee, the Meet Director, and the Age Group Coordinator, *prior to the first day of the meet*, limited changes **outside of those required for COVID-19 safety compliance** may be proposed to the format of the meet to improve competition and to accommodate unforeseen circumstances that arise after the meet is sanctioned. Proposed changes require unanimous agreement of coaches at the General Meeting.

This meet reflects temporary format changes necessary to comply with state, local, and facility laws and regulations for COVID-19 safety.

POSITIVE CHECK IN

The events in the following schedule will be deck seeded after positive check in. Positive check in by the deadline indicated below is required to be seeded into the event. Failure to check in by the deadline will result in the swimmer not being able to swim the event. Afternoon check in times will be adjusted if session start times change.

A contact free check in process will be published by the Administrative Referee. Coaches will convey positive check ins, DFSs and scratches electronically.

Individual Events		Check-In Deadline	
Age Group	Event	Day	Time
13-14 Girls	1000 Free	Thursday AM	11:00 AM
13-14 Boys	1650 Free	Thursday AM	11:00 AM
11-12 Girls	400 IM	Thursday PM	4:40 PM
11-12 Boys	400 IM	Thursday PM	4:40 PM
13-14 Girls	400 IM	Friday AM	8:30 AM
13-14 Boys	400 IM	Friday AM	8:30 AM
13-14 Girls	500 Free	Saturday AM	8:30 AM
13-14 Boys	500 Free	Saturday AM	8:30 AM
13-14 Girls	1650 Free	Sunday AM	8:30 AM
13-14 Boys	1000 Free	Sunday AM	8:30 AM
11-12 Girls	500 Free	Sunday PM	1:00 PM
11-12 Boys	500 Free	Sunday PM	1:00 PM

- SCRATCHES** The current North Carolina Swimming Scratch Rule will be in effect during the conduct of this meet. This will serve as the official guide for technical and procedural rules except when stated otherwise in the Meet Announcement. Coaches and swimmers are expected to be familiar with the rule.
- WARM UPS AND BREAKS** A multi- period warm-up may be utilized at the Age Group Coordinator’s and Meet Referee’s discretion if swimmer numbers warrant. Warm-up assignments and procedures will be communicated prior to the meet.
- Any scheduled breaks are noted in the Order of Events. The Meet Referee and Age Group Coordinator have authority to add breaks as necessary.
- SCORING** **INDIVIDUAL EVENTS:** 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Swimmers must achieve the qualifying time or faster in each event to score.
- Team and individual high point scores will be posted on deck after each day’s competition.
- AWARDS** Individual events: 1st – 8th place medals.
Team Awards: Trophies for 1st – 6th place.
Individual High Point Awards will be presented to the male and female swimmers with the highest point totals in individual events for each age group.
- There will be no awards ceremonies.
- COACHES** There will be a virtual General Meeting on **Wednesday, March 10 (time TBA)**. Coaches are responsible for any information presented at the meeting. Meetings may also be held at other times announced by the Meet Referee.
- COACH CREDENTIALS** Because of deck capacity restrictions, the number of coaches allowed on deck will be determined by the number of participating swimmers from each team.
There will be One Coach per every 5 swimmers entered per session allowed on deck.
- All coaches who wish to enter the facility must be declared on the Fee Summary Report and must check in and provide photo ID and proof of current USA Swimming membership. The Deck Pass app is acceptable proof of USA Swimming membership for all purposes. Coaches failing to provide proof of membership could be barred from the facility. Only coaches with a Deck Pass credential may be on deck and only when their team’s swimmers are competing.
Credentials for this event will be provided for entered/participating athletes/coaches and officials (must be pre-registered by the Meet Referee) who are members of USA Swimming.
- OFFICIALS** Due to stringent deck capacity limitations, the officials for this meet will be selected in advance by the Meet Referee and the NCS Officials Chair. An online signup sheet will be made available prior to the meet for officials to indicate availability and interest in volunteering at this meet. Selected officials will be notified and advised of their assigned sessions. There will be a virtual stroke briefing prior to the meet (time to be announced.)
- Officials must show proof of current USA Swimming membership and NCS certification to the Meet Referee or his designee. Deck Pass app is acceptable proof of USA Swimming membership for all purposes. The uniform is white shirts over navy bottoms with white shoes.
- Officials should report to their assigned position 15 minutes before session start, Officials are required to wear a textile face covering at all times and should bring a personal water bottle and a writing utensil. Officials must exit the facility at the conclusion of their assigned sessions.

**ELIGIBILITY
AND
TECHNICAL
JURY**

An Eligibility and Technical Jury will be appointed by the Age Group Coordinator or his/her designee consisting of one coach, one swimmer, and one non-coach/non-athlete member of NC Swimming should an eligibility or technical protest arise.

**HOSPITALITY/
CONCESSIONS**

There will be no hospitality. Water/soda and pre-wrapped snacks will be provided on deck for officials and coaches.

**MEMBERS
WITH
DISABILITIES
OR
MEDICAL
CONDITIONS**

NCS welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Swimmers with disabilities qualifying for the meet according to the published meet time standards should enter via HYTEK. Swimmers with disabilities who prefer to qualify using the Para Motivational Time Standards should contact the Meet Entry Coordinator to submit entries by the deadline. Coaches entering swimmers with disabilities who require any accommodations are required to provide advance notice in writing to the Meet Director and Meet Referee by the entry deadline including the need for any personal assistants 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 the host team's ability to accommodate all requests.

**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 COVID-19 and other 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. The TAC TITANS, Triangle 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.

NCS 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 is 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. For events occurring on the last day of a meet, a fine of \$100 per missed swim shall also be assessed to the club by the appropriate Division Chair for failure to compete. 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:
 - A. The Referee is notified in the event of illness or injury and accepts the proofthereof.
 - 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.

2021 ESSZ Short Course Age Group Championships

ORDER OF EVENTS

Thursday AM		Warm-ups 9:30 – 10:50 AM	Timed Finals Start 11:00 AM
Girls Event #	EVENTS		Boys Event #
1	13-14 200 Y Butterfly		2
3	13-14 100 Y Breaststroke		4
5	13-14 Girls 1000		
	13-14 Boys 1650		6

Thursday PM		Warm-ups 3:30 -4:30 PM	Timed Finals Start 4:40 PM
Girls Event #	EVENTS		Boys Event #
29	11-12 200 Y Freestyle		30
31	11-12 100 Y Breaststroke		32
33	11-12 100 Y Butterfly		34
35	11-12 400 Y Individual Medley		36

Friday AM		Warm-ups 7:00 – 8:20 AM	Timed Finals Start 8:30 AM
Girls Event #	EVENTS		Boys Event #
7	13-14 200 Y Backstroke		8
9	13-14 100 Y Freestyle		10
11	13-14 100 Y Butterfly		12
13	13-14 400 Y Individual Medley		14

Friday Mid-Day		Warm-ups 12:00 – 12:50 PM	Timed Finals Start 1:00 PM
Girls Event #	EVENTS		Boys Event #
61	10&U 50 Y Breaststroke		62
63	10&U 100 Y Freestyle		64
65	10&U 200 Y Individual Medley		66

Friday PM		Warm-ups 2:50 – 3:50 PM	Timed Finals Start 4:00 PM
Girls Event #	EVENTS		Boys Event #
37	11-12 50 Y Freestyle		38
39	11-12 200 Y Breaststroke		40
41	11-12 100 Y Backstroke		42
43	11-12 50 Y Butterfly		44

Saturday AM		Warm-ups 7:00 – 8:20 AM	Timed Finals Start 8:30 AM
Girls Event #	EVENTS		Boys Event #
15	13-14 50 Y Freestyle		16
17	13-14 200 Y Breaststroke		18
19	13-14 100 Y Backstroke		20
21	13-14 500 Y Freestyle		22

2021 ESSZ Short Course Age Group Championships ORDER OF EVENTS

Saturday Mid-Day		Warm-ups 12:00 – 12:50 PM	Timed Finals Start 1:00 PM
Girls Event #	EVENTS	Boys Event #	
67	10&U 50 Y Backstroke	68	
69	10&U 50 Y Butterfly	70	
71	10&U 100 Y Breaststroke	72	
73	10&U 200 Y Freestyle	74	

Saturday PM		Warm-ups 2:50 – 3:50 PM	Timed Finals Start 4:00 PM
Girls Event #	EVENTS	Boys Event #	
45	11-12 200 Y Butterfly	46	
47	11-12 50 Y Backstroke	48	
49	11-12 50 Y Breaststroke	50	
51	11-12 200 Individual Medley	52	

Sunday AM		Warm-ups 7:00 – 8:20 AM	Timed Finals Start 8:30 AM
Girls Event #	EVENTS	Boys Event #	
23	13-14 200 Y Freestyle	24	
25	13-14 200 Individual Medley	26	
27	13-14 Girls 1650 Y Freestyle		
	13-14 Boys 1000 Y Freestyle	28	

Sunday Mid-Day		Warm-ups 12:00 – 12:50 PM	Timed Finals Start 1:00 PM
Girls Event #	EVENTS	Boys Event #	
75	10&U 50 Y Freestyle	76	
77	10&U 100 Individual Medley	78	
79	10&U 100 Y Backstroke	80	
81	10&U 100 Y Butterfly	82	

Sunday PM		Warm-ups 2:50 – 3:50 PM	Timed Finals Start 4:00 PM
Girls Event #	EVENTS	Boys Event #	
53	11-12 100 Y Freestyle	54	
55	11-12 100 Individual Medley	56	
57	11-12 200 Y Backstroke	58	
59	11-12 500 Y Freestyle	60	

Warm up times, session start times, number of sessions, and age group/gender session assignments may change to comply with capacity limits and accommodate the largest number of swimmers who wish to compete. The final session schedule will be announced the week before the meet after the first entry deadline.

2021 ESSZ Short Course Age Group Championships

QUALIFYING TIME STANDARDS

Event	Course	Female			Male		
		10U	11-12	13-14	10U	11-12	13-14
50 Free	SCY	30.39	27.59	25.99	30.39	27.29	24.39
	LCM	34.59	31.49	29.69	34.59	31.09	27.89
100 Free	SCY	1:06.89	59.29	56.09	1:07.09	59.39	52.69
	LCM	1:15.89	1:07.49	1:03.89	1:16.09	1:07.59	1:00.09
200 Free	SCY	2:27.59	2:08.89	2:01.09	2:24.19	2:08.69	1:53.59
	LCM	2:47.09	2:25.39	2:17.59	2:43.29	2:26.09	2:09.29
500 Free	SCY	6:27.49	5:40.59	5:21.79	6:32.29	5:42.29	5:08.99
400 Free	LCM	5:45.89	5:03.99	4:47.19	5:50.19	5:05.49	4:35.79
1000 Free	SCY		11:43.89	11:08.79		11:38.99	10:42.09
800 Free	LCM		10:28.29	9:56.89		10:23.89	9:33.09
1650 Free	SCY		19:47.99	18:50.19		19:47.99	18:15.99
1500 Free	LCM		20:11.79	19:12.79		20:13.79	18:37.89
Backstroke							
50 Back	SCY	35.89	31.49		36.09	31.79	
	LCM	40.49	35.59		40.69	35.89	
100 Back	SCY	1:17.59	1:07.99	1:03.29	1:17.39	1:08.59	59.89
	LCM	1:27.39	1:16.69	1:11.49	1:27.09	1:17.39	1:07.69
200 Back	SCY		2:27.69	2:16.19		2:28.19	2:09.49
	LCM		2:46.39	2:33.59		2:49.89	2:26.19
Breaststroke							
50 Breast	SCY	39.69	35.89		40.19	35.49	
	LCM	45.09	40.89		45.69	40.39	
100 Breast	SCY	1:27.99	1:17.59	1:12.39	1:28.09	1:16.99	1:08.69
	LCM	1:39.69	1:28.19	1:22.39	1:39.79	1:27.49	1:18.29
200 Breast	SCY		2:49.49	2:36.19		2:47.69	2:28.29
	LCM		3:12.19	2:57.39		3:10.19	2:48.59
Flystroke							
50 Fly	SCY	33.99	30.19		34.59	30.59	
	LCM	38.49	34.29		39.09	34.69	
100 Fly	SCY	1:20.69	1:07.89	1:02.69	1:19.99	1:08.29	59.09
	LCM	1:30.99	1:16.79	1:10.99	1:30.19	1:17.19	1:06.99
200 Fly	SCY		2:36.29	2:20.79		2:33.49	2:14.79
	LCM		2:56.09	2:38.89		2:52.99	2:32.29
Individual Medley							
100 IM	SCY	1:17.69	1:07.99		1:17.39	1:08.49	
200 IM	SCY	2:46.59	2:26.29	2:18.09	2:46.09	2:28.29	2:10.49
	LCM	3:08.19	2:45.89	2:36.49	3:07.59	2:47.79	2:28.09
400IM	SCY		5:08.79	4:49.49		5:20.49	4:36.29
	LCM		5:49.19	5:27.79		6:02.19	5:13.09

2021 ESSZ Short Course Age Group Championships
Entry Fee Summary Report
Due no later than Thursday at Warmups

Club Name	
Club Code	
Address	
City	
Zip	
Head Coach	
Name	
Email	
Cell Phone	
Office Phone	
Main Coach Contact to receive ALL Meet Communications during meet if not the Head Coach	
Name	
Cell Phone	
Other Coaches and CELL PHONES Attending Meet	
Name	
Name	
Name	
Name	
Name	

I certify that all coaches identified are certified and properly registered as coaches with USA Swimming, Inc. and are responsible for the swimmers entered in this meet during the conduct of the complete event Thursday through Sunday. They will comply with and help enforce all safety measures including COVID-19 safety measures as outlined in this document.

Signature _____ Date _____

Release Statement: USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., TAC, TAC TITANS, AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS SHALL BE HELD FREE AND HARMLESS FROM ANY AND ALL LIABILITIES ON CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

Make checks payable to TAC TITANS and submit to the Meet Director with this form no later than start of warm ups on Thursday unless other payment arrangements are made.

# of Qualifying Swimmers (include unattached and new qualifiers)			
# of Individual Entries		X \$ 10.00 each entry	\$
NCS Travel Fund for Qualifiers		X \$ 3.00 each swimmer	\$
Facility Charge for Qualifiers		X \$ 20.00 each swimmer	\$
Fines, fees if applicable			\$
TOTAL AMOUNT DUE			\$