



2021 North Carolina Swimming Long Course Age Group Championships

Hosted by TAC Titans

Thursday, July 15 - Sunday, July 18, 2021

Held at Triangle Aquatic Center

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

Sanction #NC21118



ON-TIME ENTRY DEADLINE Monday, July 12
Qualification period: 7/1/2019-7/1/2021

MEET DIRECTOR		MEET ENTRY COORDINATOR	
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MEET REFEREE	ADMIN REFEREE	MEET MARSHALS	
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CONDITION OF SANCTION

As a condition of this sanction, TAC 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 COVID-19 Meet Plan detailed below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and hosts may not be issued sanctions for future meets during the COVID 19 sanctioning period.

ASSUMPTION OF RISK DISCLAIMER

TAC 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 AND [THE LSC] 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.

NCS and TAC TITANS may update the capacity plan and COVID-19 safety protocols to reflect the latest COVID-19 guidelines in effect at the time of the meet.

TAC COVID-19 MEET PLAN

COMPLIANCE IS A CONDITION OF SANCTION

Failure to comply with the submitted COVID-19 Meet Plan including but not limited to the proper use of face coverings or disregarding directions from a meet marshal, facility personnel, or meet official, could result in the sanction being rescinded and possible denial of future sanctions.

NCS FACE COVERING STATEMENT

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:

- North Carolina Swimming strongly recommends that partially vaccinated or unvaccinated individuals continue to wear face coverings and practice social distancing at all swimming activities.
- Other individuals are welcome to continue wearing face coverings for personal comfort.
- NCS clubs may require that participants wear face coverings and observe social distancing at meets that they host.
- 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.

FACILITY and HOST TEAM REQUIREMENTS

TAC TITANS has discussed specific health and safety procedures with the venue management. At this time, the facility and TAC TITANS have the following additional requirements listed below. 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.

- The Triangle Aquatic center requires that all meet participants – swimmers, coaches, officials and volunteers – wear face coverings at all times while in the Facility. Swimmers on deck preparing to enter the water and immediately exiting the water and the on-duty lifeguards are the only noted exceptions to this policy.
- There will be 360 athletes allowed per session.
- There will be 200 swimmers in the water per warm-up session with a maximum of fifteen (15) swimmers per lane LC and eight (8) swimmers per lane SC in the water for all warmup/warm downs. Teams will be assigned lane space based on the number of entries, and ***all teams should be aware that they may NOT have access to warm up lanes in the LC pool and "relay only" swimmers may have a later arrival/warmup time to ease congestion during pre-session warmups.***

COVID-19 safety protocols may be updated by NCS and/or TAC TITANS to reflect the latest COVID-19 guidelines in effect at the time of the meet.

MEET PERSONNEL

Meet Personnel for each session will include:

- Meet Marshalls (Meet Volunteers): Marshalls will be on deck and responsible for maintaining the maximum number of swimmers per lane for all warmup/warm-down. Marshalls will also be responsible for maintaining COVID protocol the Stadium/Atrium. Meet Marshalls must be in position 15 minutes before the start of the FIRST warmups and work through the entire session.
- Timers (Meet Volunteers): Two (2) per lane each with both a button and a watch plus a head and backup timers with two watches each.
- Announcer (Meet Volunteer): Act as Clerk of Course to announce when swimmers enter the pool deck.
- Other meet/facility personnel and volunteers as needed to provide adequate implementation of meet protocols and monitoring of health and safety protocols.

Volunteer/Officials' Check-In for the meet be inside the TAC lobby. Sponsor and/or vendor tables will be located outside at this event.

LOCKER ROOMS/ CHANGING and RESTROOM FACILITIES

Deck changing is prohibited. Locker rooms are reserved for athlete use and congregating in locker rooms is strictly prohibited. Locker rooms will be monitored by the meet marshal. Changing areas are limited to a maximum of twenty-five (25) in each locker room as designated on signage outside and inside the locker rooms.

Restroom facilities in the TAC lobby area available for parents waiting outside the building. These will be closely monitored by TAC staff. Deck restrooms are for meet personnel only – no swimmers.

ENTRY & EXIT PROCEDURES and ATHLETE SEATING AREAS

Swimmers for each session will enter the building through the main entrance upstairs and proceed to their assigned team area in the Stadium or Atrium (if assigned) where they should practice social distancing throughout the entire Stadium/Atrium 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.

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/Atrium 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.

PARENTAL/ SPECTATOR ACCESS, LIMITATIONS, and PROTOCOLS

There will be no "In-Person" spectator viewing. The meet will be live streamed via TAC-TV. Spectators may not enter the facility except monitored use of the restrooms located in the lobby. 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 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 just outside the Main Entrance. Should parents be unable to contact their child directly, they should see the attendant at the front desk in the lobby. In the case of an emergency, please call 919-459-4045.

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 Spectator Stadium and Atrium with capacity of up to 2000, full-service café, performance recovery center, hospitality gallery, classroom and wireless internet. Select swim gear can be purchased from the front desk.

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. Paddock Starting Blocks with Swim Innovation decks complete with Foot Wedge and optional non-mechanical backstroke ledges (at the meet referee's discretion) are available for all competition lanes. The competition lanes are a minimum of 7 feet wide. The 25-yard program pool allows for up to ten (10) warm-up/warm-down lanes at any time. There is a Daktronics OmniSport 2000 Pro Swimming timing system with HD video scoreboard.

The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. The facility may charge a fee for admission to spectators. 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 at the owner's expense.

Per USA Swimming and Safe Sport Rules...ONLY USA Swimming registered athletes, 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 wristbands or lanyards on the pool deck. Please check-in at the clerk of course.

CLASSIFICATION	An LSC Age Group Championship meet in preliminaries/finals and timed finals formats with qualifying time standards.
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	The Minor Athlete Abuse Prevention Policy is in effect for this meet and all Applicable Adults are expected to comply with the stated requirements and guidelines.
TECHNICAL SUIT BAN FOR 12&Us	<p>Per USA Swimming Rule 102.8.1.F, 12 & Under athletes may not compete in Technical Suits at this meet.</p> <p>A Technical Suit is one that has the following components:</p> <ul style="list-style-type: none"> a. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or b. Any suit with woven fabric extending past the hips
REGISTRATION	All swimmers must be properly registered with USA Swimming/NCS 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	<p>This meet is open to North Carolina Swimming registered swimmers who have achieved the current NCS Long Course Age Group Championship qualifying time standard for each event entered and are 14 years of age or younger on the first day of the meet.</p> <p>Swimmers qualifying in the 800M Freestyle automatically qualify for the 1500M Freestyle and vice versa.</p>
SAFE SPORT	<p>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.</p> <p>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.</p> <p>Deck changes are prohibited.</p> <p>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.</p> <p>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.</p> <p>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.</p>

SCHEDULE

Session	Day	Warm-up	Meet Start	Age Group
1	Thursday	1:30-2:55 PM	3:00 PM	13-14 Timed Finals, 11-12 Timed Finals
2	Friday	7:00-8:25 AM	8:30 AM	13-14 Preliminaries
3	Friday	12:00-1:00 PM	1:05 PM*	11-12, 10 & Under Timed Finals
4	Friday	5:00-5:55 PM	6:00 PM*	13-14 Finals, 11-12 200 Back
5	Saturday	7:00-8:25 AM	8:30 AM	13-14 Preliminaries
6	Saturday	12:00-1:00 PM	1:05 PM*	11-12, 10 & Under Timed Finals
7	Saturday	5:00-5:55 PM	6:00 PM*	13-14 Finals, 11-12 200 Fly
8	Sunday	7:00-8:25 AM	8:30 AM	13-14 Preliminaries
9	Sunday	12:45-1:45 PM	1:50 PM*	11-12, 10 & Under Timed Finals
10	Sunday	5:15-6:10 PM	6:15 PM*	13-14 Finals, 11-12 200 Breast

***Afternoon and Finals session start times may change after entries are processed.**

Split warm-up sessions may be utilized at the Meet Referee's and Age Group Coordinator's discretion and will be determined following entry deadlines. Warm-up lane assignments will be communicated to teams prior to the meet. **Please note that there may NOT be LC lanes available to all teams during warm-ups.**

Scheduled breaks are noted in the Order of Events. The Meet Referee has authority to add breaks as necessary.

DEADLINES and MEETINGS SUMMARY

Day	Time	For
May 10	12:00 Noon	OME opens for On-Time Entries
Monday 3 days before meet - July 12	6:00 PM	ENTRY DEADLINE: ON-TIME OME closes
Tuesday of meet week - July 13	6:00 PM	Deadline for corrections* and proof of override times
Tuesday of meet week	Virtual TBD	Mandatory Officials Stroke Briefing
Wednesday of meet week	Virtual TBD	Technical Meeting

***Entry lists will be emailed to teams on Monday of meet week following the 6:00 final entry deadlines. Please review all swimmers and entries (including relays) carefully and submit any and all corrections prior to the Tuesday correction deadline.**

QUALIFYING PERIOD

Long Course Championship: A swimmer must have achieved the qualifying time listed per event in a USA Swimming sanctioned, approved, or observed meet from July 1, 2019 to 11:59 PM the Sunday night before the meet entry deadline. Swimmers missing the entry deadline should enter via the LATE ENTRY OME file. (Note the qualifying period has been temporarily extended from 18 months to 2 years in consideration of limited competition opportunities in 2020.)

INDIVIDUAL ENTRIES and LIMITS

13-14 swimmers may enter and swim up to eight (8) individual events for the meet and no more than three (3) individual events per day.

11-12 swimmers may enter and swim up to eight (8) individual events for the meet. They are further limited to no more than four (4) individual events per day.

10&U swimmers may enter and swim up to eight (8) individual events for the meet. They are further limited to no more than four (4) individual events per day.

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

Swimmers qualifying in the 800M Free automatically qualify for the 1500M Free and vice versa.

- 1500M Freestyle qualifiers who want to swim the 800M Freestyle but do not have a provable qualifying time should enter via the appropriate alternate distance event with their 1500M/1650Y Freestyle qualifying time.
- 800M Freestyle qualifiers who want to swim the 1500M Freestyle but do not have a provable qualifying time should enter via the appropriate alternate distance event with their 800M/1000Y Freestyle qualifying time.
- Alternate distance event qualifiers will be seeded behind primary event qualifiers.
- Swimmers are not required to enter the original distance event in which they qualified in order to enter the automatic bonus event.

RELAY ENTRIES

Relay qualifying times are not required to be provable and may be overridden with aggregate or estimated times.

The number of relay entries allowed per team is determined by the number of qualifiers per gender per age group entered in individual events. At least one swimmer entered in an individual event must swim on each relay team or the relay team will be disqualified:

- 1-4 individual event swimmers in an age group/gender: Maximum of one (1) relay team for that age group/gender
- 5-8 individual event swimmers in an age group/gender: Maximum of two (2) relay teams for that age group/gender
- 9-12 individual event swimmers in an age group/gender: Maximum of three (3) relay teams for that age group/gender
- 13 or more individual event swimmers in an age group/gender: Maximum of four (4) relay teams for that age group/age group

Only the A and B designated teams are eligible for scoring. C and D relays will be marked as exhibition and will be seeded after all A and B relay teams.

Swimmers designated as 'relay only' in OME may ONLY swim relays. All relay swimmers, including alternates, must be entered on a team's OME roster, listed on the Meet Entry Form, and must pay the \$3.00 NCS Travel Fund surcharge and \$7.50 facility surcharge to be eligible to swim on relays.

Relays may be cancelled, if necessary, to comply with COVID-19 capacity restrictions.

OME ENTRIES/ PROOF OF TIME/ ENTRY DEADLINE/ LATE ENTRIES and CORRECTIONS

An events file for organizing entries will be posted on ncswim.org by June 1, 2021 or may be obtained via email request to the Entry Coordinator at OME@NCswim.org. USA Swimming's OME system will open no later than the Monday four (4) weeks before the meet at 12:00 Noon and will be used for all on-time entries except as noted. An OME User's Manual for NCS Champs is available on NCswim.org.

On-Time Entries

OME for on-time entries will close three (3) days prior to the meet on **Monday, July 12th at 6:00 PM**. OME is set to show the swimmer's fastest time at the time of entry but other provable times can be entered through the override option. Coaches may update entry times in OME until July 12th at 6:00 PM. **OME WILL NOT AUTOMATICALLY** update times.

Coaches shall confirm OME entries and entry times are correct and complete prior to checking out by the 6:00 PM entry deadline. Only original OME entries and rosters and emails from the Entry Coordinator will be accepted as proof of administrative or system errors.

Entry changes that cannot be made in OME must be submitted via the Google Form to the Entry Coordinator by Tuesday of meet week by the 6:00 PM correction deadline. The Google Form will provide a copy of submitted information to serve as receipt/proof of submission. Link to the form: <https://forms.gle/W5ewDkURvzujpLvL8>. Late entries must be made in the Late Entry OME file.

Entry Correction Period

All team contacts listed in OME will receive an entry list by midnight after the final OME files close on the Monday of meet week at 6:00 PM. Any entry corrections not previously requested must be submitted via the Google form by Tuesday 6:00 PM. <https://forms.gle/W5ewDkURvzujpLvL8> Teams should have an internal process in place including back up plans to ensure corrections are submitted by the deadline. Corrections will only be accepted from a registered coach with the athlete's team.

The meet will be seeded on Tuesday evening at 6:00 PM and the psych sheet will be published. Any entry changes requested after this point will be **accepted only with the approval of the Meet Referee and the Age Group Coordinator and only for open lanes in the slowest heat. Late entries will be charged double entry fees and the \$50 per team late fee.** No entry changes will be accepted after Wednesday at 12:00 Noon.

Proof of Times

Relay times do not require proof. But if a time override is used to enter an **individual** event in OME, it is the coach's responsibility to submit proof of time to the Entry Coordinator no later than 6:00 PM Tuesday, two (2) days before the meet, or the swimmer **WILL NOT** be seeded into the event in question. Proof of time consists of a SWIMS entry

or copy of/link to the final meet results from a **USA Swimming sanctioned, approved, or observed meet**. Sanction number, date, and location must be provided. **Hy-Tek Team Manager or Team Unify results WILL NOT be accepted as proof**. If proof is provided to the Admin Referee after the Tuesday deadline and before warm-ups begin on Thursday, the swimmer may be added to the event subject to lane availability in the slowest heat(s) **and** Meet Referee approval.

ATHLETES and 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 OME. Swimmers with classified disabilities who prefer to qualify using the Para Motivational Time Standards should email entries to the NCS Meet Entry Coordinator by the on-time entry deadline.

Coaches entering swimmers with disabilities and non-athlete members 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. Failure to provide advance notice may limit the host team’s ability to accommodate all requests.

ENTRY FEES

Teams are responsible for paying the entry fees as calculated on the Meet Entry Fee Summary page in this meet announcement. The **amount due in OME will be incorrect** if the team has relay only swimmers, para swimmers not entered in OME, or entry changes.

The total fees as calculated on the Entry Fee Summary plus any assessed entry fines are due no later than the start of warmups on Thursday unless alternate payment arrangements are negotiated with the Meet Director.

Make checks payable to: **Triangle Aquatic Center (TAC)**

Individual Event	\$6.00 per event
Relay Event	\$10.00 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers. Note that you must calculate and submit your total due with the attached Meet Entry Fee Summary/Waiver. If you have relay only swimmers, OME amount due will not be correct.
Facility Surcharge	\$15.00 per qualifying swimmer; \$7.50 per relay only swimmer. Note that you must calculate and submit your total due with the attached Meet Entry Fee Summary/Waiver. If you have relay only swimmers, OME amount due will not be correct.
Late Entry Fees	Double plus a potential \$50 fine.

Fees are non-refundable.

SEEDING and FORMAT

The conforming time for this meet is LCM. All times will be seeded by LCM first, then SCY, then SCM. 800 qualifiers will be ranked by their entry event/course as follows: 800/1000/1500/1650. The 1500 will be seeded 1500/1650/800/1000.

All events that are 400M or longer, 11-12 200M Backstroke, Breaststroke, and Butterfly, and all relays will be deck seeded after positive check in. A 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/relay team not being able to swim in the event. Check in process will be discussed at the Technical Meeting.

Swimmers must provide their own counters for distance events. 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 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-19 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.

13-14 Individual Events:

Except for the 800M and 1500M Freestyles, all events will be conducted on a preliminary and finals basis. A and B heats will swim in finals. The fastest eight qualifiers compete in the A Final (Championship) and the next fastest eight swim in the B Final (Consolation). **The B Final will swim before the A Final.** Alternates should identify themselves to the starter prior to the beginning of the event and should be ready to swim in the B Final if no shows occur. The A and B Finals will be scored.

13-14 800M Freestyle:

The 13-14 800M Freestyle will be swum as a timed final event and deck seeded after positive check in. All heats will swim fast to slow, alternating girls and boys. A combined girls/boys heat may be swum at the discretion of the Meet Referee. Swimmers must provide their own counters.

13-14 400M IM and 400M Freestyle:

The 13-14 400M IM and 13-14 400M Freestyle will be swum as preliminary/final events and deck seeded after positive check in. The **fastest two (2) preliminary heats will be circle seeded.** The **fastest 4 heats** of girls swim first slow to fast, followed by the **fastest 4 heats** of boys swum slow to fast. The remaining heats will swim fast to slow, alternating girls and boys. A combined girls/boys heat may be swum at the discretion of the Meet Referee.

13-14 1500M Freestyle:

The 13-14 1500M Free will be swum as a timed final event and deck seeded after positive check in. The fastest positively checked in heat (8) of girls and boys will swim in the Sunday finals session. There will be **no AM/PM option** for this event. All other heats will swim at the conclusion of preliminaries after a 10-minute break. These heats will swim fast to slow, alternating girls and boys. A combined girls/boys heat may be swum at the discretion of the Meet Referee. Swimmers must provide their own counters.

13-14 Relays:

All relays will be timed final events and deck seeded after positive check in. **There is no AM/PM option for relays.**

- The 13-14 800M Freestyle relay will swim fastest two heats of girls slow to fast, then fastest two heats of boys slow to fast, followed by remaining heats fast to slow alternating girls and boys.
- On Friday and Saturday, the fastest heat (8) of positively checked in relay teams will swim in the evening finals sessions. The remaining teams will swim at the end of the preliminary session, slow to fast in event order. There is **no AM/PM option.**

11-12 Individual Events:

All 11-12 events will be timed finals swum in the afternoon and evening sessions.

11-12 400M IM:

The 11-12 400M IM will be seeded after positive check in. The fastest three heats will swim slow to fast alternating girls and boys as indicated in the Order of Events. Remaining heats will swim at the conclusion of the finals session, fast to slow alternating girls and boys. A boys' heat may swim in place of an empty girls' heat and vice versa and heats may be combined at the discretion of the Meet Referee.

11-12 400M Freestyle:

The 11-12 400M Freestyle will be deck seeded after positive check in and will swim slow to fast in event order. A combined girls/boys heat may be swum at the Meet Referee's discretion.

11-12 200M Backstroke, Butterfly, and Breaststroke Events:

These 11-12 events will be swum as timed finals. The events will be deck seeded after positive check in. On Friday, Saturday, and Sunday, the fastest three (3) positively checked in heats of each 200 event will be swum slow to fast in the evening sessions, interspersed with the 13-14 Finals events as indicated in the Order of Events. If during Finals, **both** of the interspersed heats are empty, a 5-minute break will be observed. A boys' heat may swim in place of an empty girls' heat and vice versa and heats may be combined at the discretion of the Meet Referee.

Any additional seeded heats in these events will swim at the end of the evening sessions, during a scheduled break, or at the end of the afternoon sessions on the days they are scheduled. These heats will be swum fast to slow, alternating girls and boys. **The Meet Referee and Age Group Coordinator will determine after entries have closed when the extra heats will swim for each event and will announce their decision at the Technical Meeting.**

10 & Under Individual Events:

All events will be timed finals and swum in the afternoon sessions.

10&U 400M Freestyle:

The 10&U 400M Freestyle will be deck seeded after positive check in and will swim slow to fast in event order. A combined girls/boys heat may be swum at the Meet Referee's discretion.

10&U and 11-12 Relays: All relays will be timed final events. All relays will swim slow to fast in event order.

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 Technical Meeting*, 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 Technical Meeting. *NCS and TAC reserve the right to alter the COVID-19 Safety Plan based on regulations in place at the time of the meet.*

CHASE STARTS

Based on projected timelines, the Age Group Coordinator, the Meet Referee, and the Meet Director reserve the right to use chase starts for preliminary and timed finals events 100M and longer. This decision will be announced at the Technical Meeting.

POSITIVE CHECK IN

The events and relays in the following schedule will be deck seeded. 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/relay team not being able to swim the event. Afternoon check in times will be adjusted if session start times change.

A virtual/online check-in process is planned, and the final procedures will be announced by the Administrative Referee at the Technical Meeting.

Individual Events	Check-In Deadline			
13-14	800M Free	Thursday	2:15 PM	
11-12	400M IM	Thursday	2:15 PM	
11-12	200M Back	Thursday	6:30 PM	
13-14	400M IM	Friday	8:00 AM	
10&U 11-12	400M Free	Friday	12:15 PM or 30 min before session starts	
11-12	200M Butterfly	Friday	6:30 PM	
13-14	400M Free	Saturday	8:00 AM	
11-12	200M Breaststroke	Saturday	6:30 PM	
13-14	1500M Free	Saturday	6:30 PM	
Relay Events	Check-In Deadline			Relay Cards Due
13-14	800M Free Relay	Thursday	2:30 PM	3:30 PM
13-14	400M Free Relay	Friday	8:00 AM	10:00 AM/ 5:00 PM
11-12	400M Free Relay	Friday	12:15 PM or 30 min before session starts	2:15 PM
13-14	400M Medley Relay	Saturday	8:00 AM	10:00 AM/ 5:00 PM
10&U 11-12	200M Medley Relay 400 Medley Relay	Saturday	12:15 PM or 30 min before session starts	2:15 PM
10&U 11-12	200M Free Relay	Sunday	1:00 PM or 30 min before session starts	3:00 PM

SCRATCHES

The current NCS Scratch Rule will be in effect during the conduct of this meet for prelim/finals and deck seeded events (see attachment.) 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 and penalties.

WARM UPS AND BREAKS

Multi-period warm-up sessions 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. **All teams should be aware that they may NOT have access to warm up lanes in the Long Course (LC) pool and "relay only" swimmers may have a later arrival/warmup time to ease congestion during pre-session warmups.** Athletes will follow proper distancing protocols while in the water or when entering/exiting. Coaches will be responsible for monitoring athletes during warm-ups.

Scheduled breaks are noted in the Order of Events. The Meet Referee and Age Group Coordinator have authority to add or modify 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 standard or faster in each event to score.

RELAY EVENTS: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Only A and B designated relays per gender can score for each team.

Team and individual high point scores will be published at Finals each evening.

AWARDS

There will be no awards ceremonies at this meet. **Teams are required to pick up all awards by Sunday night. TAC/Titans will NOT mail any awards.**

Individual events: 1st– 8th place medals.

Relays: 1st – 3rd 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 points scored in individual events for each age group.

Sportsmanship and Spirit Award: Based on the vote of teams represented at the NCS LC Age Group Championship meet. In the events of a tie, the Meet Director, Meet Referee, NCS Coach Rep and NCS Age Group Coordinator may cast tie-breaking votes. The deadline for voting is up until completion of the Sunday 12 & Under session.

READY ROOM

Qualifiers for the A final are invited to report to the ready room five minutes prior to their event for the parade of the A final heat.

RESULTS

Results will be available on Meet Mobile and the host team's website, facility internet connectivity permitting. At the conclusion of the meet, teams will be emailed results files or may request results files on a memory stick.

COACHES

There will be a virtual Technical Meeting on Wednesday prior to the meet at a time to be announced. Coaches are responsible for any information presented at the meeting. Meetings may also be held at other times announced by the Meet Referee.

LIMITED COACH CREDENTIALS AVAILABLE

Because of deck capacity restrictions, the number of coaches allowed on deck will be determined by the number of participating swimmers from each team. Deck Pass credentials are available only to coaches whose USA Swimming membership and certifications will be current at the time of the meet. These Deck Pass credentials will be allocated based upon the total number of participating athletes:

- 1-4 swimmers in individual events; 1 Deck Pass credential.
- 4-10 swimmers in individual events; 2 Deck Pass credentials.
- 7-9 swimmers in individual events; 3 Deck Pass credentials
- 10-20 swimmers in individual events; 4 Deck Pass credentials.
- 21-30 swimmers in individual events; 5 Deck Pass credentials.
- 31-40 swimmers in individual events; 6 Deck Pass credentials.
- 41-50 swimmers in individual events; 7 Deck Pass credentials.
- 51 or more swimmers in individual events; 9 Deck Pass credentials.
- Unattached swimmers and new qualifiers with a team shall be included in above schedule even if listed on separate entry form.
- Unattached swimmers not with a team: 1 Deck Pass credential.
- NCS and TAC may choose to change these allocations based on capacity constraints in place at the time of the meet.

All coaches who wish to enter the facility 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.

OFFICIALS

Due to 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 mandatory virtual stroke briefing on Tuesday prior to the meet (time to be announced) and meetings prior to each session as announced by the Meet Referee.

Officials must show proof of current USA Swimming membership and NCS certification to the Meet Referee upon request. A current member's Deck Pass is acceptable proof of USA Swimming membership for all purposes.

The uniform is white shirts over navy bottoms with white shoes. Long pants or skirts are preferred for finals.

This meet has been designated as a USA Swimming Official Qualification Meet. (Certification for N2 S&T, CJ, DR, AR; re-certification for N2 all positions; and certification and re-certification for N3 S&T.) Officials interested in other evaluations should contact the NCS Officials Chair by June 1. Any official wishing to participate should fill out the Officials sign up form on NCSwim.org. Officials requesting an assigned position should apply by June 1. Assignments will be based on evaluation requests, level of experience, and other factors. Please see the USA Swimming website for additional information on National evaluation and certification requirements.

ELIGIBILITY and TECHNICAL JURY

An Eligibility and Technical Jury will be appointed by the Operations Vice Chair or his 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 and CONCESSIONS

There will be limited hospitality available to coaches and officials.

WAIVER/ RELEASE

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on your OME entry are registered with USA Swimming. You acknowledge that you are familiar with the Safe Sport 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. You further acknowledge that all team members will follow the COVID-19 safety plan outlined in this document. Triangle Aquatic Center, TAC Titans, 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 NCS 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 NCS website or social media sites or in public broadcast of the event via television, live stream, 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.

MEDIA RELEASE

The Triangle Aquatic Center and the TAC TITANS reserve the right to use photographs, video and other media from anyone who participates in events at the Triangle Aquatic Center. The Triangle Aquatic Center may utilize this media through any channels it deems proper. Participants include swimmers, coaches, officials, meet personnel and spectators. The Participants waive any right to inspect or approve said media as well as any right to compensation.



North Carolina Swimming 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. 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 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.



2021 North Carolina Swimming Long Course AG Championships Time Standards

EVENT		FEMALE			MALE		
		10&U	11-12	13-14	10&U	11-12	13-14
50 Free	LCM	35.99	30.59	29.09	36.29	30.49	27.59
	SCY	31.49	26.89	25.29	31.49	26.69	23.99
100 Free	LCM	1:19.99	1:07.09	1:03.29	1:20.89	1:07.79	59.89
	SCY	1:10.29	58.19	55.19	1:10.29	58.49	51.89
200 Free	LCM	2:55.89	2:26.79	2:19.49	2:54.29	2:27.69	2:12.19
	SCY	2:32.99	2:08.39	1:59.99	2:32.29	2:08.79	1:54.99
400 Free	LCM	5:54.29	5:16.49	4:55.39	5:51.49	5:20.39	4:38.49
500 Free	SCY	6:27.49	5:47.49	5:23.09	6:24.29	5:49.19	4:59.19
800 Free	LCM	X	X	10:14.79	X	X	9:57.99
1000 Free	SCY	X	X	11:22.49	X	X	11:02.19
1500 Free	LCM	X	X	19:36.19	X	X	19:10.99
1650 Free	SCY	X	X	19:10.09	X	X	18:29.59
50 Back	LCM	43.19	35.89	X	42.69	35.09	X
	SCY	36.09	30.99	X	37.19	30.59	X
100 Back	LCM	1:33.49	1:16.59	1:11.99	1:33.79	1:18.69	1:08.69
	SCY	1:20.09	1:06.59	1:02.69	1:20.99	1:07.89	59.29
200 Back	LCM	X	2:51.39	2:35.69	X	2:51.09	2:28.79
	SCY	X	2:27.59	2:14.49	X	2:24.39	2:08.79
50 Breast	LCM	48.29	41.09	X	49.69	42.09	X
	SCY	41.49	35.29	X	43.09	36.29	X
100 Breast	LCM	1:47.09	1:30.09	1:24.49	1:49.09	1:31.69	1:19.49
	SCY	1:31.89	1:17.29	1:12.59	1:33.79	1:19.09	1:08.89
200 Breast	LCM	X	3:13.19	3:02.09	X	3:09.69	2:52.59
	SCY	X	2:46.89	2:36.69	X	2:42.49	2:28.49
50 Fly	LCM	41.49	33.09	X	41.39	34.09	X
	SCY	36.29	29.39	X	36.69	30.19	X
100 Fly	LCM	1:38.69	1:16.49	1:11.59	1:38.69	1:18.19	1:07.09
	SCY	1:25.79	1:07.49	1:02.19	1:25.79	1:09.19	58.99
200 Fly	LCM	X	2:53.19	2:40.79	X	2:51.49	2:35.99
	SCY	X	2:30.09	2:19.89	X	2:28.69	2:13.49
100 IM	LCM	X	X	X	X	X	X
	SCY	X	X	X	X	X	X
200 IM	LCM	3:20.59	2:44.29	2:36.79	3:20.59	2:46.29	2:28.39
	SCY	2:54.19	2:24.09	2:16.29	2:54.19	2:24.99	2:08.79
400 IM	LCM	X	6:07.69	5:37.19	X	6:04.59	5:16.09
	SCY	X	5:17.49	4:47.49	X	5:17.19	4:34.69



2021 NORTH CAROLINA SWIMMING SCM* TIME STANDARDS



NOTE – LCM Times converted to SCM using Swimming World conversion
* SCM qualifying times accepted for LC NCS Championships only while under Covid restrictions.

Long Course AG Championships Time Standards

SCM EVENT	FEMALE			MALE		
	10&U	11-12	13-14	10&U	11-12	13-14
50 Free	35.49	30.09	28.59	35.79	29.99	27.09
100 Free	1:19.09	1:06.19	1:02.39	1:19.99	1:06.89	58.99
200 Free	2:54.89	2:25.79	2:15.29	2:53.29	2:26.69	2:11.19
400 Free	5:50.49	5:12.69	4:51.59	5:47.69	5:16.59	4:28.29
800 Free			10:03.49			9:46.69
1500 Free			19:16.19			18:50.99
50 Back	42.49	35.19		41.99	34.49	
100 Back	1:31.99	1:15.09	1:10.49	1:32.29	1:17.19	1:07.19
200 Back		2:48.39	2:32.69		2:48.09	2:25.79
50 Breast	47.69	40.49		49.09	41.49	
100 Breast	1:45.59	1:28.59	1:22.99	1:47.59	1:30.19	1:17.99
200 Breast		3:09.69	2:59.59		3:06.19	2:49.09
50 Fly	40.89	32.49		40.79	33.49	
100 Fly	1:37.39	1:15.19	1:10.29	1:37.39	1:16.89	1:05.79
200 Fly		2:49.89	2:37.49		2:48.19	2:32.69
200 IM	3:12.49	2:36.19	2:28.69	3:12.49	2:38.19	2:20.29
400 IM		5:56.39	5:25.89		5:53.29	5:04.79

USA Swimming Para Motivational Time Standards

Para 1 LSC Motivational Time Standards

P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Girls								P1	Boys							
	10 & U P1		11-12 P1		13-14 P1		15 & O P1			10 & U P1		11-12 P1		13-14 P1		15 & O P1	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	1:44.49	1:44.49	1:34.69	1:34.69	1:26.19	1:26.19	1:24.89	1:24.89	50 FR	1:39.29	1:39.29	1:30.29	1:30.29	1:21.29	1:21.29	1:18.29	1:18.29
	3:39.19	3:39.19	3:18.59	3:18.59	3:00.79	3:00.79	2:58.09	2:58.09	100 FR	3:44.19	3:44.19	3:23.79	3:23.79	3:03.49	3:03.49	2:56.69	2:56.69
	8:44.89	8:44.89	7:55.69	7:55.69	7:12.99	7:12.99	7:06.49	7:06.49	200 FR	6:09.09	6:09.09	5:35.59	5:35.59	5:01.99	5:01.99	4:50.90	4:50.89
	2:03.59	2:03.59	1:51.99	1:51.99	1:41.99	1:41.99	1:40.39	1:40.39	50 BK	1:22.89	1:22.89	1:15.39	1:15.39	1:07.89	1:07.89	1:05.39	1:05.39
	3:47.19	3:47.19	3:25.89	3:25.89	3:07.49	3:07.49	3:04.59	3:04.59	100 BK	3:01.19	3:01.19	2:44.69	2:44.69	2:28.19	2:28.19	2:22.69	2:22.69
	1:54.39	1:54.39	1:43.63	1:43.63	1:34.39	1:34.39	1:32.99	1:32.99	50 BR	1:29.59	1:29.59	1:21.49	1:21.49	1:13.29	1:13.29	1:10.59	1:10.59
	5:26.29	5:26.29	4:55.69	4:55.69	4:29.19	4:29.19	4:25.39	4:25.39	100 BR	4:19.99	4:19.99	3:56.39	3:56.39	3:32.69	3:32.69	3:24.89	3:24.89
	3:03.89	3:03.89	2:46.69	2:46.69	2:31.79	2:31.79	2:29.49	2:29.49	50 FL	2:48.09	2:48.09	2:32.79	2:32.79	2:17.49	2:17.49	2:12.39	2:12.39
	7:35.89	7:35.89	6:53.15	6:53.15	6:16.19	6:16.19	6:10.49	6:10.49	150 IM	7:30.09	7:30.09	6:49.19	6:49.19	6:08.19	6:08.19	5:54.59	5:54.59

Para 2 LSC Motivational Time Standards

P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	Girls								P2	Boys							
	10 & U P2		11-12 P2		13-14 P2		15 & O P2			10 & U P2		11-12 P2		13-14 P2		15 & O P2	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	56.89	59.79	51.49	54.19	46.89	49.39	46.19	48.59	50 FR	53.99	56.79	49.09	51.69	44.19	46.49	42.59	44.79
	2:06.59	2:13.19	1:54.69	2:00.69	1:44.39	1:49.89	1:42.79	1:48.19	100 FR	1:59.09	2:05.29	1:48.29	1:53.99	1:37.39	1:42.59	1:33.79	1:38.79
	4:20.49	4:34.19	3:56.09	4:08.49	3:34.89	3:46.29	3:31.69	3:42.79	200 FR	4:11.89	4:25.09	3:48.49	4:00.99	3:26.09	3:36.89	3:18.49	3:28.89
			9:37.09	7:51.09	8:45.39	7:08.89	8:37.49	7:02.39	400/ 500 FR			9:37.89	7:51.69	8:40.09	7:04.49	8:20.79	6:48.79
	1:09.09	1:12.69	1:02.59	1:05.89	56.99	59.99	56.09	59.09	50 BK	1:01.09	1:04.29	55.49	58.39	49.99	52.59	48.09	50.69
	2:39.79	2:48.19	2:24.79	2:32.49	2:11.89	2:18.79	2:09.89	2:16.69	100 BK	2:32.79	2:40.89	2:18.89	2:26.29	2:05.09	2:11.59	2:00.39	2:06.79
			4:58.79	5:14.49	4:31.99	4:46.29	4:27.89	4:41.99	200 BK			4:20.89	4:34.59	3:54.79	4:07.09	3:46.09	3:57.99
	1:12.09	1:15.89	1:05.49	1:08.89	59.59	1:02.69	58.69	1:01.69	50 BR	1:09.19	1:12.79	1:02.89	1:06.19	56.59	59.59	54.49	57.39
	2:39.99	2:48.39	2:24.99	2:32.59	2:11.99	2:18.89	2:09.99	2:16.79	100 BR	2:33.39	2:41.49	2:19.49	2:26.79	2:05.49	2:12.09	2:00.89	2:07.19
			5:17.19	5:34.19	4:24.89	4:38.79	4:44.69	4:59.59	200 BR			5:00.99	5:16.79	4:30.89	4:45.09	4:20.89	4:34.59
	1:09.59	1:13.19	1:03.09	1:06.39	57.39	1:00.39	56.59	59.49	50 FL	55.89	58.79	50.79	53.49	45.69	48.09	43.99	46.39
	2:58.89	3:08.29	2:42.09	2:50.59	2:27.59	2:35.29	2:25.39	2:32.89	100 FL	2:55.29	3:04.49	2:39.39	2:47.79	2:23.39	2:30.99	2:18.09	2:25.39
	5:31.79	5:49.19	5:00.59	5:16.39	4:33.69	4:48.09	4:29.59	4:43.69	200 IM	5:12.39	5:28.89	4:43.99	4:58.99	4:15.59	4:29.09	4:06.19	4:19.09

Para 3 LSC Motivational Time Standards

P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	Girls								P3	Boys							
	10 & U P3		11-12 P3		13-14 P3		15 & O P3			10 U P3		11-12 P3		13-14 P3		15 & O P3	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	44.09	48.89	39.89	44.29	36.39	40.39	35.79	39.69	50 FR	39.79	44.19	36.19	40.19	32.59	36.19	31.39	34.79
	1:33.89	1:44.29	1:25.09	1:34.49	1:17.49	1:26.09	1:16.39	1:24.79	100 FR	1:26.49	1:36.09	1:18.59	1:27.29	1:10.79	1:18.59	1:08.09	1:15.69
	3:51.49	4:17.19	3:29.79	3:53.09	3:10.99	3:32.19	3:08.09	3:28.99	200 FR	3:17.69	3:39.59	2:59.69	3:19.69	2:41.69	2:59.59	2:35.79	2:53.09
	8:46.89	7:43.19	7:57.59	6:59.79	7:14.79	6:22.19	7:08.19	6:16.39	400/ 500 FR	8:31.99	7:30.09	7:45.49	6:49.19	6:58.99	6:08.29	6:43.49	5:54.69
			18:00.49	15:15.59	16:32.69	14:04.39	16:18.49	13:52.79	800/ 1000 FR			18:21.59	15:37.49	16:31.39	14:03.69	15:54.69	13:32.49
			32:31.89	30:28.19	30:01.09	28:08.19	29:37.39	27:46.39	1500/ 1650 FR			34:04.19	31:55.79	30:39.71	28:44.19	29:31.53	27:40.29
	53.39	59.29	48.39	53.69	44.09	48.99	43.39	48.19	50 BK	45.59	50.69	41.49	46.09	37.29	41.49	35.89	39.89
	1:52.49	2:04.99	1:41.99	1:53.29	1:32.89	1:43.19	1:31.49	1:41.59	100 BK	1:36.09	1:46.79	1:27.39	1:37.09	1:18.59	1:27.39	1:15.69	1:24.09
			4:04.79	4:31.89	3:42.99	4:07.69	3:39.59	4:03.89	200 BK			3:29.49	3:52.79	3:08.59	3:29.49	3:01.59	3:21.79
	56.79	1:03.09	51.49	57.19	46.79	51.99	46.09	51.19	50 BR	49.79	55.29	45.29	50.29	40.79	45.29	39.29	43.59
	1:59.69	2:12.99	1:48.49	2:00.49	1:38.69	1:49.69	1:37.19	1:47.99	100 BR	1:50.59	2:02.89	1:20.49	1:51.69	1:30.49	1:40.49	1:27.19	1:36.79
			4:20.29	4:49.19	3:56.99	4:23.29	3:53.29	4:19.19	200 BR			3:40.09	4:04.49	3:18.09	3:40.09	2:56.09	3:31.89
	48.29	53.59	43.69	48.49	39.79	44.19	39.19	43.49	50 FL	43.29	48.09	39.29	43.69	35.39	39.29	31.49	37.89
	1:41.69	1:52.89	1:32.09	1:42.29	1:23.89	1:33.19	1:22.59	1:31.69	100 FL	1:30.89	1:40.99	1:22.79	1:31.99	1:14.39	1:22.59	1:06.09	1:19.59
			3:40.99	4:05.49	3:21.39	3:43.69	3:18.09	3:40.09	200 FL			3:29.19	3:52.39	3:08.29	3:29.19	2:47.39	3:21.39
	3:57.99	4:24.39	3:35.69	3:59.59	3:16.29	3:38.09	3:19.39	3:34.79	200 IM	3:29.69	3:52.99	3:10.69	3:31.79	2:51.59	3:10.69	2:32.49	3:03.59
			8:34.59	9:25.49	7:48.39	8:34.69	7:41.39	8:26.99	400 IM			7:46.79	8:20.09	6:56.79	7:30.09	6:40.09	7:13.39



2021 NORTH CAROLINA SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIP ORDER OF EVENTS

THURSDAY EVENING		Warm-ups 1:30-2:55 PM	Timed Finals 3:00 PM
Girls Event	EVENTS		Boys Event
1	13-14 800M Freestyle		2
3/Heats 1-3	11-12 400M IM		4/Heats 1-3
5	13-14 800M Freestyle Relay		6
3/Heats 4+	11-12 400M IM		4/Heats 4+

FRIDAY MORNING		Warm-ups 7:00-8:25 AM	Preliminaries 8:30 AM
Girls Event	EVENTS		Boys Event
7	13-14 200M Freestyle		8
9	13-14 100M Breaststroke		10
11	13-14 100M Butterfly		12
13	13-14 400M Individual Medley		14
	10-minute break		
15	13-14 400M Freestyle Relay**		16

**The fastest heat of relay teams (girls & boys) will swim in finals. No AM/PM option.

SATURDAY MORNING		Warm-ups 7:00-8:25 AM	Preliminaries 8:30 AM
Girls Event	EVENTS		Boys Event
19	13-14 200M Butterfly		20
21	13-14 50M Freestyle		22
23	13-14 200M Breaststroke		24
25	13-14 100M Backstroke		26
27	13-14 400M Freestyle		28
	10-minute break		
29	13-14 400M Medley Relay**		30

**The fastest heat of relay teams (girls & boys) will swim in finals. No AM/PM option.

SUNDAY MORNING		Warm-ups 7:00-8:25 AM	Preliminaries 8:30 AM
Girls Event	EVENTS		Boys Event
35	13-14 100M Freestyle		36
37	13-14 200M Backstroke		38
39	13-14 200M Individual Medley		40
33	13-14 1500M Freestyle**		34

**The fastest heat of girls & boys will swim in finals. No AM/PM option. Swimmers must provide their own counters.



2021 NORTH CAROLINA SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIP ORDER OF EVENTS

Note: Session Start Times are subject to change

FRIDAY AFTERNOON		Warm-ups 12:00-1:00 PM	Timed Finals 1:05 PM
Girls Event	EVENTS		Boys Event
43	11-12 50M Freestyle		44
45	10&U 50M Freestyle		46
47	11-12 100M Butterfly		48
49	10&U 100M Butterfly		50
51	11-12 50M Breaststroke		52
53	10&U 50M Breaststroke		54
55	11-12 400M Freestyle		56
57	10&U 400M Freestyle		58
59	11-12 400M Freestyle Relay		60
17	11-12 200M Backstroke**		18

** Events 17/18 swim in finals.

SATURDAY AFTERNOON		Warm-ups 12:00-1:00 PM	Timed Finals 1:05 PM
Girls Event	EVENTS		Boys Event
61	10&U 200M Freestyle		62
63	11-12 200M Freestyle		64
65	10&U 100M Breaststroke		66
67	11-12 100M Breaststroke		68
69	10&U 100M Backstroke		70
71	11-12 100M Backstroke		72
73	10&U 200M Medley Relay		74
75	11-12 400M Medley Relay		76
31	11-12 200M Butterfly**		32

** Events 31/32 swim in finals.

SUNDAY AFTERNOON		Warm-ups 12:45-1:45 PM	Timed Finals 1:50 PM
Girls Event	EVENTS		Boys Event
77	10&U 50M Backstroke		78
79	11-12 50M Backstroke		80
81	10&U 200M Individual Medley		82
83	11-12 200M Individual Medley		84
85	10&U 50M Butterfly		86
87	11-12 50M Butterfly		88
89	10&U 100M Freestyle		90
91	11-12 100M Freestyle		92
93	10&U 200M Freestyle Relay		94
95	11-12 200M Freestyle Relay		96
41	11-12 200M Breaststroke**		42

** Events 41/42 swim in finals.



2021 NORTH CAROLINA SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIP ORDER OF EVENTS

Note: Session Start Times are subject to change

FRIDAY FINALS		Warm-ups 5:00-5:55 PM	Finals 6:00 PM
Girls Event	EVENTS		Boys Event
7	13-14 200M Freestyle		8
17/1	11-12 200M Backstroke*		18/1
9	13-14 100M Breaststroke		10
17/2	11-12 200M Backstroke*		18/2
11	13-14 100M Butterfly		12
17/3	11-12 200M Backstroke*		18/3
13	13-14 400M Individual Medley		14
10-minute break			
15	13-14 400M Freestyle Relay**		16
17/4+	11-12 200M Backstroke*		18/4+

*Heats 4+ swim at the end of finals unless announced differently. If both 11-12 heats are empty, a 5-minute break will be observed instead.

**The fastest heat of relay teams (girls & boys) will swim in finals.

SATURDAY FINALS		Warm-ups 5:00-5:55 PM	Finals 6:00 PM
Girls Event	EVENTS		Boys Event
19	13-14 200M Butterfly		20
31/1	11-12 200M Butterfly*		32/1
21	13-14 50M Freestyle		22
31/2	11-12 200M Butterfly*		32/2
23	13-14 200M Breaststroke		24
31/3	11-12 200M Butterfly*		32/3
25	13-14 100M Backstroke		26
27	13-14 400M Freestyle		28
10-minute break			
29	13-14 400M Medley Relay**		30
31/4+	11-12 200M Butterfly*		32/4+

*Heats 4+ swim at the end of finals unless announced differently. If both 11-12 heats are empty, a 5-minute break will be observed instead.

**The fastest heat of relay teams (girls & boys) will swim in finals.

SUNDAY FINALS		Warm-ups 5:15-6:10 PM	Finals 6:15 PM
Girls Event	EVENTS		Boys Event
33	13-14 1500M Freestyle**		34
41/1	11-12 200M Breaststroke*		42/1
35	13-14 100M Freestyle		36
41/2	11-12 200M Breaststroke*		42/2
37	13-14 200M Backstroke		38
41/3	11-12 200M Breaststroke*		42/3
39	13-14 200M Individual Medley		40
41/4+	11-12 200M Breaststroke*		42/4+

*Heats 4+ swim at the end of finals unless announced differently. If both 11-12 heats are empty, a 5-minute break will be observed instead.

**The fastest heat of girls & boys 1500 swim in finals. All others swim in prelims. Swimmers must provide counters.

2021 NORTH CAROLINA SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIP MANDATORY Entry Fee Summary Report and Waiver

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

I certify that all coaches identified above are currently certified and registered as coaches with USA Swimming, Inc. and will be certified and registered as coaches during the meet dates and will be directly responsible for the swimmers entered in this meet during the conduct of the event, Thursday through Sunday.

Signature _____ Date _____

Release Statement: USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., Triangle Aquatic Center, 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 mail to Lana Sanders, TAC, 275 Convention Drive, Cary, NC 27511 or submit to the Meet Director with this form no later than the start of warmups on Thursday.

	Number		Fee
# of Qualifying Swimmers			
# of Relay Only Swimmers			
# of On-Time and New Qualifier Individual Entries		X \$6.00 each entry	\$
# of On-Time and New Qualifier Relay Team Entries		X \$10.00 each relay entered	\$
# of Late Individual Entries		X \$12.00 each entry	\$
# of Late Relay Entries		X \$20.00 each entry	\$
NCS Travel Fund (Qualifiers PLUS Relay Only swimmers)		X \$3.00 each swimmer	\$
Facility Charge for Qualifiers		X \$15.00 each swimmer	\$
Facility Charge for Relay Only swimmers		X \$7.50 each swimmer	\$
Late Entry Fine (if assessed)		X \$50.00	\$
TOTAL AMOUNT DUE			\$

LOCAL INFORMATION: