



**Speedo Champions Series**  
**Eastern Section of the Southern Zone**  
**Spring SC Championship**  
 Hosted by TAC Titans  
**March 6 - 9, 2025**  
**Triangle Aquatic Center**

275 Convention Drive, Cary, NC 27511

Held under the Sanction of USA Swimming, Inc.

Issued by LSC Sanction #NC25036; Time Trials Sanction #NC25036TT

MEET DIRECTOR	MEET ENTRY COORDINATOR	MEET MARSHAL
Lana Sanders <a href="mailto:mymeetentry@gmail.com">mymeetentry@gmail.com</a> 919-696-0642	Lana Sanders <a href="mailto:mymeetentry@gmail.com">mymeetentry@gmail.com</a> 919-696-0642	Matt Cardenas (m) Kelsey Symm (f)
MEET REFEREE	ADMINISTRATIVE REFEREE	ESSZ CHAIR AND MEMBERSHIP CHAIR
Aimee Onoszko <a href="mailto:aonoszko@bellsouth.net">aonoszko@bellsouth.net</a> 816-665-6080	Mike Trexler <a href="mailto:mike_trexler@mac.com">mike_trexler@mac.com</a>	Jay Dodson <a href="mailto:starcoachjay@gmail.com">starcoachjay@gmail.com</a>
TIME TRIALS REFEREE		
TBD		

**CODE OF CONDUCT**

Individuals, including spectators, not complying with any safety requirement in place for this competition, including capacity limitations, or with the USA SWIMMING code of conduct or individuals who otherwise impede the effective operation of the meet may be banned from the venue at the Meet Referee’s or Facility Director’s discretion.

**FACILITY**

The Triangle Aquatic Center (TAC) provides 3 indoor pools and 1 outdoor pool with supporting amenities including a Spectator Stadium and Atrium with combined capacity of up to 1000, full-service café, performance recovery center, hospitality gallery, classroom, and wireless internet. Select swim gear can be purchased from the vending machine in the lobby provided by Kiefer Aquatics.

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. 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 that may be available during the meet. There is a Swiss Timing Quantum timing system that will include automated touch pads, at least one (1) semi-automatic plunger and at least one (1) stopwatch per lane along with an HD video scoreboard. The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. TAC will ensure the correct competition course dimensions. Prior to each session of competition, the facility host shall examine the bulkhead and shall confirm to the Meet Referee that the bulkhead is stable, straight and properly positioned and anchored.

The Facility will charge a fee for admission to spectators for this meet. Information will be posted.

Meet participant parking is available across from the swimmer drop-off loop and in the fenced area 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** meet volunteers, USA Swimming registered athletes, and current USA Swimming registered officials and coaches may be on deck during warm-ups and/or competition. **NO SPECTATORS ARE ALLOWED ON THE COMPETITION POOL DECK AT ANY TIME. NO PERSON ON THE USA SWIMMING BANNED LIST MAY PARTICIPATE IN THE MEET IN ANY WAY.**

Locker rooms are reserved for athlete use. Separate rest room facilities are available for officials, coaches, and volunteers. ALL coaches, officials, and meet personnel will be required to wear issued credentials.

TAC's Operations and Lifeguard staff will provide basic medical coverage throughout the facility and is fully supported by Wake County EMS.

The event will be livestreamed via TAC TV - [TAC TITANS - YouTube](#)

## SCHEDULE

Session	Day	Warm-up	Meet Start
*	Wednesday (teams may contact Melissa Oman <a href="mailto:MOman@triangleaquatics.org">MOman@triangleaquatics.org</a> to arrange for lanes.)	*	*
1	Thursday	7:30-11:00 AM	*
*	General Meeting Thursday	3:00 PM	*
2	Thursday Finals	3:30-4:45 PM	5:00 PM
3	Friday Preliminaries	6:30-8:50 AM	9:00 AM
4	Friday Finals	4:30-5:45 PM	6:00 PM
5	Saturday Preliminaries	6:30-8:50 AM	9:00 AM
*	Sectional Meeting Saturday	15 min. after Prelims	*
6	Saturday Finals	4:30-5:45 PM	6:00 PM
7	Sunday Preliminaries	6:30-8:50 AM	9:00 AM
8	Sunday Finals	4:00-5:15 PM	5:30 PM

## ELIGIBILITY and SECTION MEMBERSHIP

ESSZ Sectional meets are open to the members of the Eastern Section of the Southern Zone—USA Swimming registered clubs and unattached swimmers who are in good standing with specified LSCs, the ESSZ, and USA Swimming and meet the entry requirements. All USA Swimming registered clubs and unattached swimmers in the following LSCs are eligible to join the ESSZ: Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Southeastern, and West Virginia. 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: 2025 ESSZ Membership, c/o Jonathan Watson, Treasurer, 6766 Chauncey Drive, Raleigh, NC 27615. Membership fees are \$50 prior to January 15, 2025 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 \$50 must be paid via **check made payable to: NCS Regional Fund** and mailed with the application to: 2025 ESSZ Membership, c/o Jonathan Watson, Treasurer, 6766 Chauncey Drive, Raleigh, NC 27615.

All forms are available on the ESSZ website: [USAS Eastern Section of the Southern Zone Home \(teamunify.com\)](http://USAS Eastern Section of the Southern Zone Home (teamunify.com))

All swimmers must be registered with USA Swimming, Inc. and all Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to the entry deadline. Entries listed as "Registration Applied For" will not be accepted. There will be no on-deck registration available at this meet.

All coaches must be properly certified members of USA Swimming throughout the meet. Each club is responsible for the proper registration of its swimmers and coaches. The person signing the entry form accepts all responsibility for compliance. Each coach attending the meet must be listed on the coach contact form.

Swimmers attending the meet without a coach must arrange to be supervised by a USA Swimming member coach from another team in attendance and communicate this to the Meet Director.

#### **ENTRY LIMITS**

Swimmers may enter as many events for which they qualify and as many bonus events as they choose but may swim a maximum of three (3) individual events per day including Time Trials. **The swimmer is responsible for scratching from oversubscribed events.** Otherwise, swimmers will be automatically scratched from their fourth and subsequent events over the three-event daily limit. Scratches must be received by the Admin Referee by the relevant scratch deadline in order not to count toward a swimmer's daily event limit.

Each team will be limited to two relay teams per event.

#### **ENTRY REQUIREMENTS, QUALIFYING TIME STANDARDS, and QUALIFYING PERIOD**

All ESSZ swimmers must enter at least one event for which they have attained the current Sectional meet time standard in short course yards or long course meters. Qualifying times must be available in SWIMS and have been achieved at a USA Swimming sanctioned, approved, or observed meet between the first day of the ESSZ Summer Senior Sectional meet approximately 18 months prior and the entry deadline for the current meet. ESSZ teams with relay only swimmers must declare those swimmers on their OME roster.

**\*\*Out-of-ESSZ swimmers must enter at least one event for which they have attained the current Sectional meet time standard in short course yards or long course meters. Qualifying times must be available in SWIMS and have been achieved at a USA Swimming sanctioned, approved, or observed meet between the first day of the ESSZ Summer Senior Sectional meet approximately 18 months prior and the entry deadline for the current meet.**

Out-of-ESSZ teams are not permitted to enter relay only swimmers.

All swimmers must enter in the course in which they achieved the time standard (SCY/LCM.) Faster times achieved after the entry deadline will not be accepted as updates to previously entered times.

The qualifying period for the current Sectional meet is **Thursday, July 13, 2023 thru Monday, March 3, 2025.**

#### **BONUS EVENTS**

ESSZ Qualifiers may enter any number of bonus events for which they qualify subject to daily event limits. However, swimmers who compete in bonus events but fail to attain or better the ESSZ meet qualifying time standard are subject to fines as described below. Please mark them as "Bonus" on your entry file.

**FAILURE TO ATTAIN TIME STANDARDS**

ESSZ and out-of-ESSZ swimmers who compete but fail to equal or better the current ESSZ meet time standards in any individual event (regular or bonus) must be able to prove that they have previously achieved the current ESSZ meet qualifying time. The only acceptable proof-of-time will be official meet results from a USA Swimming sanctioned, approved, or observed competition. Any qualifying time from the SWIMS database used as an entry time will automatically constitute proof unless an override entry time is used. Swimmers unable to provide proof of time will be assessed a \$25 fine for each event they cannot prove. Proof of time is due by May 31. Beginning June 1, fines are doubled to \$50 per occurrence regardless of provability.

In the event a swimmer does not pay an assessed fine, neither the swimmer nor the swimmer’s team will be eligible to enter future ESSZ Sectional meets until such time as the fine is paid. Teams with outstanding fines must pay prior to the entry deadline of any Sectional meet in which they intend to compete. Fines will be deposited with no further need of proof. All fines collected go to the ESSZ Travel Fund.

**DISABILITY SWIMMER ENTRIES**

All disability swimmers must have met the current Can Am standards in long course meters, short course meters, or short course yards for EACH event entered. Times must have been achieved between the first day of the ESSZ Senior Sectional meet approximately 18 months prior and the entry deadline for the current meet.

**ENTRY PROCESS AND DEADLINES**

An events file for organizing entries will be posted on [ncswim.org](http://ncswim.org) by **January 13, 2025** or via email request to the entry coordinator at [mymeetentry@gmail.com](mailto:mymeetentry@gmail.com)

Entry deadline for this meet is Monday, **March 3, 2025** at 3:00 PM (eastern time).

OME will be used for all entries including relays and relay only swimmers. OME will **close** the Monday of meet week, **March 3, 2025** at 3:00 PM (eastern time). OME will open no later than Monday, **January 13, 2025**. Coaches can update entry times in OME until they close out their entries or it closes. Questions or problems with OME should be directed to **Lana Sanders** at [mymeetentry@gmail.com](mailto:mymeetentry@gmail.com)

**ESSZ teams should enter via the OME file labeled “SPEEDO ESSZ Spring Championships.” Out-of-ESSZ swimmers who have been invited to participate must contact the entry coordinator to have their team added to OME.**

Entry requests received after OME closes will be considered late and accepted only as described below in LATE ENTRIES and only for open lanes in existing heats.

**ENTRY VERIFICATION**

A psych sheet will be issued to the person submitting the OME entry by **3:00 PM on Tuesday** of meet week. Coaches have until **3:00 PM on Wednesday** of meet week to identify any missing entries, time corrections or other entry errors and email corrections to the entry coordinator at [mymeetentry@gmail.com](mailto:mymeetentry@gmail.com) . Any changes after that point will be made at the discretion of the Meet Referee only.

**ENTRY FEES**

**Make checks payable to the host team. All fees are non-refundable. Payment in full is due no later than the General Meeting or first day of team competition.**

Individual Event	\$10.00 per event
Relays	\$15.00 per relay
NCS Travel fund	\$ 3.00 per swimmer
Facility Surcharge	\$20.00 per swimmer
Time Trials events	\$10.00/\$20.00 per event
Late Entry Fee (double)	\$20.00/\$30.00

**PAYMENT**

**Payment must be made by check payable to the host team and is due in full no later than the General Meeting on Thursday or the first day of attendance.**

Any alternate payment arrangements must be negotiated with the Meet Director. Teams should bring copies of OME rosters and receipts for verification.

<b>LATE ENTRIES</b>	Late entries for events will be accepted at the meet at the discretion of the Meet Referee on a first come/first served basis only if open lanes are available and will be seeded with NT. No additional heats will be created for late entries. Late entries will be accepted at the meet up until the time that the Clerk of Course closes before each session (see schedule under SCRATCH AND POSITIVE CHECK IN DEADLINES). Late entry fees will be doubled for individual and relay events--\$20.00 per individual event and \$30.00 per relay—and payable in cash upon entry. Late entered swimmers must present proof of current USA Swimming registration if they are not already entered in the meet. No on-deck registration will be available.
<b>RULES</b>	This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated. The NCS Scratch Rule will be in effect.
<b>TECHNICAL SUIT BAN for 12&amp;Us</b>	<p><b>Per USA Swimming Rule 102.8.1F, 12 &amp; Under athletes may not compete in Technical Suits at this meet.</b></p> <p>A Technical Suit is one that has the following components:</p> <ul style="list-style-type: none"> <li>-Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or</li> <li>-Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.</li> </ul>
<b>MAAPP</b>	All Adult Participants 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.
<b>SAFE SPORT</b>	<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 workout rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. No running or horseplay will be tolerated. Access to the main locker rooms is restricted to swimmers only. <b>Only feet first entry into warm-up/warm-down lanes at all times except during specific warm-up periods while under the direct supervision of a certified coach.</b> 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, restrooms, locker rooms or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race. Main locker rooms are reserved for participating swimmers only.</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. <b>They must report to the Meet Director upon arrival to make sure everything has been received before they may warm-up or compete.</b></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> <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, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials, and or/ spectators are present.</p>

**BREAKS** Breaks are noted in the Order of Events. Additional breaks may be inserted at the discretion of the Meet Referee.

**SEEDING** The conforming time standard for this meet is short course yards (SCY). Swimmers who have achieved the LCM or SCM cut must enter with that time. Swimmers will be seeded in the order of SCY/LCM/SCM/Bonus. Swimmers will be seeded and swim from slow to fast unless otherwise indicated. Heats and events may be combined and, if two pools are used, assigned to specific pools at the discretion of the Meet Referee.

**SCRATCH AND POSITIVE CHECK IN PROCEDURES** This meet will follow USA Swimming procedures specified in rule 207.11.6 except where exceptions are stated.

Swimmers who do not intend to swim an event or must scratch down to the three events per day limit or need to make room for a time trial should scratch by the indicated deadline. Scratch cards should be completed and deposited in the scratch box at Clerk of Course by the appropriate deadline. While there will be no penalty for failure to compete in preliminary heats of events 200Y or less, swimmers and coaches should remember that late entries will only be accepted for empty lanes. Therefore, all coaches are asked to declare any scratches to the Clerk of Course before the deadlines to insure full heats and the best competition opportunities possible for all athletes.

A positive check-in, located at the Clerk of Course, will be required for these events. Swimmers and relay teams who do not positively check in may not be seeded in the event:

- 1000 Freestyle
- 400 Individual Medley
- 500 Freestyle
- 1650 Freestyle
- All Relays

**SCRATCH AND POSITIVE CHECK IN DEADLINES**

EVENT	DAY	TIME
Scratches from Thursday events (email and text scratches to the Administrative Referee are accepted)	Thursday	4:00PM
Positive check in 1000 Freestyle	Thursday	4:00PM
Positive check in 800 Free Relay*	Thursday	4:00PM
Scratches from Friday events	Thursday	7:00PM
Positive check in for 400 IM and 400 Medley Relay*	Friday	8:00AM
Scratches from Saturday events	Friday	7:00PM
Positive check in 500y Free	Saturday	8:00AM
Positive check in 400 Free Relay* (AM / PM)	Saturday	7:00PM
Positive check in 1650y Free (AM / PM)	Saturday	7:00PM
Scratches from Sunday events	Saturday	7:00PM

\*Relay cards are due at least one hour before the relay is scheduled to swim but may be changed up until the relay swims.

## SCRATCH PENALTIES

According to the scratch rule, a swimmer who is properly checked in for a positive check in deck seeded event, been seeded, and fails to compete in said event, shall be barred from his/her next individual event unless excused by the Meet Referee. There is no penalty for failure to compete in pre-seeded preliminary heats of individual events except that an individual event from which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer's three events per day limit. There is no penalty for failure to compete in relay events.

A swimmer initially qualifying for an A, B, C, or D Final who neither scratches with the Administrative Referee nor declares his or her intent to scratch within 30 minutes after the announcement of qualifiers for that event is considered checked in. If a checked-in swimmer fails to compete in Finals, he or she shall be barred from further competition unless excused by the Meet Referee. In order to field full Finals heats, swimmers who qualify in the top 50 (top 70 on Sunday) and have no intention of swimming in Finals should indicate this by scratching.

## FORMAT

**Individual Events:** All individual events 500Y or less will be conducted as preliminaries and finals including the 400 IM and the 500 Free, which will be deck seeded after positive check in. The 1000 Freestyle and the 1650 Freestyle will be conducted as timed finals and will be deck seeded after positive check in.

**Finals:** There will be a **Championship A Final**, a **Consolation B Final**, a **Bonus C Final**, and a **Bonus D Final, which will be limited to 18&Us**, for all prelim/final events. The Finals heats will be swum in the following order: D Final, C Final, B Final, and A Final. The A and B Finals will be scored. Championship A Finalists are invited to the Ready Room 5 minutes before their event for parading. D, C, and B Finalists should report to the blocks. Alternates should report to the starter prior to the D Final and will swim in the D or C Final should no shows occur.

### **1000y Free:**

The 1000 Free events will be conducted as timed finals and will be deck-seeded after positive check in. The fastest **three** heats of women will swim first, slow to fast, followed by the fastest **three** heats of men swum slow to fast, then all remaining heats swum fast to slow alternating women and men. Swimmers must provide their own counters and may be required to provide their own timers.

### **400y IM:**

The 400 IM events will be deck-seeded after positive check in. The fastest **two** preliminary heats will be circle seeded. The fastest **four** women's heats will swim first slow to fast, then the fastest **four** men's heats will swim slow to fast, then the remaining heats will swim fast to slow alternating women and men. If two pools are used, no alternating will occur.

### **500y Free:**

The 500 Free events will be deck-seeded after positive check in. The fastest **two** preliminary heats will be circle seeded. The fastest **four** women's heats will swim first slow to fast, then the fastest **four** men's heats will swim slow to fast, then the remaining heats will swim fast to slow alternating women and men. If two pools are used, no alternating will occur. Swimmers must provide their own counters.

### **1650y Free:**

The 1650 Free events will be conducted as timed finals and will be deck-seeded after positive check in. Swimmers are responsible for indicating AM or PM preference with the fastest heat of positively check in swimmers of each gender swimming in the Finals session. The remaining heats will swim at the end of the Preliminary session after the last heat of the 400 Medley Relay, fast to slow alternating women and men. Swimmers must provide their own counters. If two pools are used, no alternating will occur. Swimmers in the morning session may be required to provide their own timers.

**Relays:** All relays will be deck seeded after positive check in and conducted as timed Finals.

-Heats of the **800 Freestyle Relay** will swim fastest two heats of women slow to fast, followed by fastest two heats of men slow to fast, with remaining heats swum fast to slow alternating women and men. If two pools are used, no alternating will occur.

-The fastest **two** heats of each gender in the **400 Medley Relay** will swim in Finals on Friday, slow to fast, both women's heats then both men's heats. Remaining heats will swim in the Preliminary session 10 minutes after the last heat of 400 IM, slow to fast, all women then all men. There is no AM/PM option for these relays.

-The fastest **two** heats of each gender in the **400 Freestyle Relay selecting PM** will swim in Finals on Sunday, slow to fast, both women's heats then both men's heats. Remaining heats will swim in the Preliminary session 10 minutes after the last heat of 200 IM, slow to fast, all women then all men.

The Meet Referee may combine heats and events as necessary and assign events to separate pools. If two pools are used, genders will not need to alternate.

## SCORING

The top 16 places in all events will score points as follows:

Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

A and B Finalists must attain the ESSZ time standard for the individual event to score team or individual points.

Relay events will score double.

## AWARDS

Individual & Relay Awards: Medals for 1<sup>st</sup> through 8<sup>th</sup> place for individuals and 1<sup>st</sup> through 3<sup>rd</sup> for relay events. Winners should report to the podium to receive their awards according to the **schedule announced at the General Meeting.**

Team Awards: 1<sup>st</sup> through 6<sup>th</sup> place combined teams.

Individual High Point: Highest scoring woman and man.

## RESULTS

Results will be posted on [www.triangleaquatics.org/events/event-results](http://www.triangleaquatics.org/events/event-results) within 24 hours of the meet's conclusion and teams will be emailed their results. Meet Mobile and LiveResults may be used as facility internet connectivity permits.

## WARMUP PROCEDURES

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warmup procedures. Open morning warmups will be offered from 6:30-8:30 AM. Specific warmups will be offered at 8:30 in the main competition pool during which at least two lanes will be assigned as pace lanes and at least two lanes will be assigned as one-way race start lanes. Meet Management reserves the right to change warmup times according to the number of entries. During the competition, there will be at least **8 (eight)** lanes available for continuous warmup/down. There is to be no diving or horseplay in this area. Swimmers will enter the pool feet first except in lanes that are designated for one-way race starts under the direct supervision of a certified coach. No equipment in the competition pools during scheduled warmups (including but not limited to snorkels, kickboards, fins or pull buoys).



## TIME TRIALS

Time trials will be offered after all Preliminary and Finals sessions , time permitting. Time trials count toward a swimmer's three events per day individual event limit. Relay only swimmers are not eligible to swim time trials.

Sign up deadlines on days when Time Trials are offered will be 10:30 AM for Time Trials after Preliminaries and 6:00 PM for Time Trials after Finals. The 1650 and 1000 Frees may be Time Trialed after one Preliminary session to be determined by the Meet Referee. The order in which time trial events will be conducted will follow National event order (e.g., that day's events, followed by the next day, etc., finishing up with the previous day's events). However, in the session that distance frees are offered, they will be the last events of the session.

Time Trial fees are \$10.00 per individual event and \$20.00 for relays payable in cash at sign up. Swimmers must provide their own timers and counters for Time Trials. Time Trials will begin no later than 15 minutes after the session conclusion.

## GENERAL MEETING

The General Meeting will be held at 3:00 PM on Thursday in the Hospitality Room on the upper level. Teams are responsible for knowing and complying with information distributed and decisions made at the General Meeting.

## ESSZ BUSINESS MEETING

The sectional meeting will be held no more than 30 minutes after the conclusion of the Preliminary session on Saturday in the Hospitality Room on the upper level. All member teams are expected to attend. Agenda items include bidding for upcoming Sectional meets and other ESSZ business.

## COACHES

All coaches on deck must be registered and certified with USA Swimming. USA Swimming app – Membership card is acceptable proof of USA Swimming membership. Meet Management will require all coaches to show proof of current certification/registration and coaches must display their meet credentials if issued by the host team or always have easy access to their printed or virtual USA Swimming membership card while on deck. There may be a coaches' meeting after Friday warmups or other meetings at the Meet Referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

## TIMERS

Volunteer timers from visiting teams are welcome.

## OFFICIALS

Officials will be required to show proof of current USA Swimming membership and certification. USA Swimming app – Membership card is acceptable proof of USA Swimming membership. There will be an officials' meeting one (1) hour prior to each session in the officials' room.

All USA Swimming certified officials are welcome. Those wishing to work as S&T Judges are invited to sign up for the ESSZ meet on the APPLICATION tab on the Southern Zone website, [Southern Zone Swimming - Applications](#) However, S&T officials are not required to do so in order to officiate.

CJs/Starters/Referees: Officials who are interested in assigned positions should complete the ESSZ form on the APPLICATIONS tab on the Southern Zone website by **February 1**.

The uniform for this meet is a white collared shirt over blue bottoms and white shoes. Long pants or skirts are preferred for Finals.

National Officials Evaluations: This meet has been approved as an Officials Qualifying Meet for N2 and N3 all positions by USA Swimming. Officials should request evaluation by completing the form on the APPLICATION tab on the Southern Zone website. Officials requesting evaluation in an assigned position should apply by **February 1**. Officials requesting evaluation in S&T should apply by **February 28**. Officials are required to work a minimum of 4 sessions to be evaluated.

Evaluation requirements and applications can be found on the officials' tab at [www.USASwimming.org](http://www.USASwimming.org).

<b>MEET COMMITTEE</b>	A meet committee will consist of two coaches and two swimmers selected at random, plus the Meet Referee, Meet Director and ESSZ Chair or their designees. The appropriate number of people will be selected should a jury be required.
<b>HOSPITALITY/ CONCESSIONS</b>	TAC is proud to offer hospitality to all coaches and officials participating in the corresponding session of the meet. Hospitality is offered prior to and into the corresponding session, not after. TAC will also provide snacks and drinks on deck to coaches, officials and meet personnel. A full-service café is available for spectators.
<b>SWIMMERS AND MEMBERS WITH DISABILITIES</b>	The host team welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in this meet. Coaches entering swimmers with disabilities and members who require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit the host team's ability to accommodate all requests.
<b>BAD WEATHER</b>	In case of an "Act of God" or bad weather scenario that jeopardizes a session, meet management will make the final decision how the meet will safely proceed.
<b>COMMENTS</b>	Any comments regarding the conduct of the meet or problems that are not resolved in a satisfactory fashion should be communicated in writing to the ESSZ Chair.
<b>TRAVEL INFO</b>	The Cary area is served by RDU as well as nearby airports in Greensboro and Charlotte.
<b>IMAGE RELEASE</b>	All participants agree to be filmed and photographed by the host team's 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 team, NCS, ESSZ, or Southern Zone websites 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.

**Speedo Champions Series ESSZ Spring SC Senior Championships**  
**FINALS ORDER OF EVENTS**

**Thursday**

**Warm-up: 3:30 Finals Start: 5:00**

Women's Event	Event Qualifying Standard			Event	Event Qualifying Standard			Men's Event
	SCY	SCM	LCM		LCM	SCM	SCY	
1	10:48.89	9:33.39	9:38.09	<b>1000 Freestyle*</b>	9:04.79	9:03.19	10:14.29	2
				<b>10-minute break</b>				
3	NQT	NQT	NQT	<b>800 Free Relay*</b>	NQT	NQT	NQT	4

\*Positive check in deck seeded event.

**Friday**

**Warm-up: 6:30 Prelims Start: 9:00 Warm-up: 4:30 Finals Start: 6:00**

Women's Event	Event Qualifying Standard			Event	Event Qualifying Standard			Men's Event
	SCY	SCM	LCM		LCM	SCM	SCY	
5	1:56.99	2:09.89	2:13.59	<b>200 Freestyle</b>	2:03.29	2:00.29	1:48.29	6
7	1:08.89	1:16.49	1:19.39	<b>100 Breaststroke</b>	1:11.49	1:09.39	1:02.49	8
9	59.99	1:06.59	1:08.19	<b>100 Butterfly</b>	1:01.29	1:00.39	54.39	10
11	4:40.59	5:11.49	5:20.79	<b>400 Ind. Medley*</b>	4:57.69	4:47.59	4:19.09	12
				<b>10-minute break</b>				
13	NQT	NQT	NQT	<b>400 Medley Relay*,**</b>	NQT	NQT	NQT	14

\*Positive check in deck seeded event.

\*\*Fastest 2 heats of Medley Relay will swim in Finals.

**Saturday**

**Warm-up: 6:30 Prelims Start: 9:00 Warm-up: 4:30 Finals Start: 6:00**

Women's Event	Event Qualifying Standard			Event	Event Qualifying Standard			Men's Event
	SCY	SCM	LCM		LCM	SCM	SCY	
15	2:11.59	2:26.09	2:29.29	<b>200 Butterfly</b>	2:16.39	2:14.69	2:01.29	16
17	24.89	27.69	28.69	<b>50 Freestyle</b>	26.09	24.99	22.49	18
19	2:29.09	2:45.49	2:51.39	<b>200 Breaststroke</b>	2:35.69	2:31.09	2:16.09	20
21	1:00.89	1:07.59	1:10.59	<b>100 Backstroke</b>	1:03.99	1:01.39	55.29	22
23	5:10.89	4:34.89	4:40.29	<b>500 Freestyle*</b>	4:22.49	4:18.89	4:52.59	24

\*Positive check in deck seeded event.

**Sunday**

**Warm-up: 6:30 Prelims Start: 9:00 Warm-up: 4:00 Finals Start: 5:30**

Women's Event	Event Qualifying Standard			Event	Event Qualifying Standard			Men's Event
	SCY	SCM	LCM		LCM	SCM	SCY	
25	54.29	1:00.29	1:01.89	<b>100 Freestyle</b>	57.19	54.69	49.19	26
27	17:49.09	18:00.39	18:28.69	<b>1650 Freestyle*</b>				--
29	2:10.99	2:25.39	2:31.69	<b>200 Backstroke***</b>	2:18.69	2:13.59	2:00.29	28
				<b>1650 Freestyle*</b>	17:23.89	17:14.89	17:03.99	30
31	2:12.79	2:27.39	2:31.99	<b>200 Ind. Medley</b>	2:19.79	2:14.29	2:00.99	32
				<b>10-minute break</b>				
R33	NQT	NQT	NQT	<b>400 Free Relay**</b>	NQT	NQT	NQT	34

\*Positive check in deck seeded event. AM/PM option - Top 8 selecting PM will swim in Finals.

Other heats swim at the end of Prelims after the last heat of 400 Freestyle Relay.

\*\* Positive check in deck seeded event. AM/PM option. The top 16 selecting PM will swim in Finals.

Other heats swim at the end of Prelims 10 minutes after the last heat of 200 IM.

\*\*\*Note that 29 swims **before** 28 in Prelims.

# ESSZ Senior SC Championships Coach Contact, Entry Summary/Payment, Waiver Form

Complete the coach contact form, the entry summary/payment form, and the waiver form.

You may email forms to [mymeetentry@gmail.com](mailto:mymeetentry@gmail.com).

Mail/Email forms along with entry fee checks payable to **TAC Titans to: Triangle Aquatic Center,  
275 Convention Drive  
Cary, NC 27511.**

## Coach Contact Form

Team Name	
Club Code-LSC	
Head Coach	
Head Coach Phone	
Head Coach Email	

**Please list all coaches attending this meet to assist with meet communications.**

Coach Name	Cell Phone	Email

**ESSZ Senior SC Championships Event Summary/Payment, Waiver, and Liability Release:**

Team Name:		Club Code/LSC:
Head Coach:		
Coach Cell Phone:	Coach Email:	
Team Address:		

<b>Entry Summary:</b>	Total Swimmers	Total Individual Entries	Total Relay Entries	
Women				
Men				
Total Swimmers				
Fees per swimmer/event	\$ 23.00	\$ 10.00	\$ 15.00	
<b>Total Fees Due</b>	\$	\$	\$	\$

**MAKE CHECKS PAYABLE TO TAC Titans.**

**All forms and payment must be received for entries to be considered complete.**

**Mail to: Triangle Aquatic Center, 275 Convention Drive, Cary, NC 27511.**

**You may email forms to [mymeetentry@gmail.com](mailto:mymeetentry@gmail.com).**

**ESSZ Membership:** Is your club a member of the Eastern Section of the Southern Zone? Yes / No

**Waiver and Liability Release:**

I, the undersigned coach or team representative, verify that all the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and [LSC] regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. TAC Titans, Triangle Aquatic Center, North Carolina Swimming, Inc., USA Swimming ESSZ, Swimming Southern Zone, and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names and photos of any or all of my team’s swimmers to be published on the internet in the form of Psych Sheets, Meet Results, social media posts, or any other materials associated with the running of this meet. Any exceptions must be communicated to the Meet Director prior to the competition.

\_\_\_\_\_  
SIGNATURE (Coach or Club Representative)

\_\_\_\_\_  
TITLE/CLUB/DATE