



# CAROLINA CROWN SWIM CHALLENGE X

**Sunday, April 13, 2025**  
**Mecklenburg Co. Aquatic Center**  
**Charlotte, NC**  
**Sanction #NC25055**



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

MEET DIRECTOR	MEET ENTRY COORDINATOR
Jonathan Watson <a href="mailto:01silversurfer@bellsouth.net">01silversurfer@bellsouth.net</a> (919) 395-9585	Trish Martin Pksmartin13@gmail.com
MEET REFEREE	MEET MARSHAL
Sarah Cinson Mlions20@yahoo.com	Pending

**FACILITY AND HOST LSC REQUIREMENTS:**

**Mecklenburg County Aquatic Center**  
**800 E. Martin Luther King Jr. Blvd.**  
**Charlotte, NC 28202**

NCS has discussed specific health and safety procedures with the venue management. At this time, the facility and NCS have no additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, and State and Local jurisdictions will be maintained throughout the duration of the meet.

**FACILITY:**

The competition pool is an indoor, 8-lane, 50-meter course featuring nine-foot wide lanes separated by non-turbulent lanelines, Paragon starting blocks and a minimum pool depth of six feet. An Omega Electronic Timing System and an 8-lane scoreboard will be used. There will be at least one button and one stopwatch utilized per lane in addition to the automatic timing system. The MCAC will ensure proper course dimensions. Lifeguards will be on hand to provide first aid if needed. An adjoining warm-up/warm-down pool will be available if needed.

**MEET FORMAT:**

All events are timed finals. The meet will be conducted with the current USA Swimming and NCS Rules & Regulations and information herein. A five minute break will be held after Event 14 and 26. Meet management reserves the right to eliminate or add breaks depending on the timeline. The Carolina Crown Swim Challenge will be a long course meet and for 15-

18 year old athletes. The athletes in attendance will be selected from the top 15-18 athletes who have represented a North Carolina or a South Carolina member club during the 2024-25 short course season. Each athlete selected will be assigned to represent one of four squads during the competition. Each squad will have a staff of three USA Swimming registered coaches. The Head Coach of each squad will select athletes from their squad to participate in up to three (3) individual events and two (2) relays during the competition. The Head Coach will be responsible for completing the entries for their squad.

**ATHLETE ELIGIBILITY:**

Athletes will be selected with a goal of selecting up to 60 athletes on each of four squads (240 total athletes). The goal is to attract 30 males and 30 females to each squad with 50% participation from South Carolina Swimming and 50% participation from North Carolina Swimming. The swimmers selected will include athletes who ranked in the Top-30 from the 15-18 single age groups (15, 16, 17 and 18) by LSC and gender during the 2024-25 short course season in each of the contested events during the qualifying period (September 1, 2024-March 16, 2025). Rankings for the 50m Back, 50m Breast and 50m Fly will be based on the Top-30 rankings in the 200m Back, 200m Breast and 200m Butterfly times achieved during the qualifying period.

All participating swimmers must be currently registered members of USA Swimming. The age of each participant will be determined by the athlete's age as of April 13, 2025 (the first day of the meet). All Adult Athletes must be APT certified by the entry deadline.

**TIME OF MEET:**

The single-day competition will be run on the following schedule:

Athlete check-in: 10:00am

Warm-Up #1: 10:45-11:15am – Team Ruby and Team Black Diamond

Warm-Up #2: 11:15-11:45am – Team Emerald and Team Sapphire

Athlete Hospitality: 11:00am-3:00pm

Officials Meeting: 11:00am

Coaches Meeting: 11:45am

Meet Begins: 12Noon

**SAFE SPORT:**

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of a backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer's guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer's team is unable to attend. Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

**MAAPP:**

All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

**IMAGE RELEASE:**

By attending (or participating in) this competition, you agree to be filmed and photographed by the host LSC-approved photographer(s) and videographers and to allow the right to use names and pictures before,

during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their squad's Head Coach and the Meet Director prior to the start of the meet.

**ENTRIES:**

All athletes wishing to be entered into this meet should complete the online application form posted at [www.swimnc.com](http://www.swimnc.com) (NCS website) and pay **\$105** per swimmer via PayPal. Please include the athlete's name in the space provided on the PayPal page. As this is a first come/first served event, registration will close when the maximum number of swimmers has been reached. Athletes selected will be sent a confirmation email and have their name posted on the LSC websites by March 25, 2025.

**TIMELINE FOR ENTRIES:**

DEADLINE	TASK
March 13, 2025	Top-30 Ranked Swimmers Posted on websites
March 15, 2025	Swimmer Application Deadline
March 25, 2025	Lists of Selected Athletes Posted on LSC websites
April 3, 2025	Entries due to Meet Coordinator from Head Coaches

**REFUNDS:**

There will be no refunds given once the swimmer application has been received unless the swimmer is not chosen to participate due to the meet filling before application and fee have been received.

**CROWN COACHES:**

Coaches interested in serving on one of the four Carolina Crown squad staffs (3 coaches per squad) should apply no later than February 15, 2025 on the LSC websites. We would like to have six registered coaches participating from each LSC. Coaches will receive a stipend for their participation. Coaches must be registered and certified prepared to show their USA Swimming virtual membership cards upon request.

**AWARDS:**

Athletes and coaches of the winning squad will receive a Carolina Crown 10<sup>th</sup> Anniversary towel. All athletes and coaches will receive special outfitting, which will be color-coordinated with their assigned squads. The top-8 finishers in individual events and the top-3 finishing relay teams will receive medals. The male and female high point winners will receive an award at the conclusion of the meet.

**SCORING:**

Individual Events: 9-7-6-5-4-3-2-1  
Relays: 18-14-12-10-8-6-4-2

**OFFICIALS:**

We are in need of officials for this event. If you are interested in officiating at this event, please contact Rob Stevens, Meet Referee [EMAIL]. Participating officials will receive a special shirt for this event. All officials must be registered with and certified by USA Swimming.

**VOLUNTEERS:**

Volunteer timers, runners and admin table workers will be needed to keep the meet progressing on the timeline. Volunteers will receive a special t-shirt for their assistance. Volunteers should sign up on their LSC website.

**RELEASES:**

By applying, all swimmers acknowledge that they are registered with USA Swimming. All swimmers, coaches and volunteers are acknowledging that they are familiar with the SafeSport rules of USA Swimming, Inc. regarding warm-up procedures, safety guidelines, and that coaches shall be responsible for the swimmers compliance with these rules during the competition. North Carolina Swimming, Inc., South Carolina Swimming, Inc., USA Swimming, Mecklenburg County Aquatic Center, their agents, employees, volunteers, 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. By entering this meet, athletes and coaches are granting permission for their names and photographs to be published on the internet in the form of Psych Sheets, Meet Results or any other documents associated with the running or promotion of this event.

**HEAT SHEETS:**

Digital heat sheets will be provided at no cost to swimmers, coaches and families. The heat sheets will be posted on the NCS and SCS LSC website the week of the meet. Hard copies will be available to coaches on deck at the meet.

**OTHER CONTACTS:**

NORTH CAROLINA SWIMMING	SOUTH CAROLINA SWIMMING
Amy Faulk Executive Director <a href="mailto:swimnorthcarolina@gmail.com">swimnorthcarolina@gmail.com</a>	Chip Holland Sports Development Director <a href="mailto:sdd@sc-swimming.org">sdd@sc-swimming.org</a>

# 10<sup>th</sup> Annual Carolina Crown Swim Challenge

April 13, 2025

*Held under the sanction of USA Swimming issued by North Carolina Swimming  
Sanction Pending*

## ORDER OF EVENTS

**Warm-Up: 10:45am-11:15 – TEAM RUBY/TEAM BLACK DIAMOND**

**Warm-Up: 11:15-11:45am – TEAM SAPPHIRE/TEAM EMERALD**

**Meet Start: 12 Noon**

<b>Women's Event #</b>	<b>Events</b>	<b>Men's Event #</b>
<b>1</b>	<b>200M Medley Relay</b>	<b>2</b>
<b>3</b>	<b>200M Freestyle</b>	<b>4</b>
<b>5</b>	<b>100M Breaststroke</b>	<b>6</b>
<b>7</b>	<b>50M Butterfly</b>	<b>8</b>
<b>9</b>	<b>100M Backstroke</b>	<b>10</b>
<b>11</b>	<b>200M Individual Medley</b>	<b>12</b>
<b>13</b>	<b>Mixed 400M Free Relay</b>	<b>14</b>
<b>5 MINUTE BREAK</b>		
<b>15</b>	<b>50M Freestyle</b>	<b>16</b>
<b>17</b>	<b>50M Breaststroke</b>	<b>18</b>
<b>19</b>	<b>100M Butterfly</b>	<b>20</b>
<b>21</b>	<b>50M Backstroke</b>	<b>22</b>
<b>23</b>	<b>100M Freestyle</b>	<b>24</b>
<b>5 MINUTE BREAK</b>		
<b>25</b>	<b>200M Free Relay</b>	<b>26</b>
<b>END OF MEET</b>		

**Meet management reserves the right to eliminate or add breaks depending on the timeline.**