



2024 North Carolina Swimming Short Course Senior Championships



Hosted by TAC Titans
Thursday, February 23 – Sunday, February 26, 2023
at Triangle Aquatic Center

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

ENTRY DEADLINE Monday, 2/19/2024, 6:00 PM

Qualification period: 9/1/2022-2/18/2024

Sanction # NC24 and Time Trials Sanction #NC24012 and NC24012TT

| | | | |
|--|----------------------|--|--|
| MEET DIRECTOR | | MEET ENTRY COORDINATOR | |
| Lana Sanders mymeetentry@gmail.com 919-696-0642 | | Trish Martin/Lynn Tippets-Fazen OME@NCSwim.org 336-327-4697/ | |
| MEET REFEREE | ADMIN REFEREE | MEET MARSHALS (M & F) | |
| | | Matt Cardenas (m) Katy David (f) | |

CODE OF CONDUCT Individuals, including spectators, not complying with any safety requirement in place for this competition 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 **Facility:** Triangle Aquatic Center

Address: 275 Convention Drive, Cary, NC 27511

Facility/Pool Specifications: 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 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. TAC shall ensure the required course dimensions. Paddock Starting Blocks with Swim Innovation decks complete with Foot Wedge and optional non-mechanical back stroke 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 Swiss Timing Quantum timing system with HD video scoreboard. Automatic timing will be used with pads and at least one button and watch per lane as backup. 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 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.

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.

Medical supervision available to athletes is as follows: **TAC Lifeguard Certified Team with emergency services offered by the Town of Cary**

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

Only meet volunteers, USA Swimming registered athletes and current USA Swimming registered officials and coaches may be on deck. **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.**

CLASSIFICATION A Senior Championships meet in preliminaries/finals and timed finals formats with qualifying time standards.

REGISTRATION All swimmers must be properly registered as Premium, Outreach, or Seasonal athletes with USA Swimming/NCS by entry deadline. Flex members are not allowed to compete. There will be no on deck registration available at this meet. All athletes who will turn 18 before or during the competition must be APT compliant prior to the entry deadline for their entries to be accepted.

ELIGIBILITY/ APT COMPLIANCE/FLEX MEMBERS Any NCS USA Swimming registered swimmer who has achieved the time standard in any event is eligible to compete in that event. Non-NCS or foreign registered USA Swimming members wishing to attend should request advance permission from the NCS Operations Vice Chair.

Athletes who will turn 18 before or during the meet must be APT compliant by the Tuesday 6:00 PM correction deadline. Non-compliant adult athletes will not be seeded into their events until they can provide proof of compliance. If proof is provided to the Meet Referee after the meet has been seeded and before warm-ups begin on Thursday, the adult athlete may be added to their events subject to lane availability in the slowest heat(s) and Meet Referee and Operations Vice Chair approval. If compliance is not attained by the start of warm ups on Thursday, the athlete will not be permitted to compete. Entry fees for non-compliant athletes are non-refundable.

Flex members are NOT eligible for this meet. All Flex memberships must be upgraded to Premium membership prior to the Tuesday 6:00 PM correction deadline. Flex members who do not upgrade will not be seeded into their events until they can provide proof of full membership. If proof is provided to the Meet Referee after the meet has been seeded and before warm-ups begin on Thursday, the swimmer may be added to their events subject to lane availability in the slowest heat(s) and Meet Referee and Operations Vice Chair approval. If proof is not provided by the start of warm ups on Thursday, the athlete will not be permitted to compete. Entry fees for non-compliant athletes are not refundable.

SCHEDULE

| Session | Day | Session | Warm Up | Meet Start |
|---------|----------|---------------|--------------|------------|
| 1 | Thursday | Timed Finals | 3:30-4:50 PM | 5:00 PM |
| 2 | Friday | Preliminaries | 7:00-8:50 AM | 9:00 AM |
| 3 | Friday | Finals | 4:30-5:50 PM | 6:00 PM |
| 4 | Saturday | Preliminaries | 7:00-8:50 AM | 9:00 AM |
| 5 | Saturday | Finals | 4:30-5:50 PM | 6:00 PM |
| 6 | Sunday | Preliminaries | 7:00-8:50 AM | 9:00 AM |
| 7 | Sunday | Finals | 4:00-5:20 PM | 5:30 PM |

At the sole discretion of the Meet Referee and Operations Vice Chair, sessions may be altered to accommodate inclement weather situations.

DEADLINES AND MEETINGS SUMMARY

| Day | Time | For |
|--|---------|---|
| No later than Monday 4 weeks prior to the meet | 12 Noon | OME Entries Open |
| Monday of meet week | 6:00 PM | OME ENTRY DEADLINE |
| Tuesday of meet week | 6:00 PM | Deadline for Corrections and Proof of Times, APT Compliance, and Flex |

| | | |
|------------------------|-----------------------|---|
| | | Membership Upgrades to be Seeded |
| Wednesday of meet week | 12:00 PM | No late entries or entry changes accepted after this time |
| Thursday of meet week | 3:30 PM | Deadline for Proof of Times, APT Compliance, Flex Membership Upgrades for open lanes in slowest heats |
| Wednesday of meet week | 8:00 PM ZOOM | Virtual Technical Meeting |
| Each Day | 1 Hour Before Session | Officials Meeting |

RULES

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations except where rules therein are optional and exceptions are stated. The NCS Scratch Rule is in effect for this meet.

TECHNICAL SUIT BAN for 12&Us

Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet. A Technical Suit is one that has the following components:

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

MAAPP

All 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.

SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.

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

Deck changes are prohibited.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of a backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer’s guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer’s team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

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

QUALIFYING PERIOD

Short Course Championships: A swimmer must have achieved the qualifying time listed per event in a USA Swimming sanctioned, approved, or observed meet from September 1, 2022 to 11:59 PM the Sunday night before the Monday meet entry deadline.

EXCEPTION: Entries for new qualifiers or new events achieved by USA Swimming registered swimmers competing in the NCISAA Championships on the Monday meet entry deadline date will be accepted as on time if they are entered as override times in OME or emailed to the Entry Coordinator by Monday 6:00 PM. Entry times must be proven by Tuesday 6:00 PM for swimmers to be seeded into the new events. Proof consists solely of the official NCISAA meet results. This meet cannot be used to improve seed times in previously entered events.

INDIVIDUAL ENTRIES AND LIMITS/BONUS EVENTS

A swimmer may enter a maximum of three (3) individual events per day with a total entry of eight (8) individual events for the meet. Bonus events are offered at this meet. Swimmers may enter with any provable qualifying time from the qualifying period that meets the event requirements. Time Trials are also offered and count toward a swimmer's daily limit.

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

- 1650Y Freestyle qualifiers who want to swim the 1000Y Freestyle but do not have a provable 1000Y/800M qualifying time should enter the 1000Y Freestyle event with their 1650Y/1500M Freestyle qualifying time.
- 1000Y Freestyle qualifiers who want to swim the 1650Y Freestyle but do not have a provable 1650Y/1500M qualifying time should enter the 1650Y event with their 1000Y/800M Freestyle qualifying time.
- These alternate event qualifiers will be seeded behind conforming event qualifiers.
- Swimmers are not required to enter or swim the original qualifying event to enter and swim the automatic qualifying event.

Swimmers qualifying for the 200 IM automatically qualify for the 100 IM and should enter the 100 IM with their 200 IM qualifying time. Swimmers who wish to swim the 100 IM as a bonus event should enter the regular 100 IM bonus event with their 200 IM time. Swimmers are not required to enter or swim the original qualifying event to enter and swim the automatic qualifying event. (Coaches, note that the TM/TU Events File indicates that events 3 and 4 are 200 IMs for qualifying standards only. Both events will be contested as 100Y IMs.)

Bonus events are offered at this meet as follows:

- Swimmers entering one (1) qualifying event may also enter up to four (4) bonus events subject to both daily and meet limits.
- Swimmers entering two (2) qualifying events may also enter up to three (3) bonus events subject to both daily and meet limits.
- Swimmers entering three (3) qualifying events may also enter up to two (2) bonus events subject to both daily and meet limits.
- Swimmers entering four (4) qualifying events may also enter up to one (1) bonus event subject to both daily and meet limits.
- Swimmers entering five or more qualifying events **may not enter** bonus events.

Bonus swims are only offered in events 200Y or shorter. There are no qualifying standards for the bonus events. Swimmers should enter with any provable time. Swimmers without provable times for the bonus events should override with 59:59.59L and will be seeded last.

RELAY ENTRIES AND LIMITS

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

Clubs may enter a maximum of two relays per event. At least one qualifier must be on each entered relay or the relay will be disqualified. Both relays may score. Swimmers designated as 'relay only' in OME may ONLY swim relays. Relay only swimmers, including alternates, must be entered on a team's OME roster, listed on the Meet Entry Form, and must pay the NCS Travel Fund surcharge and the Facility Charge to be eligible to swim on relays.

Relay teams have a choice of AM or PM on Sunday. Teams not indicating a preference will be seeded in the morning session. Relay cards are due to the Admin Referee as indicated in the Check In schedule. There will be a 10-minute break prior to and immediately following all relay events.

**OME ENTRIES/
PROOF OF
TIME/
ENTRY
DEADLINE/
LATE ENTRIES
AND
CORRECTIONS**

An events file for organizing entries will be posted on ncswim.org by December 1 or may be obtained via email request to the Entry Coordinator at OME@NCswim.org. **ON-TIME ENTRIES WILL ONLY BE ACCEPTED FROM USA SWIMMING'S ONLINE MEET ENTRY SYSTEM (OME)** except as noted. An OME User's Manual for NCS Champs is available on NCswim.org.

On-Time Entries:

USA Swimming's OME system will be used for on-time entries, including relays. OME will close three (3) days prior to the meet on the **Monday of meet week at 6:00 PM**. OME will open no later than the Monday four (4) weeks before the meet at 12:00 Noon.

Coaches may update entry times in OME until the Monday 6:00 PM entry deadline. **OME WILL NOT AUTOMATICALLY** update times. Entry event changes that cannot be made in OME must be emailed to the Entry Coordinator by the Monday 6:00 PM entry deadline to be considered on time.

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

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

Entry Correction Period

All team contacts listed in OME will receive an entry list by midnight after OME closes on Monday at 6:00 PM. Entry corrections, time corrections, new entries, and requested override proofs must be emailed to the Entry Coordinator by the next day, Tuesday 6:00 PM. Teams should have an internal process in place to ensure corrections and membership upgrades are submitted by the deadline. Corrections will only be accepted from a registered coach with the athlete's team. Each coach email will be acknowledged with an email confirmation for receipt of proof.

No on-time changes will be accepted after Tuesday 6:00 PM after which point the psych sheet will be posted. Any ineligible and unproven entries/swimmers will be flagged and swimmers will not be seeded except as indicated below.

Proof of Times

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. If proof is provided to the Admin Referee after the meet is seeded and before warm ups begin on Thursday, the swimmer may be added to the event subject to lane availability in the slowest heat and Meet Referee approval. 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 conducted during the qualification period. Sanction number, date, and location must be provided. Hy-Tek Team Manager or Team

Unify results WILL NOT be accepted as proof. If a swimmer cannot prove an entry time, they may not compete in the event. Relay times do not have to be proved.

Proof of Membership (APT Compliance and Flex)

If an athlete will be 18 or older before or during the meet and is entered in OME without being APT compliant, it is the coach’s responsibility to submit proof of compliance to the Entry Coordinator no later than 6:00 PM Tuesday, two (2) days before the meet, or the swimmer **WILL NOT** be seeded in any events or be eligible for relays. If proof is provided to the Admin Referee after the meet is seeded and before warm ups begin on Thursday, the swimmer may be added to their event subject to lane availability in the slowest heat and Meet Referee approval.

If a Flex member is entered in OME, it is the coach’s responsibility to submit proof of upgrade to the Entry Coordinator no later than 6:00 PM Tuesday, two (2) days before the meet, or the swimmer **WILL NOT** be seeded in any events or be eligible for relays. If proof is provided to the Admin Referee after the meet is seeded and before warm ups begin on Thursday, the swimmer may be added to their event subject to lane availability in the slowest heat and Meet Referee approval.

Late Entries

Any late entry or late changes after Tuesday 6:00 PM will be accepted only with the approval of the Meet Referee and the Operations Vice Chair, only for open lanes in the slowest heat, and will be subject to the double fees and team late fee. Late entries will be charged double entry fees and the \$50 per team late entry fee. No late entries or changes to existing entries will be accepted after Wednesday at 12:00 Noon.

ENTRIES FOR SWIMMERS WITH DISABILITIES

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 disabilities who prefer to qualify using the Para Motivational Time Standards should contact the NCS Meet Entry Coordinator to submit entries via email by the deadline. Coaches entering swimmers with disabilities who require any accommodations are required to provide advance notice in writing to the Meet Director and Meet Referee by the entry deadline including the need for any personal assistants and/or registered service animals. Failure to provide advance notice may limit the host team’s ability to accommodate all requests.

ENTRY FEES

Please use the Meet Entry Fee Summary to calculate amount due (which will differ from the amount due in OME if you have relay only swimmers.) Payment of entry fees plus any assessed fines is due by the beginning of warm ups on Thursday. Make checks payable to: **TAC Titans** . Contact the Meet Director to arrange alternate payments.

| | |
|--|--|
| Individual Event | \$12.00 per event |
| Relays | \$20.00 per relay |
| NCS Travel Fund | \$3.00 per swimmer, including relay only swimmers |
| Facility Surcharge | \$20.00 per swimmer, including relay only swimmers |
| <i>All fees are non-refundable.</i> | |

SEEDING AND FORMAT

The conforming time for this meet is SCY. All times will be seeded by SCY first then LCM, all qualifiers then all bonus swimmers. Swimmers qualifying for automatic swims in the 1000Y Freestyle or 1650Y Freestyle but without provable qualifying times will be seeded behind qualifiers but ahead of bonus swimmers.

All events that are 400Y and longer and all relays will be deck seeded. A 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.

Combined heats may be swum at the discretion of the Meet Referee.

Except for all relay events, the 100 Y Individual Medley, and the 1000Y and 1650Y Freestyle, all events will be conducted on a preliminary and finals basis. During each final session, there will be a C, B, and A (bonus, consolation, and championship) final heat. The C Final will swim first, followed by the B Final, then A Final in that order. Alternates should be ready to swim in the C Final and identify themselves to the starter prior to the start of the event. The A and B Finals will be scored.

In Sunday's Finals, the Men's 200Y Backstroke will immediately follow the Women's 1650Y Freestyle and precede the Women's 200Y Backstroke in order to alternate women's and men's events throughout the evening's program.

Swimmers must provide their own counters for Freestyle events 500Y or longer. Counters must be athletes, officials, coaches, or volunteers approved to participate in the meet. Assistance is available for small teams or unattached swimmers. Contact the Meet Referee.

100Y Individual Medley

This event is a timed final and will be swum fastest to slowest in event order. Swimmers shall qualify for and enter this event with their 200 IM time. Bonus swimmers should enter the 100 IM bonus event with their 200 IM time and will be seeded after qualifiers.

400Y IM and 500Y Freestyle

The 400Y IM and 500Y 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 four (4) heats of women will swim first slow to fast, followed by the fastest four (4) heats of men swum slow to fast, followed by the remaining heats swum fast to slow alternating women and men. If two pools are used, no alternating will occur. A combined women/men heat may be swum or pool change made at the discretion of the Meet Referee.

1000Y and 1650Y Freestyle

The 1000Y and 1650Y Freestyles will be swum as timed finals events. All heats of the 1000Y Freestyle will be swum fastest to slowest, alternating women and men. If two courses are used, no alternating will occur. After positive check in, the fastest 8 women and 8 men in the 1650Y Freestyle will swim during the finals session on Sunday. All other heats of the 1650Y Freestyle will be swum at the conclusion of prelims after relays and a 10-minute break, fast to slow, alternating women and men. If two pools are used, no alternating will occur. There is no AM/PM option for the 1650Y Freestyle.

Relays

The 800 FR on Thursday will swim fast to slow. The fastest two heats of women will swim first, followed by the fastest two heats of men, followed by remaining heats alternating women and men. All other relays events will swim slow to fast, all women then all men.

CHANGES TO MEET FORMAT Within USA Swimming Rules and with unanimous agreement of the Meet Referee, the Meet Director, and the Senior Chair, ***prior to the first day of the meet***, limited changes may be proposed to the format of the meet to improve competition and to accommodate unforeseen circumstances that arise after the meet is sanctioned. Changes require unanimous agreement of coaches at the Technical Meeting.

Format changes may be proposed for vote at the Technical Meeting as follows:

Number of Heats in Finals: If the number of qualifiers exceeds 600, four finals heats may be contested. The D Final will be first, followed by C, B, and A. Alternates will be able to swim in the D or C Finals. In this case, the A Finalists will still parade and be announced behind the blocks however there will be no awards ceremonies.

400IM/500 Free Converted to Timed Finals: To manage timelines, the 400 IM and 500 Free may be contested as timed finals. The fastest top 3-4 heats of positively checked in swimmers will compete in Finals. In the Preliminary session, the next fastest 4 women's heats will swim slow to fast, then the next fastest 4 men's heats will swim slow to fast, then the remaining heats will swim fast to slow, alternating women and men. No AM/PM option will be available.

NCS reserves the right to amend the format of this meet at any time to accommodate severe weather impact or additional COVID-19 safety protocols, capacity limits, etc. that may be put in place at the time of the competition. These amendments do not require approval.

POSITIVE CHECK IN The events and relays in the following schedule will be deck seeded. A 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.

| Individual Events | Check-In Deadline | | | |
|----------------------|-------------------|---------|-----------------|---------|
| 1000Y Freestyle | Thursday | 4:30 PM | | |
| 400Y IM | Friday | 8:30 AM | | |
| 500Y Freestyle | Saturday | 8:30 AM | | |
| 1650Y Freestyle | Sunday | 8:30 AM | | |
| Relay Events | Check-In Deadline | | Relay Cards Due | |
| 800Y Freestyle Relay | Thursday | 4:30 PM | Thursday | 5:30 PM |
| 200Y Medley Relay | Friday | 7:30 AM | Friday | 7:30 AM |
| 400Y Freestyle Relay | Friday | 8:30 AM | Friday | 6:00 PM |
| 200Y Freestyle Relay | Saturday | 7:30 AM | Saturday | 7:30 AM |
| 400Y Medley Relay | Sunday | 8:30 AM | Sunday AM | 9:30 AM |
| | | | Sunday PM | 5:30 PM |

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

A swimmer wishing to scratch from a preliminary event to make room for a time trial may scratch with the Admin Referee any time prior to the beginning of the preliminary event. Scratch forms will be available from the Admin Referee. Any swims scratched in this manner will not count toward a swimmer's daily 3-event limit. No shows, DQs, and DFSs will count.

WARM UPS AND BREAKS A split period warm-up may be utilized at the Meet Referee's and Operational Vice Chair's discretion if swimmer numbers warrant. Warm-up assignments and procedures will be communicated prior to the meet.

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

SCORING **INDIVIDUAL EVENTS:** 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
RELAY EVENTS: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

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

AWARDS

Individual events: 1st– 8th place medals.

Relays: 1st – 3rd place medals.

NCS Individual High Point Awards will be presented to the male and female NCS swimmers with the highest point totals in individual events for each age group.

There will be awards ceremonies to present the top five (5) finishers' awards in each event.

The awards schedule will be announced at the Technical Meeting.

NCS Team Awards: Trophies for 1st– 3rd place in Small Teams (1-100), Medium Teams (101-300), and Large Teams (300+) categories. Category assignments will be announced on 2/1/2024 based on USA-S Virtual Club Championship team size classifications if available. NCS university clubs are automatically assigned to Large Teams.

READY ROOM

The top eight 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 on the Host Team's website pending facility internet access. At the end of the meet, teams will be emailed results files or may request results files on a memory stick.

TIME TRIALS

Entry fees for time trials will be \$12.00 due at sign up. Time trials count towards a swimmer's individual 3-event limit for each day, but not the meet limit. Swimmers may swim two Time Trial events must provide their own timers. Timers must be athletes, coaches, officials, or volunteers approved to participate in the meet.

- Time trials will be offered after Prelims and after Finals, time permitting and at the discretion of the Meet Referee.
- Only swimmers properly entered in at least one individual event are eligible for individual or relay time trials. Relay only swimmers will not be allowed to swim Time Trials.
- Entry deadline for Time Trials shall be one hour after the beginning of the session. This time may be changed in the Technical Meeting depending on projected session time lines.
- Time trials will begin at least 15 minutes following the conclusion of all prelim and final races. All teams competing in the time trial may agree to less than 15 minutes.
- The distance freestyles typically will be offered at only one Time Trial session. The session will be determined by the Meet Referee and Operations Vice Chair, depending on the size of the meet, time available, etc., and will be announced at the Technical Meeting. Swimmers in the distance freestyles must provide their own lap counters.
- The event order will follow national protocol except that on the day that the distance frees are offered, they will be the last events of the session. Events may be combined however, backstroke events should not be combined with forward starting events.
- Time permitting, non-meet event time trials may be conducted after all meet event time trials have been conducted at the discretion of the Meet Referee.

COACHES

There will be a virtual Technical Meeting at 8:00 PM on Wednesday of meet week via Zoom. Coaches are responsible for any information presented at the meeting. Meetings may also be held at other times announced by the Meet Referee.

CREDENTIALS

All coaches must check in and provide proof of current USA Swimming membership to the Meet Director. A current member's membership card as displayed on the USA Swimming app is acceptable proof of USA Swimming membership for all purposes. All coaches on deck must display their USA Swimming membership card in a visible place or have their virtual card readily accessible in the USA Swimming app or wear any identifying item required by the Host Team. Those failing to provide proof of membership could be barred from the deck. Officials must show proof of current USA Swimming membership and NCS certification to the Meet Referee or their designee.

OFFICIALS

There will be an officials' meeting one (1) hour prior to the beginning of each session and at other times as determined by the Meet Referee. NCS welcomes all certified officials on deck. The uniform is white shirts over navy bottoms with white shoes and socks. Long pants or knee-length skirts are preferred for Finals. Officials must show proof of current USA Swimming membership and NCS certification to the Meet Referee or their designee. A current member's membership card as displayed in the USA Swimming app is acceptable proof of USA Swimming membership for all purposes.

NCS Short Course Senior Championships has been designated as a USA Swimming Official Qualification Meet (OQM) offering the following: evaluations for certification for N3 S&T, CJ, SR and DR and N2 S&T, CJ, AR and DR as well as recertification for all positions. A limited number of N2 AO evaluations may be offered as well at the discretion of the NCS Officials Chair. Regardless of the number of sessions required for certification/recertification, an official will need to serve a minimum of four (4) sessions to be evaluated. Any official wishing to participate should fill out the Officials Sign Up Form on the NCS website www.SwimNC.com.

All requests for assigned positions should be emailed to the Meet Referee by January 15 and will be based on evaluation requests and level of experience. 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 Meet Referee and Operations Vice Chair and will consist of one coach, one swimmer, and one non-coach/non-athlete member of NC Swimming should an eligibility or technical protest arise.

HOSPITALITY

There will be a hospitality room available to all coaches and officials.

LOCKER ROOMS

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 a meet marshal. Additional changing area procedures may be imposed to comply with any COVID-19 safety regulations.

Separate restroom facilities are available for officials, coaches, and volunteers. Swimmers should refrain from changing in or otherwise using these restrooms.

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. TAC Titans, Triangle Aquatic Center, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

IMAGE RELEASE

All participants agree to be filmed and photographed by the 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 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.

2024 NORTH CAROLINA SWIMMING

SHORT COURSE SENIOR CHAMPIONSHIPS

ORDER OF EVENTS

Thursday Timed Finals begin at 5:00 PM

| Women's Event # | EVENTS | Men's Event # |
|-----------------|--------------------------------|---------------|
| 1 | 1000Y Freestyle | 2 |
| 3 | 100Y IM *qualify with 200Y IM* | 4 |
| | <i>10-Minute Break</i> | |
| 5 | 800Y Freestyle Relay | 6 |

Friday Preliminaries begin at 9:00 AM Finals begin at 6:00 PM

| Women's Event # | EVENTS | Men's Event # |
|-----------------|------------------------|---------------|
| 7 | 200Y Medley Relay* | 8 |
| | <i>10-Minute Break</i> | |
| 9 | 200Y Freestyle | 10 |
| 11 | 100Y Breaststroke | 12 |
| 13 | 100Y Butterfly | 14 |
| 15 | 400Y Individual Medley | 16 |
| | <i>10-Minute Break</i> | |
| 17 | 400Y Freestyle Relay* | 18 |

*All 200Y Medley Relays will swim in Prelims. All 400Y Freestyle Relays will swim in Finals.

Saturday Preliminaries begin at 9:00 AM Finals begin at 6:00 PM

| Women's Event # | EVENTS | Men's Event # |
|-----------------|------------------------|---------------|
| 19 | 200Y Freestyle Relay* | 20 |
| | <i>10-Minute Break</i> | |
| 21 | 200Y Butterfly | 22 |
| 23 | 50Y Freestyle | 24 |
| 25 | 200Y Breaststroke | 26 |
| 27 | 100Y Backstroke | 28 |
| 29 | 500Y Freestyle | 30 |

* All 200Y Freestyle Relays will swim in Prelims.

Sunday Preliminaries begin at 9:00 AM Finals begin at 5:30 PM

| Women's Event # | EVENTS | Men's Event # |
|-----------------|------------------------|---------------|
| 31 | 100Y Freestyle | 32 |
| 33 | 1650Y Freestyle** | |
| 35 | 200Y Backstroke*** | 34 |
| | 1650 Freestyle** | 36 |
| 37 | 200Y Individual Medley | 38 |
| | <i>10-Minute Break</i> | |
| 39 | 400Y Medley Relay**** | 40 |

** The fastest 8 checked in women and the fastest 8 checked in men will swim the 1650Y Freestyle in Finals. All others will swim at the end of Prelims following AM relays and a 10-minute break. **No AM/PM option.**

*** In Sunday's Finals, the Men's 200Y Backstroke will swim immediately after the Women's 1650Y Freestyle and before the Women's 200Y Backstroke.

******AM/PM option** for Sunday relays. Those not indicating a preference will swim in the morning.



2024 North Carolina Swimming
 14&U Short Course SR Championship Time Standards
 February 22-25, 2024 – TAC, Cary, NC

| COURSE | WOMEN | EVENT | MEN | COURSE |
|--------|----------|-------------------|----------|--------|
| YD | 25.89 | 50 FREE | 23.29 | YD |
| MTR | 29.39 | | 27.19 | MTR |
| YD | 55.89 | 100 FREE | 51.19 | YD |
| MTR | 1:03.89 | | 59.49 | MTR |
| YD | 1:59.89 | 200 FREE | 1:51.89 | YD |
| MTR | 2:18.89 | | 2:07.39 | MTR |
| YD | 5:22.19 | 400/500 FREE | 5:04.29 | YD |
| MTR | 4:49.29 | | 4:32.39 | MTR |
| YD | 11:15.19 | 800/1000 FREE | 10:38.89 | YD |
| MTR | 10:02.39 | | 9:26.59 | MTR |
| YD | 18:50.49 | 1500/1650 FREE | 17:44.79 | YD |
| MTR | 19:03.09 | | 18:05.69 | MTR |
| YD | 1:03.89 | 100 BACK | 57.59 | YD |
| MTR | 1:13.19 | | 1:06.59 | MTR |
| YD | 2:14.89 | 200 BACK | 2:04.89 | YD |
| MTR | 2:33.89 | | 2:24.29 | MTR |
| YD | 1:12.79 | 100 BREAST | 1:04.99 | YD |
| MTR | 1:22.79 | | 1:14.49 | MTR |
| YD | 2:36.89 | 200 BREAST | 2:21.59 | YD |
| MTR | 2:57.99 | | 2:41.99 | MTR |
| YD | 1:02.89 | 100 FLY | 56.59 | YD |
| MTR | 1:10.69 | | 1:03.79 | MTR |
| YD | 2:19.09 | 200 FLY | 2:06.19 | YD |
| MTR | 2:34.99 | | 2:21.89 | MTR |
| YD | 2:15.89 | 200 IM | 2:04.89 | YD |
| MTR | 2:34.49 | | 2:25.39 | MTR |
| YD | 4:49.19 | 400 IM | 4:29.49 | YD |
| MTR | 5:27.79 | | 5:09.59 | MTR |



NCS Scratch Rule

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

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

208.4. RELAY SCRATCH RULE

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

**2024 NORTH CAROLINA SWIMMING
SHORT COURSE SENIOR CHAMPIONSHIPS
Meet Entry Fee Summary Report**

| | |
|---|--|
| Club Name | |
| Club Code | |
| Address | |
| City/Zip | |
| Head Coach | |
| Name | |
| Email | |
| Cell Phone | |
| Office Phone | |
| Main Coach Contact at 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 properly registered as coaches with USA Swimming, Inc. and are responsible for the swimmers entered in this meet during the conduct of the complete event Thursday through Sunday.

Signature _____ Date _____

Release Statement: USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., TAC AND THE TRIANGLE AQUATIC CENTER, 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.

Signature _____ Date _____

Make checks payable to TAC Titans. Mail to TAC, 275 Convention Drive, Cary, NC 27511 or submit to the Meet Director with this form no later than the start of warm ups on Thursday. Contact the Meet Director for alternate payment arrangements.

| | | | |
|---|--|------------------------------|-----------|
| # of Qualifying Swimmers | | | |
| # of Relay Only Swimmers | | | |
| # of Individual Entries | | X \$12.00 each entry | \$ |
| # of Relay Team Entries | | X \$20.00 each relay entered | \$ |
| NCS Travel Fund (Qualifiers PLUS Relay Only swimmers) | | X \$3.00 each swimmer | \$ |
| Facility Charge Qualifying Swimmers | | X \$20.00 each swimmer | \$ |
| Fines, fees if applicable | | | \$ |
| TOTAL AMOUNT DUE | | | \$ |