2021 ESSZ Short Course Senior Championships

HOSTED BY TAC Titans Swim Team
Thursday, March 4 - Sunday, March 7, 2021
at Triangle Aquatic Center

Held under the Sanction of USA Swimming, Inc.,
issued by North Carolina Swimming, Inc.
Sanction #NC21055 and Time Trials Sanction #NC21055TT

MEET DIRECTOR	MEET ENTRY COORDINATOR
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MEET REFEREE	ADMINISTRATIVE REFEREE	MEET MARSHAL
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CONDITION OF SANCTION

As a condition of this sanction, TAC Titans Swim Team agrees to comply and to enforce all COVID 19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, and the TAC Meet Plan detailed below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID 19 sanctioning period.

ASSUMPTION OF RISK DISCLAIMER

The TAC Titans Swim Team has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

COVID-19 RELEASE

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

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

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, NORTH CAROLINA SWIMMING, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

FACE COVERINGS

All meet participants – coaches, officials, administrators, vendors, and athletes (when not in the pool) – must wear textile face coverings that simultaneously cover the nose and mouth and comply with mandated social distancing and mass gathering rules. Participants wishing to remove their face coverings for periods longer than 5 minutes to eat or drink must move and stay 10 feet away from others or exit the facility until their face coverings are back in place.

LOCAL PROTOCOLS AND CAPACITY PLAN

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

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

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

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

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

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

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

Other:

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

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

LOCKER ROOMS/ CHANGING

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

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

ENTRY & EXIT PROCEDURES AND ATHLETE SEATING AREAS

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

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

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

SWIMMER LIMITATIONS AND PROTOCOLS

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

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

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

PARENTAL/ SPECTATOR ACCESS, LIMITATIONS, AND PROTOCOLS

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

Parents/Guests are expected to comply with all mandated state/local/facility COVID-19 guidelines including distancing, mask use and gathering limits while dropping off or picking up their athlete. Parents needing access to their athlete during the meet in a closed-deck environment can contact their children directly via cellphone and arrange to meet them outside the Main Entrance area. Should parents be unable to contact their child directly, they should see a Meet Marshal located at the main entrance to the facility. In the case of an emergency, please call and/or text the Meet Director.

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

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

LIVE STREAMING

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

HEALTH SCREENING

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

PARTICIPATION IS CONTINGENT ON COMPLIANCE

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

FACILITY

Facility: Triangle Aquatic Center (TAC)

Address: 275 Convention Drive, Cary, NC 27511 **Phone:** 919-459-4045

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

ONLY USA Swimming registered athletes, meet personnel, and current USA Swimming registered officials and coaches may be on deck during warm-ups and/or competition. ALL coaches, officials, and meet personnel will be required to wear credentialed wristbands or lanyards on the pool deck. Please check-in at the clerk of course.

CLASSIFICATION A Senior Championship meet in Prelim/Finals format with qualifying time standards. The Meet will be Flighted with an "A" flight and "B" flight both capped at the facility limit of 270 athletes per session and swimmers from both sessions eligible to qualify for finals. Once entries are received and the meet is seeded the "A" Flight will be filled by taking the top swimmers in all events for the meet and working as far down the list as possible until 270 swimmers are in the "A" Flight. The remaining swimmers or next 270 swimmers will make up the "B" flight. Swimmers will swim in their designated flight, either "A" or "B" for the entire meet. Meet Management reserves the right to adjust sessions, session assignments, and start times to comply with COVID-19 capacity constraints and cleaning requirements in effect at the time of the meet.

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

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

TECHNICAL SUIT BAN FOR 12&Us **Per USA Swimming rule 102.8.1.F, 12&U athletes may not compete in Technical Suits at this meet.**

A Technical Suit is one that has the following components:

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

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

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

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

SAFE SPORT

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

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

Deck changes are prohibited.

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

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

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

SCHEDULE

Session	Day	Warm-Ups Start	Meet Starts
1	Thursday AM – Time Trials	8:15 – 9:15 AM	9:30 AM
2	Thursday PM – Time Trials	4:15 – 5:15 PM	5:30 PM
3	Friday – Flight A	7:00 – 8:20 AM	8:30 AM
4	Friday – Flight B	11:30 – 12:50 PM	1:00 PM
5	Friday Finals	4:30 – 5:45 PM	6:00 PM
6	Saturday – Flight A	7:00 – 8:20 AM	8:30 AM
7	Saturday – Flight B	11:30 – 12:50 PM	1:00 PM
8	Saturday Finals	4:30 – 5:45 PM	6:00 PM
9	Sunday – Flight A	7:00 – 8:20 AM	8:30 AM
10	Sunday – Flight B	11:30 – 12:50 PM	1:00 PM
11	Sunday Finals	4:30 – 5:45 PM	6:00 PM

B-Flight session warm-up and start times may change after entries are processed.
Warm up sessions are limited to 150 swimmers.

POSITIVE CHECK-IN 1650 FREESTYLE

An Electronic Positive check-in for the 1650 Y Freestyle will be due <u>SATURDAY by 7:00 PM</u>. The fastest checked-in heat of Women and heat of Men will swim in Sunday Finals. All others will swim at the conclusion of the "A" Flight or the "B" Flight, whichever session their other events are in.

DEADLINE AND MEETING SUMMARY

DAY/DATE	TIME	FOR
Thursday, February 4	**6:00 PM**	**OME Opens**
Monday, February 22	**6:00 PM**	**ENTRIES CLOSE**
Tuesday, February 23	**6:00 PM**	**Psych sheet emailed – Posted on NCSwim.org**
Thursday, February 25	**6:00 PM**	**Corrections may be submitted until**
Monday, March 1	**6:00 PM**	**New Qualifiers DUE – email mymeetentry@gmail.com**
Monday, March 1	**8:00 PM**	**Final psych sheet published**
Monday, March 1	**6:00 PM**	**TIME TRIAL ENTRIES CLOSE on OME**
Wednesday, March 3	**TBD**	**Virtual General Meeting**
Wednesday, March 3	**TBD**	**Virtual Officials' Meeting**

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

QUALIFYING PERIOD

Short Course Championship meet: A swimmer must have achieved the qualifying time listed per event in a USA Swimming sanctioned, approved, or observed meet between 18 months prior and up to the entry deadline of **Monday, February 22, 2021.**

Swimmers qualifying in events for the first time between February 22, 2021 and March 1, 2021 may enter as new qualifiers subject to the event entry limits (7 for the meet and 3 per day.)
Please email mymeetentry@gmail.com the entry information – do not send a new entry file.

EVENTS

Swimmers must have at least one ESSZ Short Course Senior Championships qualifying time to compete. Qualifiers may enter any number of Bonus events as they choose 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.

PROOF OF TIMES / FAILURE TO ATTAIN TIME STANDARDS

ESSZ and out-of-ESSZ swimmers who compete in 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-times are due and payable by May 31. Beginning June 1, fines are doubled to $50 **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.

TIME TRIALS

Time Trials will be offered to any swimmer entered in an individual event in the ESSZ Championship meet. **All Time Trials will be conducted as Long Course meter events on Thursday, March 4 ONLY. Swimmers must have a Futures qualifying time in each Time Trial event entered.** Swimmers are limited to two (2) events per session and three (3) events total for both Time Trial sessions. There will be two (2) sessions Thursday, March 4, 2021. Each session will include the events in meet order from the ESSZ Championship meet except the 800 Free will swim in Session 1 and the 1500 Free will swim in Session 2. There will be an OME meet available for entries before the start of the meet labeled **"ESSZ Spring Championships – Time Trials". OME entries close Monday, March 1.**
Additional entries for Session 2 will be accepted until the end of Session 1.

ENTRY DEADLINE/ LATE ENTRIES AND CORRECTIONS

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

An events file for organizing entries will be posted on **ncswim.org** by February 4, 2021 or via email request to the entry coordinator at **mymeetentry@gmail.com**

Entry deadline for this meet is Monday, **February 22, 2021** at 6:00 PM (eastern time).

OME will be used for all entries. OME will close Monday, February 22, 2021 at 6:00 PM (eastern time). OME will open no later than Thursday, February 4, 2021. Coaches can update entry times in OME until it closes or they close out their entry. Questions or problems with OME should be directed to **Lana Sanders at mymeetentry@gmail.com**

ESSZ teams should enter via the OME file labeled "**ESSZ Spring Championships".**
Time Trial entries may be entered via the OME file labeled **"ESSZ Spring Championships – Time Trials".**

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 at the discretion of the Meet Referee.

There is no correction period for New Qualifiers. Coaches are responsible for ensuring new qualifying entries are correct and complete by the Monday, March 1, 2021 entry deadline. If a swimmer is a new qualifier to the meet, they will be seeded in the "B" Flight.

Late entries made after the relevant entry deadline are subject to double entry fees and a $50 per team late fee. No late entries or changes will be accepted after March 1, 2021 at 6:00 PM after which point the final psych sheet will be posted. Any entries after this point will be accepted only with the approval of the Meet Referee and only for open lanes in the slowest heat and will be subject to the double fees and team late fee.

ENTRY FEES

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

ENTRY FEES

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

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

SEEDING AND FORMAT/ SCRATCHES FROM FINALS

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

All events except the 1650Y Freestyle will be Pre-seeded and swum slowest to fastest, all women and then all men. The fastest heats of the Women's' and Men's' 1650Y Freestyle will swim in Finals. All other heats will be swum at the conclusion of the "A" Flight or the "B" Prelim Flight, **whichever session their other events are in**.

Events are Prelim/Final except 1650 Free. Once entries are received and the meet is seeded the "A" Flight will be filled by taking the top swimmers in all events for the meet and working as far down the list as possible until 270 swimmers are in the "A" Flight. The remaining swimmers or next 270 swimmers will make up the "B" flight. Swimmers will swim in their designated flight, either "A" or "B" for the entire meet. Meet Management reserves the right to adjust sessions, session assignments, and start times to comply with COVID-19 capacity constraints and cleaning requirements in effect at the time of the meet. **Both flights are eligible to qualify for Finals**.

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 & U,** 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. All Finalists should report to the blocks. Alternates should report to the starter prior to the C Final and will swim should no-shows occur.

Scratches from Finals will be done "Electronically". An electronic posting of Prelim qualifiers from Flight "A" will be available as results are final and combined with Flight "B" results as they are final. Each event will be Closed 30 minutes after the Prelim results are combined and then Seeded for finals.

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

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

CHANGES TO MEET FORMAT

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

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

WARMUPS AND BREAKS

A multi- period warm-up may be utilized to comply with current COVID guidelines and if swimmer numbers warrant. Warm-up assignments and procedures will be communicated prior to the meet.

ONLY Swimmers participating in that evening's Finals may Warm-up for that Finals' Session.

The Meet Referee has the authority to add breaks as necessary.

SCORING

INDIVIDUAL EVENTS: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Swimmers must achieve the qualifying time or faster in each event to score.

Team and individual high point scores will be posted on deck after each day's competition.

AWARDS

Individual events: 1st – 3rd place medals.
Team Awards: Trophies for 1st– 3rd place.
Individual High Point Awards will be presented to the male and female swimmers with the highest point totals in individual events for each age group.

There will be NO awards ceremonies.

COACHES

There will be a virtual General Meeting on **Wednesday. March 3 (time TBA)**. Coaches are responsible for any information presented at the meeting. Meetings may also be held at other times announced by the Meet Referee.

LIMITED COACH CREDENTIALS AVAILABLE

Because of deck capacity restrictions, the number of coaches allowed on deck will be determined by the number of participating swimmers from each team. **One Coach per every 5 swimmers entered per session.**

All coaches who wish to enter the facility must be declared on the Fee Summary Report and must check in and provide photo ID and proof of current USA Swimming membership. The Deck Pass app is acceptable proof of USA Swimming membership for all purposes. Coaches failing to provide proof of membership could be barred from the facility. Only coaches with a Deck Pass credential may be on deck and only when their team's swimmers are competing.

OFFICIALS

Due to stringent deck capacity limitations, the officials for this meet will be selected in advance by the Meet Referee and the NCS Officials Chair. An online signup sheet will be made available prior to the meet for officials to indicate availability and interest in volunteering at this meet. Selected officials will be notified and advised of their assigned sessions. There will be a virtual stroke briefing prior to the meet (time to be announced.)

Officials must show proof of current USA Swimming membership and NCS certification to the Meet Referee or his designee. Deck Pass app is acceptable proof of USA Swimming membership for all purposes. The uniform is white shirts over navy bottoms with white shoes.

Officials should report to their assigned position 15 minutes before session start, Officials are required to wear a textile face covering at all times and should bring a personal water bottle and a writing utensil. Officials must exit the facility at the conclusion of their assigned sessions.

ELIGIBILITY / TECHNICAL JURY

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

HOSPITALITY/ CONCESSIONS

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

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

NCS welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Swimmers with disabilities qualifying for the meet according to the published meet time standards should enter via HYTEK. Swimmers with disabilities who prefer to qualify using the Para Motivational Time Standards should contact the Meet Entry Coordinator to submit entries by the deadline. Coaches entering swimmers with disabilities who require any accommodations are required to provide advance notice in writing to the Meet Director and Meet Referee by the entry deadline including the need for any personal assistants and/or registered service animals. Members who are unable to wear face coverings because of a documented medical condition must notify the Meet Director in advance and may have limited deck access. Failure to provide advance notice may limit the host team's ability to accommodate all requests.

WAIVER/ RELEASE

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the COVID-19 and other Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. The TAC TITANS, Triangle Aquatic Center, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

IMAGE RELEASE

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

NCS Scratch Rule

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

.1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.

.2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch or as noted in 208.3.4 A or D. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer is entered in the meet. Unless the meet announcement states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty-four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet announcement.

.3 Preliminary and Finals Events

A. Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck then 208.3.2 applies

B. Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 208.3.4. For events occurring on the last day of a meet, a fine of $100 per missed swim shall also be assessed to the club by the appropriate Division Chair for failure to compete. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.

C. In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete.

D. When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim.

E. If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s).

.4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual eventif:

A. The Referee is notified in the event of illness or injury and accepts the proofthereof.
B. The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
C. The swimmer was not named in any finals heat during the initial announcement ofresults
D. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

208.4. RELAY SCRATCH RULE

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

2021 ESSZ Short Course Senior Championships

PRELIMS - ORDER OF EVENTS

Friday Flight "A" Prelims **Warm-ups 7:00 – 8:20 AM** **Prelims Start 8:30 AM**

Girls Event #	EVENTS	Boys Event #
1	200 Y Freestyle	2
3	100 Y Breaststroke	4
5	100 Y Butterfly	6
7	400 Y Individual Medley	8

Friday Flight "B" Prelims **Warm-ups 11:30 – 12:50 PM** **Prelims Start 1:00 PM**

Girls Event #	EVENTS	Boys Event #
101	200 Y Freestyle	102
103	100 Y Breaststroke	104
105	100 Y Butterfly	106
107	400 Y Individual Medley	108

Saturday Flight "A" Prelims **Warm-ups 7:00 – 8:20 AM** **Prelims Start 8:30 AM**

Girls Event #	EVENTS	Boys Event #
9	200 Y Butterfly	10
11	50 Y Freestyle	12
13	200 Y Breaststroke	14
15	100 Y Backstroke	16
17	500 Y Freestyle	18

Saturday Flight "B" Prelims **Warm-ups 11:30 – 12:50 PM** **Prelims Start 1:00 PM**

Girls Event #	EVENTS	Boys Event #
109	200 Y Butterfly	110
111	50 Y Freestyle	112
113	200 Y Breaststroke	114
115	100 Y Backstroke	116
117	500 Y Freestyle	118

Sunday Flight "A" Prelims **Warm-ups 7:00 – 8:20 AM** **Prelims Start 8:30 AM**

Girls Event #	EVENTS	Boys Event #
19	100 Y Freestyle	20
23	200 Y Backstroke*	22
25	200 Y Individual Medley	26
21	1650 Y Freestyle**	24

*Event 23 swims **before** Event 22 in Prelims.

Sunday Flight "B" Prelims **Warm-ups 11:30 – 12:50 PM** **Prelims Start 1:00 PM**

Girls Event #	EVENTS	Boys Event #
119	100 Y Freestyle	120
123	200 Y Backstroke*	122
125	200 Y Individual Medley	126
121	1650 Y Freestyle**	124

* Event 123 swims **before** Event 122 in Prelims.

**The fastest 8 Women and the fastest 8 Men positively checked-in will swim the 1650 Y Freestyle in Finals.

2021 ESSZ Short Course Senior Championships

FINALS - ORDER OF EVENTS

Friday Finals **Warm-ups 4:30 – 5:45 PM** **Finals Start 6:00 PM**

Girls Event #	EVENTS	Boys Event #
1	200 Y Freestyle	2
3	100 Y Breaststroke	4
5	100 Y Butterfly	6
7	400 Y Individual Medley	8

Saturday Finals **Warm-ups 4:30 – 5:45 PM** **Finals Start 6:00 PM**

Girls Event #	EVENTS	Boys Event #
9	200 Y Butterfly	10
11	50 Y Freestyle	12
13	200 Y Breaststroke	14
15	100 Y Backstroke	16
17	500 Y Freestyle	18

Sunday Finals **Warm-ups 4:30 – 5:45 PM** **Finals Start 6:00 PM**

Girls Event #	EVENTS	Boys Event #
19	100 Y Freestyle	20
21	1650 Y Freestyle	
23	200 Y Backstroke	22
	1650 Y Freestyle	24
25	200 Y Individual Medley	26

2021 ESSZ Short Course Senior Championships

QUALIFYING TIME STANDARDS

COURSE	WOMEN		EVENT	MEN		COURSE
	SPRING	SUMMER		SPRING	SUMMER	
YD	24.89	24.69	50 FREE	22.49	22.29	YD
MTR	28.69	28.49		26.09	25.89	MTR
YD	54.29	53.79	100 FREE	49.19	48.79	YD
MTR	1:01.89	1:01.29		57.19	56.69	MTR
YD	1:56.99	1:55.89	200 FREE	1:48.29	1:47.29	YD
MTR	2:13.59	2:12.29		2:03.29	2:02.09	MTR
YD	5:10.89	5:07.79	500Y FREE	4:52.59	4:49.69	YD
MTR	4:40.29	4:37.49	400M FREE	4:22.49	4:19.89	MTR
YD	10:48.89	10:42.49	1000YD FREE	10:14.29	10:08.19	YD
MTR	9:38.09	9:32.39	800M FREE	9:04.79	8:59.39	MTR
YD	17:49.09	17:38.49	1650YD FREE	17:03.89	16:53.69	YD
MTR	18:28.69	18:17.69	1500M FREE	17:23.89	17:13.49	MTR
YD	1:00.89	1:00.29	100 BACK	55.29	54.79	YD
MTR	1:10.59	1:09.89		1:03.99	1:03.39	MTR
YD	2:10.99	2:09.69	200 BACK	2:00.29	1:59.09	YD
MTR	2:31.69	2:30.19		2:18.69	2:17.39	MTR
YD	1:08.89	1:08.29	100 BREAST	1:02.49	1:01.89	YD
MTR	1:19.39	1:18.69		1:11.49	1:10.79	MTR
YD	2:29.09	2:27.69	200 BREAST	2:16.09	2:14.79	YD
MTR	2:51.39	2:49.69		2:35.69	2:34.19	MTR
YD	59.99	59.39	100 FLY	54.39	53.89	YD
MTR	1:08.19	1:07.59		1:01.29	1:00.69	MTR
YD	2:11.59	2:10.29	200 FLY	2:01.29	2:00.09	YD
MTR	2:29.29	2:27.89		2:16.39	2:15.09	MTR
YD	2:12.79	2:11.49	200 IM	2:00.99	1:59.79	YD
MTR	2:31.99	2:30.49		2:19.79	2:18.39	MTR
YD	4:40.59	4:37.79	400 IM	4:19.09	4:16.59	YD
MTR	5:20.79	5:17.79		4:57.69	4:54.79	MTR

2021 ESSZ Short Course Senior Championships

Entry Fee Summary Report

Due no later than Thursday at Warmups

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

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

Signature_____ Date_____

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

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

# of Qualifying Swimmers (include unattached and new qualifiers)			
# of Individual Entries		X $ 10.00 each entry	$
NCS Travel Fund for Qualifiers		X $ 3.00 each swimmer	$
Facility Charge for Qualifiers		X $ 20.00 each swimmer	$
# of TIME TRIAL Entries		**X $10.00 per entry**	$
TOTAL AMOUNT DUE			$