# 2019 ATOM Winter Invite

Aquatic Team of Mecklenburg

December 6-8, 2019

Held at Mecklenburg County Aquatic Center

800 E. Martin Luther King Jr Blvd, Charlotte NC 28202

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

**Sanctioned #NC19182**

| MEET DIRECTOR | MEET ENTRY COORDINATOR |
|---|---|
| Shaynah Jerrell<br>coachshaynah@gmail.com<br>(919) 360-0375 | Stephanie Toth<br>Coachstephanie28@gmail.com<br>(336) 906-1611 |
| **MEET REFEREE** | **MEET MARSHALL** |
| Jeff Foltz<br>jhfoltz@msn.com | Jack Eichenlaub<br>Jgeichenlaub90@gmail.com |

**FACILITY**

The competition pools are 8-lane, 25-yard courses featuring nine-foot wide lanes separated by non-turbulent lane lines, Paragon starting blocks and a minimum pool depth of six feet. A Colorado Electronic Timing System and an 8-lane scoreboard will be used. Warm-up and warm-down lanes will be available. The pool is certified by USA Swimming. There is ample seating for 1000 spectators and competitors. **The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming**

**MEET FORMAT**

13-14 girls, 13-14 boys, Senior Women and Senior Men: Friday's events will be timed finals except for the 50 Freestyle (see Order of Events). Saturday and Sunday's Senior Circuit events will be swum as prelims in the morning and finals in the evening. All 13-14 and Senior Senior Circuit events will be combined during Saturday and Sunday prelims. The event finals will be separated out into the appropriate age group and gender. There will be a consolation (B) heat and a championship (A) heat swum in all events with the championship (A) heat swimming first. All Saturday relays will be swum as timed finals in the evening finals session, and the Sunday 400 yd freestyle relays will be swum at the end of Sunday's prelims session prior to the start of the 1650 yd. freestyle. The 12 & under events will all be timed finals.

| Session | Day | Warm-up | Meet Start | Age Group |
|---|---|---|---|---|
| 1 | Friday Timed Finals | 3:00 PM | 4:30 PM | All |
| 2 | Saturday Prelims | 7:00 AM | 8:30 AM | 13 & Over |
| 3 | Saturday Timed Finals | Not before 12:30 | 45 minutes after warm-up | 12 & Under |
| 4 | Saturday Finals | 5:00 PM | 6:00 PM | 13 & Over |
| 5 | Sunday Prelims | 7:00 AM | 8:30 AM | 13 & Over |
| 6 | Sunday Timed Finals | Not before 12:30 | 45 minutes after warm-up | 12& Under |
| 7 | Sunday Finals | Not before 4:30 PM | Not before 5:30 PM | 13 & Over |

**DEADLINE AND MEETING SUMMARY**:

| Day, Date | Time | For |
|---|---|---|
| Tue, Nov 26, 2019 | 11:59pm | Entry deadline |
| Friday, December 6, 2019 | 2:45 pm | Coaches/General Meeting |
| | (see order of events) | Positive Check in |
| Each Session | 30 minutes prior to start | Official Briefings |

**SAFETY** The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated.

**RACING STARTS** Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**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.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Deck changes are prohibited.

There may be combined heats in events 400 yards and longer.

**MAAP** **The Minor Athlete Abuse Prevention Policy is in effect for this meet and all Applicable Adults are expected to comply with the stated requirements and guidelines.**

**ELIGIBILITY**

**All swimmers must be registered with USA Swimming, Inc. and all Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to entry deadline .** Entries listed as "Registration Applied For" will not be accepted. **There will be no on deck registration available at this meet.** The 2017-2020 NAG Time standards are in effect for this meet. Friday evening and Saturday and Sunday morning preliminary sessions (and related finals) will be Senior Circuit events.
Swimmers in the Senior Circuit events must be 13 or older and have achieved a 13-14 "AA" time in two (2) different strokes to swim. A swimmer must have achieved the 13-14"AA" time to enter the 1650 freestyle.
Swimmers in the 12 & under events must have achieved the "BB" time in two (2) different strokes in their age group to swim. A 12 & under swimmer must have achieved the 11-12 "B" time to enter the 500 yd. freestyle.

**TECHNICAL SUIT BAN for 12&Us**

**Per NCS Rule 210.2, 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.

**SWIMMERS WITH DISABILITIES**

ATOM welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit ATOM's ability to accommodate all requests.

**ENTRIES**

Submit entries in Team Manager by email to Stephanie Toth at coachstephanie28@gmail.com. You will receive confirmation when your entries are received. There will be no "on deck" entries available at the meet. All relay swimmers including alternates must be listed on the Meet Entry Forms. Only properly completed entry forms with payment of all fees will be accepted. A swimmer's age on the first day of the meet will determine their age for the entire meet. Late entries may be accepted at the discretion of the meet director and will not be seeded.

**ENTRY LIMITATIONS**

Swimmers may enter eight (8) individual events and up to two (2) relays in the 3-day period. Senior Circuit swimmers may swim a maximum of only three (3) individual events in one (1) day. 12 & under swimmers may swim a maximum of four (4) individual events per day. We reserve the right to limit the Senior Circuit 1650 yd. Freestyle and/or the 12 & under 500 freestyle to the top 32 female and top 32 male swimmers. Coaches will be notified by November 29, 2019 if the 1650 yd. or 500 Freestyle will be limited. In addition, meet management reserves the right to eliminate 12 & under relays do to session time limit constraints.

**ENTRY DEADLINES** Entries must be in by November 26, 2019. Send entries via email using Hy-tek team manager files. Late entries may be charged double. Submit entries to Stephanie Toth at coachstephanie28@gmail.com. Entries may be limited at the discretion of the Meet Director to manage the timeline.

**ENTRY FEES**

**Make checks payable to:** **ATOM Swimming**
**c/o Shaynah Jerrell**
**1026 Leigh Ave**
**Charlotte NC 28205**
**All fees are non-refundable**

| | |
|---|---|
| Timed Final Event | $4.00 per event |
| Trials/Finals Event | $5.00 per event |
| Relays | $12.00 per relay |
| Facility Surcharge | $15.00 per swimmer |
| Travel Fund | $3.00 per swimmer |

**SEEDING** The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded as NT. The 400 IM will be swum as follows: the top two heats will be circle seeded, then the fastest four heats will be swum slowest to fastest, followed by the remaining heats swum fast to slow. If the boys and girls 400 IM are conducted in the same course, we will swim the first four heats of girls, followed by the first four heats of boys, then alternate girls/boys.

The 1650 yd freestyle will be swum fast to slow, with the fastest heat (subject to indicated AM/PM preferences) swimming with finals. Swimmers should indicate AM/PM preference at positive check in for the event. If the 1650 is conducted in one course, we will alternate girls/boys' heats.

The 12 & under 500 yd freestyle will be swum slow to fast. We will swim all heats of girls followed by all heats of boys if the events are swum in the same course.

In the Senior Circuit 1650 yd freestyle and the 400 IM and the Senior Circuit and 12 &under 500 yd freestyle, combined girls/boys' heats may be swum at the discretion of the referee.

**CHECK-IN**

The 400 Yd. IM, the 1650 Yd. Freestyle, and the Senior Circuit and 12 & under 500 yd freestyle will be positive check-in events. Failure to positively check-in may result in a swimmer being scratched from the event. In the 1650 Yd. Freestyle, the fastest eight (8) women and men will be swum during Sunday's finals. The remaining swimmers will swim at the conclusion of Sunday's prelims. Swimmers should indicate AM/PM preference at positive check in. Meet management reserves the right to adjust the number of swimmers in the 1650 depending on the timeline of Sunday's prelims. Check in will be located under the main scoreboard with the Administrative Referee, and should be completed at the times stated in the DEADLINES AND MEET SUMMARY section of the Meet Announcement.

Relay cards will be required for all relays, listing the swimmers' name and order of swimmers, and should be turned in to the Administrative Referee at the times stated in the DEADLINES AND MEET SUMMARY section of the Meet Announcement
In the positive check-in events, a swimmer who has checked in, been seeded, and fails to compete in said event, shall be barred from his/her next individual event.

**SCRATCH RULE**

The North Carolina Scratch Rule is in effect for this meet (see attached).

**SCORING**

USA Swimming scoring system for 8 lane pools through 16th place.

Individual events:
A Final: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
B Final: 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;

**AWARDS**

No awards will be given for this meet.

**COACHES**

All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

**OFFICIALS/ TIMERS/ VOLUNTEERS**

There will be a need for officials. ATOM welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of such to the meet referee by displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area after warm-ups on Friday and as needed during the meet. Each team will be asked to provide timers for finals sessions based on the number of swimmers they have entered in the meet. Swimmers must provide their own timers and counters for the 1000 and 1650 free. Swimmers must provide their own counter for the 500 free.

**HOSPITALITY/ CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Refreshments will be available via concessions offered by ATOM.

**WARM-UP**

**In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries.** Lanes will be available for warm-up and warm-down each session. Each coach is responsible for monitoring his/her team's activities in this area. **There is to be no diving or horseplay in this area.**

**Chairs Spectators & Coaches**

## NO CHAIRS WILL BE ALLOWED IN THE FACILITY.

**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 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. ATOM, QCD, MCAC, 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.

# ORDER OF EVENTS

**Friday, December 6, 2019**
**Warm-up: 3:00 PM; Meet Start: 4:30 PM**

| Girls/Women | Event | Boys/Men |
|---|---|---|
| 1 | 13 & over 50 free* | 2 |
| 35 | 11-12 200 IM | 36 |
| 37 | 10-Under 200 IM | 38 |
| 3 | 13 & over 200 IM | 4 |
| 5 | 13 & over 500 free | 6 |
| 39 | 12&U 500 free | 40 |

***50 free will be prelim/final**
**Positive check in required for the 500 FREE. Check in will close 30 minutes prior to the start meet**

**Saturday, December 7, 2019**
**Prelims: Warm-up: 7:00 AM; Meet Start: 8:30 AM**
**Finals: Warm-up: 5:00 PM; Meet Start: 6:00 PM**

| Girls/Women | Event | Boys/Men |
|---|---|---|
| 7 | 13 & over 200 free | 8 |
| 9 | 13 & over 100 fly | 10 |
| 11 | 13 & over 200 breast | 12 |
| 13 | 13 & over 100 back | 14 |
| 15 | 13 & over 400 IM | 16 |
| 17 | 13-14 400 Medley Relay ** | 18 |
| 19 | Senior 400 Medley Relay** | 20 |

**positive check-in required for 400 IM. Check-in will close 30 minutes prior to start of meet**

****13-14 AND Senior 400 Medley Relay to be swum with finals. Relay cards due 30 minutes prior to start of meet**

**Sunday, December 8, 2019**
**Prelims: Warm-up: 7:00 AM; Meet Start: 8:30 AM**
**Finals: Warm-up: not before 4:30 PM; Meet Start: not before 5:30 PM**

| Girls/Women | Event | Boys/Men |
|---|---|---|
| 21 | 13 & over 200 fly | 22 |
| 23 | 13 & over 100 free | 24 |
| 25 | 13 & over 100 breast | 26 |
| 27 | 13 & over 200 back | 28 |
| 31 | 13-14 400 Free Relay | 32 |
| 33 | Senior 400 Free Relay | 34 |
| 29 | 13 & over 1650 free | 30 |

**Positive check-in required for the 1650 Free 30 minutes prior to the start of the meet.**

**Relay cards due 30 minutes prior to start of meet**

**Saturday, December 7, 2019**
**Timed Finals: Warm-up: Not before 12:30 noon; Meet Start: Not before 1:15 PM**

| Girls/Women | Event | Boys/Men |
|---|---|---|
| 41 | 11-12 200 Free Relay | 42 |
| 43 | 10&U 200 Free Relay | 44 |
| 45 | 12yr 200 free | 46 |
| 47 | 11yr 200 free | 48 |
| 49 | 10yr 200 free | 50 |
| 51 | 9&U 200 free | 52 |
| 53 | 12yr 50 breast | 54 |
| 55 | 11yr 50 breast | 56 |
| 57 | 10yr 50 breast | 58 |
| 59 | 9&U 50 breast | 60 |
| 61 | 11-12 200 breast | 62 |
| 63 | 12yr 100 back | 64 |
| 65 | 11 yr 100 back | 66 |
| 67 | 10 yr 100 back | 68 |
| 69 | 9&U 100 back | 70 |
| 71 | 12yr 100 fly | 72 |
| 73 | 11yr 100 fly | 74 |
| 75 | 10yr 100 fly | 76 |

| | | |
|---|---|---|
| 77 | 9&U 100 fly | 78 |
| 79 | 12yr 50 free | 80 |
| 81 | 11yr 50 free | 82 |
| 83 | 10yr 50 free | 84 |
| 85 | 9&U 50 free | 86 |

**Relays cards due 30 minutes prior to start of the meet**

**Sunday, December 8, 2019**
**Timed Finals: Warm-up: Not before 12:30 noon; Meet Start: Not before 1:15 PM**

| Girls/Women | Event | Boys/Men |
|---|---|---|
| 87 | 11-12 200 Medley Relay | 88 |
| 89 | 10&U 200 Medley Relay | 90 |
| 91 | 12yr 100 free | 92 |
| 93 | 11yr 100 free | 94 |
| 95 | 10yr 100 free | 96 |
| 97 | 9&U 100 free | 98 |
| 99 | 12yr 50 fly | 100 |
| 101 | 11yr 50 fly | 102 |
| 103 | 10yr 50 fly | 104 |
| 105 | 9&U 50 fly | 106 |
| 107 | 11-12 200 fly | 108 |
| 109 | 12yr 100 breast | 110 |
| 111 | 11yr 100 breast | 112 |
| 113 | 10yr 100 breast | 114 |
| 115 | 9&U 100 breast | 116 |
| 117 | 12yr 50 back | 118 |
| 119 | 11yr 50 back | 120 |
| 121 | 10yr 50 back | 122 |
| 123 | 9&U 50 back | 124 |
| 125 | 11-12 200 back | 126 |
| 127 | 12yr 100 IM | 128 |
| 129 | 11yr 100 IM | 130 |
| 131 | 10yr 100 IM | 132 |
| 133 | 9&U 100 IM | 134 |

**Relays cards due 30 minutes prior to start of the meet**

**NORTH CAROLINA SCRATCH RULE**

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

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

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

.3 Preliminary and Finals Events

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

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

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

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

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

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

A. The Referee is notified in the event of illness or injury and accepts the proof thereof.

B. The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.

C. The swimmer was not named in any finals heat during the initial announcement of results

D. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

208.4. RELAY SCRATCH RULE

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