



North Carolina 18&U Championships

Hosted by YOTA

Friday, December 4-Sunday, December, 6, 2020

at Triangle Aquatic Center

Limited to 186 swimmers per session.

Qualifying period: November 1, 2018- November 30, 2020

Entry deadline: 3:00 PM Tuesday, November 24, 2020

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. In granting this sanction it is understood and agreed that USA Swimming and North Carolina Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Sanction # NC20160

MEET DIRECTOR Lana Sanders mymeetentry@gmail.com 919-696-0642	MEET REFEREE John Jewell
ADMIN REFEREE TBD	MEET MARSHAL Meredith Griffin Meredith.Griffin@YMCATriangle.org

CONDITION OF SANCTION

As a condition of this sanction, the YOTA 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 Triangle Aquatic Center Meet Safety 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 YOTA Swim Team has taken enhanced health and safety measures for athletes, coaches, officials, and others participating in this meet. All safety instructions in the meet sanction must be followed. 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

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. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

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.

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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

FACE COVERINGS

ALL meet participants—coaches, officials, administrators, spectators, vendors, and athletes between events—must wear face coverings and comply with mandated social distancing and mass gathering rules.

COVID 19 SAFETY PLAN AND LOCAL PROTOCOLS

- Intentional failure to comply with any element of this safety plan or disregard safety directions issued by a Meet Marshal, Meet Official, or TAC staff person could result in expulsion from the meet.
- Swimmers for each session will enter the building through the main entrance upstairs and proceed to 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 both set of stairs and will go to their assigned warmup pool/lanes.
- A MAXIMUM OF FOUR (4) SWIMMERS PER LANE FOR ALL WARMUPS AND WARM DOWNS
- Each session is capped at 186 swimmers.
- 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.
- 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 social distancing practices so that they can meet with their swimmers.

- Restroom facilities in the TAC entry lobby are for TAC Staff and spectators only. These will be closely monitored by TAC staff. Deck restrooms are for meet personnel only—no swimmers. Locker room restrooms are for swimmers and cannot be used for showering. Changing areas are limited to a maximum of fifteen (15) in each locker room as designated on signage outside and inside the locker rooms. Swimmers are not permitted to congregate in locker rooms.
- Meet personnel for each session are as follows (All Meet Personnel MUST wear masks at all times with the Announcer as the exception during the meet):
 - Six (6) Meet Marshals (Meet Volunteers): Three (3) individuals will be on deck and responsible for maintaining social distancing, mask compliance, and four (4) swimmers per lane for all warmup/warm-down. The other individuals will be responsible for maintaining social distancing and mask compliance 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) Timers (Meet Volunteers): One timer per lane with a button and watch and one (1) backup timer. 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 results and 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 via a Zoom Meeting prior to the first day of the meet. Officials may be flighted during a session but at least the following positions will be covered at all times:
 - One (1) Meet Referee
 - One (1) Admin Referee
 - One (1) Admin Official
 - One (1) Deck Referee
 - One (1) Starter
 - Five (5) Stroke and Turn Judges
- According to the Executive Order for Phase 2 operations, TAC is allowed to have 186 in the water at any time and an additional 33 per thousand sq ft on deck. With session coaching staffs and the above meet and facility personnel, TAC is in compliance with all CDC, State and local government requirements. **This number will be adjusted to reflect the latest capacity allowed by the Governor's Executive Order in effect at the time of the meet.**
- Swimmers will be allowed in the building at their published warm-up time and must leave the building immediately after a brief warm down after their last swim of the session.

- Access to the building will be the front door only.
- Only swimmers and essential meet personnel will be allowed on deck. Swimmers will be able to exit via the front door if they need to see their parents. This door will be monitored.
- The pool area will be cleared and completely sanitized within 30 minutes of the start of warm-ups of each session.
- Watches will be sanitized and placed in zip lock bags (to be changed between every session.) Timers must bring their own pencil/pen.
- Live streaming will be available for spectators to view the meet. To subscribe follow the instructions below:
 1. Go to tv.triangleaquatics.org
 2. Click on the Subscribe Today button in the middle of the screen
 3. Select either Monthly or Annual Subscription (Monthly is pre-selected).*
 4. Enter a Username then your First Name, Last Name, Email Address, create a Password and select a gender.**
 5. Scroll down the page and enter the payment information below Stripe
 6. Scroll down to Payment Summary, review your subscription, and click Submit
 7. You will receive a confirmation email that verifies the activation of your account

*: Please note with either subscription that these are recurring payments. You need to cancel your service if you do not want to be charged each month/each year.

** : NOTE - if you had already setup a prior account you will need unique information for the Username/Password

- Spectators are not allowed in the facility with the exception of monitored use of the lobby bathrooms.
- Volunteer Check-In for the meet will be outside the TAC main entrance
- Sponsor or vendor tables may be located outside at this event.

Parents can contact their minor athletes via cell phone and arrange to meet at the facility front door. In case of emergency, parents should contact TAC front desk staff, call or text their swimmer's coach, or call or text the Meet Director, Meet Referee, or Administrative Referee.

HEALTH SCREENING

Ingress to the facility may require health screening questions and/or a temperature check before entering in accordance with CDC and local health department recommendation.

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 supporting amenities including a full-service café, a swim shop, 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 lanes are a minimum of 7 feet wide.

The 25-yard program pool allows for up to 10 warm-up/warm-down lanes at any time. There is a Daktronics OmniSport 2000 Pro Swimming automatic 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.

The competition pool has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Only meet volunteers, USA Swimming registered athletes, and current USA Swimming registered officials and coaches may be on deck as outlined in the COVID-19 Safety Plan. **NO SPECTATORS ARE ALLOWED IN THE COMPETITION FACILITY AT ANY TIME except for bathroom access as described in the COVID-19 Safety Plan.**

CLASSIFICATION A SCY senior meet in preliminaries/finals and timed finals formats with qualifying time standards.

REGISTRATION All swimmers must be registered with NCS and USA Swimming and all Adult Athletes 18 years of age and older must hold current APT certification to compete. Entries listed as "Registration Applied For" will not be accepted. There will be no on deck registration available at this meet.

ELIGIBILITY This meet is open to eligible Premium and Outreach NCS/USA Swimming athlete members who are 18 years of age or younger on the first day of the meet and NCS/USA Swimming athlete members who are 19-22 years of age and currently training with their clubs instead of their college teams. Swimmers must have achieved the current 18&U Championship P/F or TF qualifying standard to enter. Swimmers entering at least one (1) qualifying event may also enter up to five (5) bonus events.

Swimmers with one P/F A flight cut will swim all entered events in the morning P/F session. Finals are reserved for 18&U swimmers only. Swimmers over 18 will be automatically scratched.

If participation does not meet projected levels by November 15 and at the meet host's sole discretion, teams from neighboring LSCs may be invited to fill the open capacity.

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, 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.

All athletes 18 and over must be APT certified to compete in this meet.

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

SCHEDULE

The session start times may be adjusted based on entries and cleaning schedules. Final times will be communicated within 24 hours after the entry deadline.

Session			Warm Up (Not Before)	Start Time (Not Before)
1	Friday	Preliminaries	7:00	8:30
2	Friday	Timed Finals	11:45	1:15
3	Friday	Finals	4:45	6:00
4	Saturday	Preliminaries	7:00	8:30
5	Saturday	Timed Finals	11:45	1:15
6	Saturday	Finals	4:45	6:00
7	Sunday	Preliminaries	7:00	8:30
8	Sunday	Timed Finals	11:45	1:15
9	Sunday	Finals	4:45	6:00

DEADLINES AND MEETINGS

Day	Time	For
\$50 per swimmer deposit	No later than Friday, October 30	Reserve spot
Entry deadline	No later than 3:00 PM Tuesday, November 24 th	Entry deadline
General meeting via Zoom	3:00 PM Thursday, December 3 rd	
Officials briefing via Zoom	TBD	
Timer's briefings	TBD	

SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Only feet first entry into warm down lanes at all times and during warm ups except during specific warm ups periods while under the direct supervision of a certified coach. No glass is allowed in the pool area or locker rooms at any time. Running and horseplay will not be allowed. As at any pool, the deck may be slippery and caution should be taken to prevent accidents. Swimmers are not allowed in pool equipment rooms or work out rooms. NO blocking of fire exits, which includes doorways and passages. Coaches must carry their coach certification cards at all times when on the pool deck and must hold current certifications and registration with USA Swimming. No spectators will be allowed on the competition deck at any time.

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

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

A swimmer must have achieved at least one qualifying time from November 1, 2018 to November 30, 2020. Times must have been achieved in a USA Swimming sanctioned, approved, or observed competition and must be verifiable in the SWIMS database. New qualifiers who attain a standard for the first time between the entry deadline and the end of the qualifying period may be eligible to enter pending session capacity.

ENTRY DEADLINE

3:00 PM Tuesday, November 24th.

INDIVIDUAL ENTRIES AND LIMITS

Swimmers are entitled to enter and swim a maximum of three events per day and six events for the meet.

A swimmer with at least one P/F morning cut will always be seeded in the morning sessions. All other swimmers will swim timed finals in the afternoon.

Only the top 16 18&U swimmers from the P/F sessions will advance to finals.

Bonus events are offered at this meet as follows: Swimmers entering one qualifying event may also enter up to five bonus events.

ENTRY FEES

To enter this meet, swimmers are required to pay a non-refundable \$50 deposit, which will be credited against entry fees.

All swimmers	\$50.00 non-refundable deposit due before entries will be accepted. Deposits will be credited toward entry fees due.
A Flight P/F session qualifiers	Flat entry fee of \$147.00 plus \$3.00 NCS Travel Fund surcharge
B Flight TF session qualifiers	Flat entry fee of \$117.00 plus \$3.00 NCS Travel Fund surcharge
19-22-year-old college swimmers with clubs either session	Flat entry fee of \$117.00 plus \$3.00 NCS Travel Fund surcharge
<i>All fees are non-refundable.</i>	

ENTRY METHOD

Entries from swimmers who have reserved spots in the meet must be made via HYTEK files emailed to the Meet Director at mymeetentry@gmail.com by the entry deadline.

Payment (less deposits paid) must be made by check payable to YOTA Swim Team and mailed with the signed Meet Entry Fee Summary Report form (last page of this meet announcement) to YOTA Swim Team Attn: Jerry Foley, 801 Corporate Center Drive, Suite 200 Raleigh, NC 27607. To arrange other forms of payment, contact Jerry.Foley@YMCATriangle.org.

NEW QUALIFIERS Swimmers entered in the B Flight afternoon session who attain an A Flight cut for the first time between November 24th and November 30th may shift all events to the A Flight morning session if desired. Contact the Meet Director.

New qualifiers who attain an A Flight or B Flight cut for the first time between November 24th and November 30th can enter pending capacity caps. Contact the Meet Director.

LATE ENTRIES Late entries may be accepted pending capacity caps beginning December 1. Contact the Meet Director.

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 1650Y Freestyle with their 1000/800 time will be seeded behind qualifiers but ahead of bonus swimmers.

For the Prelim/Final sessions: Except for the 1650Y Freestyle, all events will be conducted on a preliminary and finals basis. Finals are limited to the top 16 18&U swimmers. During each final session, there will be an A and B final. The B final will swim before the A final. Alternates should be ready to swim in the B final and identify themselves to the starter prior to the start of the event.

The 1650Y Freestyle 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 may result in the swimmer not properly seeded or not being able to swim the event.

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

400Y IM and 500Y Freestyle Preliminaries

The 400Y IM and 500Y Freestyle preliminary/final events will be 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. Swimmers must provide their own counters for the 500Y Freestyle but not their own timers.

A Flight 1650Y Freestyle

The 1650Y Freestyles will be swum as a timed finals event. After positive check in, the fastest 8 women and 8 men entered in the morning session will swim during finals on Sunday. All other heats of the 1650Y Freestyle will be swum at the conclusion of prelims, 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. No AM/PM option is available. Swimmers must provide their own counters but not their own timers.

B Flight 400Y IM, 500Y Freestyle, and 1650Y Freestyle

All events will swim slow to fast, all girls then all boys and will be deck seeded after positive check in. Combined women/men heats may be swum at the discretion of the Meet Referee.

POSITIVE CHECK IN

All events that are 400Y or longer 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.

Positive check in will be conducted electronically by email, phone, or text message to the Administrative Referee by the stated deadline. Information will be provided at the Zoom General Meeting.

Check In Deadline	A FLIGHT MORNINGS	B FLIGHT AFTERNOONS
400Y IM	8:00 AM Friday	12:00 Noon Friday
500Y Freestyle	8:00 AM Saturday	12:00 Noon Saturday
1650Y Freestyle	7:00 PM Saturday	12:00 Noon Sunday

SCRATCHES

The North Carolina Scratch rule is in effect for this meet. Coaches and swimmers are expected to be familiar with it. Swimmers 19&O will be automatically scratched from finals.

Swimmers who positively check in for the 1650Y Freestyle then elect not to swim must declare a false start to the Deck Referee prior to the start of their heat to avoid penalty.

Swimmers are asked to be masked and to observe at least six feet of social distance when interacting with the deck officials or the administrative officials at the scratch table. Swimmers may not congregate at the scratch table.

WARM UPS AND BREAKS

A split period warm-up may be utilized at the Meet Referee’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.

2020 USA SWIMMING 18-UNDER WINTER CHAMPIONSHIPS

Official events for the competition will include the 50, 100, 200, 500, and 1650 Yard Freestyle, 100 and 200 Yard Butterfly, 100 and 200 Yard Backstroke, 100 and 200 Yard Breaststroke, and 200 and 400 Yard Individual Medley. Official 2020 USA Swimming 18-Under Winter Championships events will have no delineated age groups. Additional age groups will not be included in the Championship results. Qualified swimmers may compete in the same event multiple times throughout the competition dates (December 1-13); however, only his/her fastest time will be included in the overall results. Additionally, only a swimmer’s top scoring six events will be included in the results and in the calculations for high point and team scoring. Any additional event results submitted will be compiled into separate “time trials” results.

SCORING

National-wide scoring will be on a sixteen (16) place basis with individual events scored 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Qualified swimmers may compete in the same event multiple times throughout the competition dates (December 1st -13th) however, only his/her fastest time will be included in the overall results. Additionally, only a swimmer’s top scoring six events will be included in the results and in the calculations for high point and team scoring. Any additional event results submitted will be compiled into separate “time trials” results.

There will be no site scores.

AWARDS

Nation-wide results will be compiled by USA Swimming by December 16, 2020 and awards will be mailed for the top three girls, boys, and combined teams, the top eight individual finishers in each event, and individual girls and boys high point winners. There will be no separate scoring or awards for East and West regions.

There will be no site awards.

RESULTS	<p>Site 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.</p> <p>Times from this meet will submitted for consideration in the 2020 USA Swimming 18&U Winter Championships by December 14th.</p>
CREDENTIALS	<p>Based on capacity constraints on deck, teams will be issued coach deck passes based on number of competitors. Coaches are required to wear face coverings and are not allowed to congregate on deck. Coaches without swimmers in the pool should wait in the stands or another area designated by the Meet Director.</p> <p>All coaches must check in and provide proof of current USA Swimming membership to the Meet Director. A current member’s Deck Pass is acceptable proof of USA Swimming membership for all purposes. Those failing to provide proof of membership will be barred from the deck. All coaches on deck must display their USA Swimming membership card in a visible place, have their Deck Pass card readily accessible at all times, or wear any identifying item required by the Host Team.</p>
OFFICIALS	<p>Due to capacity constraints, officials for this meet will be pre-assigned by the NCS Officials Committee. Officials and meet staff are required to wear face coverings and are not allowed to congregate on deck.</p> <p>Officials must provide proof of current USA Swimming membership and NCS certification to the Meet Referee upon request. OTS and Deck Pass are acceptable proof of USA Swimming membership for all purposes.</p> <p>There will be an officials’ meeting scheduled on Zoom before the first day of the meet. The uniform is white shirts over navy bottoms with white shoes. Long pants or skirts are preferred for finals.</p>
ELIGIBILITY AND TECHNICAL JURY	<p>An Eligibility and Technical Jury will be appointed by the Operations Vice Chair or his designee consisting of one coach, one swimmer, and one non-coach/non-athlete member of NC Swimming should an eligibility or technical protest arise.</p>
HOSPITALITY	<p>There may be limited hospitality offered at this meet. Coaches, officials, athletes, and volunteers may bring reusable water bottles and snacks if they are kept where others cannot come into contact with them. Trash must be disposed of properly and not left on deck.</p>
MEMBERS WITH DISABILITIES	<p>YOTA welcomes all swimmers and non-athlete members with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. 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 YOTA’s ability to accommodate all requests.</p>
WAIVER/ RELEASE	<p>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 COVID-19, MAAPP, and Safe Sport rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and</p>

that you shall be responsible for the compliance of your swimmers with those rules during this meet. YOTA, 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, streamed, 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.



2020 North Carolina 18&U Championship Time Standards

Swimmers entering the meet with at least one A Flight qualifying time will swim all their events in the morning P/F sessions.

Swimmers entering the meet with B Flight qualifying times but no A Flight qualifying times will swim all their events in the afternoon TF sessions.

Swimmers with a qualifying time may enter up to five bonus events subject to the limits of three events per day and six events for the meet.

Women "B" Flight		Women "A" Flight		Event	Men "A" Flight		Men "B" Flight	
LCM	SCY	LCM	SCY		SCY	LCM	SCY	LCM
27.99	24.59	27.19	23.89	50 Freestyle	21.19	24.69	21.89	25.39
1:00.59	53.19	59.09	51.69	100 Freestyle	46.19	53.49	47.49	54.89
2:10.39	1:54.89	2:07.09	1:51.69	200 Freestyle	1:41.19	1:57.49	1:43.89	2:00.49
4:34.19	5:09.59	4:27.49	5:01.09	500 Freestyle	4:35.39	4:08.99	4:42.69	4:14.99
9:24.89	10:32.99	9:11.19	10:16.29	1000 Freestyle	9:32.09	8:38.89	9:45.79	8:51.19
18:01.39	17:35.09	17:35.19	17:07.29	1650 Freestyle	16:00.79	16:32.99	16:24.89	16:58.99
1:08.29	59.29	1:06.39	57.49	100 Backstroke	51.49	1:00.29	53.19	1:02.09
2:26.89	2:07.49	2:23.09	2:03.99	200 Backstroke	1:52.29	2:11.09	1:55.09	2:14.59
1:17.59	1:07.39	1:15.39	1:05.29	100 Breaststroke	58.19	1:08.19	59.89	1:10.09
2:46.69	2:25.59	2:42.29	2:21.89	200 Breaststroke	2:07.59	2:28.19	2:11.19	2:32.09
1:05.99	58.69	1:04.19	56.89	100 Butterfly	50.69	58.09	52.19	59.59
2:24.79	2:07.99	2:21.19	2:04.49	200 Butterfly	1:53.09	2:09.49	1:55.99	2:12.79
2:29.39	2:10.89	2:25.29	2:06.79	200 Individual Medley	1:53.99	2:11.99	1:57.39	2:15.49
5:13.49	4:36.19	5:05.69	4:28.59	400 Individual Medley	4:05.39	4:41.09	4:12.59	4:48.09

A Standard is a modified Junior Cut

B Standard is Futures +2%



2020 NORTH CAROLINA 18&U Championships

A FLIGHT ORDER OF EVENTS

Friday A Flight Preliminaries begin at 8:30 AM Finals begin at 6:00 PM*

Women's Event #	EVENTS	Men's Event #
1	200Y Freestyle	2
3	100Y Breaststroke	4
5	100Y Butterfly	6
7	400Y Individual Medley	8

Saturday A Flight Preliminaries begin at 8:30 AM Finals begin at 6:00 PM*

Women's Event #	EVENTS	Men's Event #
9	200Y Butterfly	10
11	50Y Freestyle	12
13	200Y Breaststroke	14
15	100Y Backstroke	16
17	500Y Freestyle	18

Sunday A Flight Preliminaries begin at 8:30 AM Finals begin at 6:00 PM*

Women's Event #	EVENTS	Men's Event #
19	100Y Freestyle	20
21	1650Y Freestyle**	
23	200Y Backstroke***	22
	1650 Freestyle**	24
25	200Y Individual Medley	26

Swimmers entered with one A Flight Standard will swim all events in the morning P/F session regardless of entry times for the bonus events.

* Start times may be adjusted based on entries.

** 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 a 10-minute break, fast to slow alternating, following a 10-minute break. If two pools are used, no alternating will occur. 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.



2020 NORTH CAROLINA 18&U Championships

B FLIGHT ORDER OF EVENTS

Friday B Flight Timed Finals Begin 1:15 PM*

Women's Event #	EVENTS	Men's Event #
101	200Y Freestyle	102
103	100Y Breaststroke	104
105	100Y Butterfly	106
107	400Y Individual Medley	108

Saturday B Flight Timed Finals Begin 1:15 PM*

Women's Event #	EVENTS	Men's Event #
109	200Y Butterfly	110
111	50Y Freestyle	112
113	200Y Breaststroke	114
115	100Y Backstroke	116
117	500Y Freestyle	118

Sunday B Flight Timed Finals Begin 1:15 PM*

Women's Event #	EVENTS	Men's Event #
119	100Y Freestyle	120
121	200Y Backstroke	122
123	200Y Individual Medley	124
125	1650Y Freestyle	126

Swimmers entered without an A Flight Qualifying Standard will swim all events in the afternoon T/F session.

*Start times may be adjusted based on entries.

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. 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.

**MUST RETURN WITH PAYMENT FOR ENTRIES TO BE CONSIDERED COMPLETE
2020 NORTH CAROLINA 18&U CHAMPIONSHIPS
Meet Entry Fee Summary Report**

Postmark by the entry deadline unless other arrangements are made with Jerry.Foley@YMCATriangle.org.

Club Name	
Club Code	
Address	
City	
Zip	
Head Coach	
Name	
Email	
Cell Phone	
Main Coach Contact at Meet if not the Head Coach	
Name	
Cell Phone	
Other Coaches Attending Meet (on deck access may be restricted based on capacity caps)	
Name	
Name	

I confirm 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. Their USA Swimming membership will be current during the conduct of the complete event Friday through Sunday.

Signature _____ Date _____

Release Statement: USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., YOTA SWIM TEAM, 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 _____

Submit this form and payment in full to YOTA Swim Team, Attn: Jerry Foley, 801 Corporate Center Drive, Suite 200 Raleigh, NC 27607 for entries to be considered complete. Contact Jerry.Foley@YMCATriangle.org to discuss other arrangements or confirm receipt.

ENTRY FEES DUE			
# of A Flight P/F 18&U Swimmers		X \$147.00 each swimmer	+\$
# of B Flight TF 18&U Swimmers		X \$117.00 each swimmer	+\$
# of 19-22 college swimmers		X \$117.00 each swimmer	+\$
NCS Travel Fund per swimmer		X \$3.00 each swimmer	+\$
TOTAL ENTRY FEES			\$
LESS DEPOSITS PAID			
# swimmer deposits made (not to exceed total swimmers entered)		X \$50.00 each swimmer	LESS \$
TOTAL AMOUNT DUE			\$