2022 Novant Health Invitational
January 15-17, 2020
Meet Promo

HOST: SwimMAC Carolina

FACILITY: MAC Swim Center at Charlotte Latin School
9850 Providence Road
Charlotte, NC 28277
(704) 846-5335

COACH IN CHARGE: Russ Kasl (rkasl@swimmaccarolina.org)

T-SHIRT ORDER: Saturday- Navy Blue
Sunday- Registration
Monday- Orange

SUIT & CAP: Senior 1, Senior 2 & Shark 1- suited meet unless otherwise discussed with coach
Dolphin 1- regular in-season suit
Navy Team Cap unless otherwise discussed with coach

MEET GOALS: Gain experience and perform well in a long course format.
Demonstrate improved racing habits since December.
Be competitive with & support teammates in a SwimMAC-only meet.

SCHEDULE:

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	7:30-8:50am	9:00am	ALL
2	Saturday	4:30-5:20pm	5:30pm	Finals 13&Over
3	Sunday	7:30-8:50am	9:00am	ALL
4	Sunday	4:30-5:20pm	5:30pm	Finals 13&Over
5	Monday	7:30-8:50am	9:00am	ALL
6	Monday	4:30-5:20pm	5:30pm	Finals 13&Over

SPECIFIC WARM-UP:

Senior 1 & 2
- Saturday & Monday 7:30-8:10am
- Sunday 8:10-8:50am

Shark 1 & Dolphin 1
- Saturday & Monday 8:10-8:50am
- Sunday 7:30-8:10am

FORMAT: This is a 11-12 timed final, 13&O prelim/finals pre-seeded meet, unless otherwise indicated. The A-B-C Final will be for the top-24 qualifiers regardless of age; the D final will be for the remaining fastest 13-14 year olds only. The Finals heats will be swum in the following order: D, C, B, and A Final. All Relays are Timed Finals swum at Finals. Meet management reserves the right to limit heats of timed finals events if needed to manage the timeline. Meet Management reserves the right to add breaks between events if deemed necessary. Breaks will be published in advance of the session and limited to 10 minutes. Events may be combined at the discretion of the Referee. All events will swim slowest to fastest unless noted.

FACILITY RULES: There will be no "In-Person" spectator viewing. The meet will be live streamed via YouTube. Spectators may enter the facility except to use the restrooms but are not allowed on the pool deck.

Spectators/Parents are required to wear a face-covering at all times while attending, observing, or meeting with their athletes at the meet whether inside the facility, in any adjacent viewing/gathering areas provided by the SwimMAC, or meeting with their swimmer in a designated facility location and are expected to comply with all mandated state/local/facility COVID-19 guidelines.

RULES: This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated. The 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. 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.

MEET EVENT ORDER- NEXT PAGE

2022 SwimMAC Novant LC Invitational
ORDER OF EVENTS
Saturday January 15, 2022
Morning Session

Women's Event	Event	Men's Event
1	Open 100 breast	2
37	11-12 50 Breast	38
3	Open 200 Free	4
41	11-12 50 Fly	42
5	Open 100 Fly	6
	5 min break	
7	Open 200 IM	8
45	11-12 400 Free	46
9	Open 800 Freestyle*	

*Positive Check-in required.

Sunday January 16, 2022
Morning Session

Women's Event	Event	Men's Event
49	11-12 200 IM	50
12	Open 400IM*	13
53	11-12 50 Free	54
14	Open 50 Free	15
57	11-12 50 Back	58
16	Open 100 Back	17
61	11-12 200 Free	62
18	Open 400 Free*	19

*Positive Check-in required.

Monday January 17, 2022
Morning Session

Women's Event	Event	Men's Event
22	200 Breast	23
65	11-12 100 Breast	66
24	200 Back	25
69	11-12 100 Back	70
26	100 Free	27
73	11-12 100 Free	74
28	200 Fly	29
77	11-12 100 Butterfly	78
	1500 Free*	30

*Positive Check-in required.

2022 SwimMAC Novant LC Invitational
ORDER OF EVENTS
Finals
Saturday January 15, 2022

Warm -up: 5:00P Finals Start: 6:00P				
Women's Event	**Qualifying Time**	**Event**	**Qualifying Time**	**Men's Event**
35	--	13/14 100 Breast	--	36
1	--	Open 100 Breast	--	2
43		13/14 200 Free		44
3	--	Open 200 Free	--	4
39		13/14 100 Fly		40
5	--	Open 100 Fly	---	6
33		13/14 200 IM		34
7	--	Open 200 IM	--	8
		Break		
10	--	Open 800 Free Relay**	--	11

** Positive Check-in Required. All Relays Swims at Finals in session order

Sunday January 16, 2022

Warm -up: 5:00P Finals Start: 6:00P				
Women's Event	**Qualifying Time**	**Event**	**Qualifying Time**	**Men's Event**
47		13/14 400IM		48
12	--	Open 400IM	--	13
51		13/14 50 Free		52
14	--	Open 50 Free	--	15
55		13/14 100 Back		56
16	--	Open 100 Back	--	17
59		13/14 400 Free		60
18	--	Open 400 Free	--	19
		Break		
20	--	Open 400 Medley Relay**	--	21

** Positive Check-in Required. All Relays Swims at Finals in session order

2022 SwimMAC Novant LC Invitational
ORDER OF EVENTS
Finals

Monday January 17, 2022

Warm -up: 5:00P Finals Start: 6:00P				
Women's Event	**Qualifying Time**	**Event**	**Qualifying Time**	**Men's Event**
63		13/14 200 Breast		64
22	--	200 Breast	--	23
67		13/14 200 Back		68
24	--	200 Back	--	25
71		13/14 100 Free		72
26	--	100 Free	--	27
75		13/14 200 Fly		76
28	--	200 Fly	--	29
		Break		
31	--	400 Free Relay**	--	32

** Positive Check-in Required. All Relays Swims at Finals in session order