



2022 NCAC Tar Heel States

July 28-31, 2022
Koury Natatorium



Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC22126 and Time Trials Sanction #NC22126TT

MEET DIRECTOR	MEET ENTRY COORDINATOR
Hunter Hojnacki Hunter.hoj@gmail.com	Hunter Hojnacki Hunter.hoj@gmail.com
MEET REFEREE	MEET MARSHAL
Jeff Baker jeffreyharrisbaker@yahoo.com	Sherwood Watts coachwattsnac@gmail.com

CONDITION OF SANCTION

As a condition of this sanction, North Carolina Athletic Club (NCAC) agrees to comply and to enforce all COVID 19 health and safety mandates and guidelines (including face mask, social distancing, and mass gatherings) of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, and the NCAC 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

NCAC 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.

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 AND 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.

**NC FACE
COVERING
STATEMENT**

NCS recommends the proper use of face coverings at all NCS activities and expects all participants, coaches, officials, volunteers, and spectators to comply with all club and facility specific COVID-19 safety requirements and guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, and local jurisdictions.

LOCAL PROTOCOLS

- All meet participants – coaches, officials, administrators, vendors, and athletes (when not in the pool) – have the option to wear a face mask or covering.
- Entry will be through the front doors of the Natatorium. Exits will be the same doors.
- Teams will have designated lanes & times for warmup.

IMPORTANT INFORMATION:

- Swimmers will be allowed in the building no more than thirty (30) minutes prior to their warm-up time and must leave the building after their last swim of the session.
- Access to the building will be the front door.
- Sessions may need to be combined at the discretion of Meet Management.

FACE COVERINGS

All meet participants – coaches, officials, administrators, and athletes (between events) will have the option to wear face mask inside the facility.

**LOCKER ROOMS/
CHANGING**

Locker rooms will be available. These will be labeled at the facility. Deck changing is prohibited.

**ENTRY & EXIT
PROCEDURES and
ATHLETE SEATING
AREAS**

Entry will be through the front door of the Natatorium. Exits will be the same doors or the emergency exit. Athletes will sit in designated team areas.

FACILITY

Koury Natatorium
 400 Skipper Bowles Dr
 Chapel Hill, NC 27514

The pool is an 8-lane, 50-meter course pool with non-turbulent lane markers and bulkhead-anchored starting blocks. The Colorado Timing system with touchpads will be used along with buttons and watches in each of 8 nine-foot-wide lanes for competition. Locker rooms for women and men are available. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, rest rooms, or locker rooms. The competition course has been certified in accordance with 104.2.2C(4).

MEET FORMAT

This is a timed finals meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Thursday	4:00 PM	5:30 PM	Open
2	Friday	7:00 AM	8:00 AM	10 & U
3	Friday	11:15 PM	12:15 PM	11-12
4	Friday	4:30 PM	5:30 PM	13 & O
5	Saturday	7:00 AM	8:00 AM	10 & U
6	Saturday	11:15 PM	12:15 PM	11-12
7	Saturday	4:30 PM	5:30 PM	13 & O
8	Sunday	7:00 AM	8:00 AM	10 & U
9	Sunday	11:15 PM	12:15 PM	11-12
10	Sunday	4:30 PM	5:30 PM	13 & O

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For
Wednesday, July 13 th	12:00 PM (Noon)	Preliminary Entries Due
Wednesday, July 20 th	12:00 PM (Noon)	Final Entry Deadline
Day of Competition	45 Minutes Before Session Start	Officials Meeting

RULES

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

TECHNICAL SUIT BAN for 12&Us

Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.

A Technical Suit is one that has the following components:

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

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.

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.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. and be members of invited teams. 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.**

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

NCAC 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 NCAC's ability to accommodate all requests.

ENTRIES

1. Entries must be submitted via e-mail using Hy-Tek Team Manager, and it is recommended that hard copy Hy-Tek printout be sent as a backup. Electronic entries will take precedence over printed copy in case of discrepancies. Any e-mail entry received will be acknowledged by a confirmation e-mail. If you do not get a confirmation e-mail, your entry has not been processed.
2. Entries must show swimmer's USA ID and actual age of swimmer as of Thursday, July 28th 2022.
3. Entry fees must be received no later than the first session of the meet. Make checks payable to North Carolina Aquatic Club.
4. Swimmers ages 18 and over must have completed the USA Swimming Athlete Protection Training required by the MAAPP by the time the Meet Recon is complete on Thursday, July 21st, 2022, otherwise those swimmers could be removed from the meet.

A swimmer's age on the first day of the meet will determine their age for the entire meet. NCAC's entries will be entered first and then accept teams/entries in the order received, until the four/eight-hour rule is reached. Entries received thereafter will be returned immediately.

ENTRY LIMITATIONS Swimmers may swim a maximum of six (6) individual events for the meet, no more than two (2) events per day. Swimmers may only enter in one session per day.

ENTRY VERIFICATION An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES Entries must be received by 12 PM, July 20th, 2022. Telephone entries will not be accepted. Late entries may be accepted on deck at the discretion of the Meet Referee, if empty lanes are available. Fax entries will not be accepted. Express mailing must be sent so as NOT to require a signature. There will be no on deck entries. Preliminary entries are being requested by July 13th 12PM so the meet host can finalize session structure.

ENTRY FEES

Make Checks payable to: North Carolina Aquatic Club. All fees are non-refundable.	
Individual Events	\$9.00 / event
NC Travel Fund	\$3.00 / swimmer
Facility Surcharge	\$15.00 / swimmer
Late Entry Fee	\$18.00 / individual event

SEEDING The conforming time standard for this meet is Long Course Meters. **NT entries will not be accepted.**

Thursday distance session will be swum fast to slow. Entries may be limited based on timelines.

POOL FORMAT All 8 lanes will be used for competitions. Breaks will be added to session for additional warm down opportunities, if possible, at the discretion of the meet director. Meet director will notify the teams of any change on this the week of the meet.

CHECK-IN All Thursday events will require check in. Check in will close at 5:15 pm.

SCORING This meet will not be scored.

AWARDS No awards will be given.

RESULTS Results will be posted on NCAC website within 24 hours of the conclusion of the meet and teams will be emailed their results. Meet Mobile will be used pending facility internet connectivity.

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.

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. NCAC welcomes and encourages anyone willing to volunteer. Volunteering Officials **MUST** contact the Meet Referee by email **prior to the meet**. All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet / session. There will be no officials meeting at the meet, and assignments will be communicated electronically prior to each session. A virtual meeting may be held prior to the meet / session at the referee's discretion, and all assigned officials are strongly encouraged to complete an individual personal review of applicable USAS rules for their assigned position prior to the meet. Officials should report to their assigned position 10 minutes before session start, and bring a mask, your personal water bottle, a writing utensil, and a headset (if applicable).

**HOSPITALITY/
CONCESSIONS**

Hospitality and concessions will be available at the competition. Concessions will be sold in the stands. Coaches/Volunteer hospitality will be available in the team room just off the pool deck.

WARM-UP

In accordance with USA Swimming and COVID-19 guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal 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.

WAIVER/RELEASE

As a team entered in this meet, upon entry you are verifying that all 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. NCAC, University of North Carolina, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from 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.

TIME TRIALS

Time Trials will be available at the end of each day, after the final session in the evening. Signup will close 1 hour prior to the scheduled end of the session. Time Trials will cost \$10 each. Distance (Events 400 and longer) Time Trials may be limited at the discretion of the Meet Director. Time Trials will count towards a swimmers session and total limit.



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Order of Events



Session 1– Mixed Open Timed Final Warm-ups: 4:00 PM Thursday, July 28th Meet Start: 5:30 PM		
GIRLS EVENT #	EVENT	BOYS EVENT #
1A	Open 400 IM	1B
2A	Open 400 Free	2B

Session 2 – 10 & U Warm-ups: 7:00 AM Friday, July 29th Meet Start: 8:00 AM		
GIRLS EVENT #	EVENT	BOYS EVENT #
3	100 Backstroke	4
5	50 Breaststroke	6
7	50 Free	8
9	200 IM	10

Session 3 – 11-12 Warm-ups: 11:15 AM Friday, July 29th Meet Start: 12:15 PM		
GIRLS EVENT #	EVENT	BOYS EVENT #
11	100 Backstroke	12
13	50 Breaststroke	14
15	50 Free	16
17	200 IM	18

Warm-ups: 4:30 PM Session 4 – 13 & O Friday, July 29th Meet Start: 5:30 PM		
GIRLS EVENT #	EVENT	BOYS EVENT #
19	100 Backstroke	20
21	200 Butterfly	22
23	50 Breast	24
25	50 Free	26
27	200 IM	28

Warm-ups: 7:00 AM Session 5 – 10 & U Saturday, July 30th Meet Start: 8:00 AM		
GIRLS EVENT #	EVENT	BOYS EVENT #
29	4x50 Medley Relay	30
31	100 Fly	32
33	50 Back	34
35	200 Freestyle	36

Warm-ups: 11:15 AM Session 6 – 11-12 Saturday, July 30th Meet Start: 12:15 PM		
GIRLS EVENT #	EVENT	BOYS EVENT #
37	4x50 Medley Relay	38
39	100 Fly	40
41	50 Back	42
43	200 Freestyle	44

Warm-ups: 4:30 PM Session 7 – 13 & O Saturday, July 30th Meet Start: 5:30 PM		
GIRLS EVENT #	EVENT	BOYS EVENT #
45	4x50 Medley Relay	46
47	100 Butterfly	48
49	50 Backstroke	50
51	100 Breaststroke	52
53	200 Freestyle	54

Warm-ups: 7:00 AM Session 8 – 10 & U Sunday, July 30th Meet Start: 8:00 AM		
GIRLS EVENT #	EVENT	BOYS EVENT #
55	4x50 Free Relay	56
57	100 Breast	58
59	50 Fly	60
61	100 Freestyle	62

Warm-ups: 11:15 AM Session 9 – 11-12 Sunday, July 30th Meet Start: 12:15 PM		
GIRLS EVENT #	EVENT	BOYS EVENT #
63	4x50 Free Relay	64
65	100 Breast	66
67	50 Fly	68
69	100 Freestyle	70

Warm-ups: 4:30 PM			Session 10 – 13 & O Sunday, July 30th			Meet Start: 5:30 PM		
GIRLS EVENT #		EVENT		BOYS EVENT #				
71		4x50 Free Relay		72				
73		50 Butterfly		74				
75		200 Breast		76				
77		100 Freestyle		78				
79		200 Backstroke		80				

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Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to NCAC:

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$9.00 per event	
Relay Entries		N/A	
Swimmers (Travel Fund & Facility Surcharge)		\$18.00 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. NCAC, the University of North Carolina, 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. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my 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.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE