2019 North Carolina Swimming
Short Course Senior Championships

Hosted by Swim MAC Carolina
Thursday, February 21 – Sunday, February 24, 2019
at Mecklenburg County Aquatic Center

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction # NC19006 and Time Trials Sanction #NC19006TT

MEET DIRECTOR	MEET ENTRY COORDINATOR
Jen Thome jenniferthome@bellsouth.net Mark Griffey teamgriffey@gmail.com	Trish Martin OME@NCSwim.org 336-327-4697

MEET REFEREE	ADMIN REFEREE	MEET MARSHAL
Todd Webber toddw0312@gmail.com	Jeff Childs jeffrey@rileychilds.net	Ed Cullen ecullen@swimmaccarolina.org

FACILITY

Facility: Mecklenburg County Aquatic Center

Address: 800 E M.L.K. Jr Blvd, Charlotte, NC **Phone:** 980-314-3483

Facility/Pool Specifications: The competition pool is a 50-meter pool divided by 2 bulkheads for use of 2 8-lane 25-yard pools equipped with 8, 9-foot-wide lanes with non-turbulent lane lines and Paragon starting blocks which will be used for competition in accordance with USA Swimming diving depth guidelines. Minimum depth is 6.5 feet at the scoreboard end and 13 feet at the diving board end. Colorado 6000 electronic timing system with a full color scoreboard will be used. The scoreboard end and diving board end of the pool may be used for this meet. There will be 4 additional lanes available for continuous warm up and warm down. Seating for 1000 people is available with ample parking areas within 100 yards of the facility. Smoking is not permitted inside the building. Absolutely no glass bottles will be allowed on the pool deck**.**

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. **NO SPECTATORS ARE ALLOWED ON THE COMPETITION POOL DECK AT ANY TIME.**

CLASSIFICATION

A Senior Championships meet in preliminaries/finals and timed finals formats with qualifying time standards.

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

Any USA Swimming registered swimmer who has achieved the time standard in any event is eligible to compete in that event. Non-NCS registered swimmers/teams or foreign athletes wishing to attend should request advance permission from the NCS Senior Chair.

SCHEDULE

Session	Day	Session	Warm Up	Meet Start
1	Thursday	Timed Finals	3:30-4:50 PM	5:00 PM
2	Friday	Preliminaries	7:00-8:50 AM	9:00 AM
3	Friday	Finals	4:30-5:50 PM	6:00 PM
4	Saturday	Preliminaries	7:00-8:50 AM	9:00 AM
5	Saturday	Finals	4:30-5:50 PM	6:00 PM
6	Sunday	Preliminaries	7:00-8:50 AM	9:00 AM
7	Sunday	Finals	4:00-5:20 PM	5:30 PM

DEADLINES AND MEETINGS SUMMARY

Day	Time	For
No later than Monday 4 weeks prior to the meet	12 Noon	OME Entries Open
Monday of meet week	6:00 PM	OME ENTRY DEADLINE
Tuesday of meet week	6:00 PM	Deadline for Corrections
Thursday of meet week	3:30 PM	Deadline for Proof of Times
Thursday of meet week	3:00 PM	General Meeting
Each Day	1 Hour Before Session	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, and the NCS Safety Program. The NCS Scratch Rule is in effect for this meet.

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 who is unaccompanied by a USA Swimming member coach 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. 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

Short Course Championships: A swimmer must have achieved the qualifying time listed per event from September 1, 2017 to 11:59PM the Sunday night before the Monday meet entry deadline.

EXCEPTION: Entries for new qualifiers or new events achieved by USA Swimming registered swimmers competing in the NCISAA Championships on the Monday meet entry deadline date will be accepted as on time if they are entered as override times in OME or emailed to the Entry Coordinator by Monday 6:00 PM. Entry times must by proven by Tuesday 6:00 PM for swimmers to be seeded into the new events. Proof consists solely of the official NCISAA meet results. This meet cannot be used to improve seed times in previously entered events unless it is to convert a previously entered bonus event into a qualifying event.

INDIVIDUAL ENTRIES AND LIMITS

A swimmer may enter a maximum of three (3) individual events per day with a total entry of seven (7) individual events for the meet. Bonus events are offered at this meet. Swimmers may enter with any provable qualifying time from the qualifying period that meets the event requirements. Time Trials are also offered and count toward a swimmer's daily limit.

Swimmers qualifying in the 1650Y Freestyle automatically qualify for the 1000Y Freestyle and vice versa.

- 1650Y Freestyle qualifiers who want to swim the 1000Y Freestyle but do not have a provable qualifying time should enter the appropriate alternate distance event with their 1650Y/1500M Freestyle qualifying time.
- 1000Y Freestyle qualifiers who want to swim the 1650Y Freestyle but do not have a provable qualifying time should enter the appropriate alternate distance event with their 1000Y/800M Freestyle qualifying time.
- Swimmers who want to swim either of these events as a bonus should enter the regular bonus event.
- Alternate distance event qualifiers will be seeded behind qualifiers but ahead of bonus swimmers.

Swimmers qualifying for the 200 IM automatically qualify for the 100 IM and should enter the 100 IM with their 200 IM qualifying time. Swimmers who wish to swim the 100 IM as a bonus event should enter the regular 100 IM bonus event with their 200 IM time. (Coaches, note that the TM/TU Events File indicates that events 3 and 4 are 200 IMs for qualifying standards only. Both of these events will be contested as 100Y IMs.)

Swimmers qualifying in any individual event are also eligible to enter up to two bonus events subject to both daily and meet limits. There are no qualifying standards for the bonus events. Swimmers should enter with any provable SCY or LCM time. Swimmers without provable times for the bonus events should override with 59:59.59LCM and will be seeded last.

RELAY ENTRIES AND LIMITS

Relay entry times are not required to be provable and may be overridden with aggregate or estimated times.

Clubs may enter a maximum of two relays per event. If there are two entries, they will be designated A and B. Both relays may score. Swimmers designated as 'relay only' in OME may

ONLY swim relays. All relay only swimmers, including alternates, must be listed on the OME roster, the Meet Entry Form, and must pay the $3.00 NCS surcharge. Any relay that does not have at least one swimmer in an individual event will be disqualified. Relay only swimmers may not swim time trials.

Relay teams have a choice of AM or PM on Sunday. Teams not indicating a preference will be seeded in the morning session. Relay cards are due to the Admin Referee as indicated in the Check In schedule. There will be a 10-minute break prior to and immediately following all relay events.

OME ENTRIES PROOF OF TIME/ENTRY DEADLINE/ LATE ENTRIES AND CORRECTIONS

ON TIME ENTRIES WILL ONLY BE ACCEPTED FROM OME except as noted.

USA Swimming's OME system will be used for on-time entries, including relays. OME will close three (3) days prior to the meet on the **Monday of meet week at 6:00 PM**. OME will open no later than the Monday four (4) weeks before the meet at 12:00 N**oon**. An OME User's Manual for NCS Champs is available on NCswim.org.

Coaches may update entry times in OME until the Monday 6:00 PM entry deadline. **OME WILL NOT AUTOMATICALLY** update times. Entry changes and additions that cannot be made in OME must be emailed to the Entry Coordinator by the Monday 6:00 PM entry deadline to be considered on time.

Coaches shall confirm OME entries and entry times are correct and complete prior to checking out by the Monday 6:00 PM entry deadline. Only printed copies of original OME entries and rosters will be accepted as proof of administrative or system errors.

All team contacts listed in OME will receive an entry list by midnight after OME closes on Monday at 6:00 PM. Entry corrections, time corrections, new entries, and override proofs must be emailed to the Entry Coordinator by the next day, Tuesday 6:00 PM. Teams should have an internal process in place to ensure corrections are submitted by the deadline. Each email will be acknowledged with an email confirmation for receipt of proof. **New entries are subject to double entry fees and a $50 per team late fee**. No late entries or changes will be accepted by the Entry Coordinator after Tuesday 6:00 PM after which point the psych sheet will be generated and posted and the meet will be seeded. Any entries after this point will be accepted only with the approval of the Meet Referee and the Senior Chair, only for open lanes, and will be subject to the double fees and team late fee.

If a time override is used to enter an individual event in OME, proof of time must be submitted to the Entry Coordinator no later than 6:00 PM Tuesday, two (2) days before the meet, or the swimmer **WILL NOT** be seeded into the event in question. If proof is provided to the Admin Referee after the Tuesday deadline and before warm ups begin on Thursday, the swimmer may be added to the event subject to lane availability and Meet Referee approval. Proof of time consists of a SWIMS entry or copy of/link to the final meet results from a USA Swimming sanctioned, approved, or observed meet. Sanction number, date, and location must be provided**. Hy-Tek Team Manager or Team Unify results WILL NOT be accepted as proof.**

Teams are responsible for paying the entry fees as calculated on the Meet Entry Fee Summary page in this meet announcement. The **amount due in OME will be incorrect** if the team has relay only swimmers.

ENTRY FEES

Please use the Meet Entry Fee Summary to calculate amount due (which will differ from the amount due in OME if you have relay only swimmers.) Payment of entry fees plus any assessed fines is due by the General Meeting. Make checks payable to: SWIM MAC CAROLINA

Individual Event	$4.00 per event
Relays	$8.00 per relay
NCS Travel Fund	$3.00 per swimmer, **including** relay only swimmers. Note that OME does not add this NCS Travel Fund fee due for relay only swimmers so you must calculate and submit your total due with the attached Meet Entry Fee Summary/Waiver.
Facility Surcharge	$10.00 per swimmer, **excluding** relay only swimmers
All fees are non-refundable.	

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 1000Y Freestyle or 1650Y Freestyle but without provable qualifying times will be seeded behind qualifiers but ahead of bonus swimmers.

All events that are 400Y and longer and all relays 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.

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

Except for all relay events and the 1000Y and 1650Y Freestyle, all events will be conducted on a preliminary and finals basis. During each final session, there will be a C, B, and A (bonus, consolation, and championship) final heat. The C Final will swim first, followed by the B Final, then A Final in that order. Alternates should be ready to swim in the C Final and identify themselves to the starter prior to the start of the event. The A and B Finals will be scored.

In Sunday's Finals, the Men's 200Y Backstroke will immediately follow the Women's 1650Y Freestyle and precede the Women's 200Y Backstroke in order to alternate women's and men's events throughout the evening's program.

100Y Individual Medley

Swimmers shall qualify for and enter this event with their 200 IM time. Bonus swimmers should enter the 100 IM bonus event with their 200 IM time and will be seeded after qualifiers.

400Y IM and 500Y Freestyle

The 400Y IM and 500Y Freestyle will be swum as preliminary/final events and 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.

1000Y and 1650Y Freestyle

The 1000Y and 1650Y Freestyles will be swum as timed finals events. All heats of the 1000Y Freestyle will be swum fastest to slowest, alternating women and men. If two courses are used, no alternating will occur. After positive check in, the fastest 8 women and 8 men in the 1650Y Freestyle will swim during the finals session on Sunday. All other heats of the 1650Y Freestyle will be swum at the conclusion of prelims after relays and a 10-minute break, fast to slow, alternating women and men. If two pools are used, no alternating will occur. There is no AM/PM option for the 1650Y Freestyle. Swimmers must provide their own counters for both events.

Relays

The 800 FR on Thursday will swim fast to slow. The fastest two heats of women will swim first, followed by the fastest two heats of men, followed by remaining heats alternating women and men. All other relays events will swim slow to fast, all women then all men.

CHANGES TO MEET FORMAT

Within USA Swimming Rules and with unanimous agreement of the Meet Referee, the Meet Director, and the Senior Chair, ***prior to the first day of the meet***, limited changes may be proposed to the format of the meet to improve competition and to accommodate unforeseen circumstances that arise after the meet is sanctioned. Changes require unanimous agreement of coaches at the General Meeting.

POSITVE CHECK IN

The events and relays in the following schedule 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.

Individual Events	**Check-In Deadline**			
1000Y Freestyle	Thursday	4:30 PM		
400Y IM	Friday	8:30 AM		
500Y Freestyle	Saturday	8:30 AM		
1650Y Freestyle	Sunday	8:30 AM		
Relay Events	**Check-In Deadline**		**Relay Cards Due**	
800Y Freestyle Relay	Thursday	4:30 PM	Thursday	5:30 PM
200Y Medley Relay	Friday	7:30 AM	Friday	7:30 AM
400Y Freestyle Relay	Friday	8:30 AM	Friday	6:00 PM
200Y Freestyle Relay	Saturday	7:30 AM	Saturday	7:30 AM
400Y Medley Relay	Sunday	8:30 AM	Sunday AM Sunday PM	9:30 AM 5:30 PM

SCRATCHES

The current NCS Scratch Rule will be in effect during the conduct of this meet for prelim/finals and deck seeded events. This will serve as the official guide for technical and procedural rules, except when stated otherwise in the Meet Announcement. Coaches and swimmers are expected to be familiar with the rule.

A swimmer wishing to scratch from a preliminary event to make room for a time trial may scratch with the Admin Referee any time prior to the beginning of the preliminary event. Scratch forms will be available from the Admin Referee. Any swims scratched in this manner will not count toward a swimmer's daily 3-event limit. No shows, DQs, and DFSs will count.

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.

SCORING

INDIVIDUAL EVENTS: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
RELAY EVENTS: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Team and individual high point scores will be published at Finals.

AWARDS

Individual events: 1st– 8th place medals.
Relays: 1st – 3rd place medals.
Following the conclusion of each A final heat (Championship Final), there will be an immediate awards ceremony to present the top five (5) finishers' awards.

NCS Team Awards: Trophies for 1st– 3rd place in Small Teams, Medium Teams, and Large Teams categories. Category assignments will be announced on 2/1/2019 based on total team membership of 13&O swimmers. NCS university clubs are automatically assigned to Large Teams.

NCS Individual High Point Awards will be presented to the male and female NCS swimmers with the highest point totals in individual events for each age group.

READY ROOM The top eight qualifiers for the A Final are invited to report to the ready room five minutes prior to their event for the parade of the A Final heat.

RESULTS Results will be posted on deck and in an area available to spectators. 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.

TIME TRIALS Entry fees for time trials will be $10.00 due at sign up. Time trials count towards a swimmer's individual 3-event limit for each day, but not the 7-event meet limit. Swimmers must provide their own timers for Time Trials.

- Time trials will be offered after Prelims and after Finals, time permitting and at the discretion of the Meet Referee.
- Only swimmers properly entered in at least one individual event are eligible for individual or relay time trials. Relay only swimmers will not be allowed to swim Time Trials.
- Entry deadline for Time Trials shall be one hour after the beginning of the session. This time may be changed in the General Meeting depending on projected session time lines.
- Time trials will begin not more than 15 minutes following the conclusion of all prelim and final races. All teams competing in the time trial may agree to less than 15 minutes.
- The distance freestyles typically will be offered at only one Time Trial session. The session will be determined by the Meet Referee and Senior Chair, depending on the size of the meet, time available, etc., and will be announced at the General Meeting. Swimmers in the distance freestyles must provide their own lap counters.
- The event order will follow national protocol except that on the day that the distance frees are offered, they will be the last events of the session. Events may be combined, however, backstroke events should not be combined with forward starting events.
- Time permitting, non-meet event time trials may be conducted after all meet event time trials have been conducted at the discretion of the Meet Referee.

COACHES **There will be a General Meeting at 3:00 PM on Thursday afternoon**. Coaches are responsible for any information presented at the meeting. Meetings may also be held at other times announced by the Meet Referee.

CREDENTIALS All coaches must check in and provide proof of current USA Swimming membership to the Meet Director. Officials must show proof of current USA Swimming membership and NCS certification to the Meet Referee. A current member's Deck Pass is acceptable proof of USA Swimming membership for all purposes. Those failing to provide proof of membership could 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.

OFFICIALS There will be an officials' meeting ONE hour prior to the beginning of each session. NCS welcomes all certified officials on deck. The uniform is white shirts over navy bottoms with white shoes. Long pants or skirts are preferred for finals.

NCS Short Course Senior Championships has been designated as a USA Swimming Official Qualification Meet (OQM) offering the following: evaluations for certification for N2 S&T, CJ, DR, and AR and N3 S&T as well as recertification for all positions. A limited number of N2 AO evaluations may be offered as well at the discretion of the NCS Officials Chair. Regardless of the number of sessions required for certification/recertification, an official will need to serve a minimum of four (4) sessions to be evaluated. Any official wishing to participate should fill out the Officials Sign Up Form on the NCS website www.SwimNC.com.

All requests for assigned positions should be emailed to the Meet Referee by February 1 and will be based on evaluation requests and level of experience. Please see the USA Swimming website for additional information on National evaluation and certification requirements.

ELIGIBILITY AND TECHNICAL JURY

An Eligibility and Technical Jury will be appointed by NC Swimming or its 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

There will be a hospitality room available to all coaches and officials.

SWIMMERS WITH DISABILITIES

NCS 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 the meet host'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 your OME entry are registered with USA Swimming. You acknowledge that you are familiar with the Safe Sport 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. SWIM MAC CAROLINA, Mecklenburg County 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 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.

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.

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.

NORTH CAROLINA SWIMMING

2019 SHORT COURSE SENIOR CHAMPIONSHIP QUALIFYING STANDARDS

MEET DATES: FEBRUARY 21-24, 2019

LOCATION: Mecklenburg County Aquatic Center, Charlotte, NC

COURSE	WOMEN	EVENT	MEN	COURSE
YD	25.89	50 FREE	23.29	YD
MTR	29.39		27.19	MTR
YD	55.89	100 FREE	51.19	YD
MTR	1:03.89		59.49	MTR
YD	1:59.89	200 FREE	1:51.89	YD
MTR	2:18.89		2:07.39	MTR
YD	5:22.19	400/500 FREE	5:04.29	YD
MTR	4:49.29		4:32.39	MTR
YD	11:15.19	800/1000 FREE	10:38.89	YD
MTR	10:02.39		9:26.59	MTR
YD	18:50.49	1500/1650 FREE	17:44.79	YD
MTR	19:03.09		18:05.69	MTR
YD	1:03.89	100 BACK	57.59	YD
MTR	1:13.19		1:06.59	MTR
YD	2:14.89	200 BACK	2:04.89	YD
MTR	2:33.89		2:24.29	MTR
YD	1:12.79	100 BREAST	1:04.99	YD
MTR	1:22.79		1:14.49	MTR
YD	2:36.89	200 BREAST	2:21.59	YD
MTR	2:57.99		2:41.99	MTR
YD	1:02.89	100 FLY	56.59	YD
MTR	1:10.69		1:03.79	MTR
YD	2:19.09	200 FLY	2:06.19	YD
MTR	2:34.99		2:21.89	MTR
YD	2:15.89	200 IM	2:04.89	YD
MTR	2:34.49		2:25.39	MTR
YD	4:49.19	400 IM	4:29.49	YD
MTR	5:27.79		5:09.59	MTR

2019 NORTH CAROLINA SWIMMING

SHORT COURSE SENIOR CHAMPIONSHIPS

ORDER OF EVENTS

Thursday Timed Finals begin at 5:00 PM

Women's Event #	EVENTS	Men's Event #
1	1000Y Freestyle	2
3	100Y IM *qualify with 200Y IM*	4
	10-Minute Break	
5	800Y Freestyle Relay	6

Friday Preliminaries begin at 9:00 AM Finals begin at 6:00 PM

Women's Event #	EVENTS	Men's Event #
7	200Y Medley Relay*	8
	10-Minute Break	
9	200Y Freestyle	10
11	100Y Breaststroke	12
13	100Y Butterfly	14
15	400Y Individual Medley	16
	10-Minute Break	
17	400Y Freestyle Relay*	18

*All 200Y Medley Relays will swim in Prelims. All 400Y Freestyle Relays will swim in Finals.

Saturday Preliminaries begin at 9:00 AM Finals begin at 6:00 PM

Women's Event #	EVENTS	Men's Event #
19	200Y Freestyle Relay*	20
	10-Minute Break	
21	200Y Butterfly	22
23	50Y Freestyle	24
25	200Y Breaststroke	26
27	100Y Backstroke	28
29	500Y Freestyle	30

* All 200Y Freestyle Relays will swim in Prelims.

Sunday Preliminaries begin at 9:00 AM Finals begin at 5:30 PM

Women's Event #	EVENTS	Men's Event #
31	100Y Freestyle	32
33	1650Y Freestyle**	
35	200Y Backstroke***	34
	1650 Freestyle**	36
37	200Y Individual Medley	38
	10-Minute Break	
39	400Y Medley Relay****	40

** 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 AM relays and a 10-minute break. **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.

****AM/PM option** for Sunday relays. Those not indicating a preference will swim in the morning.

2019 NORTH CAROLINA SWIMMING

SHORT COURSE SENIOR CHAMPIONSHIPS

Meet Entry Fee Summary Report

Due no later than 3:00 Thursday at General Meeting

Club Name	
Club Code	
Address	
City	
Zip	
Head Coach	
Name	
Email	
Cell Phone	
Office Phone	
Main Coach Contact at Meet if not the Head Coach	
Name	
Cell Phone	
Other Coaches Attending Meet	
Name	
Name	
Name	
Name	
Name	

I certify 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 during the conduct of the complete event Thursday through Sunday.

Signature_____ Date_____

Release Statement: USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., SWIM MAC CAROLINA, AND MECKLENBURG COUNTY 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_____

Make checks payable to SWIM MAC CAROLINA and submit to the Meet Director with this form no later than the General Meeting at 3:00 on Thursday.

# of Qualifying Swimmers			
# of Relay Only Swimmers			
# of Individual Entries		X $4.00 each entry	$
# of Relay Team Entries		X $8.00 each relay entered	$
NCS Travel Fund (Qualifiers PLUS Relay Only swimmers)		X $3.00 each swimmer	$
Facility Charge (Qualifying swimmers only)		X $10.00 each swimmer	$
Fines, fees if applicable			$
TOTAL AMOUNT DUE			$

Hotel and Local Information:

TBA