2020 BRSL SHORT COURSE CHAMPIONSHIPS

Aquatic Team of Mecklenburg
March 20-22, 2020
Held at Mecklenburg County Aquatic Center
800 E. Martin Luther King Jr Blvd, Charlotte NC 28202

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction NC20071 and #NC20071TT

MEET DIRECTOR	MEET ENTRY COORDINATOR
Shaynah Jerrell coachshaynah@gmail.com (919) 360-0375	Stephanie Toth coachstephanie28@gmail.com (336) 906-1611
MEET REFEREE	**MEET MARSHAL**
Jeff Foltz jhfoltz@msn.com (919) 523-9540	Jack Eichenlaub jgeichenlaub90@gmail.com

FACILITY

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

MEET FORMAT

This is a closed league competition. Three day Invitational with timed finals for 12-unders and prelims/finals for 13-14 and Senior. Finals for individual events will consist of a championship and consolation final heat. Relays and events 400 yards and longer will be timed finals.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday Timed Finals	5:00 PM	6:00 PM	All
2	Saturday Prelims	8:00 AM	9:00 AM	13 & Over
3	Saturday Timed Finals	Not before 12:00 Noon	Not before 1:00 PM	12 & Under
4	Saturday Finals	5:00 PM	6:00 PM	13 & Over
5	Sunday Prelims	8:00 AM	9:00 AM	13 & Over
6	Sunday Timed Finals	Not before 12:00 Noon	Not before 1:00 PM	12& Under
7	Sunday Finals	4:45PM	6:00 PM	13 & Over

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For
Tue, March 10, 2020	11:59pm	Entry deadline
Friday, March 20, 2020	5:45pm	Coaches/General Meeting
	(see order of events)	Positive Check in
Each Session	45 minutes prior to start	Official Briefings

SAFETY	The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated.
RACING STARTS	Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
RULES	This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks, in changing areas, rest rooms or locker rooms. Deck changes are prohibited. There may be combined heats in events 400 yards and longer.
ELIGIBILITY	The meet is open to BRSL members only. All swimmers must be registered with USA Swimming, Inc. and all Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to entry deadline. There will be no on deck registration available at this meet.
MAAPP	The Minor Athlete Abuse Prevention Policy is in effect for this meet and all Applicable Adults are expected to comply with the stated requirements and guidelines.

TECHNICHAL SUIT BAND FOR 12 & U	Per NCS Rule 210.2, 12 & Under athletes may not compete in Technical Suits at this meet. A Technical Suit is one that has the following components: • Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or • Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.
ENTRIES	Submit entries in Team Manager by email to Stephanie Toth at coachstephanie28@gmail.com. You will receive confirmation when your entries are received. There will be no "on deck" entries available at the meet. All relay swimmers including alternates must be listed on the Meet Entry Forms. Only properly completed entry forms with payment of all fees will be accepted. A swimmer's age on the first day of the meet will determine their age for the entire meet. Late entries may be accepted at the discretion of the meet director and will not be seeded. ***Swimmers 19 and over may enter the meet. They may not score and may only swim in the consolation final heat if there are empty lanes
ENTRY LIMITATIONS	Swimmers may swim a maximum of 3 individual events plus 2 relays per day.
ENTRY DEADLINES	Entries must be in by March 10, 2020. Send entries via email using Hy-tek team manager files. Late entries may be charged double. Submit entries to Stephanie Toth at coachstephanie28@gmail.com. Entries may be limited at the discretion of the Meet Director to manage the timeline.

ENTRY FEES

Make checks payable to:	**ATOM Swimming** **c/o Shaynah Jerrell** **1026 Leigh Ave** **Charlotte NC 28205** **All fees are non-refundable**
Timed Final Event	$5.00 per event
Trials/Finals Event	$6.00 per event
Relays	$16.00 per relay
Facility Surcharge	$15.00 per swimmer
BRSL Member Fee	$5.00 per team
Travel Fund	$3 per swimmer

SEEDING

The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order.

CHECK-IN

A positive check-in, will be required for the following events:

- Individual events 400 and longer
- All 13-14 and senior A relays

Check in for individual events are due 30 minutes prior to the conclusion of warm up. Check in for 13-14/Senior A relays are due at 10:00AM. All 13/14 and Senior A Relays will be swum with finals. No exceptions. For prelims/finals events:
Swimmers who are not positively checked in, will not be allowed to swim. Swimmers who positively check in and do not appear for that event will be scratched from their next scheduled event.

SCRATCH RULE

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

SCORING

USA Swimming scoring system for 8 lane pools through 16th place.
Individual events: 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; only 1 relays per gender may score for each team.

AWARDS

Medals will be awarded for 1st through 3rd in individual events and ribbons for 4th through 8th place. Relays will be awarded ribbons for 1st through 3rd. High Point Trophies will be awarded for 1st through 3rd for each age group male and female. Team Awards will be given for 1st.

COACHES

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

TIME TRIALS

Time Trials will be offered for 13&Older swimmers after all preliminary sessions, time permitting, and at the discretion of the Meet Referee. All time trial participants must be entered in the meet. Time Trials count toward a swimmer's daily event limit, but not toward the meet event limit. A swimmer wishing to add a Time Trial must ensure that his/her daily event limit is not exceeded and must scratch if necessary, with the Admin Referee from an event, so as not to exceed the daily or meet limits. "No Shows" and "Declared False Starts" count toward a swimmer's daily event limit.
Sign-up Deadlines: · 10:30 AM for post preliminary Time Trials ·

The order of events will be as follows: Current day's events, followed by next day's events, etc., finishing with the previous day's events.

Time Trials will cost $10.00 per individual event payable in cash at sign-up. Swimmers must provide their own timers and lap counters. Time Trials will commence within 15 minutes of the end of the session and may be run in two pools at the Meet Referee's discretion

OFFICIALS/ TIMERS/ VOLUNTEERS

There will be a need for officials. ATOM welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of such to the meet referee by displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area 45 minutes prior to start of each session. Each team will be asked to provide timers for finals sessions based on the number of swimmers they have entered in the meet. **Swimmers must provide their own timers and counters for the 1000 and 1650 free. Swimmers must provide their own counter for the 500 free.**

HOSPITALITY/ CONCESSIONS

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

WARM-UP

General warm-up for 45 minutes and specific warm-up the last 15 minutes. Warm-ups shall be conducted according to the NCS Safety Program and shall be supervised at all times. Coaches are advised to closely supervise their swimmers at all times. Warm up lane assignments will be distributed to coaches via email, posted on deck and included in coach's packet.

Chairs Spectators & Coaches

NO CHAIRS WILL BE ALLOWED INTO THE FACILITY. CHAIRS WILL BE SUPPLIED TO THE COACHES ON DECK.

WAIVER/RELEASE As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. ATOM, QCD, MCAC, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

IMAGE RELEASE All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

ORDER OF EVENTS

Friday, March 20, 2020
Warm-up: 5:00 PM; Meet Start: 6:00 PM

Girls/Women	Event	Boys/Men
1	SR. 400 IM*	2
3	13-14 400 IM*	4
5	11-12 200 IM	6
7	10-Under 200 IM	8
9	SR. 500 FREE*	10
11	13-14 500 FREE*	12
13	11-12 500 FREE*	14
15	10-Under 200 FREE	16

***Positive check in required for the 400 IM & 500 FREE. Check in will close 30 minutes prior to the start of the meet. Bring lap counters. Swimmers will need to provide their own lap counter for the 500 free.**

Saturday, March 21, 2020
Prelims: Warm-up: 8:00 AM; Meet Start: 9:00 AM
Finals: Warm-up: 5:00 PM; Meet Start: 6:00 PM

Girls/Women	Event	Boys/Men
17	13-14 200 IM	18
19	SR. 200 IM	20
21	13-14 100 BACK	22
23	SR. 100 BACK	24
25	13-14 200 BREAST	26
27	SR. 200 BREAST	28
29	13-14 100 FREE	30
31	SR. 100 FREE	32
33	13-14 200 FLY	34
35	SR. 200 FLY	36
37	13-14 200 MEDLEY RELAY*	38
39	SR. 200 MEDLEY RELAY*	40

***ALL A Relays will be swum as the first event in finals followed by a 10 minute break. Check in for relays will close at 10:00 AM.**

Sunday, March 22, 2020
Prelims: Warm-up: 8:00 AM; Meet Start: 9:00 AM
Finals: Warm-up: 5:00 PM; Meet Start: 6:00 PM

Girls/Women	Event	Boys/Men
77	13-14 200 FREE	78
79	SR. 200 FREE	80
81	13-14 100 BREAST	82
83	SR. 100 BREAST	84
85	13-14 200 BACK	86
87	SR. 200 BACK	88
89	13-14 100 FLY	90
91	SR. 100 FLY	92
93	13-14 50 FREE	94
95	SR. 50 FREE	96
97	13-14 200 FREE RELAY*	98
99	SR. 200 FREE RELAY*	100
**** 15 Minute Break ****		
101	13-14 1000 FREE	102
103	SR. 1000 FREE	104
105	13-14 1650 FREE	106
107	SR. 1650 FREE	108

***Positive check-in required for the 1000 Free and 1650 Free 30 minutes prior to the start of the Sunday preliminary session. All A Relays will be swum as the first event with finals followed by a 10 minute break. Positive check in is required for all relays by 10:00 AM. Bring lap counters. Swimmers will need to provide their own lap counter and timer for the 1000 and 1650.**

Saturday, March 21, 2020
Timed Finals: Warm-up: Not before 12:00 noon; Meet Start: Not before 1:00 PM

Girls/Women	Event	Boys/Men
41	8-U 100 MEDLEY RELAY	42
43	10-U 50 BACK	44
45	11-12 50 BACK	46
47	8-U 25 BACK	48
49	10-U 100 FREE	50
51	11-12 100 FREE	52
53	8-U 25 FREE	54
55	10-U 100 IM	56
57	11-12 100 IM	58
59	8-U 25 BREAST	60
61	10-U 50 BREAST	62
63	11-12 50 BREAST	64
65	8-U 25 FLY	66
67	10-U 100 FLY	68
69	11-12 100 FLY	70
71	8-U 100 FREE RELAY	72
73	10-U 200 MEDLEY RELAY	74
75	11-12 200 MEDLEY RELAY	76

Sunday, March 22, 2020
Timed Finals: Warm-up: Not before 12:00 noon; Meet Start: Not before 1:00 PM

Girls/Women	Event	Boys/Men
109	11-12 200 FREE	110
111	10-U 100 BACK	112
113	11-12 100 BACK	114
115	10-U 50 FREE	116
117	11-12 50 FREE	118
119	10-U 100 BREAST	120
121	11-12 100 BREAST	122
123	10-U 50 FLY	124
125	11-12 50 FLY	126
127	10-U 200 FREE RELAY	128
129	11-12 200 FREE RELAY	130

NORTH CAROLINA SCRATCH RULE

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

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

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

B. Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 208.3.4. For events occurring on the last day of a meet, a fine of $100 per missed swim shall also be assessed to the club by the appropriate Coordinator (Senior/Age Group) 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

North Carolina Swimming September 22,2019 RulesPage 15 of 30D.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 there of.

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.

Meet Name

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to ATOM):

ATTN: Shaynah Jerrell
1026 Leigh Ave
Charlotte, NC 28205
Email to: coachshaynah@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		$5.00 per timed final event $6.00 per prelims/finals event	
Relay Entries		$16.00 per relay	
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 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. ATOM, QCD, MCAC, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. 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