



2020 SunKissed Invitational Junior/Senior Swimming Championships of the USA

Hosted by Team Charlotte Swimming

March 26- 29, 2020

Held at Mecklenburg County Aquatic Center, 800 East Martin King Jr. Blvd, Charlotte, NC 28202-2874
(704) 336-3483

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC20034 and Time Trial Sanction #NC20034TT

MEET DIRECTOR	MEET ENTRY COORDINATOR
Matt Johnson sunkissedtcs@gmail.com	Jeff Childs (704)307-0327 sunkissedtcs@gmail.com
MEET REFEREE	MEET MARSHAL
Mark Wiebke (704)507-2982 markwiebke@bellsouth.net	Kristina Bond sunkissedtcs@gmail.com

FACILITY

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 will be used for this meet. There will be 4 additional lanes available for continuous warm-up and warm down. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. 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. Only meet volunteers, USA Swimming registered athletes and current USA Swimming registered officials and coaches may be on deck

MEET FORMAT

This is a prelim/final, pre-seeded invitational meet unless otherwise indicated. All relays are timed final events. **PLEASE NOTE:** There will be a parade of athletes following warmups on Friday before the Finals (session 3), as well as the Senior Recognition Ceremony following the warmups on Saturday before the Finals (session 5). Plus, for each day except Thursday, there shall be a minimum of two (2) hours between the last heat of the Prelim session and the first heat of the Final session. In the event of weather-related postponements, adjustments, or other unforeseen events, the Meet Referee shall have the authority to act and reschedule or re-formulate the structure of the meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Thursday-Time Finals	3:00 PM	4:30 PM	Junior/Senior
2	Friday –Prelims	7:00 AM	9:00 AM	Junior/Senior
3	Friday-Finals	4:00 PM	6:00 PM	Junior/Senior
4	Saturday –Prelims	7:00 AM	9:00 AM	Junior/Senior
5	Saturday-Finals	4:30 PM	6:00 PM	Junior/Senior
6	Sunday –Prelims	7:00 AM	9:00 AM	Junior/Senior
7	Sunday-Finals	3:00 PM	4:00 PM	Junior/Senior

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Monday March 16, 2020	12:00 PM	Entry deadline
Monday, March 23, 2020	6:00 PM	Deadline to Scratch Swimmers to 6 Events; otherwise, athletes will be scratched to the first (6) events entered.
Thursday, March 26, 2020	2:30 PM	Coaches/General Meeting
Thursday, March 26, 2020	3:00 PM	Scratch Deadline for entire meet/ 400 Medley Relay cards due
Thursday, March 26, 2020	3:30 PM	Official Briefing
Friday, March 27, 2020	8:00 AM 9:00 AM	Official Briefing AM 200 Medley Relay Cards Due
Friday, March 27, 2020	5:00 PM 6:00 PM	Official Briefing PM 200 Medley Relay Cards Due
Saturday, March 28, 2020	8:00 AM 9:00 AM	Official Briefing AM 400 Free Relay Cards Due
Saturday, March 28, 2020	5:00 PM 6:00 PM	Official Briefing/ Sunday Relays -Declare AM/PM Option PM 400 Free Relay Cards Due

Sunday, March 29, 2020	8:00 AM 9:00 AM	Official Briefing/ AM 400 Free Relay Cards /due
Sunday, March 29, 2020	3:00 PM 4:00 PM	Official Briefing/ PM 400 Free Relay Cards Due

SAFETY

The NCS Safety Program is in effect for this meet. Coaches are advised to supervise their swimmers at all times. NO running or horseplay will be tolerated.

RACING STARTS

Any swimmer entered in the meet, 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.

RULES

This meet will be conducted in accordance with the current USA Swimming Rules, and Regulations and the 2015 Sun Kissed Invitational Junior-Senior Swimming Championships of the USA By-laws and Regulations, except where rules therein are optional, and exceptions are stated.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms 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.

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.

TECHNICAL SUIT BAN for 12&Us

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 type seams: bonded, taped or sewn. (Note: A woven suit with sewn seams and in a male brief or female regular cut not to the knees is not defined as a technical suit and is not restricted.)

ELIGIBILITY

All swimmers must be registered with an invited team and with USA Swimming, Inc. or other FINA membership and all Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to the entry deadline. Entries listed as “Registration Applied For” will not be accepted. There will be no on-deck registration available at this meet. Junior events are for those swimmers who are 10-13. Senior events are for those swimmers 14 and older. A swimmer’s age on the first day of the meet will

determine their age for the entire meet. The minimum time standards for each event are as stated.

SWIMMERS WITH DISABILITIES

TEAM Charlotte 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, Meet Referee, and/or Administrative Referee by the entry deadline, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit TEAM Charlotte's ability to accommodate all requests.

ENTRIES

Email is to be used for all entries. No telephone or fax entries will be accepted. Entries should be submitted using Hy-tek software. A hard copy of the entries should be submitted with the electronic file; however, in case of a discrepancy, the electronic file will take precedence over the hard copy. All times must be in short course yards only. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Entry Coordinator by the entry deadline, as stated in the Deadline and Meet Summary above. Entries will not be accepted unless the summary and fees accompany the entry. **All relay only swimmers, including alternates, must be listed and pay the NCS Travel Fund surcharge.**

ENTRY LIMITATIONS

Swimmers may swim a maximum of 3 individual events plus 1 relay per day and a total of 6 individual events and 4 relays for the meet. Swimmers who have oversubscribed to the meet will automatically be scratched to the first six (6) events entered in the order in which the events are swum by day. Swimmers shall swim in one division only. A maximum of 4 relays per team per relay event.

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

The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary above. No late entries will be accepted. There will be no on-deck entries.

ENTRY FEES

Make checks payable to TEAM Charlotte Swimming; All fees are non-refundable	
Individual Event	\$6.00 per event
Relays	\$10.00 per relay
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$10.00 per swimmer

SEEDING & FORMAT

The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. Except for all relay events and the 1000Y, all events will be conducted on a preliminary and finals basis. During each final session, there will be a B and A (consolation and championship) final heats for events of 200Y or longer. The B Final will swim first, followed by the A Final in that order. Events that are 100Y or shorter, there will be a C, B, and A (bonus, consolation, and championship) finals heats. The C final will swim first, followed by B, then A. Alternates should be ready to swim in the first finals heat and identify themselves to the starter prior to the start of the event. The A and B Finals will be scored.

SCRATCHES and PENALTIES

Deadline to scratch all athletes down to (6) events is Monday, March 23rd at 6pm; otherwise, athletes who are over entered will be automatically scratched to the first (6) events at that time. Scratches shall be sent by e-mail to the Entry Coordinator. Additional scratches or athletes scratching the entire meet must be submitted to the Clerk of Course before 3PM on Thursday, March 26th.

It is the coach's responsibility to attend the Thursday night check-in meeting (whether that coach has any scratches or not) to check with the Meet Director for further instructions, materials, and packet pick-up. Each team will be allowed additional scratches for injury or illness at the discretion of the Meet Referee.

Preliminary/Time Finals - Failure of a swimmer to report to the blocks for a preliminary or timed final event will cause them to be scratched from their next individual event that day only.

Finals - Scratches from finals must be made according to USA SWIMMING rule 207.11.6D. Any swimmer qualifying to swim in the C, B, or A (bonus and consolation final or) final race based upon the results of the preliminaries

must notify the referee within thirty (30) minutes after the announcement of the qualifiers for that race that they may not intend to compete. Failure of an individual to compete in the final race of the individual event from which they did not scratch will result in the competitor being barred from further competition for the remainder of the meet.

SCORING

All scoring will be on a sixteen (16) place basis.

- 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

AWARDS

Individual Events

- Medals: 1st – 8th

Relay Events

- Medals: 1st-4th
- Ribbons: 5th-8th

Trophies

- Top 3 Girls Team
- Top 3 Boys Team
- Top 3 Combined Team
- Individual high point in each division

Plaque for team winner in each division

RESULTS

Results will be posted on TEAM Charlotte's website within 24 hours of the conclusion of the meet. At the conclusion of the meet, teams may obtain Hytek backups either on a memory stick or via email attachment.

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.

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.

**OFFICIALS/TIMERS/
VOLUNTEERS**

There will be a need for officials. TEAM Charlotte 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 at the date and time listed in the Deadline and Meeting Summary.

Teams will be required to provide volunteers to assist in running the meet. Each team is required to provide 1 volunteer per session per every 10 swimmers entered in the meet (e.g., 1-10 swimmers, 1 volunteer, 11-20 swimmers, 2 volunteers, etc.). Volunteers will be assigned, as needed, by the Meet Director. It is anticipated that most volunteers, other than certified officials, will be utilized as timers.

**NATIONAL
OFFICIALS
EVALUATION**

This meet has applied as an Officials Qualifying Meet for **N2 all positions and N3 S&T only**. Officials wishing to be evaluated may submit an application to Meet Referee. The officials' sign up sheet and evaluation request form can be found on SwimNC.com or at this link: [Official Signup Sheet](#). Evaluation requirements can be found at USASwimming.org.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.

WARM-UP

In accordance with USA Swimming 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. During the competition, there will be lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area.

TIME TRIALS

Time trials will be available on Friday and Saturday following the 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 towards a swimmer's individual 3-event limit, but not the 6-event meet limit. Swimmers must provide their own timers. Entry fee for time trials is \$10.00(cash), due at sign up. The entry deadline for the Time Trial shall be one hour after the start of the session. However, the time may be changed in the General Meeting depending on projected timeline of the session. Time trials will begin no more than 15 minutes after the conclusion of the prelim session. The event order will follow the national protocol except for the day of the distance freestyle is offered; they will be the last event.

ORDER OF EVENTS
Thursday, March 26, 2020
Timed Finals
Warm-up: 3:00 PM; Meet Start: 4:30 PM

Women				Men
Event #	Qualifying Time	Event	Qualifying Time	Event #
1	12:25.50	Senior 1000 Freestyle	11:58.50	2
3	6:05.99	Junior 500 Freestyle	5:57.99	4
		* 10-minute break *		
5	--	Senior 400 Medley Relay	--	6
7	--	Junior 400 Medley Relay	--	8
AWARDS PRESENTATION				

Friday, March 27, 2020
Prelims
Warm-up: 7:00 AM; Meet Start: 9:00 AM

Women				Men
Event #	Qualifying Time	Event	Qualifying Time	Event #
9	2:32.99	Junior 200 Backstroke	2:35.99	10
11	1:15.99	Senior 100 Breaststroke	1:08.99	12
13	1:22.99	Junior 100 Breaststroke	1:20.99	14
15	2:06.99**	Senior 200 Freestyle	1:56.99	16
17	2:17.99	Junior 200 Freestyle	2:15.99	18
19	1:06.50**	Senior 100 Butterfly	:58.99**	20
21	1:14.99	Junior 100 Butterfly	1:12.99	22
23	2:25.99	Senior 200 Individual Medley	2:10.99**	24
25	--	*Junior 200 Medley Relay	--	26
27	--	*Senior 200 Medley Relay	--	28

*Timed final event; fastest 8 will swim in finals

** Qualifying time has been updated for the 2020 SunKissed Championships.

Friday, March 27, 2020
Finals
Warm-up: 4:15 PM; Meet Start: 6:00 PM
Opening Ceremonies with Parade of Teams at 5:15 PM

Women	Event	Men
25	*Junior 200 Medley Relay	26
11	^Senior 100 Breaststroke	12
13	^Junior 100 Breaststroke	14
15	Senior 200 Freestyle	16
17	Junior 200 Freestyle	18
19	^Senior 100 Butterfly	20
21	^Junior 100 Butterfly	22
23	Senior 200 Individual Medley	24
9	Junior 200 Backstroke	10
27	*Senior 200 Medley Relay	28
AWARDS PRESENTATION		

*One heat: fastest 8

^Bonus heat in addition to Consolation and Final Heats

Saturday, March 28, 2020
Prelims
Warm-up: 7:00 AM; Meet Start: 9:00 AM

Women				Men
Event #	Qualifying Time	Event	Qualifying Time	Event #
29	5:45.99	Senior 500 Freestyle	5:13.99	30
31	2:49.50	Junior 200 Butterfly	2:39.50	32
33	26.50**	Senior 50 Freestyle	24.50**	34
35	27.99	Junior 50 Freestyle	27.99	36
37	2:49.99	Senior 200 Breaststroke	2:38.99	38
39	2:35.99	Junior 200 Individual Medley	2:34.99	40
41	2:23.99**	Senior 200 Backstroke	2:19.99	42
43	--	*Junior 400 Freestyle Relay	--	44
45	--	* Senior 400 Freestyle Relay	--	46
	--		--	

*Timed final event; fastest 8 will swim in finals

** Qualifying time has been updated for the 2020 SunKissed Championships.

Saturday, March 28, 2020
Finals
Warm-up: 4:30 PM; Meet Start: 6:00 PM
Senior Recognition at 5:30 PM

Women	Event	Men
33	^Senior 50 Freestyle	34
43	*Junior 400 Freestyle Relay	44
31	Senior 500 Freestyle	32
35	^Junior 50 Freestyle	36
37	Senior 200 Breaststroke	38
39	Junior 200 Individual Medley	40
41	Senior 200 Backstroke	42
29	Junior 200 Butterfly	30
45	* Senior 400 Freestyle Relay	46
AWARDS PRESENTATION		

*One heat: fastest 8

^Bonus heat in addition to Consolation and Final Heats

Sunday, March 29, 2020
Prelims
Warm-up: 7:00 AM; Meet Start: 9:00 AM

Women				Men
Event #	Qualifying Time	Event	Qualifying Time	Event #
47	2:57.50	Junior 200 Breaststroke	2:53.50	48
49	5:25.99	Senior 400 Individual Medley	4:46.99	50
51	1:13.50	Junior 100 Individual Medley	1:11.99	52
53	1:06.50**	Senior 100 Backstroke	1:01.99**	54
55	1:12.99	Junior 100 Backstroke	1:13.99	56
57	2:47.50	Senior 200 Butterfly	2:23.99	58
59	1:01.50**	Junior 100 Freestyle	1:01.99	60
61	:57.99**	Senior 100 Freestyle	:51.50**	62
63	--	*Junior 200 Free Relay	--	64
65	--	*Senior 200 Free Relay	--	66

*Timed final event; fastest 8 will have a choice to swim in either in prelims or finals

** **Qualifying time has been updated for the 2020 SunKissed Championships.**

Sunday, March 29, 2020
Finals
Warm-up: 3:00 PM; Meet Start: 4:00 PM

Women	Event	Men
63	*Junior 200 Free Relay	64
49	Senior 400 Individual Medley	50
51	^Junior 100 Individual Medley	52
53	^Senior 100 Backstroke	54
55	^Junior 100 Backstroke	56
57	Senior 200 Butterfly	58
59	^Junior 100 Freestyle	60
61	^Senior 100 Freestyle	62
47	Junior 200 Breaststroke	48
65	*Senior 200 Free Relay	66
AWARDS PRESENTATION		

*One heat: fastest 8 will have a choice to swim in either in prelims or final

^Bonus heat in addition to Consolation and Final Heats

2020 Sun Kissed Invitational Junior/Senior Championships of the USA

Summary of Fees/Release Form

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

TEAM CHARLOTTE SWIMMING
 ATTN: Scott Olson
 6126 Morning Mist End
 Fort Mill, SC 29708
 Email to: sunkissedtcs@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$6.00 per event	
Relays		\$10.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$13.00 per swimmer	
Annual Sunkissed Fee		\$15.00 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. TEAM Charlotte, 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. 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

D. Scratching from finals:

- (1) Any swimmer qualifying for a C, B, or A (bonus and consolation final or) final race in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in paragraph E. A declared false start under 101.1.3E or deliberate delay of meet under 101.1.5 is not permitted and will be regarded as a failure to compete.
- (2) In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the C, B, or A (bonus and consolation final or) final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.
- (3) Where C and B (bonus and consolation) finals have not been swum and a barring or withdrawal is known to the Referee, the Referee shall reseed the C, B and A (bonus final and consolation final and the) final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.
- (4) If the C and B (bonus and consolation) finals have already been contested, the (championship) final shall be swum without reseeding for the empty lane(s).

E. Exceptions for Failure to compete — No penalty shall apply for failure to withdraw or compete in an individual event if:

- (1) The Referee is notified in the event of illness or injury and accepts the proof thereof.
- (2) A swimmer qualifying for a C, B, or A (bonus or consolation final or) final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers for that race that they may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event.
- (3) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.