

Queen City Dolphins Long Course Invitational

Hosted by Queen City Dolphins and Mecklenburg County Aquatic Center

July 6-7, 2019

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

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.

Sanction #NC19114

MEET DIRECTOR	MEET ENTRY COORDINATOR
Rodney Sellars 800 East Martin Luther King Jr. Blvd. Charlotte, NC 28202-2874 980-721-5164 sellarsrl@aol.com	Lisa Olack olack.lisa@gmail.com 704-577-5002
MEET REFEREE	MEET MARSHAL
Lisa Olack olack.lisa@gmail.com 704-577-5002	Marcus Green 704-309-0858

FACILITY

The competition pool is a 50-meter pool with 2 bulkheads. Minimum depth is 6 feet at the scoreboard end and 13 feet at the diving board end. The pool is equipped with eight, 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. Colorado 6000 electronic timing system with scoreboard and Hy-Tek Meet Manager software will be used. The warm pool will be 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 timed final pre-seeded meet unless otherwise indicated.

Session	Day	Warm-up	Meet Start	Age Group
1	Sat., July 6, 2019	7:00 AM	8:00 AM	12 & Under
2	Sat., July 6, 2019	At the conclusion of the AM session but not before 12:30 PM	60 minutes after start of warm-up	13 & Over
3	Sun., July 7, 2019	7:00 AM	8:00 AM	12 & Under
4	Sun., July 7, 2019	At the conclusion of the AM session but not before 12:30 PM	60 minutes after start of warm-up	13 & Over

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wed., June 26, 2019	5:00 PM	Entry deadline
Sat., July 6, 2019	6:45 AM	General Meeting
Sat., July 6, 2019	7:00 AM	Official Briefing
Sat., July 6, 2019	9:00 AM	12 & Under 200 Free positive check in closes
Sat., July 6, 2019	12:30 PM	Official Briefing
Sat., July 6, 2019	2:00 PM	Senior 400 IM positive check in closes
Sun., July 7, 2019	7:00 AM	Official Briefing
Sun., July 7, 2019	9:00 AM	12 & Under 400 Free positive check in closes
Sun., July 7, 2019	12:30 PM	Official Briefing
Sun., July 7, 2019	2:00 PM	Senior 400 free positive check in closes

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. Absolutely no glass bottles will be allowed on the pool deck.

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.

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

Deck changes are prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. 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.

SWIMMERS WITH DISABILITIES

Queen City Dolphins welcome 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 Queen City Dolphins' 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 or compatible software. All times must be in long course meters only. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Director by the entry deadline as stated in the Deadline and Meet Summary above. A swimmer's age on the first day of the meet will determine their age for the entire meet. Queen City Dolphins entries will be entered first and then accept teams/entries in the order received, until the four hour rule is reached. Entries received thereafter will be returned immediately.

ENTRY LIMITATIONS

Swimmers may swim a maximum of 3 individual events per day. It is expected that the meet will fill up quickly so it is encouraged that entries be sent early to avoid being returned.

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. Late entries may be accepted at the discretion of the Meet Referee. There will be no on deck entries.

ENTRY FEES

Make checks payable to: Queen City Dolphins, Inc.; All fees are non-refundable, except if rejected for non-compliance or meet has reached capacity	
Individual Event	\$5.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$15.00 per swimmer
Late Entry Fee	Double the individual fees listed if accepted

SEEDING

The conforming time standard for this meet is long course meters. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All times must be submitted in long course meters.

**12 & UNDER 200
AND 400 FREE**

The 12 & Under 200 and 400 Free must have a qualifying time (LCM) as follows to enter the events:

GIRLS		EVENT	BOYS	
10 & Under	11-12		10 & Under	11-12
3:03.89	2:34.79	200 Free	3:02.29	2:35.69
6:09.29	5:31.49	400 Free	6:06.49	5:35.39

All entry times for these events must be verifiable in the USA Swimming SWIMS database.

Due to time limits, these events may be limited to the top 32 per gender who positively check in for the events.

CHECK-IN

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

- 12 & Under 200 Free
- Senior 400 Free
- 12 & Under 400 Free
- Senior 400 IM

Check in for event will be as stated in the Deadline and Meeting Summary above. Swimmers that fail to check in will be scratched from the event and not seeded. All deck seeded events listed above will swim slowest to fastest.

SCRATCHES

There will be no penalty for scratching events at the block.

SCORING

There will be no scoring for this meet.

AWARDS

There will be no awards for this meet.

RESULTS

Results will be posted on North Carolina Swimming's website within 24 hours of the meets conclusion. At the conclusion of the meet, teams may obtain Hy-tek 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 certification/registration by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. There will be a general meeting at the date and time listed in the Deadline and Meeting Summary above. Other meetings may be held at the meet referee's discretion. It is required that at least one coach representative from each team attend all coaches meetings.

**OFFICIALS/TIMERS/
VOLUNTEERS**

There will be a need for officials. Queen City Dolphins 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 certification/registration to the meet referee or designee by displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. 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 above. Queen City Dolphins also requests that each team assist with providing timers during the meet.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Refreshments will be for sale in the MCAC Snack Bar. Absolutely no glass bottles are allowed on the pool deck.

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 Marshall 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. For all sessions the schedule will be as follows: The first 40 minute-general circle swim only. No diving from the blocks or edge of pool during this time. The last 15 minutes will be specific with lanes 1 and 2, general warm-up, lanes 3 and 8, pace lanes, and lanes 4 through 7 racing starts from start end of the pool, one way swim only, exiting from the turn end of the pool. During the competition, the warm pool will be available for continuous warm-up/down. Coaches will be responsible for monitoring his/her team's activities in this area. There is to be no diving or horseplay in this area.

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. Queen City Dolphins, Mecklenburg County Parks and Recreation Department, 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

Saturday, July 6, 2019

AM Session

Warm-up: 7:00 AM; Meet Start: 8:00 AM

Girls	Event	Boys
1	10 & Under 200 IM	2
3	11-12 100 Back	4
5	10 & Under 50 Back	6
7	11-12 50 Breast	8
9	10 & Under 50 Butterfly	10
11	11-12 50 Free	12
13	10 & Under 100 Free	14
15	11-12 100 Fly	16
17	10 & Under 100 Breast	18
19	**12 & Under 200 Free	20

**All entry times must be verifiable within the USA Swimming SWIMS database and meet the qualifying time as listed above. This is a positive check in event.

Saturday, July 6, 2019

PM Session

Warm-up: at the conclusion of the AM session but not before 12:30 PM

Meet Start: 60 minutes after start of warm-up

Women	Event	Men
21	13-14 200 Free	22
23	Senior 200 Free	24
25	13-14 100 Breast	26
27	Senior 100 Breast	28
29	13-14 200 Back	30
31	Senior 200 Back	32
33	13-14 100 Fly	34
35	Senior 100 Fly	36
37	13-14 50 Free	38
39	Senior 50 Free	40
41	*Senior 400 IM	42

*Positive check in event

Sunday, July 7, 2019
AM Session
Warm-up: 7:00 AM; Meet Start: 8:00 AM

Girls/Women	Event	Boys/Men
43	11-12 200 IM	44
45	10 & Under 100 Fly	46
47	11-12 100 Free	48
49	10 & Under 100 Back	50
51	11-12 50 Back	52
53	10 & Under 50 Breast	54
55	11-12 50 Fly	56
57	10 & Under 50 Free	58
59	11-12 100 Breast	60
61	**12 & Under 400 Free	62

****All entry times must be verifiable within the USA Swimming SWIMS database and meet the qualifying time as listed above. This is a positive check in event.**

Sunday, July 7, 2019
PM Session
Warm-up: at the conclusion of the AM session but not before 12:30 PM
Meet Start: 60 minutes after start of warm-up

Girls/Women	Event	Boys/Men
63	13-14 200 IM	64
65	Senior 200 IM	66
67	13-14 100 Back	68
69	Senior 100 Back	70
71	13-14 200 Breast	72
73	Senior 200 Breast	74
75	13-14 100 Free	76
77	Senior 100 Free	78
79	13-14 200 Fly	80
81	Senior 200 Fly	82
83	*Senior 400 Free	84

***Positive check in event**

**Queen City Dolphins Long Course Invitational
Summary of Fees/Release Form**

Complete and mail this form along with entry fees to (checks payable to Queen City Dolphins, Inc.):
Queen City Dolphins
ATTN: Rodney Sellars
800 East Martin Luther King Jr. Blvd
Charlotte, NC 28202-2874

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total #	Cost per	Total
Individual Entries		\$5.00 per event	
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. Queen City Dolphins, Mecklenburg County Parks and Recreation Dept., 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