



2019 Charlotte Ultra Swim  
 HELD AT MECKLENBURG COUNTY AQUATIC CENTER "MCAC"  
 800 E M.L.K. Jr Blvd, Charlotte, NC 28202

CIC) Coach Avery Adams 502-316-4232

**Purpose:**

This meet serves as the great pit stop on the way to Senior Sectionals and other National Level meets. Our goal is to suit up, race smart and earn second swims throughout the weekend. Preparing on all fronts for what is to come!

**Apparel & Equipment:**

Swimmers will need to dress warm! Have plenty of extra towels and snacks. Shoes are a must on the pool deck! Please bring your jump rope and mini resistance band. If any swimmer would like to bring a pull bouy etc, please feel free to do so!

**Team Shirt of The Day:**

Athletes MUST wear SCSC Gear. This group represents the National Group and the SCSC Program. We need everyone to be leaders on this front.

Thursday: Orange Shirt

Friday: Navy Shirt

Saturday: Gray Shirt

Sunday: Light Blue Shirt

**Thursday Athletes -**

Coaches have a General Meeting at 2:00pm, Dynamic Warm Up begins at 2:15, if I am not there, please go ahead and get your self started!

*Talk with Coach Avery regarding your arrival time if you have a later event. Mainly plan on being at the pool 75-90 minutes before your swim.*

Day	Arrive	Dynamic	Warm Up	Meet Starts
Thursday	02:10:00 PM	02:15:00 PM	02:30:00 PM	04:00:00 PM
Friday Prelims	07:30:00 AM	07:30:00 AM	07:45:00 AM	09:00:00 AM
Friday Finals	04:00:00 PM	04:00:00 PM	04:15:00 PM	05:30:00 PM
Saturday Prelims	07:30:00 AM	07:30:00 AM	07:45:00 AM	09:00:00 AM
Saturday Finals	04:00:00 PM	04:00:00 PM	04:15:00 PM	05:30:00 PM
Sunday Prelims	07:00:00 AM	07:00:00 AM	07:15:00 AM	08:30:00 AM
Sunday Finals	03:00:00 PM	03:00:00 PM	03:15:00 PM	04:30:00 PM

**Parking Information:**

There are limited parking spots available on site, and then you can find various street parking.

**Format:**

This meet is an open meet for swimmers who have at least one Futures cut. This meet will be capped at 600 swimmers. The cap may be exceeded only at the discretion of the Meet Referee. The 800 and 1500 freestyle events will be conducted as timed final events. All other events (except the 50's of each stroke) will be conducted on a preliminary and final basis with Bonus (C), Consolation (B), and Final (A) heats in that order. The 50's of each stroke will be swum in a knock-out style with a preliminaries event, semi-final of top 16 swimmers, and a final of top 8.

**AWARDS**

The awards from Thursday's events will be awarded during the first award session on Friday evening. During the finals sessions on Friday, Saturday and Sunday, awards will be given after the completion of each event. Team awards shall be announced during Sunday's session.

The following awards will be presented Sunday following the conclusion of the 200 IM finals. ● Team Awards will be presented to the top combined overall 3 clubs. ● Individual High Point Awards to the top 3 High Point Swimmers (male and female). ● Individual Distance Champion Award for the top combined score (points) in the 1500 freestyles, the 800 freestyles, the 400m freestyles, and 200 freestyles (male and female). ● Individual Sprint Champion Award for the highest score in 50m and 100m events (scores from top 4 finishes will be included –male and female). ● Individual 18 & Under total scorers will be recognized (top 3 male and female). ● Individual Event top 3 finishers, along with the top 18 &U swimmer (if not included in the top 3) will be recognized immediately following each event. Swimmers will be required to have a Team warm up jacket or apparel for any awards ceremony.

**SCORING I**

Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

**RESULTS**

Results will be posted on North Carolina Swimming's website within 24 hours of the meet's conclusion.

**TIME TRIALS** - These will be only offered at a coaches discretion.

NO SPECTATORS ARE ALLOWED ON DECK AT ANY TIME