

## 2019 SC LSC Long Course State Championships

Columbia, SC July 18-21, 2019

Held under the sanction of USA Swimming issued by SC Swimming: Sanction # SC19106LCM and SC19107TT



<b>Host Club:</b>	CAROLINA AQUATICS SWIM CLUB ( <a href="http://www.carolina-aquatics.com">www.carolina-aquatics.com</a> )		
<b>Meet Director:</b>	Janis Baker	<a href="mailto:CA.Meet.Dir@gmail.com">CA.Meet.Dir@gmail.com</a>	803-920-7309
<b>Meet Referee:</b>	Kim Crouse	<a href="mailto:kimcrouse@hotmail.com">kimcrouse@hotmail.com</a>	803-443-1749
<b>Administrative Referee:</b>	Billy/Victoria Culbertson	<a href="mailto:Meet.Support@SportsTiming.com">Meet.Support@SportsTiming.com</a>	843-628-5486
<b>Meet Entries to:</b>	Billy & Victoria Culbertson	<a href="mailto:Meet.Support@SportsTiming.com">Meet.Support@SportsTiming.com</a>	843-628-5486
<b>Safety Marshal:</b>	Tricia Tomlin		
<b>Facility:</b>	The Carolina Natatorium (located inside the Solomon Blatt Physical Education Center) University of South Carolina 1400 Wheat Street Columbia, SC, 29201		

Home to USC's competitive swimming and diving programs, the Carolina Natatorium is a semi-open air facility that contains a ten lane, 50-meter competition pool with a separate 25-yard diving well for warm up/warm down, and seating for 800 spectators. The water depth of the competition course is 7 feet measured from one (1) meter to five (5) meters at the starting end of the course and 4 feet measured from one (1) meter to five (5) meters at the turn end of the course. The competition course has not been certified in accordance with 104.2.2C(4).

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.

**PARKING:** Parking for all meet participants (including coaches and S&T Officials) is available at Bates House Dormitory, located on Whaley Street, a short walk over the skywalk to the Blatt Center. Meter parking also is available. Any parking space marked "reserved" is subject to towing. A map is available on the Carolina Aquatics website under the LC State Champs event information ([www.carolina-aquatics.com](http://www.carolina-aquatics.com)).

**ENTRY TO THE CAROLINA NATATORIUM:** Only those possessing USC identification or needing ADA accessibility will be allowed entry through the front doors. Swimmers and spectators enter on the east side of the building through the Gamecock awning doors adjacent to the parking lot. **Swimmers will be allowed on the pool deck no sooner than 15 minutes before their session warm-up.**

#### Facility Rules:

- Spectators will be limited to bleacher seating in the spectator seating /viewing area.
- **Only swimmers, meet officials, coaches, and meet personnel with proper credentials will be allowed on the pool deck.** Swimmers will be limited to designated areas on deck.
- Safety marshals will be assigned to supervise all sessions of the meet.

## 2019 SC LSC Long Course State Championships

Columbia, SC July 18-21, 2019

Held under the sanction of USA Swimming issued by SC Swimming: Sanction # *SC19106LCM* and *SC19107TT*

- Facility (continued):**
- Any swimmer found to be abusing any area of the facility will be barred from further competition and will also be barred from the facility. The team of any swimmer found to be abusing any area of the facility will be held responsible for any and all repairs resulting from the abuse.
  - No glass containers inside the pool area.
  - Hallways and stairwells must remain clear and easily accessible.
  - No flash photography.

- Rules:**
- Meet to be conducted in accordance with the current USA Swimming and SC Swimming Rules and Regulations and information herein.
- Use of audio or visual recording devices, including a cell phone, is prohibited in changing areas, rest rooms, and locker rooms.
  - Deck changing is prohibited by USA Swimming and South Carolina Swimming. A first offense will result in the disqualification of the offending swimmer from the next scheduled event. The second offense for the same swimmer will result in the disqualification from the remainder of the meet.
  - The use of cell phones or recording devices is not permitted behind the blocks.
  - SWIMWEAR: Swimmers 10 years old and younger are not permitted to wear “Technical” suits. Age is determined by the first day of the meet.

**Athlete Eligibility:** This meet is open to all swimmers currently registered with USA Swimming and SC Swimming only. Age is to be determined on the first day of the meet. All USA Swimming registration numbers will be verified with the SC LSC registration database.

Any swimmer entered in the meet, 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. When unaccompanied by a USA member coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

All swimmers entered must meet or exceed the SC State Meet Qualifying Standards in EACH event entered. All swimmers shall have met the state meet individual event qualifying time standard in the age group of the relay event in which they swim. If swimmers participate in a relay and fail to meet the qualifying standard, then their team must demonstrate that the aggregate of the times of the four competing swimmers meets the relay qualifying standard. Any club which does not have four swimmers qualified for the meet in individual events may swim a relay if they can meet the qualifying time for that relay using aggregate times.

**Proof of Time:** A fine of \$100.00 will be levied against the club (or if unattached, against the swimmer) when a swimmer fails to swim a time equal to or faster than the qualifying standard for each event at the long-course or short-course State Championships and the club (or the swimmer if unattached) is unable to prove, using officials results, that he or she has met the qualifying standard in that event in a meet held since the last like-course State Championship. This fine must be paid (or the time must be proved) within 45 days from the date of notification. If the fine is not paid within the 45 days, it will be doubled. This notification will be made through an exception report that will be generated by the host club and sent with the meet results. The Administrative Vice-Chair will enforce the fines. If swimmers participate in a relay, and fail to meet the qualifying standard, their team must demonstrate that the aggregate of the times of the four competing swimmers meets the relay qualifying standard. Otherwise, aforementioned fines will be issued.

## 2019 SC LSC Long Course State Championships

Columbia, SC July 18-21, 2019

Held under the sanction of USA Swimming issued by SC Swimming: Sanction # *SC19106LCM* and *SC19107TT*

**Entry Fees:** All fees must be paid prior to the first day of the meet. Clubs should submit a single check payable to "Carolina Aquatics Swim Club, Inc."  
\$26.00 facility fee per swimmer  
\$5.00 Electronic Heat Sheet  
\$2.00 SCLCS Travel Fund/Program Fee per swimmer  
\$2.00 SCLCS Sports Development Fee per swimmer  
\$1.00 Jennifer Smith Scholarship Fund  
\$4.00 per individual event  
\$8.00 per relay  
\$8.00 per time trial (Fees for time trials must be paid in cash to the Clerk of Course prior to swimming time trial.)

**ENTRY FEES FOR EVENTS NOT SWUM WILL NOT BE REFUNDED NOR WILL A CREDIT BE GIVEN.**

**Meet Format:** **The Meet Management Committee reserves the right to adjust the warm-up times based on the number of entries. The Meet Management Committee reserves the right to insert breaks in the meet where necessary to allow athletes proper rest. The Meet Management Committee reserves the right to make any changes during the meet to provide the best competition environment for the athletes.**

- Deck entries will not be permitted.
- All starts will begin at the scoreboard end of the pool except 50 meter swims, which will start at the opposite end. All relays will begin at the scoreboard end.
- Meet management reserves the right to utilize "chase starts." If chase starts are used, the odd numbered heats will begin at the scoreboard end, and the even numbered heats will begin at the opposite end.
- All 11-12, 13-14, and 15-18 events, except those noted on the itinerary and below, will be conducted as Preliminary/Final events with two heats of 10 returning for 11-12 and 13-14 in finals. 15-18 swimmers will have three heats of 10 swimmers returning for finals with the "C" heat protected for 15-16 swimmers.
  - There will not be a "C" heat for the Senior 400 free and 400IM.
  - There will not be a "B" heat for the 11-12 200 butterfly, 200 breaststroke and 200 backstroke.
- The order for finals shall be C-B-A for 15-18 events and B-A for 11/12 and 13/14 events. The championship "A" heat will always be the last heat. Swimmers will be announced once they are in the water.
- All 10 & under events will be conducted as Timed Finals during the Timed Final sessions.
  - The 11-12 events will be contested as Prelim/Final events with the following exception: 400 IM
  - The 11-12 200 Back, 200 Breast, and 200 Fly will be positive check-in, deck seeded.
- **All events 400 meters and longer will be positive check-in and deck-seeded. Positive check-in will close thirty (30) minutes prior to the start of the session except for the 1500 free**
  - The 10&Under 400 Free will be swum fastest to slowest, alternating girls and boys.
  - The 11-12 400 IM will be a Timed Final on Thursday evening swum fastest to slowest, alternating girls and boys.
  - The 11-12 400 Free will be swum fastest to slowest, alternating girls and boys.
  - The 13-14 and Senior 400 Free and 400 IM will swim the Top 4 women heats (slow to fast, circle-seeded), the Top 4 men heats (slow to fast, circle-seeded), and then the remaining heats fastest to slowest, alternating women and men

## 2019 SC LSC Long Course State Championships

Columbia, SC July 18-21, 2019

Held under the sanction of USA Swimming issued by SC Swimming: Sanction # *SC19106LCM* and *SC19107TT*

### Meet Format (continued):

- **Thursday Distance Events**
  - Distance events will be swum fastest to slowest, alternating women and men.
  - The 11& Over will be seeded together but scored separately by designated age groups (11-12, 13-14, and Senior).
- **Sunday Distance Events**
  - The 11 & Over Girls 1500 Freestyle and the 11 & Over 800 Freestyle must declare AM or PM.
  - For entering purposes, these distance events have been separated as 15 & Over for the Senior Session and 11-14 for the 11-14 session and placed in the appropriate session in the event file. The entries from these two sessions will be combined for positive check-in and competition.
  - Positive check-in for this event will be on Saturday prior to the start of the warm-ups for the 10& Under session.
  - Senior swimmers will swim during the Senior session of Sunday morning.
  - Age Group swimmers (11-14) will swim during the 11-14 session Sunday morning.
  - Distance events will be swum fastest to slowest, alternating women and men, within the session they are entered.
  - The fastest heat of positive checked in swimmers that declared PM session swim during the PM session.
- **All relays are positive check-in, deck seeded on the day of the relay and will be swum in Finals.** Positive check-in for relays will close 30 minutes prior to the start of the session.
  - Relay teams consisting of swimmers not in individual events must meet the relay standard with aggregate times.

### Time of Meet:

Meet management reserves the right to adjust warm-up and meet start times based upon the number of entries and timeline of the meet. Teams will be notified of any changes in timeline via email and/or the Carolina Aquatics website.

<u>Session</u>	<u>Warm-Ups</u>	<u>Start of Competition</u>
Thursday Timed Finals*	4:00 PM	5:00 PM
Friday Senior Prelims	7:00 AM	7:50 AM
Friday 11&12/13&14 Prelims	Not before 10:00 AM	Not before 10:50 AM
Friday 10&Under	Not before 1:30 PM	Not before 2:05 PM
Friday Finals	5:00 PM	6:00 PM
Saturday Senior Prelims	7:00 AM	7:50 AM
Saturday 11&12/13&14 Prelims	Not before 10:00 AM	Not before 10:50 AM
Saturday 10&Under	Not before 2:00 PM	Not before 2:35 PM
Saturday Finals	5:00 PM	6:00 PM
Sunday Senior Prelims	7:00 AM	7:50 AM
Sunday 11&12/13&14 Prelims	Not before 11:15 AM	Not before 12:05 PM
Sunday 10&Under	Not before 1:30 PM	Not before 2:05 PM
Sunday Finals	5:00 PM	6:00 PM

## ***2019 SC LSC Long Course State Championships***

Columbia, SC July 18-21, 2019

Held under the sanction of USA Swimming issued by SC Swimming: Sanction # *SC19106LCM* and *SC19107TT*

### **Entries:**

#### **SUBMISSION PROCEDURE:**

- Go to [www.sportstiming.com](http://www.sportstiming.com), click on upcoming meets, and click on "SC LC State Champs." Complete the form, upload your entry file, and click submit. You will receive an email confirmation. If you need to submit updated entry files, you are able to submit a new form and file.
- Send questions about entries to [ca.entries@sportstiming.com](mailto:ca.entries@sportstiming.com).

#### **The registration deadline Midnight, Monday, July 8, 2019.**

Faxed entries will not be accepted. Late entries and deck entries will not be accepted. SC Swimming does not accept deck registrations. All swimmers entered must be registered at time of entry deadline.

- A swimmer may swim a maximum of eight (8) individual events, including time trials, for the entire meet. Teams may enter multiple relays but only two can score.
- All times must be listed to the 1/100th of a second. Entries must be submitted using a South Carolina State Meet Qualifying Short Course Yard or Long Course Meters time. Times entered must be actual (not converted) times. Times must have been achieved prior to July 18, 2019, the entry deadline.
- For all individual events, proof of time is necessary. Entry times will be checked against the SWIMS database. A psych sheet will be sent to all teams and posted at [www.sportstiming.com](http://www.sportstiming.com) by noon on Wednesday, July 10, 2019. Per SC P&P, any corrections must be submitted within 72 hours and must include proof of time. Any times that need to be proven based on SWIMS comparison will need to be proven within 72 hours of receipt of notification or by noon on Sunday, July 14, 2019, whichever is earlier. Entries without proven times will be removed from the meet.
- Please use swimmer's full name, age, and sanctioned short course yard or long course meter times.
- To download the electronic meet entry file, go to [www.sportstiming.com](http://www.sportstiming.com), "SC LC State Champs." The event file will also be available for download on the Carolina Aquatics and the SC Swimming websites.
- Entries must be submitted using USA Swimming Standard Data Interchange (.sd3) or compatible format. You must submit your signed team summary sheet for verification.

## 2019 SC LSC Long Course State Championships

Columbia, SC July 18-21, 2019

Held under the sanction of USA Swimming issued by SC Swimming: Sanction # *SC19106LCM* and *SC19107TT*

- Awards:** Banner and rotating trophies: First place team overall, men, and women  
Plaques: Second - Third Place team overall  
High Point: Plaques: Highest scoring male and highest scoring female in each age group  
Individual Event Medals: First – Tenth Place  
Relays: Medals: First – Third, Ribbons: Fourth –Tenth
- Scoring:** Individual Events: **11-9-8-7-6-5-4-3-2-1**  
Relay Events: **22-18-16-14-12-10-8-6-4-2** (*Two relay's per team may place and score*)
- Timing:** A Colorado Timing System with 10-lane video display scoreboard will be used. One to two manually operated stop watches will provide tertiary back-up. Timing and data processing will be provided by Sports Timing, Inc. ([www.sportstiming.com](http://www.sportstiming.com)).

**Coaches Eligibility:** All coaches must be current members in good standing with USA Swimming. Coaches must present their credentials via deck pass at check-in at the Clerk of Course. All certifications and expiration dates will be checked. Coaches will be required to wear a host provided wrist band to aid in identification.

**Coaches' Meeting:** A coaches meeting will be held approximately 15 minutes prior to the start of the Thursday evening session. The Meet Referee may call other coaches' meetings as needed.

- Other Information:** **Officials:** All officials must show their current USA Swimming credentials at sign-in with the Meet Referee one hour prior to the session they will be officiating. Officials will display their credentials at all times.
- Meetings for Officials will begin no later than 45 minutes prior to each session's start time.
  - South Carolina Swimming welcomes all officials. Individuals wishing to officiate or apprentice should sign up online via the South Carolina LSC website under the Officials tab. Walk-ins are welcome.
  - The dress will be a collared, white, sleeved shirt over navy for all officials, inclusive of Administrative Officials. All white shoes should be worn at all sessions; no open-toed shoes of any kind (sandals, flip flops, feet shoes, etc.). At Finals, each official should dress in the following uniform: collared, white sleeved shirt, with men wearing navy long trousers, and women choosing between navy slacks or skirts/skorts (no shorts at finals, please).
  - *This meet will be an Official's Qualifying Meet.* Officials interested in being evaluated for a national level certification for N2 stroke and turn, chief judge, starter, or deck referee or N3 stroke and turn, chief judge initial or final, or deck referee initial and starter should complete a [request to be evaluated form](#) available on the SC LSC website Official's tab.

## 2019 SC LSC Long Course State Championships

Columbia, SC July 18-21, 2019

Held under the sanction of USA Swimming issued by SC Swimming: Sanction # *SC19106LCM* and *SC19107TT*

### Other Information (continued):

**Meet Eligibility Jury:** A Meet Eligibility Jury will be formed by the Meet Referee after the entries have been received as deemed necessary. This jury will be comprised of three (3) individuals as follows: one coach, one athlete, and one official. This jury will meet and determine the outcome of any protests affecting the eligibility of any swimmer to compete or to represent any team/organization.

**Meet Committee:** A Meet Committee will be formed by the Meet Referee prior to the start of the first session of the meet. This jury will consist of not less than three (3) and not more than five (5) persons, at least one of whom must be a coach and one an athlete.

**Meet Management Committee:** A Meet Management Committee will be formed by the Meet Referee prior to entry deadline for the meet. This committee will consist of five (5) persons, at least one of whom must be a coach, and one an athlete designated by the LSC Senior Athlete Representative. The Head Coach of the host club shall be included in along with the Meet Director. One SCLSC Board of Directors member shall also be added and be selected in this order: Technical Planning Chair, Age Group Chair, Senior Chair and Coaches Representative. There shall be no more than two Meet Management Committee members from the Host Club. Prior to the beginning of the meet, the Meet Management Committee will make the decisions regarding timeline breaks or any other changes needed to run the meet in the most efficient manner. Once the meet begins, these decisions will revert to the Meet Referee.

**Warm-up Procedures:** Team lane assignments will be posted at the start of each session. All SC Swimming LSC and USA Swimming safety guidelines will be enforced. Specific warm-up procedures will be posted on deck. Coaches must closely supervise their swimmers at all times. Diving is permitted only during specific warm-up times, as announced. The use of pull buoys, paddles, kickboards, bands, tubing, and other equipment is prohibited. Warm-up and warm-down area is open at the discretion of the Meet Referee.

### **Scratch Rule:**

- 1) Coaches with swimmers entered in more than three (3) events per day must scratch a swimmer from the excess events prior to the start of the session in which the swimmer is over entered. Coaches are encouraged to not over enter swimmers.
- 2) Any swimmer not planning to swim at Finals must scratch so those swimmers who would like to swim again may do so. **Any swimmer qualifying for a Final or Consolation Final race in an individual event who fails to compete in said Final shall be barred from their next individual event except as noted in (5) below.**
- 3) **The penalty for missing a positive check-in deck-seeded event will result in being barred from the swimmer's next individual event except as noted in (5) below.**
- 4) There will be no penalty for not swimming in the seeded preliminary events or for scratching a relay.
- 5) 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 proof thereof.
  - b. The swimmer(s) qualifying for a Final or Consolation Final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after the 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, swim-off, or re-swim event(s).
  - c. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

**Swim Offs:** In the case of a swim-off, it is the responsibility of the Deck Referee to notify the coaches. Swim-offs will be held immediately following the preliminary session or not more than 45 minutes after the last heat of any event in which any one of these swimmers is competing in that session. Any swimmer not present for a swim-off will be dropped to the lower place.

## 2019 SC LSC Long Course State Championships

Columbia, SC July 18-21, 2019

Held under the sanction of USA Swimming issued by SC Swimming: Sanction # *SC19106LCM* and *SC19107TT*

**Other  
Information  
(continued):**

***Time Trials:*** Time Trials will be conducted at the conclusion of each session at the discretion of the Meet Referee. **Fees must be paid in cash upon entry to the Clerk of Course prior to swimming a time trial.**

***Timers and Counters:*** Swimmers in an individual event 800 meters and longer are required to provide their own timer and, if needed, counter.

***Volunteers:*** **Each team is asked to provide one timer per session.** Volunteer timers should report to the volunteer check-in table at the beginning of warm-ups for the session they plan to time.

***Hospitality:*** There will be a hospitality room available for coaches and officials only. Meals served will be dinner on Thursday and breakfast/lunch/dinner Friday through Sunday. Snacks and beverages will be available during the course of the meet.

***Concessions:*** Concessions and vendors will be available for visitors and swimmers during the meet, including a fully-equipped swim vendor. Personalized meet t-shirts will be available for purchase. Concessions and all vendors will be located on third level of the Blatt Center, adjacent to spectator seating.

***Hotels:*** <https://www.teamunify.com/team/szscsca/page/events#/team-events/upcoming/1038026>



**2019 SC LSC Long Course State Championships**

Columbia, SC July 18-21, 2019

Held under the sanction of USA Swimming issued by SC Swimming: Sanction # SC19106LCM and SC19107TT

**Order of Events**

<b>Thursday Evening, July 18, 2019</b>		
Warm-ups: 4:00 PM Start of Competition: 5:00 pm		
<i>Girls</i>	<i>Event</i>	<i>Boys</i>
1	Senior 800 Free Relay	2
3	11-12 400 IM	4
5	11 & Over 800 Free	--
--	11 & Over 1500 Free	6

**All Events are Positive Check In**

<b>Friday Morning, July 19, 2019</b>		
<b>Senior Prelims</b>		
Warm-ups: 7:00 AM Start of Competition: 7:50 AM		
<i>Girls</i>	<i>Event</i>	<i>Boys</i>
25	Senior 200 Free	26
31	Senior 100 Breast	32
37	Senior 100 Fly	38
43	Senior 400 IM (P)	44

**(P) Positive Check In**

<b>Friday Morning, July 19, 2019</b>		
<b>11-12 &amp; 13-14 Prelims</b>		
Warm ups: Not before 10:00 AM Start of Competition: Not before 10:50 AM		
<i>Girls</i>	<i>Event</i>	<i>Boys</i>
21	11-12 200 Free	22
23	13-14 200 Free	24
27	11-12 50 Breast	28
29	13-14 100 Breast	30
33	11-12 100 Fly	34
35	13-14 100 Fly	36
39	11-12 200 Back	40
41	13-14 400 IM (P)	42

**(P) Positive Check In**

<b>Friday Afternoon, July 19, 2019</b>		
<b>10 &amp; Under Timed Finals</b>		
Warm ups: Not before 1:30 PM Start of Competition: Not before 2:05 PM		
<i>Girls</i>	<i>Event</i>	<i>Boys</i>
7	10 & Under 200 Free	8
9	10 & Under 50 Breast	10
11	10 & Under 100 Fly	12
13	10 & Under 200 Free Relay (P)	14

**(P) Positive Check In**

**2019 SC LSC Long Course State Championships**

Columbia, SC July 18-21, 2019

Held under the sanction of USA Swimming issued by SC Swimming: Sanction # SC19106LCM and SC19107TT

<b>Friday Evening, July 19, 2019</b>		
<b>Finals</b>		
Warm ups: 5:00 PM		Start of Competition: 6:00 PM
<i>Girls</i>	<i>Event</i>	<i>Boys</i>
15	11-12 200 Free Relay (P)	16
17	13-14 400 Free Relay (P)	18
19	Senior 400 Free Relay (P)	20
21	11-12 200 Free	22
23	13-14 200 Free	24
25	Senior 200 Free	26
27	11-12 50 Breast	28
29	13-14 100 Breast	30
31	Senior 100 Breast	32
33	11-12 100 Fly	34
35	13-14 100 Fly	36
37	Senior 100 Fly	38
39	11-12 200 Back	40
41	13-14 400 IM	42
43	Senior 400 IM	44

**(P) Positive Check In**

<b>Saturday Morning, July 20, 2019</b>		
<b>Senior Prelims</b>		
Warm-ups: 7:00 AM		Start of Competition: 7:50 AM
<i>Girls</i>	<i>Event</i>	<i>Boys</i>
65	Senior 200 IM	66
71	Senior 50 Free	72
77	Senior 200 Back	78
83	Senior 400 Free (P)	84

**(P) Positive Check In**

<b>Saturday Morning, July 20, 2019</b>		
<b>11-12 &amp; 13-14 Prelims</b>		
Warm ups: Not before 10:00 AM		Start of Competition: Not before 10:50 AM
<i>Girls</i>	<i>Event</i>	<i>Boys</i>
61	11-12 200 IM	62
63	13-14 200 IM	64
67	11-12 50 Free	68
69	13-14 50 Free	70
73	11-12 100 Back	74
75	13-14 200 Back	76
79	11-12 100 Breast	80
81	13-14 400 Free (P)	82
85	11-12 400 Free (P)	86

**(P) Positive Check In**

**2019 SC LSC Long Course State Championships**

Columbia, SC July 18-21, 2019

Held under the sanction of USA Swimming issued by SC Swimming: Sanction # SC19106LCM and SC19107TT

<b>Saturday Afternoon, July 20, 2019</b>		
<b>10 &amp; Under Timed Finals</b>		
Warm ups: Not before 2:00 PM Start of Competition: Not before 2:35 PM		
<i><b>Girls</b></i>	<i><b>Event</b></i>	<i><b>Boys</b></i>
45	10&Under 200 IM	46
47	10&Under 50 Free	48
49	10&Under 100 Back	50
51	10&Under 100 Breast	52
53	10&Under 200 Medley Relay (P)	54

**(P) Positive Check In**

<b>Saturday Evening, July 20, 2019</b>		
<b>Finals</b>		
Warm ups: 5:00 PM Start of Competition: 6:00 PM		
<i><b>Girls</b></i>	<i><b>Event</b></i>	<i><b>Boys</b></i>
55	11-12 200 Medley Relay (P)	56
57	13-14 400 Medley Relay (P)	58
59	Senior 400 Medley Relay (P)	60
61	11-12 200 IM	62
63	13-14 200 IM	64
65	Senior 200 IM	66
67	11-12 50 Free	68
69	13-14 50 Free	70
71	Senior 50 Free	72
73	11-12 100 Back	74
75	13-14 200 Back	76
77	Senior 200 Back	78
79	11-12 100 Breast	80
81	13-14 400 Free	82
83	Senior 400 Free	84
85	11-12 400 Free	86

**(P) Positive Check In**

<b>Sunday Morning, July 21, 2019</b>		
<b>Senior Prelims</b>		
Warm-ups: 7:00 AM Start of Competition: 7:50 AM		
<i><b>Girls</b></i>	<i><b>Event</b></i>	<i><b>Boys</b></i>
101	Senior 100 Back	102
107	Senior 200 Fly	108
113	Senior 200 Breast	114
119	Senior 100 Free	120
95	11 & Over 1500 Free (P) (TF)	--
--	11 & Over 800 Free (P) (TF)	98

**(P) Positive Check In**

**Positive Check In for 1500 - Saturday prior to 10&U TF**

**2019 SC LSC Long Course State Championships**

Columbia, SC July 18-21, 2019

Held under the sanction of USA Swimming issued by SC Swimming: Sanction # SC19106LCM and SC19107TT

<b>Sunday Morning, July 21, 2019</b>		
<b>11-12 &amp; 13-14 Prelims</b>		
Warm ups: Not before 11:15 AM Start of Competition: Not before 12:05 PM		
<i>Girls</i>	<i>Event</i>	<i>Boys</i>
96	11-12 50 Back	97
99	13-14 100 Back	100
103	11-12 200 Fly	104
105	13-14 200 Fly	106
109	11-12 200 Breast	110
111	13-14 200 Breast	112
115	11-12 50 Fly	116
117	13-14 100 Free	118
121	11-12 100 Free	122

<b>Sunday Afternoon, July 21, 2019</b>		
<b>10 &amp; Under Timed Finals</b>		
Warm ups: Not before 1:30 PM Start of Competition: Not before 2:05 PM		
<i>Girls</i>	<i>Event</i>	<i>Boys</i>
87	10&Under 50 Back	88
89	10&Under 50 Fly	90
91	10&Under 100 Free	92
93	10&Under 400 Free (P)	94

(P) Positive Check In

<b>Sunday Evening, July 21, 2019</b>		
<b>Finals</b>		
Warm ups: 5:00 PM Start of Competition: 6:00 PM		
<i>Girls</i>	<i>Event</i>	<i>Boys</i>
95	11&Over 1500 Free	--
96	11-12 50 Back	97
--	11 & Over 800 Free	98
99	13-14 100 Back	100
101	Senior 100 Back	102
103	11-12 200 Fly	104
105	13-14 200 Fly	106
107	Senior 200 Fly	108
109	11-12 200 Breast	110
111	13-14 200 Breast	112
113	Senior 200 Breast	114
115	11-12 50 Fly	116
117	13-14 100 Free	118
119	Senior 100 Free	120
121	11-12 100 Free	122

**2019 SC LSC Long Course State Championships**

Columbia, SC July 18-21, 2019

Held under the sanction of USA Swimming issued by SC Swimming: Sanction # SC19106LCM and SC19107TT

**Meet Entry Summary Sheet**

Total # of Swimmers: \_\_\_\_\_ x \$36.00 (surcharge per swimmer) = \$ \_\_\_\_\_

Total # Individual Events: \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

Total # Relay Events: \_\_\_\_\_ x \$8.00 (entry per relay) = \$ \_\_\_\_\_

**Total Amount Enclosed** (payable to Carolina Aquatics): = \$ \_\_\_\_\_

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that SC Swimming, Carolina Aquatics Swim Club, Inc., the University of South Carolina, Sports Timing & Software, Inc., and any volunteers, vendors, and sponsor organizations shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Entry in the meet indicates compliance with the release and waiver.

**Mail completed Meet Entry Finance Summary and check, to:**

**SC LC State Championship  
c/o Janis Baker  
104 Otter Trail  
West Columbia, SC 29169**

*Please Print!* {

Team: \_\_\_\_\_ Club Code: \_\_\_\_\_

Head Coach: \_\_\_\_\_

Home: (\_\_\_\_) \_\_\_\_\_ Cell: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Team Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

Send e-mail results to: \_\_\_\_\_

*I certify that this entry is completed to the best of my ability.*

Signature/Title: \_\_\_\_\_ Date: \_\_\_\_\_