



## 2023 CAROLINA CROWN SWIM CHALLENGE

Hosted by North Carolina Swimming

Sunday, April 16, 2023

The Greensboro Aquatic Center

1921 W. Gate City Blvd., Greensboro, NC 27403

*Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.  
Sanction #NC23087*

MEET DIRECTOR	MEET ENTRY COORDINATOR
JONATHAN WATSON <a href="mailto:01silversurfer@bellsouth.net">01silversurfer@bellsouth.net</a> CHIP HOLLAND <a href="mailto:sdd@sc-swimming.org">sdd@sc-swimming.org</a>	TRISH MARTIN <a href="mailto:pksmartin13@gmail.com">pksmartin13@gmail.com</a>
MEET REFEREE	MEET MARSHAL
JOHN JEWELL <a href="mailto:jmjswim@gmail.com">jmjswim@gmail.com</a>	AIMEE ONOSZKO (Female Meet Marshal) BILL MARTIN (Male Meet Marshal)

### CONDITION OF SANCTION

As a condition of this sanction, North Carolina Swimming agrees to comply with and to enforce all COVID-19 health and safety mandates and guidelines of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions in effect at the time of the meet. Further, the meet will be conducted in accordance with individual facility requirements as detailed in the Carolina Crown Meet Plan below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID-19 sanctioning period.

### ASSUMPTION OF RISK DISCLAIMER

North Carolina Swimming has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

### COVID-19 RELEASE

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, NORTH CAROLINA SWIMMING, SOUTH CAROLINA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

## CAROLINA CROWN COVID-19 MEET PLAN

**NCS FACE COVERING STATEMENT** NCS recommends the proper use of face coverings at all NCS activities and expects all participants, coaches, officials, volunteers, and spectators to comply with all club and facility specific COVID-19 safety requirements and guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, and local jurisdictions.

**FACILITY and HOST TEAM REQUIREMENTS** North Carolina Swimming has discussed specific health and safety procedures with the venue management. At this time, the facility and North Carolina Swimming have no additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet.

**FACILITY** The GAC is a state-of-the-art indoor facility with four pools, which opened in August 2011. The main competition pool is 9-10 feet deep at both ends and will be configured into one 50M course with eight 9-foot-wide lanes. All lanes feature non-turbulent lane lines and KD Paragon starting blocks equipped with Omega tops. The Omega electronic timing system will be used. Seating for 1800 spectators is available. The competition course has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming, Inc.

Parking will be available at the Coliseum for \$5 per day with unlimited entry and exit. Free parking will be provided for participating certified coaches and officials.

No outside food or drinks are allowed in the facility.

Locker rooms are reserved for athlete use. Separate rest room facilities are available for officials, coaches, and volunteers. Only meet volunteers, USA Swimming registered athletes, and current USA Swimming registered officials and coaches may be on deck during warm-ups and/or competition. **NO SPECTATORS ARE ALLOWED ON THE COMPETITION POOL DECK AT ANY TIME. NO PERSON ON THE USA SWIMMING BANNED LIST MAY PARTICIPATE IN THE MEET IN ANY WAY.**

**MEET FORMAT** The Carolina Crown Meet will be a long course quad meet with all events being conducted as timed final events for 15–18-year-old athletes. The athletes in attendance will be selected from the top 15–18-year-old athletes who have represented a North Carolina Swimming or South Carolina Swimming member club during the 2022-23 short course season. Each athlete selected will be assigned to represent one of four squads during the competition. Each squad will have a staff of three USA Swimming registered coaches. The Head Coach of each squad will select athletes from their squad to participate in up to three individual events and two relays during the competition. The Head Coach will also be responsible for completing the entries for their squad.

Session	Day	Warm-up	Meet Start	Age Group
1	Sunday	1:00	2:00 PM	15-18

### DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Friday, April 7, 2023	10:00 pm	Entry deadline
Sunday, April 16, 2023	11:30 am	Athlete check-in
Sunday, April 16, 2023	12:00 – 12:45 pm	Special Guest Speaker
Sunday, April 16, 2023	1:00 pm	Official briefings
Sunday, April 16, 2023	1:30 pm	Coaches/General meeting
Sunday, April 16, 2023	1:40 pm	Timer briefing

<b>RULES</b>	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.
<b>TECHNICAL SUIT BAN for 12&amp;Us</b>	<p>Per USA Swimming Rule 102.8.1F, 12 &amp; Under athletes may not compete in Technical Suits at this meet.</p> <p>A Technical Suit is one that has the following components:</p> <ul style="list-style-type: none"> <li>• Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or</li> <li>• Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.</li> </ul>
<b>MAAPP</b>	All adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
<b>SAFE SPORT</b>	<p>The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.</p> <p>Deck changes are prohibited.</p> <p>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 without the use of a backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer’s guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer’s team is unable to attend.</p> <p>Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.</p> <p>Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.</p>
<b>ELIGIBILITY</b>	All swimmers must be registered with USA Swimming, Inc. and selected to a Carolina Crown team roster. All Adult Athletes must hold current APT certification to compete. 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.

**SELECTION PROCESS** Qualifying athletes will be selected based on the time of their registration. Qualifying athletes will be those ranked in the top 30 (short course) in their LSC by age group and gender in any of the contested events during the qualifying period (September 1, 2022 – March 12, 2023). Age of a qualifier is determined by the age of the swimmer on the date of the meet. The first 60 female and first 60 male swimmers from each LSC to register and submit their PayPal payment will be named to one of the four team rosters.

**MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS** North Carolina Swimming 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 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 the host’s ability to accommodate all requests.

**ENTRIES** All athletes must complete the online registration form posted on the [www.ncswim.org](http://www.ncswim.org) and [www.sc-swimming.org](http://www.sc-swimming.org) websites and pay the \$95 meet fee via PayPal. The registration form must be completed and meet fees received by March 24, 2023 or earlier if the meet reaches its capacity. This is a first come, first serve event and registrations will close when the maximum number of swimmers are registered. All swimmers will be notified via email and via postings on the LSC websites by March 29, 2023. Payments for those not selected will be refunded. There will be no refunds for athletes named to a team roster who fail to show on the day of the event.

Sunday, March 12, 2023	End of qualifying period
Wednesday, March 15, 2023	Registration form posted
Friday, March 24, 2023	Registration deadline (or when meet reaches capacity)
Wednesday, March 29, 2023	Selections posted on LSC websites
Sunday, April 2, 2023	Head coaches receive team lists
Friday, April 7, 2023	Deadline for submitting entries

**ENTRY LIMITATIONS** Swimmers may swim a maximum of three individual events plus two relays per day.

**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. No late entries will be accepted. There will be no on deck entries.

**ENTRY FEES** \$95 meet fee will be submitted via PayPal. The PayPal link will be included on the athlete registration form.

**SEEDING** The conforming time standard for this long course meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.

**CHECK-IN** All events will be pre-seeded and there will be no positive check-in.

**SCRATCHES** There will be no penalty for scratching pre-seeded events at the block

**SCORING**

- Individual events: 9-7-6-5-4-3-2-1
- Relay events: 18-14-12-10-8-6-4-2

<b>AWARDS</b>	Athletes and coaches of the winning team will receive a Carolina Crown Swim Challenge commemorative towel. All athletes and coaches will receive team apparel, color-coordinated with other members of their team. The top-8 individual event finishers and the top-3 relay teams will receive medals.
<b>RESULTS</b>	Results will be loaded into the SWIMS database within 24 hours of the meets conclusion.
<b>COACHES</b>	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.
<b>OFFICIALS</b>	There will be a need for officials. If you are interested in volunteering as an official, please register at the link below or contact John Jewell <a href="mailto:jmjswim@gmail.com">jmjswim@gmail.com</a> . Those interested in officiating at the event must submit the form below by Feb 20, 2023.  <a href="#"><u>Officials Sign-up Form</u></a>
<b>TIMERS AND VOLUNTEERS</b>	The Carolina Crown Swim Challenge will need volunteers to provide a quality competition for our swimmers. If you are interested in a volunteering as a timer, marshal, hospitality helper, medal sorter, or other, a sign-up form will be posted on the NCS and SCS websites after the qualifier list is posted.
<b>HOSPITALITY/ CONCESSIONS</b>	There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.
<b>WARM-UP</b>	There will be warm-ups for all teams from 1:00 – 2:00 pm. <b>There is to be no diving or horseplay in this area.</b>
<b>WAIVER/RELEASE</b>	North Carolina Swimming, Inc., South Carolina Swimming, Inc., the Greensboro Aquatic Center, 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.
<b>IMAGE RELEASE</b>	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

Sunday, April 16, 2023

Warm-up: 1:00 pm; Meet Start: 2:00 pm

Women's Event Number	Events	Men's Event Number
1	200m Medley Relay	2
3	200m Freestyle	4
5	100m Breaststroke	6
7	200m Butterfly	8
9	100m Backstroke	10
11	200m Individual Medley	12
13	400m Freestyle	14
<b><i>5 minute Break</i></b>		
15	50m Freestyle	16
17	200m Breaststroke	18
19	100m Butterfly	20
21	200m Backstroke	22
23	100m Freestyle	24
<b><i>5-minute Break</i></b>		
25	200m Freestyle Relay	26

End of Meet

Meet Management reserves the right to eliminate or limit the heats of the 400m Freestyle to stay within the required timeline.

Meet management reserves the right to eliminate or add breaks depending on the timeline.