



Tarheel States

Hosted by STAR Aquatics

March 15 - 17, 2019

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 NC19002

MEET DIRECTOR	MEET ENTRY COORDINATOR ADMINISTRATIVE OFFICIAL
Jay Dodson (336) 337-0169 Nanette Stevens (336) 686-4571 nanstevens@triad.rr.com	Beth Williams (336) 325-7226 bwilliams@loweandwilliams.com
	MEET REFEREE/OFFICIALS CONTACT Rob Stevens (336) 686-4570 robstevens@triad.rr.com

FACILITY

The Greensboro Aquatics Center is a 50 meter pool which can be broken into two short course venues with a separate diving well. This competition will use two short course competition venues that are 10 lanes or 8 lanes (depending on entries) with continuous warm-up and cool down lanes available throughout the meet. The pool depth is 9'-10' at the start and turn ends and 4" lane lines will be used to reduce turbulence. The lane width is 7'. A Colorado Timing System 6 with a Daktronics Pro-Star LED Video Scoreboard Display will display results simultaneously. Starting platforms are Colorado Competition deck anchored platforms. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

No outside Food or Drink will be permitted. There is a spectator seating area with a capacity of 1850 persons. Spectators are not allowed on the deck at any time. The 650 bleacher seats on deck are reserved for swimmers only.

No chairs are permitted in the stands or on deck.

VENUE SHOPS

Food and drink may be purchased from various Food Carts located throughout the venue. Swim Gear of North Carolina will be open in the Greensboro Aquatic Center during the meet.

PARKING

Parking will be \$5.00 per day with re-entry allowed. Parking for Coaches and Officials will be provided.

MEET FORMAT

There are seven sessions in the meet including 12 & Under Timed Finals and 13 - 14 and 15 & Over Prelim/Finals. Friday will be an Open Timed Finals session. The 1000 Free will be Open Timed Finals and will swim during the Saturday Morning Prelims. Saturday and Sunday Evening Finals will be as follows for each event:

- Two heats of 13 – 14
- Three heats of 15 & Over

Meet management reserves the right to combine sessions, add sessions, or move an age group or gender to a different session depending on the number of entries in the meet to ensure the meet runs efficiently. Coaches will be notified by email of any changes to the sessions within 36 hours of the entry deadline.

The Meet Referee reserve the right to combine heats and/or events.

MEET SCHEDULE AND DEADLINES

- Officials meetings will be 45 minutes prior to the start of all sessions.

Tuesday March 5, 2019	Time
Entry Deadline	10:00 pm
Friday March 15, 2019 -- Evening Timed Finals	Time
General Coaches' Meeting	4:15 pm
Warm-Up	4:30 pm
Positive Check-In Deadline for 400 IM and 500 Free	5:00 pm
Relay Cards due for 13 & Over 400 Free Relay	5:30 pm
Meet Start	5:30 pm
Saturday March 16, 2019 -- Morning Prelims	Time
Warm-Up	7:00 am
Positive Check-In Deadline for 13 & Over 1000 Free	8:30 am
Meet Start	8:30 am
Saturday March 16, 2019 -- Afternoon Timed Finals	Time
Warm-Up: 30 minutes after conclusion of morning session with timeline distributed after entries close	Not before 11:30 am
Relay cards due for 12 & Under 200 Free Relays	30 min after Warm-Up Start
Meet Start	35 min after Warm-Up Start
Saturday March 16, 2019 -- Evening Finals	Time
Warm-Up	4:30 pm
Relay cards due for 13 & Over 200 Free Relay	4:30 pm
Meet Start	5:30 pm
Sunday March 17, 2019 -- Morning Prelims	Time
Warm-Up	7:00 am
Relay cards due for 13 & Over 200 Medley Relays (Relays swim at the end of Prelims Session.)	8:30 am
Meet Start	8:30 am
Positive Check-In Deadline for 1000 Free	9:45 am

Sunday March 17, 2019 -- Afternoon Timed Finals	
Warm-Up: 30 minutes after conclusion of morning session with timeline distributed after entries close	Not before 11:30 am
Relay cards due for 12 & Under 200 Medley Relays	30 min after Warm-Up Start
Meet Start	35 min after Warm-Up Start
Sunday March 17, 2019 -- Evening Finals	
	Time
Warm-Up	4:00 pm
Meet Start	5:00 pm

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.

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.

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 in addition to host team marshal.

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. All persons on-deck or behind the blocks must be USAS certified coaches, officials, registered swimmers, or meet volunteers.

RACING STARTS

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 member-coach, 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.

Neither photography nor video recording is permitted behind the blocks.

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.**

Swimmer must have met the following qualifying standards:

12 & Under Age Group

Participants must have at least one "BB" or better time standard in their single age group. Swimmers entering any event in which they have achieved the 2019 ESSZ Age Group Short Course Sectional qualifying time standard for their age group must swim that event as an exhibition event. A list of all exhibition swims must be sent with meet entries. If a swimmer is not included on the exhibition list, but is entered in an event for which he/she must be exhibitioned, meet management will automatically mark him/her as exhibition.

13 – 14 Age Group

Participants have no minimum-qualifying standard for this meet. Swimmers entering any event in which they have achieved the 2019 ESSZ Age Group Short Course Sectional qualifying time standard for their age group must swim that event as an exhibition event. A list of all exhibition swims must be sent with meet entries. If a swimmer is not included on the exhibition list, but is entered in an event for which he/she must be exhibitioned, meet management will automatically mark him/her as exhibition. Exhibition swimmers will not qualify for finals.

15 & Over Age Group

Swimmers who are 15 & Over may swim in their age group regardless of time.

SWIMMERS WITH DISABILITIES

Star Aquatics 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 Star Aquatics' ability to accommodate all requests.

ENTRIES

Please email entries to entries@staraquatics.net using Hy-Tek Team Manager for entries. List all swimmers' ages as of **March 15, 2019**. Entries may be sent via email and must include the following:

- 1) A Hy-Tek compatible entry file
- 2) Team entry report
- 3) Financial report
- 4) A list of Coaches attending the meet.

A swimmer's age on the first day of the meet will determine his/her age for the entire meet.

Teams/entries will be accepted in the order they are received, until the four-hour timeline is reached. Entries received after the timeline is reached will be returned. **If you plan to attend this meet, please notify Beth Williams (bwilliams@loweandwilliams.com) with your intent and approximate number of swimmers as soon as possible.**

ENTRY LIMITATIONS

13 & Over swimmers are limited to a maximum of 3 individual events per day and 8 individual events throughout the meet.

12 & Under swimmers are limited to a maximum of 4 individual events per day and 10 individual events throughout the meet.

Exhibition events count toward the daily limit and the meet limit.

Relays are not included in the limit. Meet Management reserves the right to limit and/or eliminate events to allow the meet to run in the allotted time.

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 **10:00 pm Tuesday, March 5, 2019**. Late entries may be accepted at the discretion of the Meet Director and Meet Referee. There may be on-deck entries, but only in open lanes and at the discretion of the Meet Director and Meet Referee. **Double fees will apply to all late entries and must be paid before entry can be processed on deck.**

ENTRY FEES

Make checks payable to: Star Aquatics. All fees are non-refundable.	
Individual Timed Final Event	\$4.00 per event
Individual Prelim/Final Event	\$5.50 per event
Relay Event	\$10.00 per relay
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$10.00 per swimmer

SEEDING

The conforming time standard for this meet is short course yards. Swimmers in timed finals events will be seeded and swim from slowest to fastest, unless otherwise indicated. Swimmers in preliminary events will be “circle” seeded in accordance with USA Swimming Rules and Regulations 102.5.1, unless otherwise indicated. All non-conforming times will be seeded last in rank order. There will be no course conversion for this meet. Exhibition swimmers will be seeded by time in timed finals and prelim events. Exhibition swimmers will not qualify for finals. All relays are timed finals and will be deck seeded **slowest to fastest**. The 400 IM and 500 Free will be deck seeded **fastest to slowest** and may be limited to the top 3 heats to stay within the allotted time. The 1000 Free will be deck seeded **fastest to slowest, alternating women and men** and may be limited to the top three heats to stay within the allotted time. If the

meet is conducted in two pools, it may not be necessary to alternate. Swimmers must provide timers for the 400 IM and must provide timers and lap counters for the 500 Free and 1000 Free. **Teams must provide their own timers for Friday night relays.**

CHECK-IN A positive check-in, located at clerk of course, will be required for the following events:

- 400 IM
- 500 Free
- 1000 Free

Check-in for events will be as stated in the Deadline and Meeting Summary. Swimmers who fail to check in will be scratched from the event and not seeded. In the positive check-in events, a swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event. Swimmers must provide timers for the 400 IM and must provide timers and lap counters for the 500 Free and 1000 Free. **Teams must provide their own timers for Friday night relays.**

SCRATCHES The North Carolina Scratch rule will be in effect. (NCS Swimming Rules and Regulations 208.3) ***All Swimmers are requested to scratch their events regardless of place if they are not returning for Finals.**

SCORING This meet will not be scored.

AWARDS Awards will be given to 12 & Under swimmers.
Timed Final Individual Events: 1st – 8th place ribbons
Relays: 1st – 3rd place ribbons

RESULTS Live results will be posted on STAR Aquatics' website. At the conclusion of the meet, results will be sent to each team 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 showing 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.

**OFFICIALS/
TIMERS/
VOLUNTEERS** **All teams will be required to provide timers based on the number of swimmers entered in the meet. Timer assignments will be distributed after registration has closed.**

There will be a need for officials. Star Aquatics welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the

meet, sign up using the link on the meet page on the STAR Aquatics website (www.staraquatics.net), 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 showing 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 Meet Schedule and Deadlines table.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials.

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/cool-down in the diving well. There is to be no diving or horseplay in this area. Only **feet-first** entry into the warm-up lanes is permitted.

**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. STAR Aquatics, Greensboro 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. 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.

ORDER OF EVENTS

Friday, March 15, 2019		
Timed Finals -- Warm-up: 4:30 pm Meet Start: 5:30 pm		
Girls	Events	Boys
1	Open 400 IM	2
Optional 10 Minute Break		
3	Open 500 Free	4
Optional 10 Minute Break		
5	13 & Over 400 Freestyle Relay	6

Saturday, March 16, 2019		
Prelims -- Warm-Ups: 7:00 am Meet Start: 8:30 am		
Finals -- Warm-Ups: 4:30 pm Meet Start: 5:30 pm		
Girls	Events	Boys
7	13 & Over 200 Free Relay (*During Finals Only*)	8
9	13 & Over 100 IM	10
11	13 & Over 50 Freestyle	12
13	13 & Over 100 Breaststroke	14
15	13 & Over 200 Backstroke	16
17	13 & Over 100 Butterfly	18
19	13 & Over 200 Freestyle	20
Optional 10 Minute Break		
21	13 & Over 1000 Freestyle (*During Prelims Only*)	22

Saturday, March 16, 2019		
Timed Finals -- Warm-Ups: 30 min after end of morning session (not before 11:30 am)		
Meet Start: 35 min after start of Warm-Ups		
23	10 & Under 100 Breaststroke	24
25	11-12 100 Breaststroke	26
27	10 & Under 50 Freestyle	28
29	11-12 50 Freestyle	30
31	10 & Under 100 Backstroke	32
33	11-12 100 Backstroke	34
35	10 & Under 200 Freestyle	36
37	11-12 200 Freestyle	38
39	10 & Under 50 Butterfly	40
41	11-12 50 Butterfly	42
43	10 & Under 100 IM	44
45	11-12 100 IM	46
47	12 & Under 200 Free Relay	48

Sunday, March 17, 2019		
Prelims -- Warm-Ups: 7:00 am Meet Start: 8:30 am		
Finals -- Warm-Ups: 4:00 pm Meet Start: 5:00 pm		
Girls	Events	Boys
49	13 & Over 200 Butterfly	50
51	13 & Over 100 Freestyle	52
53	13 & Over 200 Breaststroke	54
55	13 & Over 100 Backstroke	56
57	13 & Over 200 IM	58
59	13 & Over 200 Medley Relay (*End of Morning Session*)	60

Sunday, March 17, 2019		
Timed Finals -- Warm-Ups: 30 min after end of morning session (not before 11:30 am)		
Meet Start: 35 min after start of Warm-Ups		
61	10 & Under 50 Backstroke	62
63	11-12 50 Backstroke	64
65	10 & Under 100 Butterfly	66
67	11-12 100 Butterfly	68
69	10 & Under 50 Breaststroke	70
71	11-12 50 Breaststroke	72
73	10 & Under 100 Freestyle	74
75	11-12 100 Freestyle	76
77	10 & Under 200 IM	78
79	11-12 200 IM	80
81	12 & Under 200 Medley Relay	82

**STAR Tarheel States
Mail Meet Entry Form and Payment to:
STAR Aquatics
PO Box 16311
High Point, NC 27261**

Official Entry Information:

Club Name _____ Club Code _____
 Address _____
 City _____ State, NC Zip _____
 Head Coach _____ Home Phone _____
 Email Address _____ Cell Phone _____

Assistant
Coach _____

Assistant
Coach _____

Assistant
Coach _____

Assistant
Coach _____

All coaches identified above are currently registered as coaches with USA Swimming, Inc. and are responsible for the swimmers entered in this meet and during the conduct of the event **March 15 - 17, 2019**.

Signature _____ Date _____

Release Statement: *USA Swimming, Inc., North Carolina Swimming, Inc., Star Aquatics, LLC, Greensboro Aquatic Center and all employees and representatives of these organizations shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.*

Signature _____ Date _____

# of Individual Timed Final Entries		× \$4.00 each entry	\$
#of Individual Prelim/Final Entries		× \$5.50 each entry	\$
#Relay Entries		× \$10.00 each entry	\$
NCS Travel Fund (total swimmers)		× \$3.00 each swimmer	\$
Facility Charge (total swimmers)		× \$10.00 each swimmer	\$
Totals			\$

NCS Scratch Rule

208.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet announcement shall specify all mandatory check-in and scratch deadlines and procedures.

- .1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
- .2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch or as noted in 208.3.4 A or D.. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet announcement states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet announcement.
- .3 Preliminary and Finals Events
 - A. Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck then 208.3.2 applies
 - B. Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 208.3.4. For events occurring on the last day of a meet, a fine of \$100 per missed swim shall also be assessed to the club by the appropriate Division Chair for failure to compete. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.
 - C. In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete
 - D. When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim
 - E. If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)
- .4 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 the proof thereof.
 - B. The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
 - C. The swimmer was not named in any finals heat during the initial announcement of results
 - D. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.