



2018 Charlotte UltraSwim Meet

HOSTED BY SWIMMAC CAROLINA

June 14-17, 2018

HELD AT MECKLENBURG COUNTY AQUATIC CENTER

"MCAC"

800 E M.L.K. Jr Blvd, Charlotte, NC 28202

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

Sanction #NC18045 and Time Trial Sanction #NC18045TT

MEET DIRECTORS		MEET ENTRY COORDINATOR
Wendy Welch 704-575-0196 Gwelch2@carolina.rr.com	Karen Gerkin 704-578-3452 gerkink@gmail.com	Trish Martin 336-327-4697 OME@swimmaccarolina.org
MEET REFEREE	ADMIN REFEREE	MEET MARSHAL
John Wilson 706-372-0524 jwilson@pjfweb.com	David Rigsbee 919-698-6042 Swim.Meet.Referee@gmail.com	Mark Wimberly 704-794-8849 mwimber@att.net

FACILITY

This pool is an indoor 8-lane 50-meter competition pool with minimum depth 6 ft at scoreboard end and 15 feet at deep end, non-turbulent lane lines, lane width 9 ft, separate 4-lane 25-yard warm-up pool, Colorado 6000 timing system and scoreboard, spacious locker rooms, and ample spectator seating. Astral starting blocks will be used for competition in accordance with the USA Swimming diving depth guidelines. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Smoking is not permitted inside the building. The facility has seating to accommodate 1000 spectators. There is ample parking within 100 yards of the facility. Absolutely no coolers or glass bottles will be allowed on the pool deck. No personal chairs will be allowed in the facility during the meet.

MEET 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 1500 freestyle, the 800 freestyle and the 400 IM 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 shoot-out style with a preliminaries event, a top 16 round, a top 8 round, and a top 4 final.

Session	Day	Warm-up	Meet
1	Thursday PM	2:30PM	4:00PM
2	Friday AM	7:00AM	9:00AM
3	Friday Finals	4:00PM	5:30PM
4	Saturday AM	7:00AM	9:00AM
5	Saturday Finals	4:00PM	5:30PM
6	Sunday Distance	7:00AM	8:30AM
7	Sunday AM	10:00AM*	11:00AM

* The Session 7 start time may change if warranted based on entry numbers for the 1500/800. All coaches shall be notified of the changed start time by noon on June 11, 2018.

DEADLINE AND MEETING SUMMARY:

Day	Time	For
Monday, June 4	12:00pm	Entry deadline
Thursday, June 14	2:00pm	Initial General Meeting
Thursday, June 14	15 minutes after conclusion of general meeting.	Positive check in for 1500/800 freestyle
Thursday, June 14	3:00pm	Officials Briefing
Friday, June 15	8:00am, 4:45pm	Officials Briefings
Saturday, June 16	8:00am, 4:45pm	Officials Briefings
Sunday, June 17	3:00pm on Saturday night	Positive check in for 1500/800 freestyle
Sunday, June 17	7:30am, 10:15am	Officials Briefings

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.

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. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

ELIGIBILITY

All swimmers must be currently registered members of USA Swimming (or other FINA membership) and have at least one Futures cut to be eligible for the meet. Swimmers may only swim individual events for which they have a Futures cut, plus two bonus individual events. 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. The qualifying period is June 4, 2016 through June 4, 2018.

SWIMMERS WITH DISABILITIES

SwimMAC 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 SwimMAC's ability to accommodate all requests.

ENTRIES

The OME system will be used for on-time entries, including relays. OME will open on Monday, April 16th at 12:00 PM Eastern. OME will close on Monday, June 4th at 12:00 PM eastern. Coaches shall confirm OME entries are correct and complete prior to checking out. Coaches shall enter a swimmer's fastest provable times. Only printed copies of original OME entries and rosters will be accepted as proof of administrative or system errors. All changes or entry corrections made after OME closes may be subject to double entry fees and a \$100 per team fine. No late entries or changes will be accepted after Monday, June 4th at 12:00 PM eastern after which time a psych sheet may be published. If a time override is used to enter an individual event in OME, proof of time must be submitted to the Administrative Referee for that event for the swimmer to be seeded into the event prior to the time that event closes or the swimmer will not be seeded into the event in question. Proof of time consists of a SWIMS entry or copy of link to the final meet results from a USAS sanctioned, approved, or observed meet. Sanction number, date and location must be provided. Hy-Tek Team Manager results will NOT be accepted as proof. Prior to the deadline, proof of time may be emailed to the Entry Coordinator at OME@swimmaccarolina.org or the Administrative Referee at Swim.Meet.Referee@gmail.com. Each email will be acknowledged with a return email confirmation for receipt of proof. There will be no refunds once entries are accepted.

BONUS ENTRIES

Swimmers qualifying in any individual event by having a Futures cut in that event are also eligible to enter up to two bonus events subject to both daily and meet limits. Shootout Events do not count as bonus events for a swimmer, but daily and meet entry limitation apply to Bonus and Shootout events. Coaches shall enter a swimmer's fastest provable time. There are no qualifying standards for the bonus events. Swimmers should enter times for bonus events with the fastest provable LCM or SCY time.

MIXED RELAY ENTRIES

Relay entry times are not required to be provable and may be overridden with aggregate or estimated times. Clubs may enter a maximum of three relays per event. If there are three entries, they will be designated A, B, and C respectively and in order of their seed time (fastest to slowest). Swimmers designated as 'relay only' in the OME may swim relays and time trials only. Each mixed relay shall have two female swimmers and two male swimmers.

RELAY SEEDING

All relay swimmers, including alternates, must be listed on the Meet Entry Form and must pay the \$3.00 NCS surcharge. All relay events will be swum as timed final events. Each Team will only be allowed 1 relay in the top 8 heat to be swum with finals. If all teams have been represented in finals and there are additional lanes open in the top 8, the next seeded "B" team will be placed into the finals heat. All other relays will be swum at the end of preliminary sessions. Relay cards are due to the Admin Referee at the beginning of prelims or finals of the session they will be swum. All relays will be swum slowest to fastest.

DISTANCE EVENTS

The Thursday evening distance events will be swum with the fastest 24 positively checked in swimmers for the 800 freestyle swimming before the preliminaries of the 50m Shootout events and the fastest 24 positively checked in swimmers for the 1500 freestyle swimming before the Shootout round of 16 events. The remaining swimmers in the 800 freestyle and 1500 freestyle will swim after the shootout events.

SHOOTOUT EVENTS

Format: The 50m distance of each respective stroke will be offered in a "Shootout" format. The preliminaries will swim Thursday evening, followed by the Semi's (the round of 16) at the end of that session. The Super-Semi's (the round of 8) will be swum throughout the session on Friday evening finals, and the Finals (the round of 4 qualifiers) will be swum at the end of Saturday night's finals session.

Entries: Entries shall be completed using the OME system. Coaches shall enter a swimmer's fastest provable 100 meter long-course times for the related stroke. If a meters time is not available, coaches should enter the fastest provable 100 yard short-course time. Shootout Events do not count as bonus events for a swimmer, but daily and meet entry limitation apply. See ENTRIES section above for further details regarding entries.

Seeding: The conforming time standard for the Shootout Events is 100 Long-Course Meters. Short-course yard times will be accepted but will be seeded last in rank order with all non-conforming times. The top 3 heats in preliminaries will be circle seeded and Lanes 3, 4, 5, and 6 will be used for the round of 4.

Swim-Off: In the event of a tie, a swim-off must be conducted prior to the next round of 50s being started.

Scratches: Swimmers qualifying for each round based upon the results must notify the Administrative Referee within thirty (30) minutes after announcement of the qualifiers of that round's race that he or she does not intend to compete. If a swimmer qualifies for the next round and does not scratch, that swimmer will be seeded in the succeeding round.

Penalty: If a swimmer is seeded in a round and fails to compete in that round, that swimmer shall be barred from their next Shootout event. If the swimmer fails to swim in the round of 4, that swimmer shall be barred from the remainder of the meet, unless excused by the Meet Referee.

ENTRY LIMITATIONS

Swimmers are limited to eight (8) individual events for the meet and no more than three (3) individual events per day. Each club may enter up to three relay teams per relay event. Please remember that only 1 relay team per team will be seeded in the top 8 heat swum with finals. Only the top 2 relays per team will score points. Swimmers are allowed to enter as many events as they want in OME, but they must scratch down to comply with the daily and meet entry limitations described above.

ENTRY DEADLINES

The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. Late entries may be accepted at the discretion of the meet referee.

ENTRY FEES

Make checks payable to: SwimMAC; All fees are non-refundable	
Individual Event	\$5.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$17.00 per swimmer
Relay Charge	\$10.00 per Relay
Late Entry Fee	\$8.00 per event

- SEEDING** The conforming time standard for this meet is Long Course Meters. For Shootout Events, the conforming time standard is 100 meters long-course. Swimmers will be seeded and swim slow to fast unless otherwise indicated. For the 800 freestyle and 1500 freestyle events, swimmers will be seeded and swim fast to slow alternating women and men by heat. All non-conforming times will be seeded last in rank order.
- CHECK-IN** Positive check-in is required for the 800 freestyle and 1500 freestyle events. Swimmers who fail to check in for deck seeded events will be scratched from that event. Coaches will be notified upon arrival of the location of the Check-in.
- SCRATCHES** Scratches and positive check-in for day 1 events are due to the Administrative Referee 15 minutes after the conclusion of the general meeting. All subsequent day's events scratches and positive check-ins are due 30 minutes after the start of finals on the previous night.
- There is no penalty for failing to compete in a preliminary or timed final event, except that any event in which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer's eight-event limit. A swimmer qualifying for an A, B, or C Final who fails to compete shall be barred from the remainder of the meet, unless excused by the Meet Referee.
- SCORING** Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
Only the top 2 relay teams per team will score points.
- 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 100 Free 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.

RESULTS

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

BREAKS

Additional breaks may be added to the meet format at the discretion of the Meet Referee. Break lengths may be modified at the discretion of the Meet Referee to manage the meet timeline.

TIME TRIALS

At the discretion of the Meet Referee, Time Trials may be offered at the conclusion of any session, or during a break between sessions. Swimmers requesting a time trial need to be entered in at least one individual or relay event in the meet in order to swim a time trial. Time trials are \$10.00 per swim. Time trials count towards a swimmer's individual event total for each day, but not the meet total. Athletes may need to provide their own lane timer and lap counter for time trial events. All USA Swimming rules will apply to Time Trials. Entry deadline for Time Trials shall be one hour after the beginning of the session. This time may be changed in the General Meeting depending on projected session time lines.

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 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. Coaches are accountable for the information presented in the meeting(s).

OFFICIALS

There will be a need for officials. SwimMAC welcomes and encourages anyone willing to volunteer. To sign up as an official, please submit the [2018 SwimMAC Ultraswim Officials sign-up form](#). 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 be prepared to show 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 one hour prior to each session.

OFFICIALS QUALIFYING MEET (OQM)

This meet has been designated as a USA Swimming Official Qualification Meet, certification and re-certification for all N2 and N3 positions. Regardless of the numbers of sessions required for certification/re-certification, an official will need to serve a minimum of four (4) sessions to be evaluated. Any official wishing to participate should contact the meet officials at

OFFICIALS@SWIMMACCAROLINA.ORG. following All requests for assigned positions will be based on evaluation requests and level of experience. Please see the USA Swimming website for additional information on National evaluation and certification requirements.

ATTIRE

All sessions will be white over navy. Shorts, skorts, skirts, or slacks for prelims are acceptable. Finals sessions will be navy blue slacks only. White sneakers are preferred by the facility for deck safety as the deck space is very small, with cables, uneven surfaces, and added signage. Please no crocs. Saturday finals will be the 2018 UltraSwim meet shirt and Sunday prelims, bring your loudest Hawaiian shirt. All other sessions will be white polos of your choice.

HOSPITALITY/ CONCESSIONS

There will be a hospitality area open to all coaches and officials. Full concessions will be available for the duration of the meet.

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. Management reserves the right to change warm-up times according to the number of athletes. During the competition, there will be lanes available for continuous warm-up/down (if available). There is to be no diving or horseplay in this area.

HOTELS

[Hotel Information link](#)

Sheraton Charlotte Hotel

555 South McDowell Street South Tower, Charlotte, NC 28204 US
Phone: (704) 372-4100

UltraSwim Meet rate: \$ 129 – Breakfast Included

Le Meridien Charlotte

555 South McDowell Street, North Tower, Charlotte, NC 28204
Phone: (704) 372-9610

UltraSwim Meet rate: \$ 129 – Breakfast Included

Hyatt Place Charlotte Downtown

222 South Caldwell Street, Charlotte, North Carolina, 28202
Phone: (704) 227-0500

UltraSwim Meet rate: \$ 139 – Breakfast Included

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. Mecklenburg Aquatic Club, Inc. (DBA SwimMAC Carolina), the Mecklenburg County 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

Thursday June 14th, 2018
Session begins at 4:00 PM

Women	Event	Men
1	800 Freestyle Top 24	
	10 Minute Break*	
101	50 Butterfly Prelims	102
103	50 Backstroke Prelims	104
105	50 Breaststroke Prelims	106
107	50 Freestyle Prelims	108
	1500 Freestyle Top 24	2
	10 Minute Break*	
101	50 Butterfly Top 16	102
103	50 Backstroke Top 16	104
105	50 Breaststroke Top 16	106
107	50 Freestyle Top 16	108
1	800 Freestyle	
	1500 Freestyle	2

*The breaks are to allow swimmers in the shootout events an opportunity to warm-up in the competition pool.

Friday, June 15th, 2018
Preliminaries begin at 9:00 AM

Women	Event	Men
3	100 Backstroke	4
5	200 Butterfly	6
7	100 Breaststroke	8
9	400 Freestyle	10
11	200 IM	12
	10 Minute Break	
13	400 Mixed Medley Relay	13

Friday, June 15th, 2018
Finals begin at 5:30 PM

Women	Event	Men
13	400 Mixed Medley Relay (Top 8)	13
	10 Minute Break	
3	100 Backstroke	4
105	50 Breaststroke Top 8	106
5	200 Butterfly	6
107	50 Freestyle Top 8	108
7	100 Breaststroke	8
103	50 Backstroke Top 8	104
11	200 IM	12
101	50 Butterfly Top 8	102
9	400 Freestyle	10

Saturday, June 16th, 2018
Preliminaries begin at 9:00 AM

Women	Event	Men
15	200 Freestyle	16
17	200 Breaststroke	18
19	100 Butterfly	20
21	200 Backstroke	22
	10 Minute Break	
23	400 Mixed Freestyle Relay	23

Saturday, June 16th, 2018
Finals begin at 5:30 PM

Women	Event	Men
23	400 Mixed Freestyle Relay (Top 8)	23
	10 Minute Break	
15	200 Freestyle	16
17	200 Breaststroke	18
19	100 Butterfly	20
21	200 Backstroke	22
101	50 Butterfly Top 4	102
103	50 Backstroke Top 4	104
105	50 Breaststroke Top 4	106
107	50 Freestyle Top 4	108

Sunday, June 17th, 2018
Session begins at 8:30 AM

Women	Event	Men
25	1500 Freestyle	
	800 Freestyle	26

Sunday, June 17th, 2018
Session begins at 11:00 AM

Women	Event	Men
27	100 Freestyle Prelims	28
29	400 IM	30
	15 Minute Break*	
27	100 Freestyle Finals	28

THE 2018 CHARLOTTE ULTRASWIM

JUNE 14-17, 2018 HOSTED BY SWIMMAC CAROLINA

SwimMAC is once again excited to host the premier Long Course meet in the southeast leading up to a successful USA Swimming Championship Trials. We have designed a meet to benefit professional athletes, collegiate teams, and club programs in an effort to create an exciting swimming experience with a focus on great competition, an optimal format, and classic Charlotte hospitality. With world class officials and meet support staff, we are excited to bring a high level of racing to Charlotte! Please refer to the meet information for details – entries are available in January via OME (the meet will be capped at 600 swimmers and meet standards will be set to US Swimming Futures standards), below are some helpful hints to help make the most of this year's ULTRASWIM. Please contact the meet director with questions at cltmeet@swimmacarolina.org.

MEET FORMAT

The meet format is setup to optimize competitive opportunity and athlete-friendly logistics. The event will begin on Thursday afternoon, allowing for morning travel for anyone within 3-6 hours of Charlotte. Sunday's sessions are scheduled to finish as close to 1Pm as possible, allowing for safe travel home and a return to normal schedules on Monday. After all we hope to see everyone at Nationals a few weeks later!

Session Schedules for Travel Planning

- The meet will begin Thursday afternoon (2:30PM warm up, 4:00PM start), allowing for morning travel to Charlotte.
 - Thursday events will include preliminaries AND semifinals of the 50s mixed with Olympic Distance events.
- Friday and Saturday will be prelims-finals sessions with the morning start times to be set after entries are in.
 - Finals will feature the top heat of mixed relays.
 - The 50 events will continue with the top 8 super-semi (Friday) and top 4 finals rounds (Saturday).
- Sunday will feature an early non-Olympic distance session followed by a mid-morning session with 100 free & 400 IM.
 - The 100 Free/400 IM session is scheduled to allow convenient hotel checkouts and is set to finish as close to 1PM as possible to encourage safe travel home.
 - The 100 free will be swum as prelims (before the 400) and finals (after the timed finals 400 IM).

Unique Event Formats to Consider

- The 50 "Shootouts" are held throughout the competition from Thursday to Saturday night. Elite athletes may choose to focus on these and not schedule any morning prelim events – some swimmers may enjoy the challenge of mixing these into their regular event schedule. Plan ahead for those doing multiple 50 races, these move relatively quickly and make for an exciting new challenge!
- Mixed relays will be an exciting new feature designed to get everyone on the team involved. This is a scored team meet so bring your best relays! The relays will be the first event in the Friday and Saturday finals sessions to help get things started FAST!
- Swimmers focused on longer (400 and up) events will find this format allows for plenty of swims and a Distance Ace award for the combined results of the 400 and up events.
- We have found it is helpful to look through the event schedule for each session as you plan entries. Plan ahead for multiple swims in finals.

CHARLOTTE HOSPITALITY

This year's event will continue to feature a great atmosphere of hospitality & some unique amenities including:

- Discounted rates available at the Sheraton, Le Meridien, and Hyatt Place hotels (see meet information)
- On site sports medicine and recovery work from Novant Health
- Athlete and coach hospitality to keep you fueled throughout the day
- On site healthy food vendors for athletes to get recovered
- For collegiate programs SwimMAC will host family housing, please email housing@swimmacarolina.org