

Name of Meet:	2017 Dash and Distance		
Date of Meet:	January 20-22, 2017		
Meet Sanction:	Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC:SC1778SCY Time Trial:SC1779TT		
Host Club:	South Carolina Swim Club		
Meet Director:	Laurie Morrin	mpscmanager@swimmpsc.com	843-819-3377
Meet Referee:	Steve Savage	savages@musc.edu	843 693 1473
Meet Entries to:	Victoria Culbertson	Meet.support@sportstiming.com	843-628-5486
Safety Marshal:	Megan Kelly	mkelly2@tompsec.com	843-856-2536
Facility:	<p style="text-align: center;">Mount Pleasant Recreation Park West Pool 1251 Park West Blvd, Mount Pleasant, SC 29466.</p> <p>Indoor 6-lane 25-yard pool with Competitor non-turbulent lane lines. Limited bleacher seating is available. Spectators may bring chairs to use on the outside patio. Chairs and coolers are not permitted in the facility.</p> <p>The water depth of the competition course is 8 feet measured from one (1) meter to five (5) meters at the starting end of the course and 3.5 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).</p> <p>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.”</p>		

<p>Rules:</p>	<ol style="list-style-type: none"> 1. Meet to be conducted in accordance with the current USA Swimming and SC Swimming Rules and Regulations and information herein. 2. The Meet Director reserves the right to adjust the warm-up times & start times. 3. The total number of eligible swimmers per meet is set at 400 swimmers. The Meet Director reserves the right to limit events, heats, number of swimmers per team, or to adjust the format to conform with the 4 hour provision for 12 and Under sessions in accordance with Rule 205.3.1F 4. In accordance with USA Swimming there will be a designated swimmer area. This area will be clearly marked and is only open those swimming in the meet. Parents are not to enter nor sit in this area. We ask that parents sit on the covered patio side of the pool. 5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Use of these devices is also not allowed behind the starting blocks. 6. Deck changes are prohibited.
<p>Athlete Eligibility:</p>	<p>Age is determined by the first day of the meet. This competition is open to any USA Swimming registered athlete. USA Swimming registrations will not be accepted on deck.</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. 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.</p>

<p>Meet Format:</p>	<ol style="list-style-type: none"> 1. This is a timed finals meet and will be limited to the first 400 swimmers. 2. Deck entries will be accepted and are \$7 per event. All deck entries must be submitted no later than 30 minute before the start of the session. Swimmers will be entered into open lanes in existing heats on a first come first serve basis. In the event of a significantly oversubscribed session, the Meet Director reserves the right to not accept deck entries. 3. Warm-up procedures: Team lane assignments will be made for each session. All SCLSC and USA Swimming safety guidelines will be enforced. In order for swimmers to warm-up a USA Registered coach must be present. If a coach cannot attend warm-up for his or her team please contact the meet host. 4. Positive Check-in: The Meet Director will determine if positive check-in will be required for all events in order to conform to the 4 hour rule. 5. Seeding/Scratches: All Open Events will be seeded by gender with no age separation. The 400 IM, 500 free, and 1650 free will be deck seeded, require positive check-in. The events will be swum co-ed with slowest to fastest swimmers. The 1650 free may be limited to conform to the timeline. Those who are cut from the 1650 free may swim in another event not to exceed the individual event limit for the day. Meet host reserves the right to limit the 400 IM and 500 free to conform to the meet timeline. Swimmers must provide timers and counters for the 500 free, 400 IM, and 1650 free. Pre-seeded events will have no penalty for scratching. A swimmer that misses their assigned heat will not be entered into another heat of that event unless circumstances are beyond the swimmer's control as determined by the meet referee and the swimmer may be allowed to swim.
<p>Time of Meet:</p>	<p>Friday Evening Warm-up: 4:15 p.m.</p> <p>Saturday/Sunday Morning Warm-up: 7:30 a.m. Saturday/Sunday Morning Meet Start: 8:30 a.m.</p> <p>Saturday/Sunday Afternoon Warm-Up: 12:00 p.m. Saturday/Sunday Afternoon Meet Start: 1:30 p.m.</p>
<p>Entries:</p>	<p>Go to www.sportstiming.com , click on upcoming meets and click on the (insert meet name) 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. Entry questions can be emailed to meet.support@sportstiming.com</p> <p>Entries are due by January 12, 2017.</p> <p>SC Swimming does not accept deck registrations, all swimmers entered must be registered at time of entry deadline.</p>

Awards:	No awards will be given
Scoring:	No Scoring
Timing:	Colorado electronic timing system, with touch pads & plungers, will be used. Stop watches will also be used.
Coaches Eligibility:	Coaches must be coach members of USA Swimming and they must have their credentials visible at all times. Coaches meeting will be announced via email prior to meet.
Other Information:	Certified officials are welcome to assist with the meet. Please contact: Michael Healy @ mjhealy1@gmailcom

South Carolina Swim Club
 2017 Dash and Distance
 January 21-22, 2017

Held under the sanction of USA Swimming issued by SC Swimming:
 Sanction Number SC: SC1778SCY
 Time Trial: SC1779TT

Friday Evening Warm-up: 4:15 p.m.

Saturday/Sunday Morning Warm-up: 7:30 a.m.
 Saturday/Sunday Morning Meet Start: 8:30 a.m.

Saturday/Sunday Afternoon Warm-up: 12:00 p.m.
 Saturday/Sunday Afternoon Meet Start: 1:30 p.m.

Friday Evening Session: 1650
Warm-up at 4:15pm, Meet Start at 5:00pm

Girls				Boys
1	Open	1650	Free	2

Saturday Morning Session 12 & Under Dash
Warm-up at 7:30am, Meet Start at 8:30am

Girls				Boys
3	12 & U	100	Butterfly	4
5	12 & U	50	Backstroke	6
7	12 & U	100	Breaststroke	8
9	12 & U	100	Freestyle	10
11	12 & U	50	Butterfly	12
13	12 & U	100	Backstroke	14
15	12 & U	50	Breaststroke	16
17	12 & U	50	Freestyle	18
19	12 & U	200	IM	20

Saturday Afternoon Session 13 & Over Distance
Warm-up not before 12:00pm, Meet Start at 1:30pm

Girls				Boys
21	13 & Over	400	IM	22
23	13 & Over	200	Butterfly	24
25	13 & Over	200	Freestyle	26
27	13 & Over	200	Backstroke	28
29	13 & Over	200	Breaststroke	30
31	13 & Over	500	Freestyle	32

Sunday Morning Session 12 & U Distance

Warm-up at 7:30am, Meet Start at 8:30am

Girls				Boys
33	12 & U	400	IM	34
35	12 & U	200	Butterfly	36
37	12 & U	200	Freestyle	38
39	12 & U	200	Backstroke	40
41	12 & U	200	Breaststroke	42
43	12 & U	500	Freestyle	44

Sunday Afternoon Session 13 & Over Dash

Warm-up not before 12:00pm, Meet Start at 1:30pm

Girls				Boys
45	13 & Over	50	Freestyle	46
47	13 & Over	100	Butterfly	48
49	13 & Over	100	Backstroke	50
51	13 & Over	100	Freestyle	52
53	13 & Over	100	Breaststroke	54
55	13 & Over	200	IM	56

Dash and Distance
January 20th – 22nd, 2017
Park West Pool Mount Pleasant, SC

Held under the sanction of USA Swimming issued by SC Swimming:
Sanction Number SC: SC1778SCY
Time Trial: SC1779TT

Team Name: _____ Team Abbreviation: _____

Team Address: _____

City & State _____ Zip _____

Head Coach/ Team Rep: _____
 Phone _____ E-mail _____

For Entry Problems Call or E-Mail: _____

Total # of Athletes: _____ X \$2.00 SCLSC Travel Fund/Program Fee = _____
 Total # of Athletes: _____ X \$2.00 Out of State SCLSC Travel Fund/Program Fee= _____
 Total # of Athletes: _____ X \$15.00 Pool/Facility Fee = _____
 Total # of Athletes: _____ X \$2.00 SCLSC Sports Development Fee = _____
 Total # of Individual Entries: _____ X \$3.50 Entry Fee = _____
 Total # of Relay Entries: _____ X \$.00 Relay Fee = _____

Total Fees Submitted: \$

Make Checks Payable To: SCSC Parent Association

Mail entries to: **South Carolina Swim Club -PA**
PO Box 882
Mount Pleasant, SC 29465-0882
(Please waive signature for overnight deliveries)

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE
 I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming.
 I acknowledge that I am familiar with the safety rules of USA Swimming and SC Swimming regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet.
 In granting this sanction it is understood and agreed that USA Swimming, SC Swimming, Park West Pool and the Mount Pleasant Swim Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Signature/Title	Date
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