

# 2017 CAC Lowcountry Palmetto State Championships March 24-26, 2017

**Meet Sanction:** Held under the sanction of USA Swimming issued by SC Swimming:  
Sanction Number SC17103SCY & SC17104TT

**Host Club:** Coastal Aquatic Club

<b>Meet Director:</b> Fabio Silva	<a href="mailto:fabio Mauro_us@hotmail.com">fabio Mauro_us@hotmail.com</a>	843 503 3152
<b>Meet Referee:</b> Kent Easty	<a href="mailto:eastys@islc.net">eastys@islc.net</a>	
<b>Entries to:</b> Billy or Victoria Culbertson	<a href="mailto:cac.entries@sportstiming.com">cac.entries@sportstiming.com</a>	843 628 5486
<b>Safety Marshal:</b> Gwen Taylor-Patricio	<a href="mailto:patriciofamily@live.com">patriciofamily@live.com</a>	843 331 6895

**Facilities:** North Myrtle Beach Aquatic and Fitness Center. 1100 Second Avenue, North Myrtle Beach, SC. Indoor 8-lane 25-yard pool with 6" competitor non-turbulent lanes, bottom striped and wall targets, 3-lane warm-up pool. Colorado Timing Systems electronic timing and display board will be used. The water depth is 8 feet, measured from 1 to 5 meters on the starting end of the course and 4.5 feet, measured from 1 to 5 meters at the turn end of the course. The competition course has not been certified in accordance with 104.2.2c(5). On deck seating is available to coaches and swimmers. Additional seating is outside on an adjacent patio. 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.

**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 not permitted in changing areas, rest rooms or locker rooms. Deck changes are prohibited.

## **Athlete**

**Eligibility:** All swimmers and teams must be currently registered members of South Carolina Swimming and USA-Swimming. Swimmers may enter any event in which they do not have a Age Group Sectional or Senior Sectional (Spring) qualification cut. Age is to be determined by the first day of the meet. 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 Swimming member-coach, it is the responsibility of the swimmer's legal guardian to ensure compliance with this requirement.

**Entry Fees:** Entry Fee per event: \$3.50 per swimmer. Relay events: \$8.00. \$20.00 pool fee per swimmer. \$2.00 SCLSC Travel Fund/Program fee per swimmer. \$2.00 SCLSC Sports Development fee. \$1.00 Jennifer Smith Scholarship Fund. \$7.00 per time trial. Deck entered events: Double the regular event fee. Entry limit: Athletes may enter up to four (4) individual events and one relay per day. Teams may enter as many

relays as desired. However, only one relay per team will score and receive awards.

### **Meet Format:**

- Any swimmer who is positively checked-in for an individual event and does not swim the event will be ineligible for his/her next individual event.
- All relays will be deck seeded after positive check-in on the day of the relay.
- Positive check-in will close thirty (30) minutes prior to the start of the session.
- All events will be conducted as Timed Finals.
- Distance events are all events 400 yards or longer.
- Each swimmer swimming in a distance event will be required to provide their own timer.
- Swimmers must provide their own personnel to lap count for the 500 yard Freestyle.
- Meet management reserves the right to adjust course breakdown and warm-up times based on number of entries. Meet Management also reserves the right to move an age group to another session based on the timeline and number of entries.
- Meet management reserves the right to insert breaks in the meet where necessary to allow athletes proper rest.
- All entry fees must be paid before the meet begins. Late and deck entries will only be accepted at the discretion of the Meet Director and at double the event fee for empty lanes.
- No additional heats will be created.
- Warm-up procedures: Team lane assignments will be made for each session. All SCLSC and USA Swimming safety guidelines will be enforced.
- All SCLSC and USS safety guidelines will be enforced.

**Scratch Rule:** Timed Final Events - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized. It is recommended, but not required, to inform meet administration if the swimmer will not be competing in said event(s). (SC Swimming Policy and Procedure Manual Section IV.G.13.a.(1).

Positive Check In Events - The penalty for missing a positive check-in event will result in being barred from the swimmer's next individual event. (SC Swimming Policy and Procedure Manual Section IV.G.13.a.(2).

Relay Scratch Rule - Any relay or relay member, in a relay event that fails to compete in or report for that event shall not be penalized. (SC Swimming Policy and Procedure Manual Section IV.G.13.a.(4)b.

**Time Trials:** Time Trial fees must be paid upon entry at the Clerk of Course. Each swimmer swimming in a time trial will be required to provide their own timer. A time trial is counted as an individual event.

**Time of Meet:****Friday:**

Warm-ups at 4:30pm, Competition at 5:30pm

**Saturday and Sunday:**

Warm-ups at 9am, Competition at 10:00am

Teams will be assigned lanes and sessions for all warm-ups. Meet director reserves right to adjust times.

**Entries:**

All entries must be in Standard Data Interchange (.SD3) format. Go to [www.sportstiming.com](http://www.sportstiming.com), click on upcoming meets and click on the CAC Palmetto 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. Entry questions can be emailed to [cac.entries@sportstiming.com](mailto:cac.entries@sportstiming.com). SC Swimming does not accept deck registrations. All swimmers entered must be registered at time of entry deadline. Mail entries to P.O.BOX 1245 Myrtle Beach, SC 29578. All entries must be received by Tuesday, March 14<sup>th</sup>, 2017. Event file will also be available on the SC Swimming website.

**Awards:**

Individual events: Medals: 1<sup>st</sup> – 3<sup>rd</sup> Ribbons: 4<sup>th</sup> – 8<sup>th</sup>

Relays: Ribbons: 1<sup>st</sup> – 3<sup>rd</sup>

High Point Award for each Age Group (10&Under, 11-12, 13-14, Senior).

Team Trophies: 1<sup>st</sup> – 3<sup>rd</sup> place overall

**Scoring:**

Individual Events: 9-7-6-5-4-3-2-1

Relay Events: 18-14-12-10-8-6-4-2

Only one relay per team will score.

**Timing:**

Timing and data processing services provided by Sports Timing & Software, inc. The event file will be available at [www.sportstiming.com](http://www.sportstiming.com). The event file will also be available at [www.sc-swimming.org](http://www.sc-swimming.org).

**Coaches Eligibility:** Coaches must be a current member in good standing with USA Swimming and present their credential to receive their coaching packet. Coaches' credentials should be visible at all times. Coaches must check in at Clerk of Course and provide current coaching credentials to be permitted on deck. Coaches Meeting: A coaches meeting will be held fifteen minutes prior to the start of the Friday Timed Final Session. The referee may call other coaches meetings as needed. One coach from each team may pick up the team's packet at Clerk of Course. Finals heat sheets, relay cards and any announcements will be available at Clerk of Course.

**Other information:** Meet Eligibility Jury: A Meet Eligibility Jury will be formed by the SCLSC Administrative Vice Chair 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 athlete.

Concessions will be available – coolers may not be brought into the spectator area. Hospitality will be available for coaches, officials, and meet personnel. Coastal Aquatic Club welcomes visiting officials and appreciates their help in the officiating of this event. The officials meeting will begin no later than 30 minutes prior to the stated session start time.

**2017 CAC Lowcountry Palmetto State  
Championships  
March 24-26, 2017**

Held under the sanction of USA Swimming issued by SC Swimming:  
Sanction Number SC17103SCY & SC17104TT

**Order of Events  
Friday Timed Finals**

Warm-ups: 4:30pm, Competition: 5:30pm

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
1	11-12 50 Breaststroke	2
3	13-14 100 Breaststroke	4
5	Senior 100 Breaststroke	6
7	10 and Under 50 Butterfly	8
9	11-12 50 Butterfly	10
11	13-14 100 Butterfly	12
13	Senior 100 Butterfly	14
15	10 and Under 100 Backstroke	16
17	11-12 100 Backstroke	18
19	13-14 200 Backstroke	20
21	Senior 200 Backstroke	22
23	10 and Under 200 Freestyle	24
25	11-12 200 Freestyle	26
27	13-14 400 Individual Medley (P)	28
29	Senior 400 Individual Medley (P)	30

**P - Positive Check in Required**

## Saturday Timed Finals

Warm-ups: 9am, Competition: 10:00am

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
31	10 and Under 100 Breaststroke	32
33	11-12 100 Breaststroke	34
35	13-14 200 Breaststroke	36
37	Senior 200 Breaststroke	38
39	10 and Under 100 Butterfly	40
41	11-12 100 Butterfly	42
43	13-14 200 Butterfly	44
45	Senior 200 Butterfly	46
47	10 and Under 50 Freestyle	48
49	11-12 50 Freestyle	50
51	13-14 50 Freestyle	52
53	Senior 50 Freestyle	54
55	10 and Under 100 Individual Medley	56
57	11-12 100 Individual Medley	58
59	13-14 200 Freestyle	60
61	Senior 200 Freestyle	62
63	10 and Under 200 Freestyle Relay	64
65	11-12 200 Freestyle Relay	66
67	13-14 200 Freestyle Relay	68
69	Senior 200 Freestyle Relay	70

## Sunday Timed Finals

Warm-ups: 9:00am Competition: 10:00am

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
71	10 and Under 200 Individual Medley	72
73	13-14 200 Individual Medley	74
75	Senior 200 Individual Medley	76
77	11-12 200 Individual Medley	78
79	10 and Under 100 Freestyle	80
81	13-14 100 Freestyle	82
83	Senior 100 Freestyle	84
85	11-12 100 Freestyle	86
87	10 and Under 50 Backstroke	88
89	13-14 100 Backstroke	90
91	Senior 100 Backstroke	92
93	11-12 50 Backstroke	94
95	10 and Under 50 Breaststroke	96
97	13-14 200 Medley Relay	98
99	Senior 200 Medley Relay	100
101	11-12 200 Medley Relay	102
103	10 and Under 200 Medley Relay	104
105	13-14 500 Freestyle (P)	106
107	Senior 500 Freestyle (P)	108

**P - Positive Check in Required**

**2017 CAC Lowcountry Palmetto State  
Championships  
March 24-26, 2017**

**Held under the sanction of USA Swimming issued by SC Swimming:  
Sanction Number SC17103SCY & SC17104TT**

**Meet Entry Summary Sheet**

\_\_\_\_ # Swimmers x \$25.00 Athlete surcharge = \_\_\_\_\_

\_\_\_\_ # Swimmers x \$3.50 Entry Fee per Individual event = \_\_\_\_\_

\_\_\_\_ # Entries x \$8.00 Entry Fee per relay = \_\_\_\_\_

**Total Fees:** = \_\_\_\_\_

**Number of Coaches:** \_\_\_\_\_

**Release:** In granting this sanction it is understood and agreed that USA Swimming, SC Swimming, Coastal Aquatic Club, City of Myrtle Beach, SC and any volunteers, vendors, and sponsor organizations shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

**Signature:** \_\_\_\_\_ **Position:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Make checks payable to: Coastal Aquatic Club**

**Mail payment checks to: P.O.BOX 1245 Myrtle Beach, SC-29578**