

2019 Lower Palmetto Championships

March 29-31, 2019

Held under the sanction of USA Swimming issued by SC Swimming: Sanction # SC1979SCY and SC1980TT

Host Club:	Carolina Aquatics Swim Club, Inc.		
Meet Director:	Janis Baker	CA.Meet.Dir@gmail.com	803-920-7309
Meet Referee:	Mark Posey	CA.MeetRef@gmail.com	803-331-9968
Meet Entry questions to:	Billy or Victoria Culbertson	meet.support@sportstiming.com	843-628-5486
Safety Marshal:	Tricia Tomlin		
Facility:	The Carolina Natatorium (located inside the Solomon Blatt Physical Education Center) University of South Carolina 1400 Wheat Street Columbia, SC, 29201		

Home to USC's competitive swimming and diving programs, the Carolina Natatorium is a semi-open air facility that contains a ten lane 25-yard competition pool with 12 additional 25-yard lanes for warm up/warm down and seating for 500 spectators. The water depth of the competition course is 7 feet deep measured from one (1) meter to five (5) meters at the starting end of the course and 6 feet deep 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).

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.

PARKING: Parking is available at Bates House Dormitory, located on Whaley Street, a short walk over the skywalk to the Blatt Center. Parking garages and meter parking also are available. Any parking space marked "reserved" is subject to towing. A map is available on the Carolina Aquatics website under the Carolina Classic Event information ([meet parking](#)).

ENTRY TO THE CAROLINA NATATORIUM: Building entry for everyone is on the east side of the building adjacent to the parking lot. Only those possessing USC identification or needing ADA accessibility will be allowed entry through the front doors. ***Swimmers will be allowed on the pool deck no sooner than 15 minutes before their session warm-up.***

Facility Rules:

- Spectators will be limited to bleacher seating in the spectator seating /viewing area.
- **Only swimmers, meet officials, coaches, and meet personnel with proper credentials will be allowed on the pool deck.** Swimmers will be limited to designated areas on deck. **The diving well and diving equipment are off limits at all times.**
- Safety marshals will be assigned to supervise all sessions of the meet and will have the authority to remove any swimmer, coach, parent, or club from the pool and facility, if necessary, for not following the facility and meet safety rules.
- Any swimmer found to be abusing any area of the facility will be barred from further competition and will also be barred from the facility. The team of any swimmer found to be abusing any area of the facility will be held responsible for any and all repairs resulting from the abuse.
- No glass containers inside the pool area.
- Hallways and stairwells must remain clear and easily accessible.
- No flash photography.

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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. The use of cell phones or recording devices is not permitted behind the blocks.

SWIMWEAR: Swimmers 10 years old and younger are not permitted to wear "Technical" suits at this meet. Age is determined by the first day of the meet.

Athlete Eligibility: Age is to be determined by the first day of the meet. All swimmers and teams must be currently registered members of South Carolina Swimming and USA Swimming, Inc. Swimmers may enter any event in which they do not have an Age Group Sectional or Senior Sectional (Spring) qualification cut.

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 member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Entry Fees: All fees must be paid prior to the first day of the meet. Clubs should submit a single check payable to "Carolina Aquatics Swim Club, Inc."

\$26.00 facility fee per swimmer
\$2.00 SCLSC Travel Fund/Program Fee per swimmer
\$2.00 SCLSC Sports Development Fee per swimmer
\$1.00 Jennifer Smith Scholarship Fund
\$4.00 per individual event
\$8.00 per relay
\$8.00 deck entry
\$8.00 per time trial

ENTRY FEES FOR EVENTS NOT SWUM WILL NOT BE REFUNDED NOR WILL A CREDIT BE GIVEN.

Meet Format: Meet management reserves the right to adjust 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. Teams will be notified of any changes via e-mail.

- Meet management reserves the right to insert breaks in the meet where necessary to allow swimmers proper rest.
- Swimmers may not compete in any event in which they have an Age Group Sectional or Senior Sectional qualifying time. This includes Senior events for age group swimmers. Swimmers may not participate in any Senior events in which they have the Age Group Sectional time. For example, a 13-14 swimmer has the Age Group Sectional time in 100 Fly. The swimmer cannot participate in the Senior 100 Fly.
- All relays will be deck seeded after positive check in on the day of relay.

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**Meet Format
(continued):**

- All 11-12, 13-14, and Senior events, except those noted on the itinerary and below, will be contested as Preliminary/Final events.
 - The 13-14 and Senior 500 Free and 400 IM will be timed final events
 - All 11-12, 13-14, and Senior relays will be Timed Finals
- All 10 & Under events will be conducted as Timed Finals during the afternoon Timed Finals sessions.
 - The 10 & Under relays will be conducted during the Timed Finals afternoon session.
- The top 20 swimmers will return for finals in the 11-12, 13-14 and 15 & Over age groups. Heats will swim the A Final followed by the consolation heat.
- 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.***
- Positive check-in will close 30 minutes after the start of warm-ups. The following events will be positive check-in and deck-seeded:
 - a) All events 400 yards and longer.
 - b) All Relays.
- Swimmers must provide timer and lap counter, if needed, for the 500 yard Freestyle.
- Each team may enter as many relays as desired but only **one (1)** relay per team may score and receive awards.

Time Trials: Meet Management may allow time trials for swimmers entered in the meet who do not exceed their maximum allowable event entries per day. **A time trial is counted as an individual event.** Time Trials will be conducted at the conclusion of each session at the discretion of the Meet Referee. Notification of time trial requests should be given to the Clerk of Course within 30 minutes after the start of each session. **Fees must be paid in cash upon entry to the Clerk of Course prior to swimming time trial.**

Time of Meet: Meet management reserves the right to adjust warm-up and meet start times based upon the number of entries. Meet management also reserves the right to move age groups to a different session of the meet for more efficient running of the meet. Teams will be notified of any changes via e-mail.

<i>Session</i>	<i>Warm-Ups</i>	<i>Start of Competition</i>
Friday Evening	4:00 PM	5:00 PM
Saturday Morning	7:30 AM	8:30 AM
Saturday Afternoon	Not before 12:00 PM	Not before 1:00 PM
Saturday Evening	TBA	TBA
Sunday Morning	7:30 AM	8:30 AM
Sunday Afternoon	Not before 12:00 PM	Not before 1:00 PM
Sunday Evening	TBA	TBA

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Entries: *Meet entry procedure:* Full payment, completed entry file, and Meet Entry Finance Summary sheet with signed release must be received before an entry will be considered complete. **SC Swimming does not accept deck registration. All swimmers entered must be registered at the time of entry deadline.** All entries received after the deadline will be considered “deck entry,” subject to increased rates, and dependent upon space available.

Meet capacity and Deadline: Meet capacity is 550 registered swimmers. **The entry deadline is at midnight, Tuesday, March 19, 2019.** The meet will close when either of these occurs. If a team’s entry should cause the meet to reach capacity, the entire file entry will be allowed. Carolina Aquatics Swim Club, Inc., is not responsible for lost or delayed entries.

Entry limit: 10&Under swimmers may swim a maximum of **four (4)** individual events (including time trials) and **one (1)** relay on Saturday and Sunday. Swimmers 11&Over may swim a maximum **three (3)** individual events (including time trials) and **one (1)** relay per day of the meet. Each team may enter as many relays as desired but only **one (1)** relay per team may score and receive awards.

Entries (continued): *Deck entries:* Deck entries will only be accepted at the discretion of the Meet Director and at double the event fee for empty lanes only. USA Swimming identification number must be provided for time trials and deck entries. Deck entries to pre-seeded individual events will be added as NT and permitted only on a “lane available” basis. No heats will be added for an event, and heats will not be reseeded. **Deck entry fees must be paid in cash to the Clerk of Course prior to the swimmer being added to the event.**

Entry Submission and Deadline: Entries must be submitted using USA Swimming Standard Data Interchange (.sd3) or compatible format. Go to www.hy-tek.com to download Team Manager II Lite if your club does not possess team management software.

- Go to www.sportstiming.com, click on upcoming meets and click on the Lower State Palmetto Championships. 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.

All entries must be received by midnight, Tuesday, March 19, 2019.

Awards: Individual Events: Medals: 1st-3rd Ribbons: 4th – 10th Place.
Relays: Ribbons: 1st – 3rd
High Point Award for Each Age Group (10&U, 11-12, 13-14, Senior).
Team Trophies 1st-3rd place (Top 10 in each event scored).

Scoring: **Individual Events:11-9-8-7-6-5-4-3-2-1**
Relay Events: 22-18-16-14-12-10-8-6-4-2
Only one relay per team will score.

Timing: A Colorado Timing System with 10-lane video display scoreboard will be used. One to two manually operated stop watches will provide tertiary back-up. Timing and data processing will be provided by Sports Timing and Software, Inc. (www.sportstiming.com/).

Coaches Eligibility: All coaches must be current members in good standing with USA Swimming and present their credentials via deck pass when signing in at the Clerk of Course. All certifications and expiration dates will be checked.

Coaches’ Meeting: A coaches meeting will be held 20 minutes prior to the start of the Friday session. The Meet Referee may call other coaches’ meetings as needed.

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Other Information:

Officials: All officials must show their current USA Swimming credentials at sign-in with the Meet Referee one hour prior to the session they will be officiating. Officials will display their credentials at all times.

- Meetings for Officials will begin no later than 45 minutes prior to each session's start time.
- Carolina Aquatics welcomes visiting officials. Individuals wishing to officiate or apprentice should contact the Meet Referee as soon as possible at CA.MeetRef@gmail.com.
- The dress will be a collared, white, sleeved shirt over navy for all officials, inclusive of Administrative Officials. All white shoes should be worn at all sessions; no open-toed shoes of any kind (sandals, flip flops, feet shoes, etc.). At Finals, each official should dress in the following uniform: collared, white sleeved shirt, with men wearing navy long trousers, and women choosing between navy slacks or skirts/skort (no shorts at finals, please).

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 an athlete.

Warm-up Procedures: Team lane assignments will be posted for each session. All SCLSC and USA Swimming safety guidelines will be enforced. Specific warm-up procedures will be posted on deck. Coaches are advised to closely supervise their swimmers at all times. Diving is permitted only during specific warm-up times, as announced. The use of pull buoys, paddles, kickboards, bands, tubing and other equipment is prohibited. Warm-up/warm-down area opens at the discretion of the Meet Referee.

Scratch Rule: All scratches should be submitted to the Clerk of Course as soon as possible to provide lanes for possible deck entries.

- **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.b).
- **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).
- **Preliminary & Final Events** – In all events, except for Positive Check-In Events, where preliminary heats are necessary, any swimmer who fails to compete in an individual preliminary heat in which such swimmer entered shall not be penalized. It is recommended but not required to inform meet administration of the swimmer's election to not compete in said event. If the preliminary heat is a Positive Check-In event, then item IV.G.13.a.ii (noted above) applies.
- **Finals Events** - Any Swimmer not planning to swim at night in the finals must scratch so those swimmers who would like to swim again may do so. The penalty for failure to show in a final or consolation final is being barred from their next individual event. (SC Swimming Policy and Procedure Manual Section IV.G.13.a.ii).
- **Relay Scratch Rule** - Any relay or relay member, in a relay event (not positive check-in) that fails to compete in or report for that event shall not be penalized. (SC Swimming Policy and Procedure Manual Section IV.G.13.b.)

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**Other
Information
(continued):**

Hospitality: There will be a Hospitality Room available for registered coaches and officials. Swimmers, spectators, and children are not permitted in the Hospitality Room.

Concessions: Concessions and vendors will be available for spectators and swimmers during the meet, including a fully-equipped swim vendor. Personalized meet t-shirts will be available.

Hotels: When calling to reserve rooms, ask for the “Carolina Aquatics” rate.

Staybridge Suites

www.staycolumbiasc.com

Located at: 1913 Huger St, Columbia, SC, 29201. Phone: (866) 448-8944.

Ask for Carolina Aquatics rate. Shelley Nutt, Director of Sales. Email:

sales@staycolumbiasc.com

Towne Place Suites by Marriott

www.marriott.com/caese

Located at: 250 East Exchange Blvd., Columbia, SC, 29209

Misty Burroughs, Director of Sales. Phone: (803) 695-0062. Fax: (803) 695-0068. Limited hot breakfast buffet

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Order of Events

Friday Evening Timed Finals

Warm-up: 4:00 PM Start Time: 5:00 PM

Girls Event#	Event Description	Boys Event #
1	13-14 400 IM (P)	2
3	Senior 400 IM (P)	4
5	11-12 100 IM	6
7	13-14 500 Free (P)	8
9	Senior 500 Free (P)	10
11	11-12 200 Medley Relay (P)	12
13	13-14 200 Medley Relay (P)	14
15	Senior Medley Relay (P)	16

(P)Positive Check In Required

Saturday Morning Prelims

Warm-up: 7:30 AM Start Time: 8:30 AM

Girls Event#	Event Description	Boys Event #
17	13-14 200 IM	18
19	Senior 200 IM	20
21	11-12 200 IM	22
23	13-14 100 Free	24
25	Senior 100 Free	26
27	11-12 100 Free	28
29	13-14 200 Back	30
31	Senior 200 Back	32
33	11-12 100 Back	34
35	13-14 100 Breast	36
37	Senior 100 Breast	38
39	11-12 50 Breast	40
41	13-14 200 Fly	42
43	Senior 200 Fly	44
45	11-12 100 Fly	46

Saturday Afternoon Timed Finals

Warm-up: Not Before 12:00 PM Start Time: Not Before 1:00 PM

Girls Event#	Event Description	Boys Event #
53	10&U 100 IM	54
55	10&U 200 Free	56
57	10&U 50 Back	58
59	10&U 100 Breast	60
61	10&U 50 Free	62
63	10&U 100 Fly	64
65	10&U 200 Free Relay (P)	66

(P)Positive Check In Required

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Saturday Evening Finals

Warm-up: TBA Start Time: TBA

Girls Event#	Event Description	Boys Event #
17	13-14 200 IM	18
19	Senior 200 IM	20
21	11-12 200 IM	22
23	13-14 100 Free	24
25	Senior 100 Free	26
27	11-12 100 Free	28
29	13-14 200 Back	30
31	Senior 200 Back	32
33	11-12 100 Back	34
35	13-14 100 Breast	36
37	Senior 100 Breast	38
39	11-12 50 Breast	40
41	13-14 200 Fly	42
43	Senior 200 Fly	44
45	11-12 100 Fly	46
47	13-14 200 Free Relay (P)	48
49	15-18 200 Free Relay (P)	50
51	11-12 200 Free Relay (P)	52

(P)Positive Check In Required

Sunday Morning Prelims

Warm-up: 7:30 AM Start: 8:30 AM

Girls Event#	Event Description	Boys Event #
67	13-14 200 Free	68
69	Senior 200 Free	70
71	11-12 200 Free	72
73	13-14 100 Back	74
75	Senior 100 Back	76
77	11-12 50 Back	78
79	13-14 200 Breast	80
81	Senior 200 Breast	82
83	11-12 100 Breast	84
85	13-14 100 Fly	86
87	Senior 100 Fly	88
89	11-12 50 Fly	90
91	13-14 50 Free	92
93	Senior 50 Free	94
95	11-12 50 Free	96

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Sunday Afternoon Timed Finals

Warm-up: Not Before 12:00 PM Start Time: Not Before 1:00 PM

Girls Event#	Event Description	Boys Event #
97	10&U 100 Free	98
99	10&U 100 Back	100
101	10&U 50 Breast	102
103	10&U 50 Fly	104
105	10&U 200 IM	106
107	10&U 200 Medley Relay(P)	108

(P)Positive Check In Required

Sunday Evening Finals

Warm-up: TBA Start: TBA

Girls Event#	Event Description	Boys Event #
67	13-14 200 Free	68
69	Senior 200 Free	70
71	11-12 200 Free	72
73	13-14 100 Back	74
75	Senior 100 Back	76
77	11-12 50 Back	78
79	13-14 200 Breast	80
81	Senior 200 Breast	82
83	11-12 100 Breast	84
85	13-14 100 Fly	86
87	Senior 100 Fly	88
89	11-12 50 Fly	90
91	13-14 50 Free	92
93	Senior 50 Free	94
95	11-12 50 Free	96

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Meet Entry Summary Sheet

Total # of Swimmers _____ x \$31.00 Surcharge Per Swimmer = \$ _____

Total # Individual Events: _____ x \$4.00 = \$ _____

Total # Relay Events: _____ x \$8.00 (entry per relay) + = \$ _____

Total Amount Enclosed (payable to Carolina Aquatics): \$ _____

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that SC Swimming, Carolina Aquatics Swim Club, Inc., the University of South Carolina, Sports Timing & Software, Inc., and any volunteers, vendors, and sponsor organizations shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Mail completed Meet Entry Finance Summary and check to:

**2019 Palmetto Championships
c/o Janis Baker
104 Otter Trail
West Columbia, SC 29169**

Club Code: _____

Team: _____

LSC: _____

Head Coach: _____

Home: (____) _____ Cell: (____) _____

Email: _____

Team Mailing Address: _____

Send e-mail results to: _____

Please Print!

I certify that this entry is completed to the best of my ability.

Signature/Title: _____ Date: _____