

<b><u>Name of Meet:</u></b>	<b>2022 CA May Breakout Long Course Meet</b>		
<b>Date of Meet:</b>	<b>May 20-22, 2022</b>		
<b>Meet Sanction:</b>	Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC2299LCM and SC22100TT		
<b>Host Club:</b>	Carolina Aquatics Swim Club		
<b>Meet Director:</b>	Christy White	CA.Meet.Dir@gmail.com	901-497-4250
<b>Co-Meet Director:</b>	Sarah Quirk		803-260-4796
<b>Meet Referee:</b>	Aimee Onoszko	aonoszko@bellsouth.com	816-665-6080
<b>Admin Official:</b>	Scott McMillan	smcmillan@wyattseal.com	704-614-3846
<b>Meet Entries to:</b>	Victoria Culbertson	meet.support@sportstiming.com	843-628-5486
<b>Safety Marshal:</b>	Heather Bullard	helyseg@yahoo.com	803-206-3193
<b>Assumption of Risk Disclaimer</b>	<ul style="list-style-type: none"> <li>• <i>Carolina Aquatics</i> has taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting <i>University of South Carolina Natatorium</i>. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</li> <li>• USA Swimming, Inc., South Carolina Swimming, Inc., and <i>Carolina Aquatics Swim Club</i> cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/South Carolina Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/South Carolina Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</li> <li>• BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND SOUTH CAROLINA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN, OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.</li> </ul>		
<b>Carolina Aquatics COVID-19 Meet Plan</b>	<ul style="list-style-type: none"> <li>• All COVID protocols required by the facility and local government will be followed. Face coverings are required per University of South Carolina protocol (any updates to the mask mandate will be communicated to Coaches and all meet personnel).</li> <li>• According to local guidelines, deck capacity is 500. The total number of persons allowed per session is 500.</li> <li>• Spectators will be allowed. Maximum capacity for spectator seating is 500. USC does not require face masks at this time but reserves the right to reinstate mask mandates if they see a need.</li> <li>• Parents/Guardians will be able to observe and have access to their minor children in the following manner: The entrance to the Natatorium (not the building) adjacent to the parking lot or the 2<sup>nd</sup> and 3<sup>rd</sup> floor spectator bleachers.</li> <li>• Facility staff and team personnel will be on hand to ensure all safety precautions and facility guidelines are followed.</li> <li>• Failure to comply with the submitted COVID-19 Meet Plan could result in the sanction being rescinded and possible denial of future sanctions for a term of no longer than one season (short course or long course)</li> </ul>		

<p><b>Facility:</b></p>	<p>The University of South Carolina Natatorium (located inside the Solomon Blatt Physical Education Center) University of South Carolina 1400 Wheat Street, Columbia, SC, 29201</p> <p>Home to USC’s competitive swimming and diving programs, the University of South Carolina Natatorium is a semi open-air facility that contains a ten lane 50-meter 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 5 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).</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><b>PARKING:</b> Parking is available in the garages and in metered parking. Do not park in the permit areas or reserved parking. Any vehicles parked in the “reserved” space is subject to towing. On Saturday and Sunday the lots adjacent to the pool are also available for parking.</p> <p><b>ENTRY TO THE UNIVERSITY OF SOUTH CAROLINA NATATORIUM:</b> Swimmers, coaches and officials will enter on the east side of the building through the Gamecock awning doors adjacent to the parking lot. <b>Swimmers will be allowed on the pool deck no sooner than 15 minutes before their session warm-up.</b></p> <p>Facility Rules:</p> <ul style="list-style-type: none"> <li>• <b>Only swimmers, meet officials, coaches, and meet personnel with proper credentials will be allowed on the pool deck.</b></li> <li>• There will be bleachers on deck for swimmers. <b>The diving equipment are off limits at all times.</b></li> <li>• Locker room and restroom use must comply with all Safe Sport guidelines.</li> <li>• 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.</li> <li>• 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.</li> <li>• No glass containers inside the pool area.</li> <li>• Hallways and stairwells must remain clear and easily accessible.</li> <li>• No flash photography.</li> </ul>
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<p><b>Rules:</b></p>	<p>Meet to be conducted in accordance with the current USA Swimming and SC Swimming Rules and Regulations and information herein.</p> <p>The Meet Management Committee reserves the right to adjust the warm-up times and start times, split sessions by gender, and or combine sessions if applicable.</p> <p>The Meet Management Committee reserves the right to adjust the format to conform to the local protocols and requirements established due to Covid-19. Teams will be notified of any adjustments as soon as the deadline for entries received has passed.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Use of these devices is also not allowed behind the starting block.</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>Deck changing is prohibited by USA Swimming. A first offense will result in the disqualification of the offending swimmer from the next scheduled event. The second offense for the same swimmer will result in the disqualification from the remainder of the meet.</p> <p>SWIMWEAR: No technical suit may be worn by any 12&amp;U USA Swimming athlete member in competition at any Sanctioned, Approved, or Observed meet (USA Swimming Rule 102.81.1.f)</p> <p>MAAPP 2.0: All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</p>
<p><b>Athlete Eligibility:</b></p>	<p>This meet is open to all swimmers currently registered with USA Swimming. All USA Swimming registration numbers will be verified with the SC LSC registration database. Age is to be determined on the first day of the meet.</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 USA Swimming member coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.</p>
<p><b>Image Release:</b></p>	<p>By attending or participating in this competition, you agree to be filmed and photographed by the host club approved photographer(s) and videographer(s) and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or SCLSC website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team’s head coach and the Meet Director prior to the start of the meet.</p>

<b>Entry Fees:</b>	<p>\$28.00 Pool Surcharge fee per swimmer          \$4.00 per individual event          \$8.00 Deck Entry Individual Fee          \$5.00 Electronic Heat Sheet fee          \$2.00 SCLSC Travel Fund/Program fee per swimmer          \$2.00 SCLSC Sports Development fee per swimmer          \$2.00 Out-of-LSC SCLSC Travel Fund/Program fee per swimmer          \$8.00 per time trial (Fees for time trials must be paid in cash to Clerk of Course prior to swimming the time trial)          Make checks payable to Carolina Aquatics Swim Club. <b>Entry fees for events not swum will not be refunded nor will a credit be given.</b></p> <p><b>Entry Limits:</b> Swimmers are limited to two (2) individual events on Friday, four (4) individual events on Saturday, four (4) individual events on Sunday, including time trials.</p>															
<b>Meet Format:</b>	<p>The Meet Management Committee reserves the right to adjust the number of heats, lanes, and warm-up times/start times, split sessions by gender, and or combine sessions based on number of entries. Meet management reserves the right to move age groups to different sessions based on the timeline and number of entries. Meet management reserves the right to make any necessary changes during the meet to provide the best competition environment for the athletes. Teams will be notified of any changes to the timeline via email.</p> <p>All events will be contested as Timed Finals.</p> <p>All events 400 meters and longer will be positive check-in and deck seeded.</p> <p>The 9-12 400 Free, 13 and Over 400 Free, 800 Free, and 1500 Free will be swum fastest to slowest, alternating girls and boys.</p> <p>The 11-12 400 IM, 13 and Over 400 IM will be swum fastest to slowest alternating girls and boys.</p> <p>Time trials will be permitted at the discretion of the Meet Referee.</p>															
<b>Time of Meet:</b>	<table border="0"> <tr> <td>Friday Evening</td> <td>5:00PM Warm-ups</td> <td>6:00PM Start</td> </tr> <tr> <td>Saturday Morning</td> <td>8:00AM Warm-ups</td> <td>9:00AM Start</td> </tr> <tr> <td>Saturday Afternoon</td> <td>Not before 12:30PM Warm-ups</td> <td>Not before 1:30PM Start</td> </tr> <tr> <td>Sunday Morning</td> <td>8:00AM Warm-ups</td> <td>9:00AM Start</td> </tr> <tr> <td>Sunday Afternoon</td> <td>Not before 12:30PM Warm-ups</td> <td>Not before 1:30PM Start</td> </tr> </table>	Friday Evening	5:00PM Warm-ups	6:00PM Start	Saturday Morning	8:00AM Warm-ups	9:00AM Start	Saturday Afternoon	Not before 12:30PM Warm-ups	Not before 1:30PM Start	Sunday Morning	8:00AM Warm-ups	9:00AM Start	Sunday Afternoon	Not before 12:30PM Warm-ups	Not before 1:30PM Start
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<b>Entries:</b>	<p><b>SUBMISSION PROCEDURE:</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted using USA Swimming Standard Data Interchange (.sd3) or compatible format. Go to <a href="http://www.hy-tek.com">www.hy-tek.com</a> to download Team Manager II Lite if your club does not possess team management software.</li> <li>• Go to <a href="http://www.sportstiming.com">www.sportstiming.com</a> click on upcoming meets and click on the May Breakout. 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.</li> <li>• Entry questions can be emailed to <a href="mailto:meet.support@sportstiming.com">meet.support@sportstiming.com</a>.</li> <li>• The entry deadline is 5pm, Tuesday, May 10, 2022.</li> <li>• Carolina Aquatics Swim Club, Inc., is not responsible for lost or delayed entries. Faxed entries will not be accepted.</li> <li>• Submit sanctioned long course meter times or NT.</li> </ul> <p>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. No heats will be added for an event, and heats will not be reseeded. Deck entry fees must be paid in cash to Clerk or Course.</p> <p>SC Swimming does not accept deck registrations as all swimmers entered must be registered at time of entry deadline.</p>															

<b>Awards:</b>	There will be no awards
<b>Scoring:</b>	There will be no scoring
<b>Timing:</b>	Electronic timing services provided by the University of South Carolina. Superior Swim Timing with a 10-lane video display scoreboard will be used. One to two manually operated stop watches will provide tertiary back-up.
<b>Coaches Eligibility:</b>	<p>All coaches must be a current member in good standing with USA Swimming and present their credentials.</p> <p>Coaches must check in at Clerk of Course and provide current coaching credentials to be permitted on deck.</p> <p>Coaches will be required to wear a host provided wrist band for each session of the meet to aid in identification.</p> <p>A coaches meeting will be held approximately 15 minutes prior to the start of warm-ups for the Friday evening session. The Meet Referee may call other coaches meetings as needed.</p>
<b>Other Information:</b>	<p>Please contact Aimee Onoszko at <a href="mailto:aonoszko@bellsouth.com">aonoszko@bellsouth.com</a> with any questions.</p> <p>The dress for officials at the meet will be a collared, white, sleeved shirt, over navy for all officials, inclusive of Administrative Officials. We request that all white shoes be worn at all sessions; please, no open-toed shoes of any kind (sandals, flip flops, etc., or feet shoes).</p> <p>Officials will meet 1 hour before the start of the meet in the hospitality room. Officials are required to show proof of current USA Swimming Non-Athlete registration and current USA Swimming Officials credentials.</p> <p><b>Warm-up Procedures:</b> Team lane assignments will be posted at the start of each session. All SC Swimming LSC and USA Swimming safety guidelines will be enforced. Specific warm-up procedures will be posted on deck. Coaches must 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 and warm-down area is open at the discretion of the Meet Referee.</p> <p><b>Scratch Rule:</b> All scratches should be submitted to the Clerk of Course as soon as possible to provide lanes for possible deck entries. <b>Any swimmer who is positively checked-in for an event and does not swim will be ineligible for his/her next individual event.</b></p> <p><b>Time Trials:</b> Meet Management may allow time trials for swimmers entered in the meet who do not exceed their maximum allowable event entries per day. 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. <b>Fees must be paid <u>in cash</u> upon entry to the Clerk of Course prior to swimming time trial.</b></p> <p><b>Timers and Counters:</b> Swimmers in an individual event 400 meters and longer are required to provide their own timer and, if needed, counter.</p> <p><b>Hospitality:</b> There will be a Hospitality Room available for coaches and officials only. Swimmers, spectators, and children are not permitted in the Hospitality Room.</p> <p><b>Concessions:</b> Concessions will be available for spectators and swimmers during the meet</p>

**2022 CA May Breakout**

**May 20-22, 2022**

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC2299LCM and SC22100TT

**Order of Events**

(P) Positive Check In

**Friday Evening, May 20th, 2022**

Warm-ups: 5:00 pm

Timed Finals: 6:00pm

<i>Girls Event #</i>	<i>Event Description</i>	<i>Boys Event #</i>
1	13 & Over 50 Free	2
3	12 & Under 200 IM	4
5	13 & Over 200 IM	6
	**** 5 Minute Break ****	
7	9-12 400 Free (P)	8
9	13 & Over 400 Free (P)	10

**Saturday Morning, May 21st, 2022**

Warm-ups: 8:00 am

Timed Finals: 9:00am

<i>Girls Event #</i>	<i>Event Description</i>	<i>Boys Event #</i>
11	11-12 100 Free	12
13	10 & Under 50 Free	14
15	11-12 50 Breast	16
17	10 & Under 100 Breast	18
19	11-12 100 Back	20
21	10 & Under 50 Back	22
23	11-12 100 Fly	24
25	10 & Under 50 Fly	26
	**** 10 Minute Break ****	
27	11-12 400 IM (P)	28

**Saturday Afternoon, May 21st, 2022**

Warm-ups: Not before 12:30pm

Timed Finals: Not before 1:30 pm

<i>Girls Event #</i>	<i>Event Description</i>	<i>Boys Event #</i>
29	13 & Over 200 Fly	30
31	13 & Over 100 Breast	32
33	13 & Over 200 Back	34
35	13 & Over 100 Free	36
	**** 10 Minute Break ****	
37	13 & Over 400 IM (P)	38
	**** 10 Minute Break ****	
39	13 & Over 1500 Free (P)	40

**Sunday Morning, May 22nd, 2022**

Warm-ups: 8:00 am

Timed Finals: 9:00am

<i>Girls Event #</i>	<i>Event Description</i>	<i>Boys Event #</i>
41	11-12 50 Back	42
43	10 & Under 100 Back	44
45	11-12 50 Free	46
47	10 & Under 100 Free	48
49	11-12 50 Fly	50
51	10 & Under 100 Fly	52
53	11-12 100 Breast	54
55	10 & Under 50 Breast	56
	**** 5 Minute Break ****	
57	12 & Under 200 Free	58

**Sunday Afternoon, May 22nd,  
2022**

Warm-ups: Not before 12:30pm

Timed Finals: Not before 1:30 pm

<i>Girls Event #</i>	<i>Event Description</i>	<i>Boys Event #</i>
59	13 & Over 200 Free	60
61	13 & Over 100 Back	62
63	13 & Over 200 Breast	64
65	13 & Over 100 Fly	66
	**** 10 Minute Break ****	
67	13 & Over 800 Free (P)	68

**2022 CA May Breakout Long Course Meet  
May 20-22, 2021**

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC2299LCM and SC22100TT

**Meet Entry Summary Sheet**

Total Number of Swimmers _____	x \$2.00 SCLSC Travel <a href="#">Fund</a> /Program Fee	= \$ _____
Total Number of Swimmers _____	x \$2.00 SCLSC Sports Development Fee	= \$ _____
Total Number of out-of-LSC _____	x \$2.00 SCLSC Travel <a href="#">Fund</a> /Program Fee	= \$ _____
Total Number of Swimmers _____	x \$28.00 Facility Fee	= \$ _____
Total Number of Swimmers _____	x \$5.00 Electronic Heat Sheet Fee	= \$ _____
Total # Individual Events: _____	x \$4.00	= \$ _____
Total Fees:		= \$ _____

Team: \_\_\_\_\_ Team Code: \_\_\_\_\_

Number of coaches at meet: \_\_\_\_\_

Head Coach: \_\_\_\_\_

Send e-mail results to: \_\_\_\_\_

Make Checks Payable To: Carolina Aquatics Swim Club	
<p><b>WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE</b></p> <p>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.</p> <p>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.</p> <p>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 the SC Swimming, the Carolina Aquatics Swim Club, the University of South Carolina Natatorium or University of South Carolina 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.</p>	
Signature/Title	Date