

**Name of Meet:** **2023 Super Moc Bowl: Last Chance Invitational**

**Date of Meet:** **January 27-29th 2023**

**Meet Sanction:** Held under the sanction of USA Swimming issued by SC  
Swimming:  
Sanction Number: SC2365SCY  
Time Trials: SC2366TT

**Host Club:** **South Carolina Swim Club**

<b>Meet Director(s):</b>	Laurie Morrin	<a href="mailto:sescmanager@swimscsc.com">sescmanager@swimscsc.com</a>	843-819-3377
<b>Meet Referee:</b>	Jason Overby	<a href="mailto:overbyj@cofc.edu">overbyj@cofc.edu</a>	843-801-4201
<b>Admin Official:</b>	Victoria Culbertson	<a href="mailto:Meet.support@sportstiming.com">Meet.support@sportstiming.com</a>	843-628-5486
<b>Meet Entries to:</b>	Victoria & Billy Culbertson	<a href="mailto:Meet.support@sportstiming.com">Meet.support@sportstiming.com</a>	843-628-5486
<b>Safety Marshal:</b>	Madison Kennedy	<a href="mailto:Mkennedy@swimscsc.com">Mkennedy@swimscsc.com</a>	860-882-8551
	Nate Murraray	<a href="mailto:Nmurray@swimscsc.com">Nmurray@swimscsc.com</a>	704-964-9942

**Facility:** North Charleston Aquatic Center  
8610 Patriot Blvd, North Charleston, SC 29420

Indoor 20-lane 25-yard competition pool with a moveable bulkhead and 8-lane 25 yard warm down pool with non-turbulent lane lines. Bleacher seating for over 1000. Spectators may bring chairs and tents to use on the outside patios and grass areas. Chairs, food and coolers are not permitted on the pool deck.

The water depth of the competition course is seven (7) feet, measured from one (1) meter to five (5) meters, on the starting end of the course, and seven (7) feet, measured from one (1) meter to five (5) meters, at the turn end of the course. The water depth of the warm down course is six (6) feet, measured from one (1) meter to five (5) meters, on the starting end of the course, and four (4) 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

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.

Medical Supervision: Medical supervision will be provided by the NCAC Lifeguard staff.

**Rules:**

1. Meet to be conducted in accordance with the current USA Swimming and SC Swimming Rules and Regulations and information herein.
2. This meet will allow any USA Swimming registered swimmer to attend.
3. In accordance with USA Swimming there will be a designated swimmer area. This area will be clearly marked and is only opened to those swimming in the meet. Parents are not to enter nor sit in this area.
4. MAAPP 2.0 All 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 MAAPP is a condition of participation in the conduct of this competition.

5. SWIMWEAR: No Technical Suit may be worn by any 12&Under USA Swimming Athlete member in competition at any Sanctioned. Approved or Observed meet (USA Swimming Rule 102.81.1.F)
6. Deck changing is prohibited by USA Swimming and South Carolina 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.
7. The use of pull buoys, paddles, kickboards, bands, tubing and other equipment is prohibited.
8. 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.

**Athlete Eligibility:**

This meet is open to all swimmers currently registered with USA Swimming. All USA Swimming registration numbers will be verified with SWIMS. Age is to be determined on the first day of the meet.

USA Swimming registrations will not be accepted on deck.

**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.**

**Image Release:**

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.**

**Entry Fees:**

\$4.00 per individual event  
 \$28.00 pool/facility fee per swimmer  
 \$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 Travel Fund/Program fee  
 \$10.00 for time trials  
 Make checks payable to SCSC--MPSCPA. Entry fees are non-refundable. Deck Entries are not permitted.

**Meet Format**

- **The total number of eligible swimmers per session is set at 600 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 205.3.1 F. The Meet Director reserves the right to adjust warm-up and meet start times.** Teams will be notified of any adjustments as soon as the deadline for entries received has passed.
- Meet management reserves the right to utilize two pools.
- 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 USAS Registered coach or USA Swimming coach must

be present. If a coach cannot attend warm-up for his or her team please contact the meet host.

- All events are contested as timed finals
- All events are contested mixed gender.
- Meet management reserves the right to limit the number of heats for all events 400 and over.
- Seeding
  - a. The 11-12 400 IM and Open 1650 will be positive check in and deck seeded. Heats will run fastest to slowest, alternating women and men.
  - b. The 12&U and Open 500 Free will be positive check in and deck seeded. Heats will run fastest to slowest, alternating women and men.
  - c.
- Swimmers may choose to have a counter for the 1650 free and the 500 Free. Swimmers must provide their own timers and counters.
- 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.
- The adjacent 10 lane pool will be open for warm-up/warm-down during the meet at the discretion of the meet ref.
- Meet management reserves the right to insert breaks in the meet where necessary to allow athletes proper rest.

**Scratch Rule:**

- The Friday evening events and all events 400 and above are positive check -in events. **A swimmer who is positively checked in for a deck seeded event who does not swim will be barred from the next individual event in which the swimmer is entered.**
- There will be no penalty for not swimming pre-seeded events; it would be appreciated if a coach would inform Clerk of Course of any swimmers scratching from the meet.

**Time Trials:**

- Time Trials will be offered at the conclusion of each session, time permitting, and at the discretion of the Meet Referee.
- Time trials count towards the total number of events swimmers are allotted per day.
- Any event 400 and over will only be contested if time permits at the discretion of the Meet Ref.
- Order of events will be determined by the Meet Ref.
- Time Trials will cost \$10 per individual event payable in cash at sign-up.
- Swimmers must provide their own timers.

**Time of Meet:**

Friday Warm-up: 4:00 p.m.; Friday Meet Start: Not before 5:00 p.m.  
Sat/Sun 13&U WU: 7:00 a.m.; Sat/Sun 13&U Meet Start: 8:30 a.m.  
Sat/Sun 12&U WU: 12:30 p.m.; Sat/Sun 12&U Meet Start: 1:30 p.m.

**Entries:**

**Entries are to be sent to Sports Timing, Inc. Go to [Sports Timing](#) click on upcoming meets and click on the Super Moc Bowl. 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](mailto:meet.support@sportstiming.com). Clubs or individuals not submitting entries electronically will be subject to a \$10.00 per swimmer entry surcharge.**

**Entries are due by 5 PM on January 17th Tuesday**

SC Swimming does not accept deck registrations, all swimmers entered must be registered at time of entry deadline

**Entry Limit:** Swimmers may enter up to Two (2) individual events on Friday; swimmers may enter up to four (4) individual events on Saturday & Sunday; The session event maximum(s) may be amended based on timeline and total number of athletes competing, at the sole discretion of the host team's Meet Director.

Time trials count towards the total number of events swimmers are allotted per day.

**Awards:** Ducks

**Scoring:** No Scoring

**Timing:** Timing and Data Processing will be provided by SportsTiming, Inc. 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 present their credentials through the USA Swimming App to the meet director at the start of the meet. Coaches meeting will be announced via email prior to the swim meet.

**Other Information:**

1. Certified officials are welcome to assist with the meet. Please contact Jason Overby at [overbyj@cofc.edu](mailto:overbyj@cofc.edu).
2. Heat Sheets will be emailed out to all participating swimmers before the meet. We will **not** have heat sheets available for sale at the meet.
3. An alternate contact for meet information other than the meet manager is: Eric Lane at [Elane@swimscsc.com](mailto:Elane@swimscsc.com)

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Sat/Sun Morning 13&U WU: 7:00 a.m.; Sat/Sun 13&U Meet Start: 8:30a.m.  
Saturday/Sunday 12&U WU: 12:30 p.m.; Saturday/Sunday 12&U Meet Start: 1:30 p.m.

<b>Friday PM Session</b>			
<b>Warm-up: 4:00P ; Start Time: 5:00P</b>			
<b>Girls</b>			<b>Boys</b>
1	11-12	400 IM	1
2	Open	1650 Free	2

<b>Saturday AM Session - 13&amp;Over</b>			
<b>Warm-up 7:00 AM; Meet Start 8:30 AM</b>			
<b>Girls</b>			<b>Boys</b>
3	Open	200 Fly	3
4	Open	100 Back	4
5	Open	200 IM	5
6	Open	100 Free	6
7	Open	200 Breast	7
8	Open	500 Free	8

<b>Saturday 12&amp;U Session</b>			
<b>Warm-up 12:30 PM ; Meet start 1:30 PM</b>			
<b>Girls</b>			<b>Boys</b>
9	11-12	200 Fly	9
10	8&U	25 Back	10
11	12&U	100 Back	11
12	12&U	200 IM	12
13	8&U	25 Free	13
14	12&U	100 Free	14
15	12&U	50 Fly	15
16	12&U	100 Breast	16
17	12&U	500 Free	17

<b>Sunday AM Session - 13&amp;Over</b>			
<b>Warm-up 7:30 AM; Meet Start 8:30 AM</b>			
<b>Girls</b>			<b>Boys</b>
18	Open	100 Breast	18
19	Open	200 Free	19
20	Open	100 Fly	20
21	Open	200 Back	21
22	Open	50 Free	22
23	Open	400 IM	23

<b>Sunday 12&amp;U Session</b>			
<b>Warm-up 12:30 PM ; Meet start 1:30 PM</b>			
<b>Girls</b>			<b>Boys</b>
24	12&U	50 Back	24
25	12&U	200 Breast	25
26	12&U	100 IM	26
27	12&U	200 Free	27
28	8&U	25 Fly	28
29	12&U	100 Fly	29
30	8&U	25 Breast	30
31	12&U	50 Breast	31
32	12&U	50 Free	32
33	12&U	200 Back	33

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**Meet Entry Summary Sheet**

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

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

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

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

Send email results to: \_\_\_\_\_

Send Paper copy in lieu of e-mail to: \_\_\_\_\_  
 \_\_\_\_\_

<b>Make Checks Payable To: South Carolina Swim Club MPSC-PA</b>	
<b>Mail entries to: South Carolina Swim Club MPSC-PA</b> <b>PO Box 882</b> <b>Mount Pleasant, SC 29465-0882</b> <b>(Please waive signature for overnight deliveries)</b>	
<b>WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE</b> 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. 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 LSC, the South Carolina Swim Club, Park West Pool, and SportsTiming, Inc. 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.	

Signature/Title

Date