



2023 SOUTH CAROLINA PALMETTO CHAMPIONSHIP

Date of Meet March 24-26, 2023

Meet Sanction: Held under the sanction of USA Swimming issued by SC Swimming:
Sanction Number SC2376SCY & SC2377TT

Meet Host: Carolina Aquatics

Meet Director: Sarah Quirk ca.meet.dir@gmail.com 803-260-4796

Meet Referee: Mark Posey mark.posey@uscmed.sc.edu 803-331-9968

Administrative Official: Robert Lesh rlesh@yahoo.com 812-480-6837

Meet Entries to: Victoria Culbertson meet.support@sportstiming.com 843-628-5486

Safety Marshal: Matt Whitaker mwhitakerDPT@gmail.com 803-422-5585

Heather Bullard helyseg@yahoo.com 803-206-3193

Facility: University of South Carolina Natatorium
1400 Wheat Street
Columbia, SC 29201

The University of South 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 seven (7) feet deep measured from one (1) meter to five (5) meters at the starting end of the course and six (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).

Lifeguards will be present for medical supervision.

Parking: 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 spaces are subject to towing. On Saturday and Sunday, the lots adjacent to the pool are also available for parking.

Entry to the University of South Carolina Natatorium: Swimmers, coaches, and officials will enter on the east side of the building through the Gamecock awning doors adjacent to the parking lot. Swimmers will be allowed on the pool deck no sooner than fifteen (15) minutes before their session warm-up.

Facility Rules:

NO smoking is allowed inside the facility

NO coolers allowed inside the facility

NO glass containers allowed inside the facility

Bleacher seating will be available on deck for swimmers. The diving well and diving equipment are off limits at all times.

Spectators limited to designated areas

No flash photography.

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 mobile phone, are not permitted in changing areas, rest rooms, or locker rooms. Recording devices are also not permitted behind the starting blocks. 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.

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.

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.)

No equipment will be allowed in warm up.

Athlete Eligibility:

This competition is open to all qualified swimmers. All swimmers and clubs must be currently registered members of USA-Swimming and SC Swimming only. All USA Swimming registration numbers will be verified with the SWIMS registrations database. Age is to be determined by the first day of the meet.

All 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 Swimming 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 club head coach and the Meet Director prior to the start of the meet.

Entry Fees:

\$4.00 per individual event
\$8.00 per relay
\$30.00 pool fee per swimmer
\$5.00 per swimmer fee for electronic heat sheet
\$2.00 SCLSC Travel Fund/Program fee
\$2.00 SCLSC Sports Development fee
\$1.00 Jennifer Smith Scholarship Fund
\$8.00 per time trial

Faxed entries will not be accepted. All entry fees must be paid before the meet begins. Late entries and deck entries will be accepted at the discretion of the Meet Director and at double the regular event fee for empty lanes only. No additional heats will be created for deck or late entries.

Entry limit: 11 & O athletes may enter up to three (3) individual events and one relay per day. All athletes may enter a total of eight (8) individual events for the meet. A swimmer that does not appear for a heat will be recorded as a No Show (NS) which will count as a swim. A Time Trial, exclusive of relays, is counted as an event.

10 & U athletes may enter up to five (5) individual events and one relay per day.

Clubs may enter as many relays as desired.

No refunds will be given.

Meet Format:

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. Meet management reserves the right to limit entries in any distance event and to remove relays from the meet, if necessary, for the efficient running of the meet.

The host club may request timers from visiting clubs.

Lane assignments will be made for each preliminary and timed final session. All SCLSC and USA Swimming safety guidelines will be enforced.

All 11-12, 13-14, and Senior events, except those noted on the itinerary and below, will be conducted as Preliminary/Finals events with two heats of ten (10) returning for finals. Heats will be contested in finals in the following order: consolation "B" heat, and championship "A" heat.

The host club will attempt to announce the names of swimmers in each "A" championship heat prior to the start of the event. The Meet Management committee will evaluate the timeline and determine whether names of swimmers in the "B" heat are announced when the swimmers are behind the blocks or whether they will be announced as swimmers are in the water.

The meet will be conducted according to this meet information and the SCLSC Policies and Procedures. 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.

Seeding will be done in SCY times.

The 13-14 and Senior 400 Individual Medley and 500 Freestyle events will be deck seeded and require a positive check-in thirty (30) minutes before the start of the session. These will be contested as timed finals events with the heats swum fastest to slowest and alternating women then men.

Each swimmer in the 500 Freestyle event may be asked to provide their own timer. Swimmers must provide their own personnel to lap count if they so choose.

All relays will be timed final events at the end of the preliminary or timed final sessions. All relays will be deck seeded after positive check-in on the day of the relay.

Scratch Rule:

Coaches with swimmers entered in more than three events per day must scratch a swimmer from the excess events. This needs to be done by the start of warm-ups for each session. Coaches are encouraged to not over enter swimmers.

There will be no penalty for not swimming in the seeded preliminary events or relays; it would be appreciated if a coach would inform Clerk of Course of any swimmers or relays scratching from the meet (SC Swimming Policies and Procedures XI.E.6.c, XI.E.6.d).

The penalty for missing a deck-seeded event will result in being barred from the swimmer's next individual event. (SC Swimming Policies and Procedures XI.E.6.e)

Any swimmer not planning to swim during a finals session 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 the swimmer's next individual event. (SC Swimming Policies and Procedures XI.E.6.f).

Exceptions for failure to compete – no penalty shall apply for failure to report or swim an event if (1) the meet referee is notified in event of illness or injury and accepts the proof thereof, (2) a swimmer qualifying for a final based upon the results of preliminaries notifies the meet referee within thirty (30) minutes of the announcement of the qualifiers for that final event that they may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event, (3) a swimmer qualifying for a final event, as a result of scratches following announcement of the qualifiers based upon the results of preliminaries or failure of a qualifier to swim, or (4) if it is determined by the meet referee that failure to compete is caused by circumstances beyond the control of the swimmer

Swim Offs: It is the coaches' and swimmer's responsibility to check for ties leading to swim-offs. Swim-offs will be swum immediately following the preliminary session or not more than 45 minutes after the last heat of any event in which any one of these swimmers is competing in that session. Any swimmer absent for a swim-off will be dropped to the lower place.

Time Trials: Time Trials will be conducted after preliminaries, at the end of the timed finals afternoon session, and/or after finals at the discretion of the Meet Referee. Time Trial fees must be paid upon entry at the Clerk of Course. Each swimmer swimming in a time trial is required to provide their own timer.

Time of the Meet: All Friday warm-ups will begin at 5:15 pm with timed finals beginning at 6:15 pm.
Saturday preliminary warm-ups will begin at 9:15 am and preliminary competition will begin at 10:15 am. Sunday preliminary warm-ups will begin at 8:00 am and preliminary competition will begin at 9:00 am.
All timed final afternoon warm-ups will not begin before 12:00 pm. All afternoon competition will not begin before 1:00 pm.
Saturday finals warm-ups will not begin before 5:00 pm and finals will not begin before 6:00 pm. Sunday finals warm-ups will not begin before 4:00 pm and finals will not begin before 5:00 pm.
Meet management reserves the right to adjust warm-up and meet start times based upon the number of entries and timeline of the meet. Clubs will be notified of any changes in the timeline via e-mail.

Entries: Entry Deadline: *All entries must be received by 5:00 PM, Tuesday, March 14, 2023.*
SC Swimming does not accept deck registrations. All swimmers entered must be registered at time of entry deadline.
All times must be listed to the 1/100th of a second.
Clubs should submit a single check payable to Carolina Aquatics Swim Club, Inc. for the full amount due. All fees must be paid prior to any swimmer entering the pool. Entry fees for events not swum will not be refunded nor will a credit be given.

Please use swimmer's full name, age, and sanctioned short course yard times or a no time. Only entries using Standard Data Interchange (SDIF/SD3) format will be accepted. Clubs or individuals not submitting entries electronically will be subject to a \$10.00 per swimmer entry surcharge. Go to www.hy-tektd.com to download Team Manager II Lite if your club does not possess team management software. You must submit paper (pdf) back-up and your signed club summary sheet for verification.

Entries are to be uploaded at Sports Timing, Inc. Click on upcoming meets and select CA Palmetto Spring Champs. Complete the form, upload the entry file and a PDF of your entries and click submit. You will receive an email confirmation. If you need to submit your entry files prior to the deadline, you are able to submit a new form.

Questions, up to the deadline, can be addressed to Victoria Culbertson 843-628-5486.

The Meet Director is not responsible for any club's entries.

Awards: Individual Events: Medals for First through third place; Ribbons for Fourth through Tenth place
Relays: Ribbons for First through Third place

Timing: Superior Swim Timing system with Colorado touch pads and data processing services provided by the University of South Carolina. There will be a secondary semi-automatic timing system of two buttons per lane.

Coaches Eligibility:

Coaches must check in at Clerk of Course and provide current coaching credentials to be permitted on deck. The USA Swimming app is an acceptable proof of USA Swimming membership. All coaches must be a current member in good standing with USA Swimming. Coaches will be required to wear a host-provided wrist band each session to be permitted on deck.

Other Information:

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

Officials: Individuals wishing to officiate at this meet should apply online through the sc-swimming.org website officials portal. All officials must be currently registered as USA Swimming Non-Athlete members in good standing. Selections will be posted one week before the start of the meet. Walk-ins will not be accommodated.

The dress at the meet will be a collared, white, sleeved SC Swimming shirt over navy for all officials on deck during prelim and timed final sessions. During the finals sessions on Friday, Saturday and Sunday, the dress is a collared, white, sleeved shirt over navy. No shorts at finals are allowed. (You will receive a red shirt if you have not previously. Additional shirts can also be purchased.) White shoes should be worn at all sessions; please, no open-toed shoes of any kind (sandals, flip flops, feet shoes or crocs) are allowed. If officials have any questions, please contact the Meet Referee.

Officials will meet one (1) hour before the start of each session in the hospitality room.

Officials are expected to work time trial sessions.

Meet Eligibility Jury: A Meet Eligibility Jury will be formed by the Meet Referee 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 club/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) people and not more than five (5) persons, at least one of whom must be a coach and one an athlete.

Hospitality: Hospitality for coaches and officials will be provided.

Concessions: Concessions may be provided at the top of the spectator seating on the third floor.

Alternate Contact: Pam Swander (317) 985-7767

2023 SOUTH CAROLINA UPPER PALMETTO CHAMPIONSHIP

March 24-26, 2023

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC2376SCY & SC2377TT

Order of Events

Friday March 24

Session 1: Timed Finals

Warm-ups 5:15 pm

Start 6:15 pm

Women		Men
1	13-14 400 Individual Medley	2
3	Senior 400 Individual Medley	4
5	11-12 100 Individual Medley	6
7	13-14 500 Freestyle	8
9	Senior 500 Freestyle	10
11	11-12 200 Medley Relay	12
13	13-14 200 Medley Relay	14
15	Senior 200 Medley Relay	16

Saturday March 25

Session 2: Preliminaries

Warm-ups 9:00 am

Start 10:00 am

Women		Men
17	13-14 200 Individual Medley	18
19	Senior 200 Individual Medley	20
21	11-12 200 Individual Medley	22
23	13-14 100 Freestyle	24
25	Senior 100 Freestyle	26
27	11-12 100 Freestyle	28
29	13-14 200 Backstroke	30
31	Senior 200 Backstroke	32
33	11-12 100 Backstroke	34
35	13-14 100 Breaststroke	36
37	Senior 100 Breaststroke	38
39	11-12 50 Breaststroke	40
41	13-14 200 Butterfly	42
43	Senior 200 Butterfly	44
45	11-12 100 Butterfly	46
47	13-14 200 Freestyle Relay	48
49	Senior 200 Freestyle Relay	50
51	11-12 200 Freestyle Relay	52

Session 3: Timed Finals

Warm-ups not before 1:00 pm

Start not before 2:00 pm

Women		Men
53	10 & U 100 Individual Medley	54
55	10 & U 200 Freestyle	56
57	10 & U 50 Backstroke	58
59	10 & U 100 Breaststroke	60
61	10 & U 50 Freestyle	62
63	10 & U 100 Butterfly	64
65	10 & U 200 Freestyle Relay	66

Session 4: Finals
Warm-ups not before 5:00 pm
Start not before 6:00 pm

Women		Men
17	13-14 200 Individual Medley	18
19	Senior 200 Individual Medley	20
21	11-12 200 Individual Medley	22
23	13-14 100 Freestyle	24
25	Senior 100 Freestyle	26
27	11-12 100 Freestyle	28
29	13-14 200 Backstroke	30
31	Senior 200 Backstroke	32
33	11-12 100 Backstroke	34
35	13-14 100 Breaststroke	36
37	Senior 100 Breaststroke	38
39	11-12 50 Breaststroke	40
41	13-14 200 Butterfly	42
43	Senior 200 Butterfly	44
45	11-12 100 Butterfly	46

Sunday March 26

Session 5: Preliminaries
Warm-ups 8:00 am
Start 9:00 am

Women		Men
67	13-14 200 Freestyle	68
69	Senior 200 Freestyle	70
71	11-12 200 Freestyle	72
73	13-14 100 Backstroke	74
75	Senior 100 Backstroke	76
77	11-12 50 Backstroke	78
79	13-14 200 Breaststroke	80
81	Senior 200 Breaststroke	82
83	11-12 100 Breaststroke	84
85	13-14 100 Butterfly	86
87	Senior 100 Butterfly	88
89	11-12 50 Butterfly	90
91	13-14 50 Freestyle	92
93	Senior 50 Freestyle	94
95	11-12 50 Freestyle	96

Session 6: Timed Finals
Warm-ups not before 12:00 pm
Start not before 1:00 pm

Women		Men
97	10 & U 100 Freestyle	98
99	10 & U 100 Backstroke	100
101	10 & U 50 Breaststroke	102
103	10 & U 50 Butterfly	104
105	10 & U 200 Individual Medley	106
107	10 & U 200 Medley Relay	108

Session 7: Finals
Warm-ups not before 4:00 pm
Start not before 5:00 pm

Women		Men
67	13-14 200 Freestyle	68
69	Senior 200 Freestyle	70
71	11-12 200 Freestyle	72
73	13-14 100 Backstroke	74
75	Senior 100 Backstroke	76
77	11-12 50 Backstroke	78
79	13-14 200 Breaststroke	80
81	Senior 200 Breaststroke	82
83	11-12 100 Breaststroke	84
85	13-14 100 Butterfly	86
87	Senior 100 Butterfly	88
89	11-12 50 Butterfly	90
91	13-14 50 Freestyle	92
93	Senior 50 Freestyle	94
95	11-12 50 Freestyle	96

2023 SOUTH CAROLINA PALMETTO CHAMPIONSHIP

Hosted by Carolina Aquatics

March 24-26, 2023

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC2376SCY & SC2377TT

Meet Entry Summary Sheet

Club Name _____ Abbreviation _____
Coach _____
Club Contact Person _____
Home/Cell Phone Number _____ Work Phone Number _____
E-Mail Address _____
Club Mailing Address _____
Number of Coaches Attending: Fri _____ Sat _____ Sun _____

Number of Individual Events _____ × \$4.00 each \$ _____
Number of Relays Events _____ × \$8.00 each \$ _____
Number of Swimmers _____ × \$30.00 Pool Surcharge fee \$ _____
Number of Swimmers _____ × \$5.00 Electronic Heat Sheet \$ _____
Number of Swimmers _____ × \$4.00 SC Swimming LSC Fees \$ _____
(SCLSC Travel Fund/Program Fee – Sports Development Fee)
Number of Swimmers _____ × \$1.00 Jennifer Smith Scholarship Fee \$ _____

Total Amount Enclosed (checks payable to Upper Palmetto YMCA) \$ _____

I, the undersigned coach, or club representative, verify that all the swimmers and coaches listed on the enclosed entry forms are registered with USA Swimming.

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 South Carolina LSC and CA 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. It is also understood and agreed that SCSC, Sports Timing, its agents, employees, and coaches 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 _____

Make check for the above amount and signed copy of this form to:

Carolina Aquatics