



# 2023 CA May Breakout

Long Course Meet



**Date:** May 19-21, 2023

**Meet Sanction:** Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC2387LCM and SC2388TT

**Host Club:** Carolina Aquatics Swim Club

<b>Meet Director:</b>	Christy White	ca.meet.dir@gmail.com	901-497-4250
<b>Meet Referee:</b>	Mark Posey	mark.posey@uscmed.sc.edu	803-331-9968
<b>Admin Referee:</b>	Robert Lesh	rllesh@yahoo.com	812-480-6837
<b>Meet Entries to:</b>	Victoria Culbertson	meet.support@sportstiming.com	843-206-3193
<b>Safety Marshal:</b>	Heather Bullard	helyseg@yahoo.com	803-206-3193
	Jeremy Wilken	jwilken44@gmail.com	937-470-0674

**Facility:** The University of South 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 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 diving well 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).

**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” space is 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 15 minutes before their session warm-up.**

**Rules:** Meet to be conducted in accordance with the current USA Swimming and SC Swimming Rules and Regulations and information herein.

The Meet Management Committee reserves the right to adjust the warm-up times and start times, split sessions, and or combine sessions if applicable.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.

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.

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.

SWIMWEAR: No technical suit may be worn by any 12&U USA Swimming athlete member in competition at any Sanctioned, Approved, or Observed meet (USA Swimming Rule 102.81.1.f)

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.

**Athlete Eligibility:** 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.

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 team’s head coach and the Meet Director prior to the start of the meet.

**Entry Fees:** \$30.00 Pool surcharge fee per swimmer  
\$4.00 Per individual event  
\$8.00 Deck entry individual event  
\$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 times trials must be paid in cash to Clerk of Course prior to swimming the time trial)  
Make checks payable to Carolina Aquatics Swim Club. **Entry fees for events not swum will not be refunded nor will a credit be given.**

**Meet Format:** 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.

All events will be swum mixed genders.  
All events will be contested as Timed Finals.

All events 400 meters and longer will be positive check-in and deck seeded. Positive Check In will close 30 minutes prior to the start of every session.

The 9-12 400 Free, 13 and Over 400 Free, 400 IM and Open 800 Free will be swum fastest to slowest.

9-12 400 Free may be limited to top 30 (15 men and 15 women).

13 and Over 400 Free may be limited to top 30 (15 men and 15 women).

400 IM may be limited to top 30 (15 men and 15 women).

Open 800 Free may be limited to top 30 (15 men and 15 women).

**Timers and Counters:** Swimmers in an individual event 800 meters are required to provide their own timer and, if needed, counter.

**Warm-up Procedures:** 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.

**Scratch Rule:** All scratches should be submitted to the Clerk of Course as soon as possible to provide lanes for possible deck entries. **Any swimmer who is positively checked-in for an event and does not swim will be ineligible for his/her next individual event.**

**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. 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.**

**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.

**Entry Limits:** Swimmers are limited to three (3) individual events on Friday, three (3) individual events on Saturday, and four (4) individual events on Sunday, including time trials.

**Late Entries:** All entries must be received by 5:00PM on May 9, 2023. Anything received after this date will be considered a deck entry.

<b>Time of Meet:</b>	Friday Evening	5:15PM Warm Ups	6:15PM Start
	Saturday	10:15AM Warm Ups	11:30AM Start
	Sunday	7:30AM Warm Ups	9:00AM Start

**Entries:** SUBMISSION PROCEDURE:

- Entries must be submitted using USA Swimming Standard Data Interchange (.sd3) or compatible format. Go to [www.hy-tekltd.com](http://www.hy-tekltd.com) to download Team Manager II Lite if your club does not possess team management software.
- Go to [www.sportstiming.com](http://www.sportstiming.com) 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.
- Entry questions can be emailed to [meet.support@sportstiming.com](mailto:meet.support@sportstiming.com).
- The entry deadline is 5pm, Tuesday, May 9, 2023.
- Carolina Aquatics Swim Club, Inc., is not responsible for lost or delayed entries. Faxed entries will not be accepted.
- Submit sanctioned long course meter times or NT.

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

**Awards:** There will be no awards.

**Scoring:** There will be no scoring.

**Timing:** 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.

**Coaches Eligibility:** All coaches must be a current member in good standing with USA Swimming and present their credentials.

Coaches must check in at Clerk of Course and provide current coaching credentials to be permitted on deck.

Coaches will be required to wear a host provided wrist band for each session of the meet to aid in identification.

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.

**Other Information:** Please contact Mark Posey at [Mark.Posey@uscmcd.sc.edu](mailto:Mark.Posey@uscmcd.sc.edu) with any questions.

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).

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.

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

**Concessions:** Concessions will be available for spectators and swimmers during the meet

**Alternate Contact:** Carolina Aquatics Head Coach, Pam Swander  
Phone Number: 317-985-7767 Email: [pamswander@gmail.com](mailto:pamswander@gmail.com)

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**Order of Events**

(P) Positive Check In (closes 30 minutes prior to start of meet)

	<b>Friday, May 19, 2023</b>
	<b>Warm up 5:15p Starts 6:15p</b>
<b>MIXED</b>	<b>Session 1</b>
1	12 & Under 50 Free
2	13 & over 50 Free
3	12 & Under 200 IM
4	13 & over 200 IM
5	9-12 400 Free (P) <i>Limited to 20</i>
6	13 & over 400 Free (P) <i>Limited to 20</i>
	<b>Saturday, May 20, 2023</b>
	<b>Warm up 10:15a Starts 11:15a</b>
	<b>Session 2</b>
7	10 & Under 50 Backstroke
8	11 & 12 100 Backstroke
9	13 & Over 200 Backstroke
10	10 & Under 100 Breaststroke
11	11 & 12 50 Breaststroke
12	13 & Over 100 Breaststroke
13	10 & Under 50 Butterfly
14	11 & 12 100 Butterfly
15	13 & Over 200 Butterfly
16	10 & Under 100 Freestyle
17	11 & 12 100 Freestyle
18	13 & Over 100 Freestyle
	<b>10 Minute Break</b>
19	Open 400 IM (P) <i>Limited to 20</i>

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<b>Sunday, May 21, 2023</b>	
<b>Warm up 8:00am Starts 9:00am</b>	
<b>MIXED</b>	<b>Session 3</b>
20	10 & Under 100 Backstroke
21	11 & 12 50 Backstroke
22	13 & Over 100 Backstroke
23	10 & Under 50 Breaststroke
24	11 & 12 100 Breaststroke
25	13 & Over 200 Breaststroke
26	10 & Under 100 Butterfly
27	11 & 12 50 Butterfly
28	13 & Over 100 Butterfly
29	10 & Under 200 Freestyle
30	11 & 12 200 Freestyle
31	13 & Over 200 Freestyle
<b>10 Minute Break</b>	
32	Open 800 (P) <i>Limited to 20</i>

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Meet Entry Summary Sheet

Total Number of Swimmers \_\_\_\_\_ x \$2.00 SCLSC Travel Fund/Program Fee = \$ \_\_\_\_\_  
Total Number of Swimmers \_\_\_\_\_ x \$2.00 SCLSC Sports Development Fee = \$ \_\_\_\_\_  
Total Number of out-of-LSC \_\_\_\_\_ x \$2.00 SCLSC Travel Fund/Program Fee = \$ \_\_\_\_\_  
Total Number of Swimmers \_\_\_\_\_ x \$30.00 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: \_\_\_\_\_

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

Other information needed by the host team can be added here.

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, the University of South Carolina Natatorium or University of South Carolina 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: \_\_\_\_\_ Date: \_\_\_\_\_

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

Carolina Aquatics Swim Club  
P.O. Box 5592  
Columbia, SC 29250