

Name of Meet:

2024 Super Moc Bowl

Date of Meet:	January 26-28, 2024
Meet Sanction:	Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number: SC2480SCY Time Trials: SC2481TT
Host Club:	South Carolina Swim Club
Meet Director(s):	Laurie Morrin scscmanager@swimscsc.com 843-819-3377
Meet Referee:	Jason Overby overbyj@cofc.edu 843-801-4201
Admin Referee:	Victoria Culbertson Meet.support@sportstiming.com 843-628-5486
Meet Entries to:	Victoria & Billy Culbertson Meet.support@sportstiming.com 843-628-5486
Safety Marshal:	Courtney Beauch cbeauch@swimscsc.com 912-996-6631 Nate Murraray Nmurray@swimscsc.com 704-964-9942
Facility:	<p>North Charleston Aquatic Center 8610 Patriot Blvd, North Charleston, SC 29420</p> <p>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.</p> <p>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</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>Medical Supervision: Medical supervision will be provided by the NCAC Lifeguard staff.</p>
Rules:	<ol style="list-style-type: none">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.

	<p>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 102.8.1F)</p> <p>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.</p> <p>7. The use of pull buoys, paddles, kickboards, bands, tubing and other equipment is prohibited.</p> <p>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.</p>
Athlete Eligibility:	<p>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.</p> <p>USA Swimming registrations will not be accepted on deck.</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 member coach, it is the responsibility of the swimmer or the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.</p>
Image Release:	<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>
Entry Fees:	<p>\$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.</p>
Entry Limits:	<p>Swimmers may enter up to Two (2) individual events on Friday; 10 & under swimmers may enter up to four (4) individual events on Saturday & Sunday; 11 & older swimmers may enter up to three (3) 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. Swimmers may swim in Time trials to a max of 3 events on Friday, 5 events for 12 and under on Saturday and Sunday, and 4 events for 13 and over on Saturday or Sunday.</p>
Meet Format	<ul style="list-style-type: none"> • 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

	<p>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.</p> <ul style="list-style-type: none"> ● 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 by mixed gender. ● Meet management reserves the right to limit the number of heats for all events 400 and over. ● Seeding <ul style="list-style-type: none"> a. All events 200 and over will be positive check in and deck seeded. Heats will run fastest to slowest. You must provide your own timer for the following events: 13 & O 400 IM, 500 free and 1650 free. b. There will be no NT's allowed. c. There will be time standards for the following events: 400 IM, 500 Free & 1650 Free. ● 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:	<ul style="list-style-type: none"> ● 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:	<ul style="list-style-type: none"> ● 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:	<p>Friday Warm-up: 4:00 p.m.; Friday Meet Start: 5:00 p.m. Sat/Sun 13&O 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.</p>
Entries:	<p>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. Clubs or individuals not submitting entries electronically will be subject to a \$10.00 per swimmer entry surcharge.</p> <p>Entries are due by 5 PM on January 16th Tuesday SC Swimming does not accept deck registrations, all swimmers entered must be registered at time of entry deadline</p>

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:	<ol style="list-style-type: none">1. Certified officials are welcome to assist with the meet. Please contact Jason Overby at 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: Nathan Murray nmurray@swimscsc.com

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Sanction Number: SC2480SCY
Time Trials: SC2481TT

Friday Warm-up: 4:00 p.m.; Friday Meet Start: 5:00 p.m.

Sat/Sun Morning 13&O WU: 7:00 a.m.; Sat/Sun 13&O Meet Start: 8:30a.m.

Saturday/Sunday 12&U WU: 12:30 p.m.; Saturday/Sunday 12&U Meet Start: 1:30 p.m.

Friday PM Session			
Warm-up: 4:00P ; Start Time: 5:00P			
Girls			Boys
1	11-12	200 IM	1
2	13 & O	400 IM	2
3	Open	1650 Free	3

Saturday AM Session - 13&Over			
Warm-up 7:00 AM; Meet Start 8:30 AM			
Girls			Boys
4	13 & O	200 Fly	4
5	13 & O	100 Back	5
6	13 & O	200 IM	6
7	13 & O	100 Free	7
8	13 & O	200 Breast	8
9	13 & O	50 Free	9

Saturday 12&U Session			
Warm-up 12:30 PM ; Meet start 1:30 PM			
Girls			Boys
10	12&U	200 Fly	10
11	12&U	100 Back	11
12	12&U	100 Free	12
13	12&U	50 Fly	13
14	12&U	100 Breast	14
15	12&U	100 IM	15
16	12&U	500 Free	16

See next page for Sunday

Sunday AM Session - 13&Over			
Warm-up 7:00 AM; Meet Start 8:30 AM			
Girls			Boys
17	13 & O	100 Breast	17
18	13 & O	200 Free	18
19	13 & O	100 Fly	19
20	13 & O	200 Back	20
21	13 & O	500 Free	21

Sunday 12&U Session			
Warm-up 12:30 PM ; Meet start 1:30 PM			
Girls			Boys
22	12&U	400 IM	22
23	12&U	50 Back	23
24	12&U	200 Breast	24
25	12&U	100 Fly	25
26	12&U	200 Free	26
27	12&U	50 Breast	27
28	12&U	50 Free	28
29	12&U	200 Back	29

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North Charleston Aquatic Center
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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: _____

Make Checks Payable To: South Carolina Swim Club MPSC-PA	
Mail entries to: South Carolina Swim Club MPSC-PA PO Box 882 Mount Pleasant, SC 29465-0882 (Please waive signature for overnight deliveries)	
<p style="text-align: center;">WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE</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 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.</p>	

Signature/Title

Date