



2024 SOUTH CAROLINA PALMETTO CHAMPIONSHIP

Date of Meet March 22-24, 2024

Meet Sanction: Held under the sanction of USA Swimming issued by SC Swimming:
Sanction Number SC2491SCY & SC2492TT

Meet Host: **Coastal Aquatic Club**

Meet Director:	Elizabeth Boudreau	beth077@gmail.com	843-543-4780
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.suppot@sportstiming.com	843-628-5486
Safety Marshal:	Alan Levy	seaonechiro@aol.com	843-267-1681
	Katherine Dettlaff	katherinedettlaff@gmail.com	843-655-3982

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. Bleacher seating for over 1000. Spectators may bring chairs and tents to use on the outside patios and grass areas. Charis, 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 the 104.2.2C

Medical supervision will be provided by the Lifeguard staff.

Facility Rules:

NO smoking is allowed inside the facility.

NO coolers allowed inside the facility.

NO glass containers allowed inside the facility.

NO folding chairs or seatbacks allowed in the facility. Bleacher seating will be available.

Spectators are limited to designated areas.

Reserving seats between sessions is prohibited.

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:

The meet is 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 102.8.1F).

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. Swimmers entered in the Senior classification may not swim any individual event in which they have the current Senior Sectional Championship time standard. Any swimmer 14 or younger may not compete in any event, in either their age group or senior, in which the swimmer has the current Age-group Sectional Championship time standard for their age as of 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 club head coach and the Meet Director prior to the start of the meet.

Entry Fees:

\$4.00 per individual event
\$28.00 pool fee per swimmer
\$2.00 SCLSC Travel Fund/Program fee
\$2.00 SCLSC Sports Development fee
\$1.00 Jennifer Smith Scholarship Fund
\$5.00 Digital Heat Sheet
\$8.00 per time trial
\$8.00 per relay

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 & Over athletes may enter up to three (3) individual events and one (1) relay per day. 10 & Under athletes may enter up to four (4) individual events and one (1) 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. The event will be limited to 700 swimmers (350 per session); however, Meet Management reserves the right to determine the final number based on the timeline.

Clubs may enter as many relays as desired.

No refunds will be given unless events are cancelled as stated below.

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 utilize two courses, up to 10 lanes for competition for an events described below. 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. If events are canceled, refund will be given.

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 order of SCY times, SCM times, and then LCM times.

The 13-14 and Senior 400 Individual Medley and 500 Freestyle events are timed final events. These events will be deck seeded and require a positive check-in that closes at the start of the session. Heats will be swum fastest to slowest and alternating women then men.

Swimmers must provide their own personnel to lap count if they so choose.

The 10 & Under 200 Individual Medley and 200 Freestyle events will be deck seeded and require a positive check-in that closes at the start of the session.

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 11 & O 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 swimmers' 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 not present for a swim-off will be dropped to the lower place.

Time Trials: Time trials will be conducted at the end of the session and at the discretion of the Meet Referee. Time trial fees must be paid upon entry at the Clerk of Course. A time trial is counted as an individual event. Each swimmer swimming in a time trial will be required to provide their own timer.

Time of the Meet: All preliminary warm-ups will begin at 7:00 AM. All preliminary competition will begin at 8:30 AM.
All timed final afternoon warm-ups will not begin before 12:30 pm. All afternoon will not begin before 1:15 pm.

Finals warm-ups will be announced each day.

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 utilize two courses, up to 10 lanes for competition for any events as described below. 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. Clubs will be notified of any changes in the timeline via email.

Entries: Entry Deadline: *All entries must be received by 11:59 PM, Tuesday, March 12, 2024.*

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 Coastal Aquatic Club 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 as of March 22, 2024, 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-tek.com to download Team Manager II Lite if your club does not possess team management software. You must submit a 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 2024 SC CAC Palmetto Championship. Complete the form, upload the entry file and PDF of your entries and click submit. You will receive an email confirmation. Entry questions can be emailed to meet.support@sportstiming.com

Mail the completed meet entry summary sheet, check, and hard copies of entry summary by certified or express mail to:

Coastal Aquatic Club
c/o Fabio Silva
3550 Pampas Dr, unit-4
Myrtle Beach, SC 29577

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 Tenth place.
- Timing:** Timing and Data Processing will be provided by Sports Timing, Inc. Colorado electronic timing system, with touch pads & plungers, will be used. Stop watches will also be used.
- Coaches Eligibility:** Coaches must check in daily 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.
- Other Information:** **Coaches:** A coaches meeting will be held fifteen (15) minutes prior to the start of the Friday session. The Meet Referee may call other coaches meetings as needed. One coach from each club may pick up the club's packet at Clerk of Course. Finals heat sheets, relay cards, and any announcements will be available at Clerk of Course.
- 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.
- The dress at the Championship 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 SC Swimming shirt over navy pants. No shorts at finals are allowed. 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.
- Warm-up Procedures:** Lane assignments will be made for each preliminary and timed final session. Finals will be open warm-ups. Equipment such as kickboards, pull buoys, etc. may not be used during any warm-up. The warm-down pool will be available during the swim meet for swimmers in the meet only. However, swimmers who horseplay in the warm-down pool may be asked to get out of the pool and may be disqualified from the remainder of their events for the meet. All SCLSC and USA Swimming safety guidelines will be enforced.
- Timers:** The host club may request timers from visiting clubs.
- 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:** Vendors and concessions may be provided in the area outside the pool.
- Alternate Contact:** Fabio Silva, fabiomauro_us@hotmail.com (843-503 3152)

2024 SOUTH CAROLINA PALMETTO CHAMPIONSHIP

March 22-24, 2024

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC2491SCY & SC2492TT

Order of Events

Friday March 22

Session 1: Preliminaries

Warm-ups 7:00 am

Start 8:30 am

Women		Men
5	11-12 50 Breaststroke	6
7	13-14 100 Breaststroke	8
9	Senior 100 Breaststroke	10
11	11-12 50 Butterfly	12
13	13-14 100 Butterfly	14
15	Senior 100 Butterfly	16
17	11-12 100 Backstroke	18
19	13-14 200 Backstroke	20
21	Senior 200 Backstroke	22
23	11-12 200 Freestyle	24
1	13-14 400 Individual Medley *	2
3	Senior 400 Individual Medley *	4

(Positive Check-in; Top heat in finals) *

Session 2: Finals

Warm-ups Not before 4:00 pm

Start Not before 5:00 pm

Women		Men
1	13-14 400 Individual Medley	2
3	Senior 400 Individual Medley	4
5	11-12 50 Breaststroke	6
7	13-14 100 Breaststroke	8
9	Senior 100 Breaststroke	10
11	11-12 50 Butterfly	12
13	13-14 100 Butterfly	14
15	Senior 100 Butterfly	16
17	11-12 100 Backstroke	18
19	13-14 200 Backstroke	20
21	Senior 200 Backstroke	22
23	11-12 200 Freestyle	24

Saturday March 23

Session 3: Preliminaries

Warm-ups 7:00 am

Start 8:30 am

Women		Men
25	11-12 100 Breaststroke	26
27	13-14 200 Breaststroke	28
29	Senior 200 Breaststroke	30
31	11-12 100 Butterfly	32
33	13-14 200 Butterfly	34
35	Senior 200 Butterfly	36
37	11-12 50 Freestyle	38
39	13-14 50 Freestyle	40
41	Senior 50 Freestyle	42
43	11-12 100 Individual Medley	44
45	13-14 200 Freestyle	46
47	Senior 200 Freestyle	48
	5 Min Break	
49	11-12 200 Medley Relay	50
51	13-14 200 Medley Relay	52
53	Senior 200 Medley Relay	54

Session 4: Timed Finals

Warm-ups not before 12:30 pm

Start not before 1:15 pm

Women		Men
55	10 & U 100 Butterfly	56
57	10 & U 50 Backstroke	58
59	10 & U 100 Breaststroke	60
61	10 & U 50 Freestyle	62
63	10 & U 100 Individual Medley	64
65	10 & U 200 Freestyle **	66
	5 Min Break	
67	10 & U 200 Medley Relay	68

(Positive Check-in) **

Session 5: Finals

Warm-ups Not before 4:00 pm

Start Not before 5:00 pm

Women		Men
25	11-12 100 Breaststroke	26
27	13-14 200 Breaststroke	28
29	Senior 200 Breaststroke	30
31	11-12 100 Butterfly	32
33	13-14 200 Butterfly	34
35	Senior 200 Butterfly	36
37	11-12 50 Freestyle	38
39	13-14 50 Freestyle	40
41	Senior 50 Freestyle	42
43	11-12 100 Individual Medley	44
45	13-14 200 Freestyle	46
47	Senior 200 Freestyle	48

Sunday March 24

Session 6: Preliminaries

Warm-ups 7:00 am

Start 8:30 am

Women		Men
73	11-12 200 Individual Medley	74
75	13-14 200 Individual Medley	76
77	Senior 200 Individual Medley	78
79	11-12 100 Freestyle	80
81	13-14 100 Freestyle	82
83	Senior 100 Freestyle	84
85	11-12 50 Backstroke	86
87	13-14 100 Backstroke	88
89	Senior 100 Backstroke	90
69	13-14 500 Freestyle *	70
71	Senior 500 Freestyle *	72
	5 Min Break	
91	11-12 200 Freestyle Relay	92
93	13-14 200 Freestyle Relay	94
95	Senior 200 Freestyle Relay	96

(Positive Check-in; Top heat in finals) *

Session 7: Timed Finals

Warm-ups not before 12:30 pm

Start not before 1:15 pm

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

(Positive Check-in) **

Session 8: Finals

Warm-ups Not before 4:00 pm

Start Not before 5:00 pm

Women		Men
69	13-14 500 Freestyle	70
71	Senior 500 Freestyle	72
73	11-12 200 Individual Medley	74
75	13-14 200 Individual Medley	76
77	Senior 200 Individual Medley	78
79	11-12 100 Freestyle	80
81	13-14 100 Freestyle	82
83	Senior 100 Freestyle	84
85	11-12 50 Backstroke	86
87	13-14 100 Backstroke	88
89	Senior 100 Backstroke	90

2024 SOUTH CAROLINA PALMETTO CHAMPIONSHIP

Hosted by Coastal Aquatic Club

March 22-24, 2024

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC2491SCY & SC2492TT

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 Swimmers _____	x \$1.00 Jennifer Smith Scholarship Fund	= \$ _____
Total Number of Swimmers _____	x \$5.00 Digital Heat Sheet Fee	= \$ _____
Total Number of Swimmers _____	x \$28.00 Facility Fee	= \$ _____
Total # Individual Events: _____	x \$4.00 Individual Event Fee	= \$ _____
Total # Relay Events: _____	x \$8.00 Relay Event Fee	= \$ _____
Total Fees: (checks payable to Coastal Aquatic Club)		= \$ _____

Team: _____ Team Code: _____

Head Coach: _____ Phone Number: _____

Head Coach Email Address: _____

Team Entry Contact Person _____

Team Entry Contact Person Phone Number _____

Team Entry Contact Email Address _____ (results will be sent to this address)

Number of Coaches at Meet: Fri: _____ Sat: _____ Sun: _____

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, host club, {include list of others involved in the functioning of this meet} 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 _____

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

Coastal Aquatic Club
3550 Pampas Dr, unit-4
Myrtle Beach, SC 29577