



2024 SOUTH CAROLINA LONG COURSE AGE GROUP LSC CHAMPIONSHIP

Date:	July 11-14, 2024		
Meet Sanction:	Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number: SC24117LCM & SC24118TT		
Meet Host:	South Carolina Swim Club		
Meet Director:	Laurie Morrin	scscmanager@swimscsc.com	843-849-4250
Referee:	Jason Overby	overbyj@cofc.edu	843-801-4201
Admin Official:	Victoria Culbertson	meet.support@sportstiming.com	843-628-5486
Meet Entries to:	Victoria Culbertson	meet.support@sportstiming.com	843-628-5486
Safety Marshal:	Nathan Murray	nmurray@swimscsc.com	704-964-9942
	Emily Allen	eallen@swimscsc.com	704-575-7525

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

Indoor 10-lane 50-meter 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.

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

Lifeguards will be present for medical supervision.

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.

Bleachers 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 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 102.8.1F.)

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 SWIMS. Age is to be determined by the first day of the meet.

All swimmers entered must meet or exceed the South Carolina state meet qualifying standards in each event entered. All paralympic swimmers entered must meet or exceed the USA Swimming suggested LSC time standards in each event entered.

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

Entry Fees:

\$4.00 per individual event
\$8.00 relay
\$30.00 pool fee per swimmer
\$7.00 per swimmer fee for electronic heat sheet
\$2.00 SCLSC Travel Fund/Program fee per swimmer
\$2.00 SCLSC Sports Development fee
\$1.00 Jennifer Smith Scholarship Fund
\$8.00 per time trial Relays will be \$18.00 per time trial
Faxed entries will not be accepted. No late entries will be accepted.

\$10.00 per swimmer surcharge if entries are not submitted electronically.

Faxed entries will not be accepted. No late entries will be accepted except those described below. Deck entries for individual and relay events are not permitted.

Entry limit: All swimmers may swim up to eight (8) individual events total. Athletes 11 & Over may swim up to three (3) individual events per day exclusive of relays. Athletes 10 & Under may swim up to four (4) individual events per day exclusive of relays. 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.

Clubs may enter as many relays as desired. However, only two (2) relays per club will score and can receive awards.

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 utilize two courses, up to 10 lanes each 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.

The host club may request timers from visiting clubs.

The adjacent eight (8) lane warm-up and warm-down pool will be open at the discretion of the Meet Referee.

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

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 LCM times, SCM times, SCY times then consideration times (when appropriate, in the order LCM, SCM, SCY). Times will not be converted.

All 11-12 and 13-14 events except those noted on the itinerary and below, will be conducted as Preliminary/Final events with two heats of 10 returning for 11-12 and 13-14 in finals. The order for finals shall be B-A for 11-12 and 13-14 events. The championship "A" heat will always be the last heat. The names of swimmers in each "A" Championship Final heat will be announced prior to the start of the event with a swimmer parade to the blocks. The names of swimmers in the "B" heats will be announced while they are in the water.

All 10 & under events will be conducted as timed finals during the Timed Final sessions.

The 10 & Under 400 Freestyle events will be deck seeded after positive check-in. It will be seeded slowest to fastest alternating women and men. Swimmers may be asked to provide their own timer.

All 10 & Under relays will be conducted at the beginning of the timed finals sessions and be pre-seeded.

All positive check-ins will close thirty (30) minutes prior to the start of each session.

The 11-12 400 Individual Medley will be seeded slowest to fastest alternating women and men.

The 11-12 200 Butterfly, 200 Backstroke, 200 Breaststroke, and 400 Freestyle will be conducted as deck-seeded, positive check-in timed final events. The top heat of swimmers in each event will swim during finals.

The 13-14 400 Individual Medley and 400 Freestyle events will be conducted as Preliminary/Final events. These events will be deck seeded with the top two (2) women heats swimming (slow to fast, circle-seeded), followed by the top two (2) men heats (slow to fast, circle-seeded), and then the remaining heats will be competed alternating women, then men, fast to slow.

The 800 Freestyle and 1500 Freestyle will be timed finals and 11-12 and 13-14 will be seeded together by combining all ages but scored separately by age group (11-12 and 13-14). These will be contested fastest to slowest, alternating women and men. Swimmers may be asked to provide their own timer.

All positively checked-in 1500 Freestyle swimmers will swim at the conclusion of the Sunday preliminary session.

Swimmers in the 800 Freestyle and 1500 Freestyle must provide their own lap counter if they wish one.

All 11-12 and 13-14 relays will compete as the last events of the finals sessions on Friday and Saturday. The 11-12 and 13-14 relays on Sunday will be contested in the preliminary session as the last events before the 1500 Freestyle. All relays will be pre-seeded.

Relay teams consisting of swimmers not in individual events must meet the relay standard with aggregate times. A fine of \$100 will be levied against the club when a relay fails to comply with this rule

Scratch Rule: Coaches with swimmers over entered 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.B.15.c).

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.B.15.d)

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 remainder of the meet (SC Swimming Policies and Procedures XI.B.15.e).

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 responsibility of coaches and swimmers 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 the 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 afternoon session and/or after finals at the discretion of the Meet Referee. On the final day of the meet, any event longer than 400 yards will *not* be available for time trials. Time Trial fees must be paid upon entry at the Clerk of Course. Each swimmer in a time trial is required to provide their own timer.

Time of the Meet: All preliminary competition warm-ups will begin at 7:00 AM. All preliminary competitions will begin at 8:30 AM.

All 11 & older finals warm-ups will begin at 5:00 PM. All finals competition will begin at 6:00 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 email.

Entries: Entry Deadline: *All entries must be received by 5:00 PM, Monday, July 1st, 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. Entries must be submitted using a South Carolina State Meet Qualifying Short Course Yards, Short Course Meters, or Long Course Meters time. Times must have been achieved on or after June 1, 2023, and prior to the entry deadline.

For all individual events, proof of time is necessary. Entry times will be checked against the SWIMS database. For these events, Sportstiming will provide the LSC with a printout of the times that will need to be proved prior to the seeding of the meet.

In all SCLSC Championship Meets, non-conforming time entries shall be sent to the club by electronic mail (e-mail). The club shall have the opportunity to correct the entry if done so within 24 hours from the email time stamp.

The multi-age group events will be set up with different event numbers for each age group. Swimmers should be entered in the correct age group. The events will then be combined in the meet manager software and the events will be contested as specified in the meet information. This will allow for the verification of the entry times for each swimmer in each entered event.

The meet host of the SCLSC State Championships shall post a preliminary meet psych sheet within 72 hours following the meet entry deadline (Monday, July 1st, 2024.). Coaches will then have 48 hours upon notice of the posting to review the psych sheet and notify the hosting club of any corrections. Coaches cannot change athlete's events or times once entries are received by the host club (except as currently stated in the P&P where non-conforming times can be changed within 24 hours of notification by the host club to the athlete's coach). Only omissions can be corrected at the published cost of the event.

Additional individual entries will be accepted after the entry deadline (*July 1st, 2024*) for times achieved between the entry deadline (*July 1st, 2024*) and the following Sunday (*July 7th 2024*). New qualifying events for existing entered swimmers are allowed. Updated qualifying times for events previously entered for swimmers are not allowed. *All new qualifying time entries must be received by 5:00 PM, Monday, July 8th, 2024. Coaches must present meet results (prove times).*

Late entries for any team or athlete missing the entry deadline will be permitted. The team or athlete must pay a one-time processing fee of \$150.00 and pay entry fees at double the regular entry fee. All late entries will be processed manually. Coaches must present meet results (prove times) with all late entries *by 5:00 PM, Monday, July 8th, 2024.*

Clubs should submit a single check payable to SCSC- MPSCPA 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 the swimmer's full name, age, and sanctioned short course yard, short course meters, or long course meter times. 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-tekltd.com to download Team Manager II Lite if your club does not possess club management software. You must submit a paper (pdf) back-up and your signed club summary sheet for verification.

Mail the completed meet entry summary sheet, check, and hard copies of entry summary to:

SC Long Course State Championships
Mount Pleasant PA - SCSC
PO Box 882
Mount Pleasant, SC 29465

E-Mail: Send electronic entries to meet.support@sportstiming.com. E-mailed entries must also be accompanied by Word or PDF document export summaries of individual entries by swimmer, relays by event, and fee summary. Make checks payable to SCSC - MPSCPA The Meet Director is not responsible for any club's entries.

Proof Of Time: A fine of \$100.00 will be levied against the club (if unattached, against the swimmer) when a swimmer fails to swim a time equal to or faster than the qualifying standard for each event at the long-course or short-course State Championships and the club (or the swimmer if unattached) is unable to prove, using officials results, that he or she has met the qualifying standard in that event in a meet held since the last like-course State Championship. This fine must be paid (or the time must be proved) within 45 days from the date of notification. If the fine is not paid within the 45 days, it will be doubled. This notification will be made through an exception report that will be generated by the host club and sent with the meet results. The Administrative Vice-Chair will enforce the fines. If swimmers participate in a relay, and the relay fails to meet the qualifying standard, their club must demonstrate that the aggregate of the times of the four competing swimmers meets the relay qualifying standard. Otherwise, fines will be issued. Coaches are to submit Proof of Time with their entries. Be sure to select "Include Proof of Time" filter on the entry software.

Awards:
Banners: First place overall, men, and women
Plaques: Second and Third Place overall
Individual Events: Medals for First through Tenth place
Relays: Medals for First through Third place, Ribbons for Fourth through Tenth place
High Point: Plaques for highest scoring male and highest scoring female in each age group.

Scoring:
Individual Events: 24-21-20-19-18-17-16-15-14-13- 11-9-8-7-6-5-4-3-2-1
Relay Events: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2

Timing: Colorado timing system and data processing services are provided by Sports Timing, Inc. There will be a secondary semi-automatic timing system of two buttons per lane. Per the P&P (VIII.C.2), for freestyle events 800 and above one button per lane is allowed.

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 to aid in identification.

Other Information: **Coaches:** A coaches meeting will be held fifteen minutes prior to the start of warm-ups on Thursday. 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. Selections will be posted one week before the start of the meet. Walk-ins will not be accommodated.

The dress at the State 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 red 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 officials room.

Officials are expected to work time trial sessions.

This meet will be an Officials Qualifying Meet. Officials interested in advancing their national level qualifications can obtain the following evaluations at this meet:

Stroke and Turn: N2/N3
Chief Judge: N2/N3i
Starter: N2
Deck Referee: N2
Administrative Referee/Official: N2

Officials desiring an evaluation must turn in a Request for Evaluation form, which can be found on the SC-Swimming website under the Officials tab. Send this form to the Officials Chair (officials@sc-swimming.org). Please make sure that you have the prerequisite sessions to request any evaluation before sending it to the Officials Chair. Note that the 10 and under sessions are not evaluated sessions and will not count towards the evaluation session totals.

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 composed 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 Jury: A Meet Jury 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.

Meet Management Committee: A Meet Management Committee shall be established by the Meet Referee prior to entry deadline for the meet and convened prior to publication of timelines. This committee will consist of five (5) persons: (a) one athlete designated by the Senior Athlete Representative; (b) the head coach of the host club; (c) the Meet Director; (d) the Meet Referee; and (e) one Board of Directors member, (Age Group Championship: Age Group Chair; Senior Championship: Senior Chair). If the respective chair for the meet is unavailable, a Board of Directors member shall be selected in the order of Coaches Representative, Senior or Age Group Chair, and Technical Planning Chair. There shall be no more than two members from the host club. Prior to the beginning of the meet, the Meet Management Committee must convene and make the decisions regarding timeline breaks or any other changes needed to run the meet in the most efficient manner. Once the meet begins, these decisions will revert to the Meet Referee.

Hospitality: Hospitality for coaches and officials will be provided.

Concessions: Vendors and concessions may be provided in the area outside the pool but be prepared to bring all food and drinks for your swimmers and families.

Host Hotels:

Courtyard Marriott Airport
2415 Mall Drive North Charleston Sc 29406
Room rate \$119 per night group block- Swim team SCSC

Alternate Contact Person: HC Nathan Murray 704-964-9942

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July 11-14, 2024

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Sanction Number SC24117LCM & SC24118TT

Thursday July 11

Session 1: Timed Finals 11-14

Warm-ups 4:00 pm/Start 5:30 pm

Women		Men
1	11-12 400 Freestyle Relay	2
3	13-14 400 Freestyle Relay	4
5	11-12 400 Individual Medley	6
7	11-14 800 Freestyle	8

Friday July 12

Session 2: Preliminaries 11-14

Warm-ups 7:00 am/Start 8:30 am

Women		Men
11	13-14 200 Freestyle	12
13	11-12 200 Freestyle	14
15	13-14 100 Breaststroke	16
17	11-12 100 Breaststroke	18
19	13-14 100 Butterfly	20
21	11-12 50 Butterfly	22
23	13-14 400 Individual Medley	24
25	11-12 200 Backstroke *	26

(Timed Finals – Top heat in finals) *

Session 3: Timed Finals 10 & U

Warm-ups 12:00 am/Start 1:00 pm

Women		Men
9	10 & U 400 Freestyle	10

Session 4: Finals 11-14

Warm-ups 5:00 pm/Start 6:00 pm

Women		Men
11	13-14 200 Freestyle	12
13	11-12 200 Freestyle	14
15	13-14 100 Breaststroke	16
17	11-12 100 Breaststroke	18
19	13-14 100 Butterfly	20
21	11-12 50 Butterfly	22
23	13-14 400 Individual Medley	24
25	11-12 200 Backstroke *	26

5 min break

27	13-14 400 Medley Relay	28
29	11-12 400 Medley Relay	30

Saturday July 13

Session 5: Preliminaries 11-14

Warm-ups 7:00 am/Start 8:30 am

Women		Men
43	11-12 100 Butterfly	44
45	13-14 200 Butterfly	46
47	11-12 100 Freestyle	48
49	13-14 50 Freestyle	50
51	11-12 50 Breaststroke	52
53	13-14 200 Breaststroke	54
55	11-12 50 Backstroke	56
57	13-14 100 Backstroke	58
59	11-12 400 Freestyle*	60
61	13-14 400 Freestyle	62

(Timed Finals – Top heat finals)*

Session 6: Timed Finals 10 & U

Warm-ups Not Before 2:30 pm

Start Not Before 3:15 pm

Women		Men
31	10 & U 200 Medley Relay	32
	5 Min Break	
33	10 & U 50 Breaststroke	34
35	10 & U 100 Freestyle	36
37	10 & U 50 Backstroke	38
39	10 & U 100 Butterfly	40
41	10 & U 200 Freestyle	42

Session 7: Finals 11-14

Warm-ups 5:00 pm

Start 6:00 pm

Women		Men
43	11-12 100 Butterfly	44
45	13-14 200 Butterfly	46
47	11-12 100 Freestyle	48
49	13-14 50 Freestyle	50
51	11-12 50 Breaststroke	52
53	13-14 200 Breaststroke	54
55	11-12 50 Backstroke	56
57	13-14 100 Backstroke	58
59	11-12 400 Freestyle*	60
61	13-14 400 Freestyle	62
	5 min break	
63	11-12 200 Medley Relay	64
65	13-14 200 Medley Relay	66

Sunday July 14

Session 8: Preliminaries 11-14

Warm-ups 7:00 am

Start 8:30 am

Women		Men
85	11-12 200 Butterfly*	86
87	13-14 100 Freestyle	88
89	11-12 50 Freestyle	90
91	11-12 200 Breaststroke *	92
93	13-14 200 Backstroke	94
95	11-12 100 Backstroke	96
97	13-14 200 Individual Medley	98
99	11-12 200 Individual Medley	100
5 min break		
79	13-14 200 Free Relay	80
81	11-12 200 Free Relay	82
10 min break		
83	11-14 1500 Freestyle	84

(Timed Finals – Top heat in finals)*

Session 9: Timed Finals 10 & U

Warm-ups Not Before 2:30 pm

Start Not Before 3:15pm

Women		Men
67	10 & U 200 Freestyle Relay	68
5 min break		
69	10 & U 200 Individual Medley	70
71	10 & U 50 Freestyle	72
73	10 & U 100 Breaststroke	74
75	10 & U 50 Butterfly	76
77	10 & U 100 Backstroke	78

Session 10: Finals 11-14

Warm-ups 5:00 pm

Start 6:00 pm

Women		Men
85	11-12 200 Butterfly*	86
5 min break		
87	13-14 100 Freestyle	88
89	11-12 50 Freestyle	90
5 min break		
91	11-12 200 Breaststroke*	92
93	13-14 200 Backstroke	94
95	11-12 100 Backstroke	96
97	13-14 200 Individual Medley	98
99	11-12 200 Individual Medley	100

(Timed Finals – Top Heat)*

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Coaches:

Please use this checklist to make sure you return all the required items. This form must be filled out and included with your entry.

_____ Financial Summary Form (including email address).

_____ Hard copy of entries.

_____ Check for all fees (payable to SCSC- MPSCPA).

I certify that this entry is completed to the best of my ability and that all swimmers entered have achieved the entry time required in each event.

Coach's Signature

Date

Club Name

Club Abbreviation

2024 SOUTH CAROLINA LONG COURSE AGE GROUP LSC CHAMPIONSHIP

JULY 11-14, 2024

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC24117LCM & SC24118TT

Meet Entry Summary Sheet

Club Name _____ Abbreviation _____

Coach(es) _____

Club Contact Person _____

Home/Cell Phone Number _____ Work Phone Number _____

E-Mail Address _____

Club Mailing Address _____

Number of Individual Events _____	× \$4.00 each	\$ _____
Number of Relay Events _____	× \$8.00 each	\$ _____
Number of Swimmers _____	× \$30.00 Pool Surcharge fee	\$ _____
Number of Swimmers _____	× \$7.00 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 Fund \$ _____

Number of Swimmers _____ × \$ 10.00 surcharge per swimmer \$ _____
for non-electronic submission of entries

Total Amount Enclosed (checks payable to SCSC - MPSCPA) \$ _____

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 South Carolina Swimming, Dorchester County, Sportstiming, South Carolina Swim Club, its agents, employees, and coaches shall be held free from any liabilities or claims rising by reason of injury to anyone during the conduct of the meet. 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.

Signature/Title _____



2023-2024 AGE GROUP LSC CHAMPIONSHIP

Time Standards - Long Course Meters

GIRLS				BOYS		
10 & Under	11-12	13-14	EVENT	10 & Under	11-12	13-14
:39.29	:33.49	:31.89	50 Free	:39.49	:34.19	:29.69
1:26:39	1:13.39	1:06.89	100 Free	1:28.19	1:14.69	1:04.29
3:14.19	2:39.79	2:26.49	200 Free	3:11.99	2:43.69	2:23.99
7:22.49	5:40.59	5:13.89	400 Free	7:22.49	5:40.59	5:07.49
n/a	13:09.29	10:50.39	800 Free	n/a	13:06.59	10:38.19
n/a	25:10.99	20:32.19	1500 Free	n/a	24:44.99	20:20.69
:45.59	:39.29	n/a	50 Back	:46.79	:40.09	n/a
1:41.59	1:26.19	1:19.69	100 Back	1:44.59	1:26.49	1:14.79
n/a	3:09.49	2:46.99	200 Back	n/a	3:12.89	2:44.09
:52.79	:45.19	n/a	50 Breast	:53.79	:45.39	n/a
1:56.89	1:36.39	1:30.49	100 Breast	1:58.19	1:42.99	1:29.99
n/a	3:36.09	3:14.49	200 Breast	n/a	3:41.89	3:07.29
:46.19	:37.59	n/a	50 Fly	:46.99	:38.09	n/a
1:49.79	1:27.59	1:17.99	100 Fly	1:49.69	1:31.79	1:14.29
n/a	3:16.59	3:04.89	200 Fly	n/a	3:25.19	2:56.69
n/a	n/a	n/a	100 IM	n/a	n/a	n/a
3:35.69	2:58.89	2:47.69	200 IM	3:39.29	3:05.49	2:43.19
n/a	7:08.99	6:01.29	400 IM	n/a	6:52.29	5:48.19
2:38.69	2:15.29	n/a	200 Free Relay	2:39.49	2:18.09	n/a
n/a	n/a	4:30.29	400 Free Relay	n/a	n/a	4:19.79
3:05.69	2:37.09	n/a	200 Medley Relay	3:08.89	2:39.29	n/a
n/a	n/a	5:18.29	400 Medley Relay	n/a	n/a	5:06.39



RELAYS:

An 11-12 400 Relay team may qualify using the 200 Relay time standards (either by aggregate or team time). Qualifying for the 13-14 200 Relays will be based on the 400 Relay time standards (either by aggregate or team time). Seeding for all 11-12 Relays will be done using a qualifying or aggregate time in the 200 Relay distance and for the 13- 14 age group, seeding will be based on the 400 relay distance using either a qualifying or aggregate time.

PARA-SWIMMING:

Para-Swimming athletes are eligible to compete at LSC Championships provided they achieve the USA Swimming suggested LSC time standards for any offered event.