



2026 Carolina Aquatics May Breakout



Date of Meet:

May 15-17, 2026

Meet Sanction: Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC26104LCM & SC26105TT
Host Club: Carolina Aquatics Swim Club

| | | | |
|-------------------------|---------------------|--|--------------|
| Meet Director: | Gretchen Collum | ca.meet.dir@gmail.com | 803-530-0726 |
| Meet Referee: | Aimee Onoszko | aonoszko@bellsouth.net | 816-665-6080 |
| Admin Official: | Ashleigh Hankwitz | a.hankwitz@googlemail.com | 262-744-9386 |
| Meet Entries to: | Victoria Culbertson | meet.support@sportstiming.com | 843-628-5486 |
| Safety Marshal: | Heather Bullard | helyseg@yahoo.com | 803-206-3193 |
| | Kurt McKaughan | McKaughan.Kurt@gmail.com | 803-767-7993 |

Facility: The 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 Carolina Natatorium is a semi-open-air facility that contains a ten lane 50 meter competition pool with a diving well for warm up/warm down and spectator seating for 500. The water depth of the competition course is 7 feet measured from one (1) meter to five (5) meters at the starting end of the course and 6 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(4).

PARKING: Parking in any reserved space is subject to towing. Parking is available in the Natatorium parking lot for \$5 per day (credit card only). Parking garages and metered parking are also available.

ENTRY TO THE 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 deck no sooner than 15 minutes before their warm-up session.

Medical supervision will be provided by the lifeguard staff. There is an AED onsite.

FACILITY RULES:

- Only swimmers, meet officials, coaches, and meet personnel with proper credentials will be allowed on the pool deck.
- There will be bleachers on deck for swimmers.
- Safety marshals will be assigned to supervise all sessions of the meet and will have the authority to remove any swimmer, coach, parent, or club from the pool and facility, if necessary, for not following the facility and meet safety rules.
- Any swimmer found to be abusing any area of the facility will be barred from further competition and will also be barred from the facility.
- The team of any swimmer found to be abusing any area of the facility will be held responsible for any and all repairs resulting from the abuse.
- Locker room and restroom use must comply with all Safe Sport guidelines.
- No glass containers inside the pool area.
- Hallways and stairwells must remain easily accessible

- Pool Area: The diving equipment is off limits.
- Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in any other part of the building, including work out rooms, meeting rooms, storage rooms or control rooms. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a safety marshal to monitor warm up sessions and locker rooms, in addition to host team marshal.

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 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 and SC 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 102.8.1F)

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 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. 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: All fees must be paid prior to the first day of the meet. Clubs should submit a single check payable to Carolina Aquatics Swim Club.

- \$36.00 Facility fee per swimmer
- \$5.00 per individual event
- \$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
- \$8.00 Electronic Heat Sheet per swimmer
- \$10.00 per deck entry
- \$8.00 per time trial (Fees for time trials must be paid in cash to the Clerk of Course prior to swimming the time trial.)

Entry Limit: Athletes may enter up to three (3) individual events on Friday, may enter up to four (4) individual events on Saturday and Sunday including time trials.

Meet Format:

Meet management reserves the right to adjust the number of heats, lanes, and warm-up/start times based on the number of entries. Meet management reserves the right to insert breaks in the meet where necessary to allow athletes proper rest, and to make any changes during the meet in order to provide the best competition environment for the athletes.

- All events will be contested as Timed Finals.
- All individual events will be swum mixed gender events (both genders in the same heat/event) with the exception of the 400 Free, 400 IM and 800 Free.
- All events 400 meters and longer will be positive check-in, deck seeded, and will alternate one girls heat followed by one boys heat. Positive check-in will close thirty (30) minutes prior to the start of every session.
- The Open 400 IM, 9-12 400 Free, 13 and over 400 Free and Open 800 Free will be swum fastest to slowest.
- All 50 meter events will start at the shallow end of the pool.
- The Open 400 IM, 9-12 and Open 400 Free and 800 Free events must provide their own timer and counter (800 Free).
- The following events may be limited to Top 20 per event: 9-12 400 Free, 13 and over 400 Free, Open 400 IM and Open 800 Free.
- **Scratch Rule:** All scratches should be submitted to the Clerk of Course as soon as possible to provide lanes for possible deck entries.
- **Time Trials:** Time trials will be permitted at the discretion of the Meet Referee and conducted at the conclusion of Saturday or Sunday sessions. On Saturday and Sunday, a swimmer can swim in four (4) individual events, including time trial. Notification of the time trial requests should be given to Clerk of Course within 30 minutes after the start of each session. Swimmers must provide their own timer for time trials. **Fees must be paid in cash upon entry to the Clerk of Course prior to swimming time trial.**
- **Late entries:** All entries must be received by 11:59pm on May 5, 2026. Late entries and deck entries will be accepted at the discretion of the meet director and at double the regular entry fee in open lanes only.
- Meet Management reserves the right to adjust the warm-up times and start times and to combine sessions if applicable.
- 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.
- **Warm up Procedures:** Warm up lane assignments will be posted prior to the start of each session.

Time of Meet:

| Session | Warm-Ups | Start of Meet |
|--------------------|----------|---------------|
| Friday Evening | 5:15 PM | 6:15 PM |
| Saturday Morning | 10:15 AM | 11:00 AM |
| Saturday Afternoon | 2:30 PM | 3:30 PM |
| Sunday Morning | 7:30 AM | 8:30 AM |
| Sunday Afternoon | 11:30 AM | 12:30 PM |

Entries: SUBMISSION PROCEDURE: · Go to <https://sportstiming.com/>, click on upcoming meets, and click on "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 can submit a new form and file. In accordance with facility regulations, **meet capacity is limited to 350 swimmers per session, therefore session participation will be capped.** Please contact the Meet Director in advance with your projected athlete numbers per session (ca.meet.dir@gmail.com). These projections will be used to evaluate entries, adjust the meet format as needed, and if necessary close entries and select teams to ensure balanced sessions and safe, equitable competition. **The entry deadline is 11:59pm, May 5, 2026.** Carolina Aquatics Swim Club, Inc., is not responsible for lost or delayed entries.

Faxed entries will not be accepted. Make Checks payable to Carolina Aquatics Swim Club and payment is due before the start of the meet.

Deck Entries: Deck entries will only be accepted at the discretion of the Meet Director and at double the event fee (\$10) for empty lanes only and only for swimmers already entered in the meet. Proof of current registration is required for deck entries. Deck entries to pre-seeded individual events will be added at NT and permitted only on a "lane available" basis. No heats will be added for an event, and heats will not be reseeded. Deck entry fees must be paid to the Meet Director prior to the swimmer being added to the event.

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 University of South Carolina, Superior Swim Timing with a 10-lane video display scoreboard. One to two manually operated stop watches will provide tertiary back-up.

Coaches Eligibility: All coaches must be current members in good standing with USA Swimming and present their credentials at sign-in at Clerk of Course. Coaches will be required to wear a host provided wristband to aid in identification.

Coaches meeting: A coaches meeting will be held 20 minutes prior to the start of the Friday session (5:55 pm). The Meet Referee may call other coaches' meetings as needed.

*Note: Coaches and Officials meetings may be held virtually prior to the start of the meet.

Other Information:

- **Officials:** All officials must show their current USA Swimming credentials at sign-in with the Meet Referee one hour prior to the start of Friday session. Officials wear white collared shirts over navy blue pants, shorts, or skirts. Meetings for Officials will begin no later than 45 minutes prior to each session's start time. Carolina Aquatics welcomes visiting officials. Individuals wishing to officiate, or apprentice should contact the Meet Referee, Aimee Onoszko, as soon as possible at aonoszko@bellsouth.net.

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

- **Concessions:** Concessions will be located on the 3rd level of the spectator seating area.

- **Timers: Carolina Aquatics welcomes timers from participating teams.** Each swimmer in distance events (400 Free, 400 IM and 800 Free) will be required to provide their own timer. Those swimming time trials must provide their own timer.

- **Alternate Contact:** Carolina Aquatics Head Coach, Pam Swander
Phone: 317-985-7767 Email: pamswander@gmail.com

**2026 CA May Breakout
May 15-17, 2026**

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC26104CM & SC26105TT

| | | Friday |
|---|-------|---------------------------------------|
| | | Warm up 5:15 pm Starts 6:15 pm |
| | | Session 1 |
| | | |
| 1 | Mixed | 12 & under 50 Freestyle |
| 2 | Mixed | 13 & over 50 Freestyle |
| 3 | Mixed | 12 & under 200 IM |
| 4 | Mixed | 13 & over 200 IM |
| 5 | Girls | 9-12 400 Free* |
| 6 | Boys | 9-12 400 Free* |
| 7 | Girls | 13 & over 400 Free* |
| 8 | Boys | 13 & over 400 Free* |

***400 Free may be limited to Top 20 (2 heats) per event**

2025 CA May Breakout

May 15-17, 2026

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC26104CM & SC26105TT

| | | Saturday AM |
|----|-------|--|
| | | Warm up 10:15 am Start 11:00 am |
| | | Session 2 |
| 9 | Mixed | 10 & under 100 Freestyle |
| 10 | Mixed | 11-12 100 Freestyle |
| 11 | Mixed | 10 & under 50 Freestyle |
| 12 | Mixed | 12 & under 200 Butterfly |
| 13 | Mixed | 10 & under 50 Backstroke |
| 14 | Mixed | 11-12 100 Backstroke |
| 15 | Mixed | 10 & under 100 Backstroke |
| 16 | Mixed | 11-12 50 Breaststroke |
| 17 | Mixed | 10 & under 50 Breaststroke |
| 18 | Mixed | 11-12 50 Butterfly |
| 19 | Mixed | 10 & under 50 Butterfly |
| 20 | Mixed | 12 & under 200 Breaststroke |

| | | Saturday PM |
|----|-------|--------------------------------------|
| | | Warm up 2:30 pm Start 3:30 pm |
| | | Session 3 |
| 21 | Mixed | Open 50 Backstroke |
| 22 | Mixed | 13-14 200 Backstroke |
| 23 | Mixed | Open 200 Backstroke |
| 24 | Mixed | 13-14 100 Breaststroke |
| 25 | Mixed | Open 100 Breaststroke |
| 26 | Mixed | Open 50 Butterfly |
| 27 | Mixed | 13-14 200 Butterfly |
| 28 | Mixed | Open 200 Butterfly |
| 29 | Mixed | 13-14 100 Freestyle |
| 30 | Mixed | Open 100 Freestyle |
| | | 10 Minute Break |
| 31 | Girls | Open 400 IM* |
| 32 | Boys | Open 400 IM* |

***400 IM may be limited to Top 20 (2 heats) per event**

2026 CA May Breakout

May 15-17, 2026

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC26104CM & SC26105TT

| | | Sunday AM |
|----|-------|--------------------------------------|
| | | Warm up 7:30 am Start 8:30 am |
| | | Session 4 |
| 33 | Mixed | 10 & under 200 Freestyle |
| 34 | Mixed | 11-12 200 Freestyle |
| 35 | Mixed | 10 & under 50 Breaststroke |
| 36 | Mixed | 11-12 100 Breaststroke |
| 37 | Mixed | 10 & under 100 Breaststroke |
| 38 | Mixed | 11-12 50 Backstroke |
| 39 | Mixed | 10 & Under 50 Backstroke |
| 40 | Mixed | 11-12 100 Butterfly |
| 41 | Mixed | 10 & under 100 Butterfly |
| 42 | Mixed | 11-12 50 Freestyle |
| 43 | Mixed | 10 & under 50 Freestyle |
| 44 | Mixed | 12 & under 200 Backstroke |

| | | Sunday PM |
|----|-------|--|
| | | Warm up 11:30 am Start 12:30 pm |
| | | Session 5 |
| 45 | Mixed | 13-14 100 Backstroke |
| 46 | Mixed | Open 100 Backstroke |
| 47 | Mixed | Open 50 Breaststroke |
| 48 | Mixed | 13-14 200 Breaststroke |
| 49 | Mixed | Open 200 Breaststroke |
| 50 | Mixed | 13-14 100 Butterfly |
| 51 | Mixed | Open 100 Butterfly |
| 52 | Mixed | Open 50 Freestyle |
| 53 | Mixed | 13-14 200 Freestyle |
| 54 | Mixed | Open 200 Freestyle |
| | | 10 Minute Break |
| 55 | Girls | Open 800 Freestyle* |
| 56 | Boys | Open 800 Freestyle* |

***800 Freestyle may be limited to Top 20 (2 heats) per event**

2026 Carolina Aquatics May Breakout

May 15-17, 2026

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC26104CM & SC26105TT

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 \$36.00 Facility Fee | = \$ _____ |
| Total Number of Swimmers _____ | x \$8.00 Electronic Heat Sheet Fee | = \$ _____ |
| Total # Individual Events: _____ | x \$5.00 | = \$ _____ |
| 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: _____

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, and Sports Timing 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: _____

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

Carolina Aquatics Swim Club
100 Old Cherokee Road
Suite 313
Lexington, SC 29072