



2026 South Carolina Long Course Age Group LSC Championship
July 16-19, 2026
Held under the sanction of USA Swimming issued by SC Swimming
SC26168LCM & SC26169TT

DATE OF MEET	July 16-19, 2026		
MEET SANCTION	Held under the sanction of USA Swimming issued by SC Swimming: SC26168LCM & SC26169TT		
HOST TEAM	Carolina Aquatics Swim Club		
MEET DIRECTOR	Gretchen Collum	ca.meet.dir@gmail.com	(803) 530-0726
MEET REFEREE	Aimee Onoszko	aimeeonoszko@gmail.com	(816) 665-6080
ADMIN REFEREE	Brent Lightfoot	bc.lightfoot@sbcglobal.net	(630) 277-0104
MEET ENTRIES TO	Victoria Culbertson	Meet.support@sportstiming.com	(843) 628-5486
SAFETY MARSHALL	Kerri Santulli	Kerri.santulli@gmail.com	(845) 304-8733
	Matt Whitaker	mwhitakerDPT@gmail.com	(803) 422-5585
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 an adjacent five lane 25 yard warm down pool. 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 the accordance with 104.2.2C(4).		
	The adjacent five (5) lane warm-up and warm-down pool will be open at the discretion of the Meet Referee.		
	The pool deck capacity will be 500 people as per SCDHEC and the University of South Carolina.		
	Medical supervision will be provided by the University of South Carolina lifeguard staff.		
	PARKING	Limited parking will be available in the Blatt parking lot for Thursday and Friday evening and weekend sessions at a cost of \$5 per day, collected by USC parking attendants, credit card only. Do not park in permit areas or reserved parking. Any vehicles parked in spaces marked "reserved" are subject to towing at the owner's expense. Other parking areas include nearby garages and metered spots. Do not park in the Bright Horizon's child care center lot on Thursday or Friday. All USC parking regulations will be enforced.	
ENTRY TO THE CAROLINA	Swimmers, coaches and officials will enter on the east side of the building through the Gamecock awning doors adjacent to the back		



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	<p>NATATORIUM</p>	<p>of the parking lot. Swimmers will be allowed on deck no sooner than 15 minutes before their warm up session. The front entrance (on Wheat Street) is only for those with USC identifications and those needing ADA entry.</p>
	<p>FACILITY RULES</p>	<p>The Blatt PE Center is an academic building and classes will be in session, noise in the public spaces need to be kept at a minimum. Areas of the building including gyms, weight rooms, and classrooms are off limits.</p> <p>Only swimmers, meet officials, coaches and meet personnel with proper credentials will be allowed on the pool deck.</p> <p>There will be bleachers on deck for swimmers.</p> <p>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.</p> <p>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 for the remainder of the meet.</p> <p>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.</p> <p>Locker room and restroom use must comply with all Safe Sport guidelines.</p> <p>Locker rooms will be available for use by all athletes.</p> <p>No glass containers inside the pool area.</p> <p>Hallways and stairwells must remain clear and easily accessible.</p> <p>Pool Area: the diving equipment is off limits.</p>
<p>RULES</p>	<p>Meet to be conducted in accordance with the current USA Swimming and SC Swimming Rules and Regulations and information herein.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Male and female safety marshals will be stationed at appropriate points on the deck.</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>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</p>	



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	<p>meet.</p>				
	<table border="1"> <tr> <td>SWIMWEAR</td> <td>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)</td> </tr> <tr> <td>MAAPP 2.0</td> <td>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.</td> </tr> </table>	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 MAAPP is a condition of participation in the conduct of this competition.
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ATHLETE ELIGIBILITY	<p>All swimmers and teams must be currently registered members of USA Swimming and SC Swimming. Age is to be determined by the first day of the meet.</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 without the use of the backstroke ledge. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.</p> <p>Athletes with disabilities are welcome and encouraged to participate in the meet. Athletes requiring special accommodations must contact the Meet Director at least one week prior to the meet.</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>\$48 per swimmer Facility Fee \$7 per swimmer Electronic Heat Sheet Fee \$2 per swimmer SCLSC Travel Fund/Program Fee \$2 per swimmer SCLSC Sports Development Fee \$1 per swimmer Jennifer Smith Scholarship Fee \$5 per Individual Event \$10 per Relay \$8 per Time Trial Entry Fee</p> <p>All swimmers may swim up to eight (8) individual events total with a limit of three (3) 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.</p> <p>Clubs may enter as many relays as desired. However, only two (2) relays per club will score and can receive awards.</p> <p>No refunds will be given.</p>				



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	<p>Clubs should submit a single check payable to Carolina Aquatics Swim Club for the full amount due. All fees must be paid prior to any swimmer entering the pool.</p>
<p>MEET FORMAT</p>	<p>Meet management reserves the right to adjust course breakdown and warm-up times based on the 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 insert breaks in the meet where necessary to allow athletes proper rest.</p> <p>Seeding will be done in order of LCM times, SCM times, and then SCY times. Times may not be converted.</p> <p>Lane assignments for each club will be made for each preliminary and 10&under session. All SCLSC and USA Swimming safety guidelines will be enforced.</p> <p>Finals warm-up sessions will be open. The last 15 minutes of each session will be specifics in the competition pool. The competition pool will be cleared 5 min prior to the start of the session. 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.</p> <p>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 swum B then 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 may be announced prior to the start of the event with a swimmer parade to the blocks. The names of swimmers in the "B" heats may be announced while they are in the water.</p> <p>All 10&under events will be conducted as timed finals during the Timed Final sessions.</p> <p>The 10&under 400 Freestyle events will be deck seeded after positive check-in. It will be swum slowest to fastest alternating women and men. Swimmers will need two timers and may be asked to provide at least one timer for this event.</p> <p>All 10&under relays will be conducted at the beginning of the timed finals sessions and be pre-seeded.</p> <p>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.</p> <p>The 11-12 400 Individual Medley event will be seeded fastest to slowest alternating women and men.</p> <p>The 11-12 200 Butterfly, 200 Backstroke, 200 Breaststroke, and 400 Freestyle will be conducted as deck-seeded, positive check-in timed final events. These events will all be swum slow to fast in prelims, except for the top heat of swimmers in each event which will swim during finals.</p> <p>The 13-14 400 Individual Medley and 400 Freestyle events will be conducted as</p>



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	<p>Preliminary/Final events. These events will be positive check-in and deck seeded with the top two (2) women heats swimming (circle-seeded), followed by the top two (2) men heats (circle-seeded), and then the remaining heats will be competed alternating women, then men, fast to slow.</p> <p>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). Both 800 and 1500 will be positive check-in events and deck seeded. These will be contested fastest to slowest, alternating women and men. Swimmers may be asked to provide their own timer.</p> <p>Swimmers in the 800 Freestyle and 1500 Freestyle must provide their own lap counter if they wish one.</p> <p>All positively checked-in 1500 Freestyle swimmers will swim at the conclusion of the Sunday preliminary session.</p> <p>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.</p> <p>A relay may be composed of 4 swimmers whose aggregate time meets the minimum time standard. Aggregate times of each relay's member must be used to prove the relay time, or a relay may be composed of 4 swimmers that have qualified to participate in the meet in an individual event. No time standard needs to be met. All relays will be pre-seeded prior to the meet. Relay-only swimmers must be entered in the meet in order to be eligible for a relay.</p> <p>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. Relay-only swimmers must be entered in the meet prior to the meet entry deadline and are subject to all fees. Any relay-only swimmers not entered in the meet by the entry deadline are not permitted in the meet.</p>
<p>SCRATCH RULE/ POSITIVE CHECK-IN</p>	<p>There will be no penalty for not swimming in the seeded preliminary events 200m or less 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.16.c).</p> <p>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.16.d)</p> <p>Any swimmer qualifying for a final in events in which preliminaries and finals are competed, who fails to swim in that final, shall be barred from all further competition for the remainder of the meet. (SC Swimming Policies and Procedures XI.B.16.e).</p> <p>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</p>



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	determined by the meet referee that failure to compete is caused by circumstances beyond the control of the swimmer (SC Swimming Policies and Procedures XI.B.16.f).																																					
	INDIVIDUAL EVENT POSITIVE CHECK-INS	The 400 IM, 400 Free, 800 Free, and 1500 Free will require positive check-in. Swimmers must be checked in thirty (30) minutes prior to the start of session.																																				
SWIM OFFS	It is the coaches' and swimmer's 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 absent for a swim-off will be dropped to the lower place.																																					
TIME TRIALS	Time Trials will be conducted after preliminaries, and/or after finals at the discretion of the Meet Referee. On the final day of the meet, any event longer than 400 meters will not be available for time trials. Time Trial fees must be paid upon entry at the Clerk of Course. Each swimmer swimming in a time trial is required to provide their own timer.																																					
TIME OF MEET	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.																																					
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ENTRIES	DEADLINE	All entries must be received by 5:00 PM, Monday, July 6, 2026.																																				
	SUBMISSION PROCEDURE	Go to https://sportstiming.com/ , click on upcoming meets, and click on "2026 Long Course Age Group LSC Championship", complete the form, upload your entry file, and click submit. You																																				



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	<p>will receive an email confirmation. If you need to submit updated entry files, you can submit a new form and file.</p>
	<p>The meet host is not responsible for lost or delayed entries.</p>
	<p>SC Swimming does not accept deck registrations. All swimmers entered must be registered at the time of entry deadline.</p>
	<p>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 yard or long course meters time. Times must have been achieved on or after June 1, 2025, and prior to the entry deadline.</p>
	<p>For all individual events, proof of time is necessary. Entry times will be checked against the SWIMS database. For these events, the meet entry coordinator will provide the LSC with a printout of the times that will need to be proved prior to the seeding of the meet.</p>
	<p>The meet host of the SCLSC Championships shall post a preliminary meet psych sheet within 72 hours following the meet entry deadline (Monday, July 6, 2026.). 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.</p>
	<p>Additional individual entries will be accepted after the entry deadline (July 6, 2026) for times achieved between the entry deadline (July 6, 2026.) and the following Sunday (July 12, 2026). 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 6, 2026. Coaches must present meet results (prove times).</p>
	<p>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 13, 2026.</p>
	<p>Clubs should submit a single check payable to Carolina Aquatics Swim Club. Entry fees must be paid in full before the start of the meet. Swimmers will not be able to race in the meet until entry fees are paid.</p>
	<p>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-tek.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.</p>
	<p>Mail the completed meet entry summary sheet, check, and hard copies of entry summary to: Carolina Aquatics Swim Club 100 Old Cherokee Road, Suite 313 Lexington, SC 29072</p>



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	Teams may opt to bring their entry fee check to the Coaches' meeting on Thursday afternoon.	
	The Meet Director is not responsible for any club's entries.	
PROOF OF TIME	Entry times must be in SWIMS (USA Swimming's database) as proof of time.	
	The SCLSC will run a SWIMS Times Recon report prior to the meet to confirm entry times. Meet Mobile may not be used as proof of time.	
AWARDS	Banner and rotating trophies: 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; Ribbons for Fourth through Tenth place	
	High Point: Plaques for highest scoring male and highest scoring female	
SCORING	INDIVIDUAL EVENTS	1st-10th places: 24-21-20-19-18-17-16-15-14-13 11th-20th places: 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 Carolina Aquatics. 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 meters and above, one button per lane is allowed.	
COACHES ELIGIBILITY	Coaches must check in at Clerk of Course and provide current USA-Swimming credentials to be allowed on deck. Coaches must be coach members of USA Swimming and must show their credentials upon request (USA Swimming App is sufficient) while on deck.	
OTHER INFORMATION	TIMERS	The host team has the right to request timers from visiting teams.
		The number of timers each participating team is required to provide will be based on a proportion of the number of entries submitted for each session and considering the officials who submit their names before the stated deadline.
		When arranging timers, the host team should consider not only the number of swimmers, but also the session in which the teams' swimmers will be attending. The host team is responsible for supplying all other necessary personnel.
		If a team does not provide the timers assigned at a championship meet, the team will be fined \$100.00 per session and will not be allowed to enter swimmers in another sanctioned South Carolina Swimming meet until the fine is paid. This can be appealed to the Administrative Review Board and is enforced only if the meet management has properly assigned timers based on the number of swimmers a team has entered in the meet.
	MEET MOBILE	The host team will make every effort to push results to the Meet



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		Mobile app. Times posted to Meet Mobile are unofficial.
	OFFICIALS	Individuals wishing to officiate at this meet should apply online through the sc-swimming.org website officials tab. 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 LSC 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.
		Officials are expected to work time trial sessions.
		This meet will be an Officials Qualifying Meet. Officials interested in advancing their national level qualifications please contact the meet referee.
		Officials desiring an evaluation must turn in a Request for Evaluation form, which can be found on the SCSwimming website under the Officials tab. Send this form to the meet referee. (Please make sure that you have the prerequisite sessions before requesting an evaluation.)
	COACHES	A coaches meeting will be held 15 minutes prior to the start of warm-ups on Thursday. The Meet Referee may call other coaches meetings as needed. One coach per club may pick up the club's packet at the Clerk of Course. Finals heat sheets, relay cards and any announcements will be available at Clerk of Course.
	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 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.
	MEET MANAGEMENT	A Meet Management Committee shall be established by the Meet Referee prior to entry deadline for the meet and convened prior to



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	<p>COMMITTEE</p>	<p>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.</p>
	<p>HEAT SHEETS</p>	<p>Digital heat sheets will be posted on the South Carolina Swimming website and will be emailed to the person who submits entries for each team. The heat sheet will also be posted at no charge on Meet Mobile. Hard copies of the heat sheet will be provided to coaches at the meet.</p>
	<p>HOSPITALITY</p>	<p>Hospitality will be provided: dinner on Thursday; breakfast and dinner on Friday; and breakfast, lunch, and dinner on Saturday and Sunday. Snacks and refreshments available throughout the meet each day.</p>
	<p>CONCESSIONS</p>	<p>Concessions may be available throughout the meet.</p>
	<p>ALTERNATE CONTACT</p>	<p>If the meet director cannot be reached for any reason, your alternate contact is Carolina Aquatics Head Coach Pam Swander, (317) 985-7765, pamswander@gmail.com</p>



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ORDER OF EVENTS

Thursday, July 16

Session 1: 11-14 Timed Finals

Warm-ups: 4:00pm

Start Time: 5:30pm

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

Friday, July 17

Session 2: 11-14 Preliminaries

Warm-ups: 8:30am

Start Time: 9:30am

Women		Men
9	11-12 200m Freestyle	10
11	13-14 200m Freestyle	12
13	11-12 100m Breaststroke	14
15	13-14 100m Breaststroke	16
17	11-12 50m Butterfly	18
19	13-14 100m Butterfly	20
21	11-12 200m Backstroke*	22
23	13-14 400m Individual Medley	24

*Timed Final - Top heat swims in finals

Session 3: 10&Under Timed Finals

Warm-ups: 12:30pm

Session Start: 1:15pm

Women		Men
29	10&U 400m Freestyle	30



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Session 4: Finals

Warm-ups: 5:30pm

Start Time: 6:30pm

Women		Men
9	11-12 200m Freestyle	10
11	13-14 200m Freestyle	12
13	11-12 100m Breaststroke	14
15	13-14 100m Breaststroke	16
17	11-12 50m Butterfly	18
19	13-14 100m Butterfly	20
21	13-14 400m Individual Medley	22
23	11-12 200m Backstroke	24
5 minute break		
25	13-14 400m Medley Relay	26
27	11-12 400m Medley Relay	28

Saturday, July 18

Session 5: 11-14 Preliminaries

Warm-ups: 8:30am

Start Time: 9:30am

Women		Men
31	11-12 100m Butterfly	32
33	13-14 200m Butterfly	34
35	11-12 100m Freestyle	36
37	13-14 50m Freestyle	38
39	11-12 50m Breaststroke	40
41	13-14 200m Breaststroke	42
43	11-12 50m Backstroke	44
45	13-14 100m Backstroke	46
47	11-12 400m Freestyle*	48
49	13-14 400m Freestyle	50

*Timed Final - Top heat swims in finals



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Session 6: 10&Under Timed Finals

Warm-ups: 2:45pm

Start Time: 3:30pm

Women		Men
55	10&U 200m Medley Relay	56
5 minute break		
57	10&U 50m Breaststroke	58
59	10&U 100m Freestyle	60
61	10&U 50m Backstroke	62
63	10&U 100m Butterfly	64
65	10&U 200m Freestyle	66

Session 7: 11-14 Finals

Warm-ups: 5:30pm

Session Start: 6:30pm

Women		Men
31	11-12 100m Butterfly	32
33	13-14 200m Butterfly	34
35	11-12 100m Freestyle	36
37	13-14 50m Freestyle	38
39	11-12 50m Breaststroke	40
41	13-14 200m Breaststroke	42
43	11-12 50m Backstroke	44
45	13-14 100m Backstroke	46
47	11-12 400m Freestyle*	48
49	13-14 400m Freestyle	50
5 minute break		
51	11-12 200m Medley Relay	52
53	13-14 200m Medley Relay	54

*Timed Final - Top heat swims in Finals



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Sunday, July 19

Session 8: 11-14 Preliminaries

Warm-ups: 7:30am

Session Start: 8:30am

Women		Men
67	11-12 200m Butterfly*	68
69	13-14 100m Freestyle	70
71	11-12 50m Freestyle	72
73	11-12 200m Breaststroke*	74
75	13-14 200m Backstroke	76
77	11-12 100m Backstroke	78
79	13-14 200m Individual Medley	80
81	11-12 200m Individual Medley	82
5 minute break		
83	13-14 200m Freestyle Relay	84
85	11-12 200m Freestyle Relay	86
10 minute break		
87	11-14 1500m Freestyle**	88

*Timed Final - Top heat swims in Finals

**Timed Final - All heats will be swum at the end of the prelims session

Session 9: 10&under Timed Finals

Warm-ups: 2:45pm

Session Start: 3:30pm

Women		Men
89	10&U 200m Freestyle Relay	90
5 minute break		
91	10&U 200m Individual Medley	92
93	10&U 50m Freestyle	94
95	10&U 100m Breaststroke	96
97	10&U 50m Butterfly	98
99	10&U 100m Backstroke	100



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Session 10: 11-14 Finals

Warm-ups: 5:30pm

Session Start: 6:30pm

Women		Men
67	11-12 200m Butterfly*	68
5 minute break		
69	13-14 100m Freestyle	70
71	11-12 50m Freestyle	72
5 minute break		
73	11-12 200m Breaststroke*	74
75	13-14 200m Backstroke	76
77	11-12 100m Backstroke	78
79	13-14 200m Individual Medley	80
81	11-12 200m Individual Medley	82

*Timed Final - Top heat swims in Finals



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Meet Entry Summary Sheet

Club Name _____ Abbreviation _____

Coach _____

Club Contact Person _____

Home/Cell Phone Number _____ Work Phone Number _____

E-Mail Address _____

Club Mailing Address _____

Number of Coaches Attending: Thur _____ Fri _____ Sat _____ Sun _____

Number of Individual Events _____ × \$5.00 each \$ _____

Number of Relay Events _____ × \$10.00 each \$ _____

Number of Swimmers _____ × \$48.00 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 Fee \$ _____

Total Amount Enclosed (checks payable to Carolina Aquatics) \$ _____

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. A copy of the club's current USA Swimming roster is attached for verification purposes. 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 South Carolina LSC, Sportstimming, and Carolina Aquatics Swim Club 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.

Signature/Title _____

Mail 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