

Name of
Meet:



Carolina Aquatics Northpoint Heating & Air Racefest #3



Date of Meet:

January 04, 2026

Meet
Sanction:

Held under the sanction of USA Swimming issued by SC Swimming:
Sanction Number SC2682SCY & SC2683TT

Host Club:

Carolina Aquatics Swim Club

Meet Director:	Martha Chiwanza	ca.meet.dir@gmail.com	803-467-2869
Meet Referee:	Aimee Onoszko	aonoszko@bellsouth.net	816-665-6080
Admin Official:	Kelly Lynn	jollykusa@hotmail.com	803-240-7523
Meet Entries to:	Victoria Culbertson	meet.support@sportstiming.com	843-628-5486
Safety Marshal:	Kerri Santulli	kerri.santulli@gmail.com	845-304-8733
	Kurt McKaughan	McKaughan.Kurt@gmail.com	803-767-7993

Facility:

Greer Natatorium at Columbia College
4843 Burke Ave, Columbia, SC 29203

Home to Columbia College's competitive swimming program, the Greer Natatorium is a semi-open-air facility that contains a six lane 25-yard competition pool with a small, shallow pool for warm-up/warm down and seating for 100 spectators. The water depth of the competition course is 10 feet measured from one (1) meter to five (5) meters at the starting end of the course and 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 (4).

Parking: Parking for coaches, officials and spectators will be available around the facility and in the parking lot adjacent to the facility.

No lifeguards will be on duty during the meet. There is access to an AED if needed.

Entry Fees:

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

\$20.00 Facility fee per swimmer

\$10.00 per relay (\$20.00 deck entry)

\$5.00 per individual event (\$10.00 deck entry)

\$2.00 SCLSC Travel Fund/Program Fee per swimmer

\$2.00 SCLSC Sports Development Fee per swimmer

\$5.00 Electronic Heat Sheet per swimmer

\$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 swim a maximum of five (5) individual events (**time trials count as an event and may not exceed 5 events per session**).

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 MAAPP is a condition of participation in the conduct of this competition.
Athlete Eligibility:	This meet is open to Carolina Aquatics and Columbia Swimming Swim Team 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.

Meet Format:

Meet management reserves the right to adjust the number of heats, lanes, and warm-up 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 as mixed events (both genders in the same heat/event) and seeded slowest to fastest.
- Relay events may be swum together without open lanes between based on entries and timeline.
- All scratches should be submitted to the Clerk of Course as soon as possible to provide lanes for possible deck entries.
- Entry Limit: Athletes may swim a maximum of five (5) individual events.
- All events 400 yards and longer will be positive check-in and deck seeded. Positive check-in will close thirty (30) minutes prior to each session.
- 500 Free will be swum fastest to slowest.
- 500 Free are required to provide their own Timer and counter if needed.
- **Time Trials:** Time trials will be permitted at the discretion of the Meet Referee and conducted before the 500 Free, during the break. A swimmer can swim five (5) individual events, and the time trial will count as an event. Notification of the time trial should be given to Clerk of Course within 30 minutes after the start of each session. **Fees must be paid in cash upon entry to the Clerk of Course prior to swimming time trial.**
- Timers in an assigned time trial lane will stay in place for the timing of the time trial events.
- **Late entries:** All entries must be received by midnight on December 27, 2025. Entries received after this date will be considered a deck entry.
- Meet Management reserves the right to adjust the warm-up times and start times, split sessions by gender, and or combine sessions if applicable.

Time of Meet:

Session	Warm-Ups	Start of Competition
Session 1	8:00 AM – 8:55 AM	9:00 AM
Session 2	12:30 PM – 1:25 PM	1:30 PM

Entries:

SUBMISSION PROCEDURE: · Go to <https://sportstiming.com/>, click on upcoming meets and click on "#3 Racefest." 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. **The entry deadline is midnight on December 27, 2025.** Carolina Aquatics Swim Club, Inc., is not responsible for lost or delayed entries.

Coaches, please be mindful when selecting entries to help avoid placing swimmers in back to back events.

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 for empty lanes only. 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 are \$10. Deck entry fees must be paid via cash or check to the Meet Director prior to the swimmer being added to the event.

SC Swimming does not accept deck registrations. All swimmers must be registered at time of entry deadline.

Awards:	There will be heat winner awards.
Scoring:	There will be no scoring.
Timing:	Colorado Timing System operated by Carolina Aquatics. Two stopwatches will provide tertiary back-up.
Coaches Eligibility:	All coaches must be current members in good standing with USA Swimming and present their credentials through the USA Swimming app at sign-in at Clerk of Course. Coaches meeting: A coaches meeting will be held 20 minutes prior to the start of Session 1.
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 Sunday session. Officials wear white collared shirts over navy blue pants, shorts, or skirts. The meeting for Officials will begin no later than 45 minutes prior to the session 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 area available for coaches and officials only. Swimmers, spectators, and children are not permitted in the Hospitality Area. • Timers: Carolina Aquatics welcomes timers from participating teams. Time trials: Timers in an assigned time trial lane will stay in place for the timing of the time trial events. • Alternate Contact: Carolina Aquatics Head Coach, Pam Swander Phone: 317-985-7767 Email: pamswander@gmail.com

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Session 1

Warm-up 8:00 am – 8:55 am,
Timed Finals 9:00 am

Events

1	Mixed	50 Freestyle
2	Mixed	100 Freestyle
3	Mixed	200 Freestyle
4	Mixed	50 Butterfly
5	Mixed	100 Butterfly
6	Mixed	200 Butterfly
7	Mixed	50 Backstroke
8	Mixed	100 Backstroke
9	Mixed	200 Backstroke
10	Mixed	50 Breaststroke
11	Mixed	100 Breaststroke
12	Mixed	200 Breaststroke
13	Mixed	100 Individual Medley
14	Mixed	200 Individual Medley
5 minute Break		
15	Mixed	500 Freestyle (P)
P – Positive Check in		

Session 2

Warm-up 12:30 pm – 1:25 pm

Timed Finals 1:30 pm

Events

16	Girls	10 & Under 200 Medley Relay
17	Boys	10 & Under 200 Medley Relay
5 minute Break		
18	Mixed	8 & under 25 Freestyle
19	Mixed	10 & under 50 Freestyle
20	Mixed	10 & under 100 Freestyle
21	Mixed	10 & under 200 Freestyle
22	Mixed	8 & Under 25 Butterfly
23	Mixed	10 & under 50 Butterfly
24	Mixed	10 & Under 100 Butterfly
25	Mixed	8 & under 25 Backstroke
26	Mixed	10 & under 50 Backstroke
27	Mixed	10 & under 100 Backstroke
28	Mixed	8 & Under 25 Breaststroke
29	Mixed	10 & Under 50 Breaststroke
30	Mixed	10 & Under 100 Breaststroke
31	Mixed	10 & under 100 Individual Medley
32	Mixed	10 & under 200 Individual Medley
5 minute Break		
33	Mixed	10 & under 500 Freestyle (P)
P – Positive Check in		

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Meet Entry Summary Sheet

Total Number of Swimmers_____	x \$2.00 SCLSC Travel <u>Fund</u> /Program Fee	= \$ _____
Total Number of Swimmers_____	x \$2.00 SCLSC Sports Development Fee	= \$ _____
Total Number of Swimmers_____	x \$20.00 Facility Fee	= \$ _____
Total Number of Swimmers_____	x \$5.00 Electronic Heat Sheet Fee	= \$ _____
Total # Individual Events: _____	\$5.00	= \$ _____
Total # Relay Events: _____	\$10.00	= \$ _____
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: _____

Other information needed by the host team can be added here.

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, Greer Natatorium at Columbia College, 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
Suite F 313
100 Old Cherokee Rd
Lexington, SC 29072