

7th Annual HOOS Going the Distance

November 15, 2025

Meet Sanction: Held under the sanction of USA Swimming issued by SC Swimming:
Sanction Number SC2659SCY

Host Club: Wahoo Aquatic Club

Meet Director:	Tara Boone	tara@wahooaquaticclub.org	843-452-9239
Meet Referee:	Jason Overby	overbyj@cofc.edu	843 -801-4201
Admin Official:	Victoria Culbertson	Victoria.culbertson@sportstiming.com	843-296-9630
Meet Entries to:	Victoria Culbertson	Victoria.culbertson@sportstiming.com	843-296-9630
Safety Marshal:	Caroline Spence	carolinespence6@gmail.com	843-610-5053
	Kevin Cooney	kevincooney14@gmail.com	404-317-7489

Facility: LTP Swimming Pool
1513 Mathis Ferry Road
Mt. Pleasant, SC 29464

A partially covered, outdoor 8 lane 25 yard pool. No separate warm up/warm down area is available. The water depth of the competition course is 6 to 5 ½ feet measured from one (1) meter to five (5) meters at the starting end of the course and 4 to 4 ½ feet measured from one (1) meter to five (5) meters at the turn end of the course. The pool is equipped with lane lines and starting blocks. The competition course has not been certified in accordance with 104.2.2C(4).

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.

Medical supervision will be provided by the Wahoo staff (certified lifeguards).

Facility Rules:

***NO glass containers allowed in the pool area or in locker rooms.**

***Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms**

***Folding chairs are allowed on deck in designated areas. .**

Rules:	Meet to be conducted in accordance with the current USA Swimming and SC Swimming Rules and Regulations and information herein. The Meet Referee reserves the right to adjust the warm-up times and start times. Use of audio or visual recording devices, including a cell phone, are not permitted in changing areas, rest rooms or locker rooms. In addition, use of audio or visual recording devices, including a cell phone, are not allowed behind the 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. 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) 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 2.0 is a condition of participation in the conduct of this competition.
Athlete Eligibility:	This competition is open to any USA Swimming registered athletes. All swimmers and teams must be currently registered members of USA Swimming, Inc. Age is to be determined by 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 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:	Athletes may enter up to 5 individual events and swim in up to two sessions. 50.00 Per swimmer (breakdown listed below): \$43.00 per swimmer Pool and Entry Fee \$ 3.00 per swimmer fee for electronic heat sheet \$ 2.00 per swimmer SCLSC Travel Fund/Program Fee \$ 2.00 per swimmer SCLSC Sports Development Fee \$52.00 Per OUT of LSC swimmer (same fees as above + \$2 out of LSC swimmer travel fund fee/program fee) Late entries will be accepted at the discretion of the meet director. In addition to the \$50/swimmer fee (as detailed above), late entries will be charged \$5/swimmer. For out of LSC swimmers this fee would be the \$52/swimmer + \$5 late entry fee. Deck entries are permitted.

Meet Format:

- Meet management reserves the right to change the format of the meet, move an age group to another session, or make any other necessary changes during the meet to provide the best competition environment for the athletes, including adjusting the number of sessions, heats, lanes and warm-up times. Events may be combined but awarded separately by gender and age group as needed. Meet management reserves the right to make any changes to format, timeline, or sessions to comply with best practices for social distancing and health concerns.
- All events will be contested as Timed Finals.
- The meet is limited to the first 275 swimmers entered in the meet, provided no session has more swimmers than can be accommodated with social distancing requirements.
- Timers will be provided by the host team and other volunteers for all events.
- General warm-up procedures apply. All SCLSC and USA Swimming safety guidelines will be enforced. Specific warm-up procedures will be posted on deck and provided in the coaches' packets. Coaches are advised to closely supervise their swimmers at all times. Diving is permitted only during specific warm-up times, as announced. Running and horseplay are prohibited. The use of pull buoys, paddles, kickboards, bands, tubing and other equipment is prohibited.
- Warm-up schedule will be sent out the week of the meet.
- Entries received by the deadline date will be considered team entries and no refunds for no shows will be issued.
- All 25-yard events will be started at the deep end of the pool. Timers will walk to the shallow end for all 25-yard events.
-

Time of Meet:

Saturday, November 15

Session #1: w/u 8:00 am; start 9:00 am

Session #2: w/u 1:00 pm; start 2:00 pm

Session #3: w/u 5 pm; start 5:30 pm

Entries:	HYTEK Meet Manager software will be used. Please submit entries in HYTEK TEAM MANAGER format. Please use swimmer's full name, age, and short course yards entry times. Times must be listed to the 1/100th. Entries will not be accepted without payment, hard copy of individual entries by name and meet reconciliation form. Also include the signed and dated release form and summary found attached to this announcement. SC Swimming does not accept deck registrations, all swimmers entered must be registered at time of entry deadline Entry Deadline: <i>All entries must be received by midnight, November 5th, 2025.</i> Mail completed entries to: Tara Boone 705 Magnolia Street Mount Pleasant, SC 29464 Electronic entries should be sent to Victoria Culbertson at meet.entries@sportstiming.com Emailed entries must also be accompanied by Word or PDF document export summaries of individual entries by swimmer and fees. Makes checks payable to Wahoo Aquatic Club. Late entries will be accepted at the discretion of the meet director. In addition to the \$50/swimmer fee (as detailed above), late entries will be charged \$5/swimmer. For out of LSC swimmers this fee would be the \$52/swimmer + \$5 late entry fee. Deck entries are permitted. No refunds will be issued once entries are submitted by visiting teams.
Awards:	None.
Scoring:	None
Timing:	A Colorado Timing Semi- Automatic Timing System will be used. Timing services provided by Sports Timing & Software Inc.
Coaches Eligibility:	Each coach must be a current member in good standing with USA Swimming and must present credentials to receive coaching packets and remain on deck. Coaching credentials must be available for review at all times while a coach is on deck. A coaches meeting will be held fifteen minutes prior to the start of the meet.
Other Information:	Officials: Certified officials willing to work are always welcome and encouraged. Please contact the Meet Referee and Meet Director, and report to the Officials meeting one hour before the meet begins. The Meet Referee is Jason Overby. Alternate Contact: Mary B. Shaw, Head Coach. maryb@wahooaquaticclub.org

7th Annual Going the Distance

November 15, 2025

Held under the sanction of USA Swimming issued by SC Swimming

Sanction Number SC2659SCY

Girls Event #	Session 1: Sat, 11/9/2024	Boys Event #
	Warm-ups: 8:00 am/ Meet Starts: 9:00 am	
	ORDER OF EVENTS	
1	11-12 100 Backstroke	2
3	OPEN 200 Backstroke	4
5	11-12 100 Breaststroke	6
7	OPEN 200 Breaststroke	8
9	OPEN 50 Freestyle	10
11	11-12 100 Butterfly	12
13	OPEN 200 Butterfly	14
15	11-12 100 Freestyle	16
17	OPEN 200 Freestyle	18
	10 MINUTE BREAK	
19	OPEN 400 IM	20

Girls Event #	Session 2: Sat, 11/15/2025	Boys Event #
	Warm-ups: 1:00 pm/ Meet Starts: 2:00 pm	
	ORDER OF EVENTS	
21	10/under 100 Backstroke	22
23	8/under 50 Backstroke	24
25	8/under 25 Backstroke	26
27	10/under 100 Breaststroke	28
29	8/under 50 Breaststroke	30
31	8/under 25 Breaststroke	32
33	10/under 100 Butterfly	34
35	8/under 50 Butterfly	36
37	8/under 25 Butterfly	38
39	10/under 200 Freestyle	40
41	8/under 50 Freestyle	42
43	8/under 25 Freestyle	44
45	10/under 100 Freestyle	46

Girls Event #	Session 3: Sat, 11/15/2025	Boys Event #
	Warm-ups: 5:00 pm/ Meet Starts: 5:30 pm	
	ORDER OF EVENTS	
47	OPEN 200 IM	48
49	OPEN 500 Freestyle	50

7th Annual Going the Distance

November 15, 2025

MEET ENTRY SUMMARY SHEET

Held under the sanction of USA Swimming issued by SC Swimming

Sanction Number SC2659SCY

Team Name: _____ Team Abbreviation: _____

Team Address: _____

City & State _____ Zip _____

Head Coach/ Team Rep: _____

Phone _____ Home _____ E-mail _____

For Entry Problems Call or E-Mail: _____

#In-State Athletes _____ x \$50.00 = \$ _____

(Pool Fee+ Entry Fee + SCLSC Travel Fund Fee + SCLSC Sports Development Fee)

#Out of LSC Athletes _____ x \$52.00 = \$ _____

(Pool Fee + Entry Fee+ SCLSC Travel Fund Fee + SCLSC Sports Development Fee + SCLSC out of LSC fee)

Total Fees Submitted = \$ _____

Make Checks Payable To: Wahoo Aquatic Club

Email entries to Victoria.culbertson@sportstiming.com or mail entries to:

Tara Boone

705 Magnolia Street

Mount Pleasant, SC 29464

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE

I, the undersigned coach or team representative, verify I am familiar with the safety rules of USA Swimming and South Carolina Swimming regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet.

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 LSC and Wahoo Aquatic Club, Inc. shall 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

Date