



The Martha McKee Charlotte Open

Hosted by SwimMAC Carolina

May 18th thru May 21st, 2023

HELD AT MECKLENBURG COUNTY AQUATIC CENTER "MCAC

800 E MLK Jr Blvd, Charlotte, NC 28202

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.

Sanction #NC23071 and Time Trial Sanction #NC23071TT

MEET DIRECTOR		MEET ENTRY COORDINATOR	
Ryan Pegarsch pegarschr@gmail.com		Jeffrey Childs Jeffrey@rileychilds.net 704-307-0327	
MEET REFEREE	ADMIN REFEREE	MEET MARSHAL	
Jay Thomas jayfthomas@gmail.com	Jeffrey Childs Jeffrey@rileychilds.net 704-307-0327	Kim DeCann kdecann@swimmaccarolina.org Randy Erlenbach rerenbach@swimmaccarolina.org	

CONDITION OF SANCTION

As a condition of this sanction, SwimMAC Carolina agrees to comply with and to enforce all COVID-19 health and safety mandates and guidelines of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions in effect at the time of the meet. Further, the meet will be conducted in accordance with individual facility requirements as detailed in the SwimMAC Carolina Meet Plan below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID-19 sanctioning period.

ASSUMPTION OF RISK DISCLAIMER

SwimMAC Carolina has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

COVID-19 RELEASE

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, NORTH CAROLINA SWIMMING, AND EACH OF THEIR

OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

SwimMAC Carolina COVID-19 MEET PLAN

NCS FACE COVERING STATEMENT	<i>NCS recommends the proper use of face coverings at all NCS activities and expects all participants, coaches, officials, volunteers, and spectators to comply with all club and facility specific COVID-19 safety requirements and guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, and local jurisdictions.</i>
LOCAL PROTOCOLS	SwimMAC will comply with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions throughout the duration of the meet.

FACILITY

The competition pool is a 50 Meter pool equipped with 8, 9-foot-wide lanes with non-turbulent lane lines and Paragon starting blocks which will be used for competition in accordance with USA Swimming diving depth guidelines. The minimum depth is 6.5 feet at the scoreboard end and 13 feet at the diving board end. Colorado 6000 electronic timing system with a full-color scoreboard will be used. The timing system utilizes touch pads and two buttons, and two watches per lane. There will be four additional lanes available for continuous warm-up and warm down. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Spectator seating, if ALLOWED, is in bleachers only. No chairs are permitted on Deck for spectators. There is ample parking within 100 yards of the facility. Smoking is not permitted inside the building. Absolutely no glass bottles will be allowed on the pool deck. Only meet volunteers, USA Swimming registered athletes and current USA Swimming registered officials and coaches may be on Deck.

MEET FORMAT

This meet is an open meet for swimmers who have at least one Futures cut. This meet will be **capped at 600 swimmers**. The cap may be exceeded only at the discretion of the Meet Referee. The 800 and 1500 freestyle events will be conducted as timed final events. All other events (except the '50s of each stroke) will be conducted on a preliminary and final basis with Bonus (C), Consolation (B), and Final (A) heats in that order. The 50 of each stroke will swim in a knockout style with a preliminaries event, a semi-final of the top 16 swimmers, and a final of the top 8.

Additional breaks may be added to the meet format at the discretion of the Meet Referee. Break lengths may be modified at the discretion of the Meet Referee to manage the meet timeline. All Breaks will be published in the final timeline.

Session	Day	Warm-up	Meet Start
1	Thursday	2:30-3:50 pm	4:00 pm

2	Friday AM	7:00-8:50 am	9:00 am
3	Friday Finals	4:00-5:20 pm	5:30 pm
4	Saturday AM	7:00-8:50 am	9:00 am
5	Saturday Finals	4:00-5:20 pm	5:30 pm
6	Sunday AM	7:00-8:50 am	9:00 am
7	Sunday Finals	4:00-5:20 pm	5:30 pm

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Mon., May 8 th , 2023	5:00 pm	Entry Deadline
Thurs, May 18 th , 2023	2:00 pm	General Meeting (Hospitality Room)
May 18 th thru May 21 st , 2023	60 min. prior to start of each session	Officials Meeting (Hospitality Room)
May 18 th thru May 21 st , 2023	20 min. prior to the start of each session	Timers Briefing

RULES

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated.

TECHNICAL SUIT BAN for 12&Us

Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.

A Technical Suit is one that has the following components:

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

MAAPP

All adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely always supervise their swimmers. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in workout rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to the host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

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 a 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. It is also the responsibility of the swimmer or the swimmer's guardian to request an assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer's team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only swimmers, properly certified officials, and coaches, and meet volunteers will be allowed on Deck. No spectators will be allowed on Deck at any time.

ELIGIBILITY

All swimmers must be currently registered members of USA Swimming (or other FINA membership) and all Adult Athletes must be A.P.T. certified. Swimmers must have at least one (1) 2023 USA Swimming Futures cut to be eligible for the meet. Swimmers will be awarded a maximum five (5) bonus events in which they have achieved a 2023 ESSZ cut. Swimmers must be registered prior to the entry deadline. Entries listed as "Registration Applied For" will not be accepted. **There will be no on-deck registration available at this meet.**

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

SwimMAC welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit SwimMAC's ability to accommodate all requests.

ENTRIES

Entries shall be submitted in a Hy-Tek file format with an attached entry report for each file. Entries must be emailed to the Meet Entry Coordinator by the entry deadline. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline. A swimmer's age on the first day of the meet will determine their age for the entire meet.

Entries shall be submitted using two different event files.

- A Qualifying Entry file accompanied by an entry report shall be submitted for Qualifying athletes based on Qualifying (Future) times standards and Shootout events.
- A Bonus Entry file accompanied by an entry report shall be submitted for Qualified athlete's Bonus events based on ESSZ time standards. These entries must be marked as "Bonus" in the entry file.

An entry report reflecting the merged entries will be emailed within 24-48 hours of receipt of entries.

BONUS EVENTS

Swimmers qualifying in any individual event by having a Futures cut in that event are also eligible to enter **up to five (5) bonus events** in which they have achieved a Spring 2023 Eastern Southeast Sectional Zone (ESSZ) cut. All entries are subjected to both daily and meet limits. Knockout events do not count as bonus events for a swimmer, but daily and meet entry limitations apply.

Future Cut	Allowable Bonus Events
1 Cut	5 Bonus
2 Cuts	4 Bonus
3 Cuts	3 Bonus
4 Cuts	2 Bonus
5 Cuts	1 Bonus

KNOCKOUT EVENTS

The 50m distance of each respective stroke will be offered in a "Knockout" format. The preliminaries will swim Thursday evening, followed by the Semi-Finals (Top 16) on Friday night. The finals will swim at the end of Saturday night's finals session. **Except for the 50 Meter Freestyle, coaches shall enter a swimmer's fastest provable 100-meter long-course times for the related stroke. If a meter time is not available, coaches should enter the fastest provable 100-yard short-course time.** Knockout Events do not count as bonus events for a swimmer, but daily and meet entry limits apply. See the ENTRIES section above for further details regarding entries.

Seeding: The conforming time standard for the Knockout Events is 100 Long-Course Meters. Short-course yard times will be accepted but will be seeded last in rank order with all non-conforming times.

Scratches: Swimmers qualifying for each round based on the results must notify the Administrative Referee within thirty (30) minutes after the announcement of the qualifiers of that round's race that he or she does not intend to compete.

Penalty: If a swimmer is seeded in a semi-final round and fails to compete in that round, that swimmer shall be barred from their **next Knockout event**. If the swimmer fails to swim in the final, that swimmer shall be barred from the remainder of the meet, unless excused by the Meet Referee.

ENTRY LIMITATIONS

Swimmers are limited to eight (8) individual events for the meet and no more than three (3) individual events per day. Swimmers are allowed to enter as many events as they want, but they must scratch down to comply with the daily and meet entry limitations described above.

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES

The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. Late entries may be accepted at the discretion of the meet referee.

ENTRY FEES

Make checks payable to: SwimMAC; All fees are non-refundable	
Individual Event	\$10.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$25.00 per swimmer
Late Entries	\$20.00 per event

SEEDING

The conforming time standard for this meet is Long Course Meters. For Knockout Events, the conforming time standard is 100 meters long-course. Swimmers will be seeded and swum from slowest to fastest unless otherwise indicated. Events will be seeded in the following order: LCM, SCY, LCM Bonus, and SCY Bonus.

The top 3 heats in preliminary events less than 400M will be circle seeded, and the top 2 heats in preliminary events 400M or longer will be circled seeded.

CHECK-IN

Positive check-in will be at the Clerk of Course. There will be a positive check-in for all events 400M or longer. Swimmers who fail to check in by the deadline will be scratched from the event.

See the Schedule below:

Individual Events	Check-in Deadline	
Women's 800 Free	Thursday	2:45 pm
Men's 1500	Thursday	2:45 pm
400 IM	Thursday	6:00 pm
400 Free	Friday	6:00 pm
Women's 1500 Free	Saturday	6:00 pm
Men's 800 Free	Saturday	6:00 pm

- **Women's 800 Free:** The 800 M Freestyle is a Timed Final event and will be Deck seeded fastest to slowest after positive check-in. The top eight (8) swimmers will swim at the beginning of the Thursday session. The remaining heats will swim fastest to slowest after the preliminaries of the 50m Knockout events alternating with the Men's 1500.
- **Men's 1500 Free:** The 1500 M Freestyle is a Timed Final event will be Deck seeded fastest to slowest after positive check-in. The top eight (8) swimmers will swim at the beginning of the Thursday session. The remaining heats will swim fastest to slowest after the preliminaries of the 50m Knockout events alternating with the Women's 800.
- **Open 400 IM:** The 400M Individual Medley will be swum as a prelims/finals event and will be Deck seeded **slowest to fastest** after positive check-in. The top two heats will be circled-seeded.
- **Open 400 Free:** The 400M Freestyle will be swum as a prelims/finals event and will be Deck seeded **slowest to fastest** after positive check-in.

The top two heats will be circled-seeded.

- **Women's 1500 Free:** The 1500 M Freestyle is a Timed Final event that will be Deck seeded fastest to slowest after positive check-in. The top eight (8) swimmers will swim at the beginning of the Sunday Final session. The remaining heats will swim fastest to slowest after the Sunday Morning preliminaries alternating with the Men's 800.
- **Men's 800 Free:** The 800 M Freestyle is a Timed Final event that will be Deck seeded fastest to slowest after positive check-in. The top eight (8) swimmers will swim at the beginning of the Sunday Final session. The remaining heats will swim fastest to slowest after the Sunday Morning preliminaries alternating with the Women's 1500.

SCRATCHES

Scratches and positive check-in for day 1 events are due to the Administrative Referee 15 minutes after the start of warm-ups. All subsequent day's events, scratches, and positive check-ins are due 30 minutes after the start of finals on the previous night.

NO Show Penalties

- There is no penalty for failing to compete in a preliminary event except that any event in which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer's eight-event limit.
- **Positive Check-in Events: For positive check-in deck seeded events, a swimmer who is properly checked-in, seeded, and fails to complete in said event shall be barred from their next prelim event unless excused by the Meet Referee.**
- **Friday and Saturday Finals: A swimmer qualifying for an A, B, C, or Shootout Final who fails to compete shall be barred from their next individual preliminary or timed final event unless excused by the Meet Referee or the payment of a \$100 fine.**
- **Sunday Finals: A swimmer qualifying for an A, B, or C Final on Sunday Evening who fails to compete shall be barred from the remainder of the meet unless excused by the Meet Referee or the payment of a \$100 fine.**

SCORING

Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

AWARDS

Individual medals for the top eight (8) finishers.

The awards from Thursday's events will be awarded during the first award session on Friday evening. During the final's sessions on Friday, Saturday, and Sunday, awards for the top three (3) finishers will be given after the completion of the Men's event. Swimmers must have a team warm-up jacket or apparel for any awards ceremony.

RESULTS Results will be posted on North Carolina Swimming's website within 24 hours of the meet's conclusion.

TIME TRIALS At the discretion of the Meet Referee, Time Trials may be offered at the conclusion of any session or during a break between sessions. Swimmers requesting a time trial must be entered in at least one event in the meet to swim a time trial. Time trials are \$20.00 per swim. Time trials count towards a swimmer's individual event total for each day but not the meet total. Athletes may need to provide their own lane timer and lap counter for time trial events. All USA Swimming rules will apply to Time Trials. The entry deadline for Time Trials shall be one hour after the beginning of the session. Depending on projected session timelines, this time may be changed in the General Meeting. The event order will follow the national protocol except for the day of the distance freestyle is offered; they will be the last event.

COACHES All coaches on Deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings. Coaches are accountable for the information presented in the meeting(s).

OFFICIALS There will be a need for officials. SwimMAC welcomes all officials. Please use this signup sheet:

[2023 Martha McKee Official Signup](#)

All officials on Deck must be registered and certified with USA Swimming and will be required to show proof of such to the meet referee by displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area one hour prior to each session. The attire for all sessions will be white over navy with white shoes. Shorts, skirts, or slacks for prelims are acceptable. Final sessions will be navy blue slacks or Skirts only. Saturday finals will be the 2023 Charlotte Open meet shirt and Sunday prelims; bring your loudest Hawaiian shirt.

OFFICIALS QUALIFYING MEET (OQM.)

This meet has been designated as a USA Swimming Official Qualification Meet, certification, and re-certification for all N2 and N3 positions.

Regardless of the number of sessions required for certification/re-certification, an official will need to serve a minimum of four (4) sessions to be evaluated. Any official wishing to participate should use the signup sheet above, and any questions should be sent to jeffrey@rileychilds.net. All requests for assigned positions will be based on evaluation requests and experience level. Please see the USA Swimming

website for additional information on National evaluation and certification requirements.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials.

WARM-UP

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, lanes will be available for continuous warm-up/down. **There is to be no diving or horseplay in this area.**

WAIVER/RELEASE

As a team entered in this meet, upon entry, you are verifying that all the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines and that you shall be responsible for the compliance of your swimmers with those rules during this meet. SwimMAC Carolina, Mecklenburg County Aquatic Center, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results or any other documents associated with the running of this meet.

IMAGE RELEASE

All participants agree to be filmed and photographed by the host club-approved photographer(s) and videographers 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 NCS website or social media or in a 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 meet.

Martha McKee Charlotte Open

Order of Events

Thursday, May 18th, 2023

Warmup @ 2:30 pm Session @ 4:00 pm

Women	Event	Men
1	800 Freestyle (Top 8)	
	1500 Freestyle (Top 8)	2
	15 Minute Break*	
101	50 Butterfly Prelims	102
103	50 Backstroke Prelims	104
105	50 Breaststroke Prelims	106
107	50 Freestyle Prelims	108
	15 Minutes Break*	
1	800 Freestyle	
	1500 Freestyle	2

*The breaks are to allow swimmers in the Knockout events an opportunity to warm-up in the competition pool.

Friday, May 19th, 2023

Preliminaries

Warmup @ 7:00 am Session @ 9:00 am

Women	Event	Men
3	200 Freestyle	4
5	100 Breaststroke	6
7	100 Butterfly	8
9	400 Individual Medley	10

Friday, May 19th, 2023

Finals

Warmup @ 4:00 pm Session @ 5:30 pm

Women	Event	Men
3	200 Freestyle	4
103	50 Backstroke (Semi)	104
5	100 Breaststroke	6
107	50 Freestyle (Semi)	108
7	100 Butterfly	8
105	50 Breaststroke (Semi)	106
9	400 Individual Medley	10
101	50 Butterfly (Semi)	102

Thursday Night Awards will be presented at the beginning of Friday's Finals. Awards for Friday's events will be presented after the Boys events, before Shootout Semi Finals

Martha McKee Charlotte Open

Order of events

Saturday, May 20th, 2023

Preliminaries

Warmup @ 7:00 am Session @ 9:00 am

Women	Event	Men
11	200 Butterfly	12
13	200 Breaststroke	14
15	100 Backstroke	16
17	400 Freestyle	18

Saturday, May 20th, 2023

Finals

Warmup @ 4:00 pm Session @ 5:30 pm

Women	Event	Men
11	200 Butterfly	12
13	200 Breaststroke	14
15	100 Backstroke	16
17	400 Freestyle	18
	*15 Minute Break	
101	50 Butterfly (Finals)	102
103	50 Backstroke (Finals)	104
105	50 Breaststroke (Finals)	106
107	50 Freestyle (Finals)	108

Awards for Saturday events will be presented after the Boys events.

Sunday, May 21st, 2023

Preliminaries

Warmup @ 7:00 am Session @ 9:00 am

Women	Event	Men
19	100 Freestyle	20
21	200 Backstroke	22
23	200 Individual Medley	24
	10 Minute Break	
25	1500 Freestyle	
	800 Freestyle	26

Sunday, May 21st, 2023

Finals

Warmup @ 4:00 pm Session @ 5:30 pm

Women	Event	Men
25	1500 Freestyle (Top 8)	
	800 Freestyle (Top 8)	26
19	100 Freestyle	20
21	200 Backstroke	22
23	200 Individual Medley	24

Awards for Sunday events will be presented after the Boys events.

**2023 Martha McKee Charlotte Open Meet
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to SwimMAC Carolina):

SwimMAC Carolina
ATTN: Kim DeCann
9850 Providence Rd
Charlotte, NC 28270

Email to: kdecann@swimmaccarolina.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$10 per event	
Relay Entries		N/A	
Swimmers (Travel Fund & Facility Surcharge)		\$28 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Mecklenburg Aquatic Club (D.B.A. SwimMAC Carolina), Charlotte Latin, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative)

CLUB



FUTURES CHAMPIONSHIPS

2023
TIME STANDARDS

WOMEN

MEN

SCY	LCM		LCM	SCY
24.09	27.39	50 FR	24.89	21.39
52.09	59.39	100 FR	53.79	46.49
1:52.59	2:07.79	200 FR	1:58.09	1:41.79
5:03.49	4:28.79	400/500 FR	4:09.99	4:37.09
10:20.49	9:13.79	800/1000 FR	8:40.69	9:34.29
17:14.39	17:40.19	1500/1650 FR	16:38.99	16:05.49
58.09	1:06.89	100 BK	1:00.79	52.09
2:04.99	2:23.99	200 BK	2:11.89	1:52.79
1:05.99	1:15.99	100 BR	1:08.69	58.69
2:22.69	2:43.39	200 BR	2:29.09	2:08.59
57.49	1:04.69	100 FL	58.39	51.09
2:05.39	2:21.89	200 FL	2:10.19	1:53.69
2:08.29	2:26.39	200 IM	2:12.79	1:55.09
4:30.69	5:07.29	400 IM	4:42.39	4:07.59
	4:04.29	4x100 FR-R	3:40.89	
	8:40.89	4x200 FR-R	8:00.49	
	4:33.79	4x100 MED-R	4:05.89	

Qualifying from June 1, 2022 through Entry Deadline

**EASTERN SECTION OF THE SOUTHERN ZONE [ESSZ]
2023 SENIOR SECTIONAL CHAMPIONSHIPS QUALIFYING STANDARDS**

COURSE	WOMEN		EVENTS	MEN		COURSE
	SPRING	SUMMER		SPRING	SUMMER	
YD	24.89	24.69	50 FREE	22.49	22.29	YD
MTR	28.69	28.49		26.09	25.89	MTR
YD	54.29	53.79	100 FREE	49.19	48.79	YD
MTR	1:01.89	1:01.29		57.19	56.69	MTR
YD	1:56.99	1:55.89	200 FREE	1:48.29	1:47.29	YD
MTR	2:13.59	2:12.29		2:03.29	2:02.09	MTR
YD	5:10.89	5:07.79	500Y FREE	4:52.59	4:49.69	YD
MTR	4:40.29	4:37.49	400M FREE	4:22.49	4:19.89	MTR
YD	10:48.89	10:42.49	1000YD FREE	10:14.29	10:08.19	YD
MTR	9:38.09	9:32.39	800M FREE	9:04.79	8:59.39	MTR
YD	17:49.09	17:38.49	1650YD FREE	17:03.89	16:53.69	YD
MTR	18:28.69	18:17.69	1500M FREE	17:23.89	17:13.49	MTR
YD	1:00.89	1:00.29	100 BACK	55.29	54.79	YD
MTR	1:10.59	1:09.89		1:03.99	1:03.39	MTR
YD	2:10.99	2:09.69	200 BACK	2:00.29	1:59.09	YD
MTR	2:31.69	2:30.19		2:18.69	2:17.39	MTR
YD	1:08.89	1:08.29	100 BREAST	1:02.49	1:01.89	YD
MTR	1:19.39	1:18.69		1:11.49	1:10.79	MTR
YD	2:29.09	2:27.69	200 BREAST	2:16.09	2:14.79	YD
MTR	2:51.39	2:49.69		2:35.69	2:34.19	MTR
YD	59.99	59.39	100 FLY	54.39	53.89	YD
MTR	1:08.19	1:07.59		1:01.29	1:00.69	MTR
YD	2:11.59	2:10.29	200 FLY	2:01.29	2:00.09	YD
MTR	2:29.29	2:27.89		2:16.39	2:15.09	MTR
YD	2:12.79	2:11.49	200 IM	2:00.99	1:59.79	YD
MTR	2:31.99	2:30.49		2:19.79	2:18.39	MTR
YD	4:40.59	4:37.79	400 IM	4:19.09	4:16.59	YD
MTR	5:20.79	5:17.79		4:57.69	4:54.79	MTR

