



2025 SOUTH CAROLINA LONG COURSE SENIOR LSC CHAMPIONSHIP

Date of Meet	July 10-13, 2025		
Meet Sanction:	Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number: SC25115LCM & SC25116TT		
Meet Host	Gamecock Aquatics		
Meet Director:	Christie Pinter	admin@gamecockaquatics.com	319-471-5196
Meet Referee:	Aimee Onoszko	aonoszko@bellsouth.net	816-665-6080
Admin Official:	Aimee McMillan	aimeemcmillan@gmail.com	704-504-5996
Meet Entries to:	Christie Pinter	admin@gamecockaquatics.com	319-471-5196
Safety Marshal:	Heath Edwards	coachheath1976@gmail.com	803-665-8444
Safety Marshal:	Laura Goettler	laurab.goettler@gmail.com	724-996-8939
Facility:	The University of South Carolina Natatorium, located in the Solomon Blatt PE Center, 1300 Wheat Street, Columbia, SC, 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 pool is 7 feet deep measured from one (1) meter to five (5) meters at the starting end of the course and 6 feet deep 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). The pool deck capacity will be 500 people as per SCDHEC and the University of South Carolina. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach areas, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present. MEDICAL SUPERVISION: Provided by University of South Carolina lifeguarding staff. PARKING: Limited parking will be available in the Blatt parking lot for Thursday and Friday evening and weekend sessions at a cost of \$5.00 per day, payment 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 Horizons child care center lot on Thursday or Friday. All USC parking regulations will be enforced. ENTRY TO THE NATATORIUM: Entry to the pool for swimmers, officials, and spectators will be through the doors to the east side of the complex through the doors below the Gamecock awning adjacent to the back of the parking lot. Swimmers will be allowed on the pool deck no sooner than 15 minutes before warmups for their session. The front entrance (on Wheat Street) is only for those with USC identification and those needing ADA entry. OTHER FACILITY NOTES: • The Blatt PE Center is an academic building and classes will be in session, noise in the public spaces needs to be kept to a minimum. Areas of the building including gyms, weight rooms and classrooms are off limits. • Hallways and stairwells must remain clear and easily accessible at all times. • 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. The diving equipment is always off-limits. • 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 adhering to the facility and meet safety rules.		

	• Locker rooms will be available for use by all athletes. • Any swimmer found to be abusing any area of the facility will be barred from future competition and will also be barred from the facility. The team of any swimmer found to be abusing the facility will be held responsible for any and all repairs resulting from the abuse. • No glass containers allowed inside the pool area. • No flash photography.
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 mobile phone, are not permitted in changing areas, rest rooms, or locker rooms. Recording devices are also not permitted behind the starting 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. 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. SWIMWEAR: 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.) No equipment will be allowed in the competition pool or warm up warm down pool at any time.
Athlete Eligibility:	This competition is open to all qualified swimmers. All swimmers and clubs must be currently registered members of USA-Swimming and SC Swimming only. All USA Swimming registration numbers will be verified with SWIMS. Age is to be determined by the first day of the meet. All swimmers entered must meet or exceed the South Carolina state meet qualifying standards in each event entered. All paralympic swimmers entered must meet or exceed the USA Swimming suggested LSC time standards in each event entered. 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 club's head coach and the Meet Director prior to the start of the meet.
Entry Fees:	\$5.00 per individual event \$10.00 per relay \$48.00 pool fee per swimmer \$7.00 per swimmer fee for electronic heat sheet \$2.00 SCLSC Travel Fund/Program fee \$2.00 SCLSC Sports Development fee \$1.00 Jennifer Smith Scholarship Fund \$8.00 per time trial Faxed entries will not be accepted. No late entries will be accepted except those described below. Deck entries for individual and relay events are not permitted. \$10.00 per swimmer surcharge if entries are not submitted electronically.

	Entry limit: 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. Clubs may enter as many relays as desired. However, only two (2) relays per club will score and can receive awards. No refunds will be given.
Meet Format:	Meet management reserves the right to adjust course breakdown and warm-up times based on number of entries. Meet management reserves the right to insert breaks in the meet where necessary to allow athletes proper rest. The host club will request timers from visiting clubs. Lane assignments will be made for each preliminary session. All SCLSC and USA Swimming safety guidelines will be enforced. All events, except those noted on the itinerary and below, will be conducted as Preliminary/Finals events with three heats of ten (10) returning for finals. The "C" heat for finals shall be a protected 16 & under only heat. Heats will be contested in finals in the following order: "C" (protected 16 & Under heat), consolation "B" heat, and championship "A" heat. The names of swimmers in each "A" championship heat will be announced prior to the start of the event. The Meet Management committee will evaluate the timeline and determine whether names of swimmers in the "B" and "C" heats are announced when the swimmers are in the water. 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. Seeding will be done in order of LCM times, SCM times, and then SCY times. Times may not be converted. The 800 Freestyle relay will swim fastest to slowest all women and then all men. It will be deck seeded and require positive check-in. The women's 1500 Freestyle and the men's 800 Freestyle will be deck seeded and require a positive check-in thirty (30) minutes before the start of the session. These will be contested as timed finals events with the heats swum fastest to slowest and alternating women, then men. Swimmers in the 800 Freestyle and 1500 Freestyle will need to provide their own timer (and lap counter if they wish one). The 400 Individual Medley and 400 Freestyle events will be conducted as Preliminary/Finals events. These events will be deck seeded with the top two (2) women heats swimming (slow to fast, circle-seeded), followed by the top two (2) men heats (slow to fast, circle-seeded), and then the remaining heats will be competed alternating women, then men, fast to slow. There will be no "C" final events for these events. The women's 800 Freestyle and the men's 1500 Freestyle will be deck seeded and require a positive check-in thirty (30) minutes before the start of the session. These will be contested as timed finals events with the heats swum fastest to slowest and alternating women, then men at the end of the preliminary session. Swimmers will need to provide their own timers (and lap counter if they wish one) for these events. 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 400 meter relays will be at the end of Finals sessions. They will be pre-seeded.

Scratch Rule:	Swimmers who do not intend to swim an event or must scratch down to the three events per day limit (8 total for the meet) or need to make room for a time trial should scratch by the indicated deadline. Scratch cards should be completed and deposited in the scratch box at Clerk of Course by the appropriate deadline. The scratch Deadline will be at the start of Finals the previous day for the following days’ events. There will be no penalty for not swimming in the seeded preliminary events 200 m 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). 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) Any swimmer not planning to swim during a finals session must scratch so those swimmers who would like to swim again may do so. The penalty for failure to show in a final or consolation final is being barred from the remainder of the meet (SC Swimming Policies and Procedures XI.B.16.e). 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 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).																									
Bonus Events:	Swimmers who have achieved fewer than 5 individual event time standards may supplement their entry with bonus event(s) according to the following: ● 1 qualifying time will be permitted to enter up to 4 bonus events. ● 2 qualifying times will be permitted to enter up to 3 bonus events. ● 3 qualifying times will be permitted to enter up to 2 bonus events. ● 4 qualifying times will be permitted to enter 1 bonus event. ● 5 or more qualifying times are not permitted to enter bonus events. Bonus entries will be seeded last. There will be no qualifying standards for bonus events, however, a provable entry time must be included. A swimmer may only swim three (3) individual events per day (including time trials), and a total of eight (8) events during the meet.																									
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 <i>not</i> 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 the Meet:	<table><tr><td>Date</td><td>Prelims Warm-ups Start Time</td><td>Prelims Competition Start Time</td><td>Finals Warmup Start Time</td><td>Finals Competition Start Time</td></tr><tr><td>Thursday, 7/10</td><td>N/A</td><td>N/A</td><td>3:30 PM</td><td>5:00 PM</td></tr><tr><td>Friday, 7/11</td><td>8:30 AM</td><td>9:45 AM</td><td>4:45 PM</td><td>6:00 PM</td></tr><tr><td>Saturday, 7/12</td><td>8:30 AM</td><td>9:45 AM</td><td>4:45 PM</td><td>6:00 PM</td></tr><tr><td>Sunday, 7/13</td><td>8:30 AM</td><td>9:45 AM</td><td>4:45 PM</td><td>6:00 PM</td></tr></table> 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.	Date	Prelims Warm-ups Start Time	Prelims Competition Start Time	Finals Warmup Start Time	Finals Competition Start Time	Thursday, 7/10	N/A	N/A	3:30 PM	5:00 PM	Friday, 7/11	8:30 AM	9:45 AM	4:45 PM	6:00 PM	Saturday, 7/12	8:30 AM	9:45 AM	4:45 PM	6:00 PM	Sunday, 7/13	8:30 AM	9:45 AM	4:45 PM	6:00 PM
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Entries:	Entry Deadline: <i>All entries must be received by 5:00 PM, Monday, June 30th 2025</i> SC Swimming does not accept deck registrations. All swimmers entered must be registered at time of entry deadline. 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, 2024, and prior to the entry deadline. 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. In all SCLSC Championship Meets, non-conforming time entries shall be sent to the club by electronic mail (e-mail). The club shall have the opportunity to correct the entry if done so within 24 hours from the email time stamp. The meet host of the SCLSC State Championships shall post a preliminary meet psych sheet within 72 hours following the meet entry deadline (Monday, June 30th, 2025.). 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. Additional individual entries will be accepted after the entry deadline for times achieved between the entry deadline (<i>June 30th, 2025</i>) and the following Sunday (July 6th 2025). New qualifying events for existing entered swimmers are allowed. Updated qualifying times for events previously entered for swimmers are not allowed. <i>All new qualifying time entries must be received by 5:00 PM, Monday, July 7th, 2025. Coaches must present meet results (prove times).</i> 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 <i>by 5:00 PM, Monday, July 7th, 2025.</i> Clubs should submit a single check payable to Gamecock Aquatics for the full amount due. All fees must be paid prior to any swimmer entering the pool. Entry fees for events not swum will not be refunded nor will a credit be given. 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-tekltd.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. Mail the completed meet entry summary sheet, check, and hard copies of entry summary to: Gamecock Aquatics, 118 Eldon Drive, Cayce, SC 29033 ALL electronic (SDIF) entries must be submitted to Christie Pinter at admin@gamecockaquatics.com. Full payment and all required paperwork must accompany your entry to be accepted. Questions, up to the deadline, can be addressed to Christie Pinter at admin@gamecockaquatics.com. Teams are responsible for the delivery of entries on time. The Meet Director is not responsible for any club's entries.
Proof of Time:	Times not approved for USA Swimming OTS (Officials Tracking System), shall not be used as proof of time. A fine of \$100.00 will be levied against the club (if unattached, against the swimmer) when a swimmer fails

	to swim a time equal to or faster than the qualifying standard for each event at the long-course or short-course State Championships and the club (or the swimmer if unattached) is unable to prove, using official results, that he or she has met the qualifying standard in that event in a meet held since the last like-course State Championship. This fine must be paid (or the time must be proved) within 45 days from the date of notification. If the fine is not paid within the 45 days, it will be doubled. This notification will be made through an exception report that will be generated by the host club and sent with the meet results. The Administrative Vice-Chair will enforce the fines. If swimmers participate in a relay, and the relay fails to meet the qualifying standard, their club must demonstrate that the aggregate of the times of the four competing swimmers meets the relay qualifying standard. Otherwise, fines will be issued. Coaches are to submit Proof of Time with their entries. Be sure to select the "Include Proof of Time" filter on the entry software.
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
Timing:	Superior Swim Timing system and data processing services provided by the University of South Carolina. 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 coaching credentials to be permitted on deck. The USA Swimming app is acceptable proof of USA Swimming membership. All coaches must be a current member in good standing with USA Swimming.
Other Information:	Coaches: A coaches meeting will be held fifteen minutes prior to the start of warm-ups on Thursday. The Meet Referee may call other coaches meetings as needed. One coach from each club may pick up the club's packet at Clerk of Course. Finals heat sheets, relay cards, and any announcements will be available at Clerk of Course. Officials: Individuals wishing to officiate at this meet should apply online through the sc-swimming.org website officials portal. 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 State 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 in the officials room. Officials are expected to work time trial sessions. This meet will be an Officials Qualifying Meet. Officials interested in advancing their national level qualifications can obtain the following evaluations at this meet: N2 ST, SR, CJ, DR and AO. Officials desiring an evaluation must turn in a Request for Evaluation form, which can be found on the SC-Swimming website under the Officials tab. Send this form to the Officials Chair (officials@sc-swimming.org). Please make sure that you have the prerequisite sessions to request any evaluation before sending it to the Officials Chair. 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 Jury: A Meet Jury 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 Committee: A Meet Management Committee shall be established by the Meet Referee prior to entry deadline for the meet and convened prior to 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. Hospitality: Swimmers, spectators, and children are not permitted in the Hospitality Room. Concessions: Concessions may be available throughout the meet. Alternate Contact: If the meet director cannot be reached for any reason, your alternate contact is Robert Pinter, rpinter@mailbox.sc.edu, 319-471-5054.
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2025 SOUTH CAROLINA LONG COURSE SENIOR LSC CHAMPIONSHIP

July 10–13 2025

Held under the sanction of USA Swimming issued by SC Swimming

Sanction Number: SC25115LCM & SC25116TT

Order of Events

Thursday, July 10

Session 1: Timed Finals

Warm-ups 3:30 pm

Start 5:00 pm

Women		Men
1	800 Freestyle Relay	2
3	1500 Freestyle (Women)	
	800 Freestyle (Men)	4

Friday, July 11

Session 2: Preliminaries

Warm-ups 8:30 am

Start 9:45 am

Women		Men
5	200 Freestyle	6
7	100 Breaststroke	8
9	200 Butterfly	10
11	100 Backstroke	12
13	400 Individual Medley	14

Session 3: Finals

Warm-ups 4:45 pm

Start 6:00 pm

Women		Men
5	200 Freestyle	6
7	100 Breaststroke	8
9	200 Butterfly	10
11	100 Backstroke	12
13	400 Individual Medley	14

Saturday, July 12

Session 4: Preliminaries

Warm-ups 8:30 am

Start 9:45 am

Women		Men
15	100 Butterfly	16
17	200 Breaststroke	18

19	50 Freestyle	20
21	400 Freestyle	22

Session 5: Finals
Warm-ups 4:45 pm
Start 6:00 pm

Women		Men
15	100 Butterfly	16
17	200 Breaststroke	18
19	50 Freestyle	20
21	400 Freestyle	22
5 min break		
23	400 Medley Relay	24

Sunday, July 13

Session 6: Preliminaries
Warm-ups 8:30 am
Start 9:45 am

Women		Men
25	200 Backstroke	26
27	100 Freestyle	28
29	200 Individual Medley	30
31	800 Freestyle (Women)*	
	1500 Freestyle (Men)*	32
	*TF- prelims only	

Session 7: Finals
Warm-ups 4:45 pm
Start 6:00 pm

Women		Men
25	200 Backstroke	26
27	100 Freestyle	28
29	200 Individual Medley	30
5 min break		
33	400 Freestyle Relay	34

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Sanction Number: SC25115LCM & SC25116TT

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 Gamecock 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, and Gamecock Aquatics 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:
Gamecock Aquatics, 118 Eldon Drive, Cayce, SC 29033



2024-2025 SENIOR LSC CHAMPIONSHIP

Time Standards - Long Course Championship

WOMEN				MEN		
SCY	SCM	LCM	EVENT	SCY	SCM	LCM
:27.39	:30.19	:31.59	50 Free	:24.19	:26.69	:28.29
:58.49	1:04.79	1:07.89	100 Free	:52.19	:57.79	1:01.69
2:08.09	2:22.09	2:25.79	200 Free	1:54.79	2:07.39	2:15.29
5:38.99	5:02.59	5:06.59	400/500 Free	5:20.69	4:40.49	4:50.09
11:40.49	10:25.09	10:32.69	800/1000 Free	10:59.29	9:36.79	9:53.59
19:49.69	20:13.49	20:26.59	1500/1650 Free	18:41.69	18:48.39	19:19.79
n/a	n/a	n/a	50 Back	n/a	n/a	n/a
1:06.59	1:13.89	1:17.89	100 Back	:59.09	1:05.59	1:10.89
2:24.89	2:40.59	2:46.89	200 Back	2:10.49	2:24.69	2:33.29
n/a	n/a	n/a	50 Breast	n/a	n/a	n/a
1:16.69	1:25.29	1:27.89	100 Breast	1:08.39	1:15.99	1:19.19
2:46.09	3:04.19	3:10.89	200 Breast	2:28.89	2:45.29	2:53.39
n/a	n/a	n/a	50 Fly	n/a	n/a	n/a
1:05.89	1:13.09	1:15.59	100 Fly	:58.49	1:04.79	1:07.79
2:27.09	2:43.29	2:46.19	200 Fly	2:16.89	2:28.29	2:32.39
n/a	n/a	n/a	100 IM	n/a	n/a	n/a
2:26.79	2:42.89	2:46.09	200 IM	2:07.99	2:21.99	2:32.29
5:13.59	5:47.99	5:57.49	400 IM	4:37.19	5:07.69	5:35.79
1:45.99	1:56.59	2:03.79	200 Free Relay	1:34.09	1:43.49	1:50.09
3:48.39	4:11.29	4:23.99	400 Free Relay	3:22.79	3:43.09	3:59.99
8:17.99	9:07.79	9:26.39	800 Free Relay	7:25.99	8:10.59	8:45.59
2:02.99	2:15.29	2:24.29	200 Medley Relay	1:47.29	1:57.99	2:10.89
4:23.09	4:49.39	5:06.39	400 Medley Relay	3:52.39	4:15.79	4:36.89



SHORT COURSE/LONG COURSE LSC CHAMPIONSHIP QUALIFYING:

Qualifying times differ for Short Course and Long Course LSC Championships. Obtaining a qualifying time for the Short Course LSC Championships will guarantee entry into the Long Course LSC Championships. Obtaining a qualifying time for the Long Course LSC Championships does not guarantee entry into the Short Course LSC Championships. Please consult the qualifying time standards for each LSC Championship to determine athlete eligibility.

PARA-SWIMMING:

Para-Swimming athletes are eligible to compete at LSC Championships provided they achieve the USA Swimming suggested LSC time standards for any offered event.