



2025 SOUTH CAROLINA SHORT COURSE SENIOR LSC CHAMPIONSHIP

Date: February 13 - 16, 2025

Meet Sanction: Held under the sanction of USA Swimming issued by SC Swimming:
Sanction Number: SC2566SCY & SC2567TT

Meet Host: YMCA of Upper Palmetto Rays

Meet Director: Caroline Andrychowski ymcaupraysmeetdirector@gmail.com 704-779-5892

Referee: Aimee McMillan aimeemcmillan@gmail.com 704-502-5996

Admin Official: Barb Ship barbara.ship.referee@gmail.com 518-350-4644

Meet Entries to: Aimee McMillan ymcaupraysmeetentries@gmail.com 803-817-7665

Safety Marshal: Josh Brown joshuabrown@ymcaup.org 803-817-7665

Lauren Mozingo laurenmozingo@ymcaup.org 803-817-7665

Facility: Rock Hill Aquatics Center
325 Rawlinson Road
Rock Hill, SC 29732
803-817-7665

The Rock Hill Aquatics Center is an indoor climate-controlled facility with a ten-lane 25-yard competition pool and adjacent eight-lane warm-up pool. The water depth of the competition course is eight (8) feet, six (6) inches, measured from one (1) meter to five (5) meters, on the starting end of the course, and five (5) feet, two (2) inches, measured from one (1) meter to five (5) meters, at the turn end of the course. The water depth of the warm-down course is four (4) feet, eleven (11) inches, measured from one (1) meter to five (5) meters, on the starting end of the course, and three (3) feet, six (6) inches, measured from one (1) meter to five (5) meters, at the turn end of the course. Both competition courses have been certified in accordance with 104.2.2C(4). A copy of the certificate is on file with USA Swimming.

Medical supervision will be provided by the Rock Hill Aquatics Center Lifeguard staff.

Rules: RAYS welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meet. Coaches entering swimmers with disabilities that require any accommodation are required to provide advance notice in writing to the meet referee 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 RAYS' ability to accommodate all requests.

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, is 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 102.8.1.F.)

NO equipment will be allowed in warm up.

NO smoking is allowed inside the facility.

NO coolers are allowed inside the facility.

NO glass containers are allowed inside the facility.

No folding chairs or seatbacks allowed in the facility. Bleacher seating will be available.

Spectators are limited to designated areas.

Reserving seats between sessions is prohibited.

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

**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
\$30.00 pool fee per swimmer
\$2.00 SCLSC Travel Fund/Program fee
\$2.00 SCLSC Sports Development fee
\$1.00 Jennifer Smith Scholarship Fund
\$8.00 per Time Trial
\$10.00 per Relay
\$10.00 Heat Sheet Fee

Faxed entries will not be accepted. No late entries will be accepted. Deck entries will not be accepted.

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.

Meet Format:

No refunds will be given.

Meet management reserves the right to adjust course breakdown and warm-up times based on number of entries. Meet management reserves the right to utilize two courses, for competition for any events as described below. Meet management reserves the right to insert breaks in the meet where necessary to allow athletes proper rest.

The host club may request timers from visiting clubs.

The number of timers each participating team is required to provide will be based on a proportion to 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.

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 attempted to 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 behind the blocks or whether they will be announced as 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 SCY times, SCM times, and then LCM times. Times may not be converted.

The women's 1650 Freestyle and the men's 1000 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.

The 400 Individual Medley and 500 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. If two pools are utilized for these events, they will be contested as listed without alternating heats women and men as one gender will be in one pool and the other gender in one pool. There will be no "C" final events for these events.

The women's 1000 Freestyle and the men's 1650 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. The top heat of each event will swim at finals.

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.

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.

Scratch Deadlines:

Thursday 200 Medley relays (4:00 pm) 30 min prior to the start of the session. All other relays at the start of the session. Thursday – Saturday 5:30 pm and Sunday 5:00 pm.

Friday, Saturday and Sunday preliminary events will be at 5:30 pm of the previous evening's session.

The 400 IM, 500 Free, 1000 Free and 1650 Free will require positive check-in.

Thursday 1000 Free and 1650 Free – 4:00 pm

Friday 400 IM – 8:15 am

Saturday 500 Free – 8:15 am

Sunday 1000 Free and 1650 Free – 8:45 am

The scratch box will be located at clerk of course.

There will be no penalty for not swimming in the seeded preliminary events 200 y 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.15.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.15.d)

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.15.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.15.f).

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 500 yards 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 the Meet:

Date	Prelims Warm-ups	Prelims Competition	Finals Warmups	Finals Competition
Thursday			4:30 pm	5:30 pm
Friday	7:30 am	8:45 am	4:30 pm	5:30 pm
Saturday	7:30 am	8:45 am	4:15 pm	5:30 pm
Sunday	7:30 am	8:45 am	4:00 pm	5:00 pm

Finals warm-ups will begin 15 minutes earlier on Saturday to allow for Senior Recognition which will begin 15 minutes prior to the start of finals.

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.

Entries:

Entry Deadline: *All entries must be received by 5:00 PM, Monday, February 3rd, 2025.*

SC Swimming does not accept deck registrations. All swimmers entered must be registered at the 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 January 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, February 3rd, 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 (*February 3rd, 2025*) for times achieved between the entry deadline (*February 3rd, 2025.*) and the following Sunday (February 9th, 2025). 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, February 10th, 2025. Coaches must present meet results (prove times).*

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, February 10th, 2025.*

Clubs should submit a single check payable to the YMCA of Upper Palmetto. Entry fees must be paid in full at the first event of the meet. Payment may also be made by credit card. For advance payment of entry fees by credit card please call Caroline Andrychowski between 6:00 and 11:30 am Monday – Friday at 803-817-7665

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.

Mail the completed meet entry summary sheet, check, and hard copies of entry summary to:
2025 SC SHORT COURSE SENIOR LSC CHAMPIONSHIP Meet Entries
c/o YMCA of Upper Palmetto Timing
325 Rawlinson Road
Rock Hill, SC 29732

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

Scoring: Individual Events: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1
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 managed by YMCA of Upper Palmetto Timing. 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 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 an acceptable proof of USA Swimming membership. All coaches must be a current member in good standing with USA Swimming.

Graduating Seniors Please fill out the electronic form for all graduating seniors (click [here](#).) Seniors will be recognized prior to the start of the finals sessions on Saturday evening. If this information is not received prior to the entry deadline, seniors will not be recognized in the heat sheet and will not receive the flowers (their names may be announced.)

Other Information: **Coaches:** A coaches meeting will be held at 4:00 pm (30 min 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 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 in the officials' room located under the stands. The entrance is outside before you get to the main entrance to the building.

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: Stroke and Turn: N2/N3; Chief Judge: N2/N3f; Starter: N2; Deck Referee: N2/N3i; Administrative Referee/Official: N3i

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 comprised 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 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.

Heat Sheets: Digital heat sheets will be posted on the Rays website, www.swimrays.com 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.

Warm-up Procedures: All warm-up sessions will be open. The last 15 min 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.

Hospitality: Hospitality will be provided Dinner on Thursday; breakfast and dinner on Fri-Sun; with snacks and refreshments available throughout the meet each day.

Contact Person : Caroline Andrychowski
Alternate Contact: Jon Mengering

ymcaupraysmeetdirector@gmail.com
jonathanmengering@ymcaup.org

2025 SOUTH CAROLINA SHORT COURSE SENIOR LSC CHAMPIONSHIP

February 13 - 16 2025

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC2566SCY & SC2567TT

Order of Events

Thursday February 13

Session 1: Timed Finals

Warm-ups 4:30 pm

Start 5:30 pm

Women		Men
1	200 Medley Relay	2
3	1650 Freestyle	
	1000 Freestyle	4
5	800 Freestyle Relay	6

Friday February 14

Session 2: Preliminaries

Warm-ups 7:30 am

Start 8:45 am

Women		Men
7	200 Freestyle	8
9	100 Breaststroke	10
11	200 Butterfly	12
13	50 Freestyle	14
15	400 Individual Medley	16

Session 3: Finals

Warm-ups 4:30 pm

Start 5:30 pm

Women		Men
7	200 Freestyle	8
9	100 Breaststroke	10
11	200 Butterfly	12
13	50 Freestyle	14
15	400 Individual Medley	16
17	200 Freestyle Relay	18

Saturday February 15

Session 4: Preliminaries

Warm-ups 7:30 am

Start 8:45 am

Women		Men
19	100 Backstroke	20
21	200 Breaststroke	22
23	100 Butterfly	24
25	500 Freestyle	26

Session 5: Finals

Warm-ups 4:15 pm

Start 5:30 pm

Women		Men
19	100 Backstroke	20
21	200 Breaststroke	22
23	100 Butterfly	24
25	500 Freestyle	26
27	400 Medley Relay	28

Sunday February 16

Session 6: Preliminaries

Warm-ups 7:30 am

Start 8:45 am

Women		Men
31	200 Individual Medley	32
33	100 Freestyle	34
35	200 Backstroke	36
29	1000 Freestyle	
	(Timed Finals – Top heat at finals)	
	1650 Freestyle	30
	(Timed finals – Top heat at finals)	

Session 7: Finals

Warm-ups 4:00 pm

Start 5:00 pm

Women		Men
29	1000 Freestyle	
	(Timed finals – Top heat)	
	1650 Freestyle	30
	(Timed finals – Top heat)	
31	200 Individual Medley	32
33	100 Freestyle	34
35	200 Backstroke	36
37	400 Freestyle Relay	38

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February 13-16, 2025

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Coaches:

Please use this checklist to make sure you return all the required items. This form must be filled out and included with your entry.

- _____ Financial Summary Form (including email address).
- _____ Hard copy of entries.
- _____ Check for all fees (payable to YMCA of Upper Palmetto Rays).

I certify that this entry is completed to the best of my ability and that all swimmers entered have achieved the entry time required in each event.

Coach's Signature

Date

Club Name

Club Abbreviation

2025 SOUTH CAROLINA SHORT COURSE SENIOR LSC CHAMPIONSHIP

FEBRUARY 13-16, 2025

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number: SC2566SCY & SC2567TT

Meet Entry Summary Sheet

Team: _____ Team Code: _____

Head Coach: _____ Phone Number: _____

Head Coach Email Address: _____

Team Entry Contact Person _____

Team Entry Contact Person Phone Number _____

Team Entry Contact Email Address _____ (results will be sent to this address)

Number of Coaches at Meet: Thus: _____ Fri: _____ Sat: _____ Sun: _____

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

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

Number of Swimmers _____ × \$30.00 Pool Surcharge fee \$ _____

Number of Swimmers _____ × \$10.00 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 Fund \$ _____

Total Amount Enclosed (checks payable to YMCA of Upper Palmetto Rays) \$ _____

I, the undersigned coach, or team representative, verify that all the swimmers and coaches listed on the enclosed entry forms are registered with United States Swimming. A copy of our team'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 South Carolina LSC, and YMCA of Upper Palmetto Rays 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. It is also understood and agreed that the YMCA of Upper Palmetto, YMCA of Upper Palmetto Timing, its agents, employees, and coaches 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 _____



2024-2025 SENIOR LSC CHAMPIONSHIP

Time Standards - Short Course Championship

WOMEN				MEN		
SCY	SCM	LCM	EVENT	SCY	SCM	LCM
:26.59	:29.39	:30.69	50 Free	:23.49	:25.99	:27.49
:56.79	1:02.99	1:05.99	100 Free	:50.69	:56.19	:59.99
2:04.39	2:17.99	2:21.59	200 Free	1:51.49	2:03.69	2:11.39
5:29.19	4:53.79	4:57.69	400/500 Free	5:04.19	4:24.19	4:33.19
11:26.89	10:06.89	10:14.29	800/1000 Free	10:40.09	9:20.09	9:36.39
19:15.09	19:38.19	19:50.89	1500/1650 Free	18:09.09	18:15.59	18:46.0
n/a	n/a	n/a	50 Back	n/a	n/a	9 n/a
1:04.69	1:11.79	1:15.69	100 Back	:57.39	1:03.69	1:08.89
2:20.69	2:35.99	2:42.09	200 Back	2:06.69	2:20.59	2:28.89
n/a	n/a	n/a	50 Breast	n/a	n/a	n/a
1:14.49	1:22.89	1:25.39	100 Breast	1:06.49	1:13.79	1:16.99
2:41.29	2:58.89	3:05.39	200 Breast	2:24.59	2:40.49	2:48.39
n/a	n/a	n/a	50 Fly	n/a	n/a	n/a
1:03.99	1:10.99	1:13.39	100 Fly	:56.79	1:02.99	1:05.89
2:25.79	2:38.59	2:41.39	200 Fly	2:12.99	2:24.09	2:27.99
n/a	n/a	n/a	100 IM	n/a	n/a	n/a
2:22.59	2:38.19	2:41.29	200 IM	2:04.29	2:17.89	2:27.89
5:04.49	5:37.89	5:47.09	400 IM	4:29.19	4:58.79	5:26.09
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



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.