

## 2025 TAC TITANS Blizzard Blitz Meet

Hosted by the TAC TITANS Swim Team

December 4-7, 2025

Held at Triangle Aquatic Center, 275 Convention Drive, Cary, NC 27511

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

**Sanction #NC25198/NC25198TT**

MEET DIRECTOR Jennifer Riley <a href="mailto:jriley@tactitans.org">jriley@tactitans.org</a>		MEET ENTRY COORDINATOR Jennifer Riley <a href="mailto:jriley@tactitans.org">jriley@tactitans.org</a>
MEET REFEREE Matt Cleaver <a href="mailto:mcleavernc@gmail.com">mcleavernc@gmail.com</a>	ADMIN REF Wayne Shulby <a href="mailto:Wayne.shulby@gmail.com">Wayne.shulby@gmail.com</a>	MEET MARSHAL Matt Cardenas (m) Kelsey Symm (f)

### FACILITY

The Triangle Aquatic Center (TAC) provides 3 indoor pools and 1 outdoor pool supporting amenities including a Spectator Stadium and Atrium with combined capacity of up to 1000, full-service café, performance recovery center, hospitality gallery, classroom, and wireless internet. Select swim gear can be purchased from the vending machine in the lobby provided by Kiefer Aquatics.

The 50-meter competition pool with bulkhead offers a total of 8 50-meter competition lanes with a depth of 7 to 12 feet that can be configured for separate 8-lane and 10-lane, 25-yard competition courses. TAC will ensure the correct competition course dimensions. Prior to each session of competition, the facility host shall examine the bulkhead and shall confirm to the Meet Referee that the bulkhead is stable, straight and properly positioned and anchored. Paddock Starting Blocks with Swim Innovation decks complete with Foot Wedge and optional non-mechanical backstroke ledges (at the meet referee's discretion) are available for all competition lanes. The competition lanes are a minimum of 7 feet wide. Additional warmup and warm down lanes will be made available during the meet. There is a Swiss Timing Quantum timing system that will include automated touch pads, at least one (1) semi-automatic plunger and at least one (1) watch per lane along with an HD video scoreboard. The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. The facility may charge a fee for admission to spectators. Meet participant parking is available across from the swimmer drop-off loop and in fenced area lot adjacent to the pool. Illegally parked vehicles are liable to be ticketed or towed by the local Police Department and the owner's expense.

Per USA Swimming and Safe Sport Rules...ONLY USA Swimming registered athletes, current USA Swimming registered officials and coaches may be on deck during warm-ups and/or competition. ALL coaches, officials and meet personnel will be required to wear wristbands or lanyards on the pool deck. Please check-in at the clerk of course.

During any USA Sanctioned meet, the Triangle Aquatic Center restricts locker room access to meet and practice swimmers only. Coaches, volunteers, officials, and all other adults are not permitted in the locker rooms at any time with the exception of TAC lifeguards as needed. Non-swimming individuals on deck must use the restrooms located at the east end of the competition pool. Additionally, individuals not swimming in the meet are prohibited from using any pool designated for competition, warm-up, or cool-down purposes.

TAC's Operations and Lifeguard staff will provide basic medical coverage throughout the facility and is fully supported by Wake County EMS.

## **MEET FORMAT**

AGE GROUP/SENIOR SHORT COURSE YARDS MEET (13&O only)  
THURSDAY (timed finals), FRIDAY, SATURDAY & SUNDAY PRELIMS/FINALS (with the exception of the 1000 and 1650 free and relays which will be timed finals):

13-14 – B & A Finals (top 16 swimmers)

15 & OVER – B & A Finals (top 16 swimmers)

\* Additional finals heats may be added (except 400 IM and 500 free that will remain at B&A) depending on the number of entries. This decision will be made and communicated by **Monday, December 1, 2025.**

TIMED FINALS: 1000 Free, 1650 free and all relays.

Time trials will be offered following each session (with the exception of Sunday night finals)

The 13-14 and 15&O 400 IM and 500 FREE will be PRESEDED and swum as SLOW TO FAST up to the fastest 4 heats, then FAST TO SLOW for any remaining heats and may alternate girls and boys (or by age group) depending on the number of entries and how the pools are configured.

The 13&O 1000 FREE will swim FAST to SLOW as a TIMED FINAL on THURSDAY PM and may alternate girls/boys depending on the number of entries.

The 13&O 1650 FREE will swim FAST to SLOW as a TIMED FINAL. The fastest heat of 8 13&O swimmers electing to swim in evening Finals for each gender will swim in Sunday evening FINALS; all other swimmers will swim during Sunday morning PRELIMS and may alternate girls and boys depending on the number of entries. If 2

pools are used in prelims, every effort will be made for swimmers to swim in their respective pool as the rest of their events in the session, but cannot be guaranteed. There will be an AM/PM option.

13 & OVER RELAYS will swim as TIMED FINALS during the evening FINALS only. There will be no AM/PM option. Relay cards are due at the admin table at the start of each session.

The number of heats for ALL EVENTS  $\geq$  400 yards may be limited.

SWIMMERS WILL BE REQUIRED TO PROVIDE A PERSON TO COUNT LAPS FOR THE 1000 and 1650 FREE.

Session	Day	Warm-up	Meet Start	Age Group
1	Thursday Timed Finals	4:30 PM	6:00 PM	13&O
2	Time Trials	n/a	Immediately following	
3	Friday Prelims	7:00 AM	8:30 AM	13&O
4	Time Trials	n/a	Immediately following	
5	Friday Finals	4:50 PM	6:00 PM	13&O
6	Time Trials	n/a	Immediately following	
7	Saturday Prelims	7:00 AM	8:30 AM	13&O
8	Time Trials	n/a	Immediately following	
9	Saturday Finals	4:50 PM	6:00 PM	13&O
10	Time Trials	n/a	Immediately following	
11	Sunday Prelims	7:00 AM	8:30 AM	13&O
12	Time Trials	n/a	Immediately following	
13	Sunday Finals	4:50 PM	6:00 PM	13&O

Meet Management reserves the right to combine sessions, limit entries, events, add heats and to adjust warm-up and meet start times to optimize the schedule. Any changes will be communicated via email to participating coaches by **Monday, December 1, 2025**.

#### DEADLINE AND MEETING SUMMARY:

Day, Date	Time	Purpose
<b>Wednesday, November 26, 2025</b>	10:00PM	Entry Deadline
<b>Thursday, Dec 4, 2025</b>	15 minutes prior to meet start	Coaches/Technical Meeting
<b>Saturday, Dec 6, 2025</b>	7:00PM	Positive check in deadline for 1650 free
<b>Thur-Sun, Dec 4-7, 2025</b>	45 minutes prior to the start of each session	Officials 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 supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out 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 host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, 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 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, certified coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

## ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. prior to the entry deadline. All USAS Adult Athletes must hold current APT certification to compete. Entries listed as "Registration Applied For" will not be accepted. **THERE WILL BE NO ON DECK MEET SIGNUP AVAILABLE AT THIS MEET. ALL SWIMMERS MUST BE CURRENT WITH USAS (INCLUDING 18+ APT) AS OF THE ENTRY DEADLINE.**

## TIME STANDARDS

At least one 'A' time is required to enter the meet. 'BB' times are required for ALL events entered. ALL TIMES MUST BE PROVABLE and achieved in the past 2 years. The specific table to be used is 2024-2028 National Age Group Motivational Times by Age Group <https://swimswam.com/wp-content/uploads/securepdfs/2024/09/2028-motivational-standards-age-group.pdf> LC times may be used but LC entry times will seeded last in rank order.

## MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

The TAC Titans welcome 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. Personal assistants must check in with the volunteer table for sign in and receive credentials to access the pool deck. Failure to provide advance notice may limit the TAC Titans' ability to accommodate all requests. To request accommodation or modification for swimmers with disabilities, coaches should complete the [USA Swimming Accommodation Form](#) and submit it to the Meet Referee and Meet Director prior to the entry deadline.

## ENTRIES

Teams MUST declare their intent to attend this meet by contacting the Meet Director NO LATER THAN **Friday, Nov 14, 2025**. Otherwise, acceptance of entries cannot be guaranteed.

ENTRIES will not be accepted before **Friday, Nov 14, 2025** at 8:00 AM and may not be accepted after **Wednesday, Nov 26, 2025** at 10:00 PM. Please DO NOT send entries if you have not previously contacted the Meet Director.

"NT" entry times WILL NOT be accepted at this meet

Entries should be submitted in Hy-Tek format via email. A completed and signed “Summary of Fees” Sheet (included in this announcement) and payment in full must be received by the Meet Entry Coordinator before the start of the meet. Swimmers will not be allowed to swim until all fees are paid. A swimmer’s age on the first day of the meet will determine their age for the entire meet.

#### ENTRY LIMITATIONS

Individual events: Swimmers are limited to 3 events per day and 8 events for the meet.

Relay events: Team may enter 2 relays per event (A and B). RELAYS WILL ONLY BE SWUM IF THE TIMELINE PERMITS.

#### ENTRY VERIFICATION

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

#### ENTRY DEADLINES

The Meet Entry Coordinator MUST receive entries no later than **Wednesday, Nov 26, 2025**, at 10:00 PM. Late entries may be accepted at the discretion of the Meet Director but will be charged the Late Entry Fee of DOUBLE THE INDIVIDUAL EVENT FEE.

#### ENTRY FEES

<b>Make Checks payable to: TAC</b> <b>Or request online payment information from</b>	<b>ALL FEES ARE NON-REFUNDABLE</b>
Individual Events	\$12.00 per event
Relay Events	\$15.00 per event
Time Trial Events	\$12.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$25.00 per swimmer
Heat sheet fee	\$5.50 per swimmer
Late Entry Fee	Double entry fee

#### SEEDING

The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim slowest to fastest, unless otherwise indicated. All non-conforming times will be seeded last in rank order.

#### CHECK-IN

Positive check in may be done at the Admin table or via GroupMe (see check in events and deadlines in Meeting and Deadline table above).

Swimmers that fail to check in may be scratched from the event and not seeded. A swimmer who has checked in, been seeded, and fails to compete in said event, shall be barred from his/her next individual event unless excused by the Meet Referee.

## **SCRATCHES**

The current NCS Scratch Rule will be in effect during the course of this meet for prelims/finals and deck seeded events (see attachment). This will serve as the official guide for technical procedural rules, except when stated otherwise in the Meet Announcement. Coaches and swimmers are expected to be familiar with the rule.

Exceptions:

- Swimmers who are announced in any A-final heat and fail to swim or scratch will be barred from his/her next individual prelim or timed finals event unless excused by the Meet Referee. The penalty will be applied for each missed A-final heat.
- Alternates may be placed in any finals heat.

For ties that affect finals seeding, entry will be determined by a swim-off or other acceptable method. Scratches for finals will be done either in person at the scratch table or virtually via the GroupMe app (coaches only).

ALL SWIMMERS SHOULD SCRATCH FROM SUNDAY FINALS IF THEY HAVE NO INTENTION OF SWIMMING.

## **SCORING**

This meet will not be scored.

## **AWARDS**

There are no awards at this meet.

## **RESULTS**

Results will be posted on the Triangle Aquatic Center website <https://www.triangleaquatics.org/events/event-calendar/> within 48 hours of the meet's conclusion. At the conclusion of the meet, teams may obtain Hy-Tek backups either via email attachment or on [www.swimnc.com](http://www.swimnc.com)

## **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 virtual membership card upon request. There will be a technical 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 technical meetings. Coaches are responsible for all information discussed at meetings.

**PLEASE EMAIL THE MEET DIRECTOR A LIST OF ALL COACHES WHO WILL BE IN ATTENDANCE NO LATER THAN THE MONDAY BEFORE THE MEET STARTS.**

NCS Registration Chair will provide meet management with a list of current coaches' certifications. Coaches who are not current in all required certifications will not be allowed on deck.

**OFFICIALS/TIMERS/  
VOLUNTEERS**

All officials on deck must be registered and certified with USA Swimming and should be prepared to show proof of credentials to the meet referee upon request. A certification card showing the official's level of certification must also be presented. Officials who would like to work at the meet should contact the meet referee prior to the meet.

**HOSPITALITY/  
CONCESSIONS**

TAC is proud to offer hospitality to all coaches and officials participating in the corresponding session of the meet. Hospitality is offered prior to and into the corresponding session. TAC will also provide snacks and drinks on deck to coaches, officials and meet personnel.

**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 Marshal 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 there will be lanes available for continuous warm-up/warm-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. The TITANS, Triangle 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 our 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 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. NOTE - we are unable to honor this request for exclusion from the live stream and subsequent recording of the event.

## **TIME TRIALS**

Time Trials for 100's and 200's of each stroke, 50 free and the 200 and 400 IMs for short- course yards will be offered at this meet. The 500 Free, 1000 Free, and 1650 Free will ONLY be offered after Saturday morning prelims. A swimmer MUST be pre-registered in at least one individual event in the meet in order to swim a Time Trial. Time Trials will be held after the conclusion of all sessions (with the exception of Sunday finals). Swimmers are eligible to swim as many Time Trials as they choose within their total 3 individual event daily limit and 8 event limit for the meet. If a swimmer wishes to scratch an event in order to swim a Time Trial, then the swimmer or coach MUST scratch at the admin table by the scratch deadline in the Deadline Table above. A "no-show" or "DFS" in a prelim session event will count toward the total daily limit.

All Time Trial entry fees are \$12.00 per event and payable in cash to the Clerk of Course – Admin Table at sign-ups for visiting teams (TAC swimmers will be billed via Team Unify but will also sign up at the Clerk of Course – Admin Table). Sign ups will open 30 minutes after each regular session starts Thurs PM through Sunday prelims and will remain open for 1 hour. Events and heats may be limited and/or combined at the Meet Referee's discretion. SWIMMERS ARE REQUIRED TO PROVIDE A TIMER FOR ALL TIME TRIALS

## ORDER OF EVENTS

See "DEADLINE AND MEETING SUMMARY" table above for warm-up and session start times.

### THURSDAY

#### Session #1 – TIMED FINALS 11&O

Girls	EVENT	Boys
1	13-14 1000 Free	2
3	15&O 1000 Free	4

### FRIDAY

#### Session #3 – PRELIMS 13&O Session #5 – FINALS 13&O

Girls	EVENT	Boys
5	13-14 100 Breast	6
7	15&O 100 Breast	8
9	13-14 200 Free	10
11	15&O 200 Free	12
13	13-14 100 Fly	14
15	15&O 100 Fly	16
17	13-14 400 IM	18
19	15&O 400 IM	20
21	13-14 200 Free Relay (Finals only)	22
23	15&O 200 Free Relay (Finals only)	24

### SATURDAY

#### Session #7 – PRELIMS 13&O Session #9 – FINALS 13&O

Girls	EVENT	Boys
25	13-14 200 Fly	26
27	15&O 200 Fly	28
29	13-14 50 Free	30
31	15&O 50 Free	32
33	13-14 200 Breast	34
35	15&O 200 Breast	36
37	13-14 100 Back	38
39	15&O 100 Back	40
41	13-14 500 Free	42
43	15&O 500 Free	44
45	13-14 200 Medley Relay (Finals only)	46
47	15&O 200 Medley Relay (Finals only)	48

### SUNDAY

**Session #11 – PRELIMS 13&O      Session #13 – FINALS 13&O**

Girls	EVENT	Boys
49	13-14 200 IM	50
51	15&O 200 IM	52
53	13-14 100 Free	54
55	15&O 100 Free	56
57	13-14 200 Back	58
59	15&O 200 Back	60
61	13&O 1650 Free	62

### TIME TRIALS

**Sessions #2, 4, 6, 8, 10 and 12**

No warm up; Meet start: Immediately following all prelims & finals sessions (with the exception of Sun Finals)

MIXED	Event
X01	100 Free
X02	100 Fly
X03	100 Breast
X04	100 Back
X05	50 Free
X06	200 IM
X07	200 Free
X08	200 Fly
X09	200 Breast
X10	200 Back
X11	400 IM
X12	500 Free (Sat after prelims ONLY)
X13	1000 Free (Sat after prelims ONLY)
X14	1650 Free (Sat after prelims ONLY)

**THIS PAGE IS FOR COACHES ONLY**

2025 TAC TITANS Blizzard Blitz Meet

Summary of Fees/Release Form

**Please complete and mail this form along with entry fees to:  
(make checks payable to TAC TITANS) Attn: Melissa Oman**

**275 Convention Drive; Cary, NC 27511**

**Email: [jriley@tactitans.org](mailto:jriley@tactitans.org)**

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total	Cost per	Total
Individual Entries		\$12.00 per event	
Relay Entries		\$15.00 per event	
Time Trials		\$12.00 per event	
Swimmers (\$3 Travel Fund & \$25.00 Facility Surcharge; heat sheet fee \$5.50)		\$ 33.50 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release: I, the undersigned coach or team representative, verify that all 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. The TAC Titans, Triangle 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. I also acknowledge that by entering this meet, I am granting permission for the names of any or all 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 \_\_\_\_\_

TITLE \_\_\_\_\_

208.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet announcement shall specify all mandatory check-in and scratch deadlines and procedures.

- .1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
- .2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch or as noted in 208.3.4 A or D. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet announcement states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except those individual events of 400 meters or longer may be closed for seeding up to twenty-four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet announcement.
- .3 Preliminary and Finals Events
  - A. Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck, then 208.3.2 applies
  - B. Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 208.3.4. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.
  - C. In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete
  - D. When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim
  - E. If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)
- .4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:
  - A. The Referee is notified in the event of illness or injury and accepts the proof thereof.
  - B. The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
  - C. The swimmer was not named in any finals heat during the initial announcement of results
  - D. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

