



	<p>Aiken-Augusta Swim League Hereafter known as “Host Club”</p> <p>Southeastern Meet of Champions March 7-10, 2024</p>
<p><b>Sanction Application Links:</b></p> <p>Click on the corresponding link to complete the Application for Sanction.</p>	<p><a href="#">Sanction Application</a> <a href="#">Sanction Application for Approved Meets</a> <a href="#">Application for Observation Non-Season Culminating</a> <a href="#">Application for Observation Season Culminating</a></p>
<p><b>SANCTION:</b></p> <p><b>ATTESTATION:</b></p>	<p>Held under the sanction of USA Swimming, issued by Georgia Swimming Inc., <b>Sanction #: GA24-023/STT</b></p> <ul style="list-style-type: none"> <li>Article 202.4.3: Granted sanctions are non-transferrable to other organizations or clubs. Any such transferred sanction shall be void and the Sanction Committee shall deny any further sanctions to the organization or club violating this provision.</li> <li>In applying for this sanctioned event, the Host Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Georgia LSC, the State of Georgia, and local jurisdiction.</li> </ul>
<p><b>LIABILITY:</b></p>	<p>In granting this sanction it is understood and agreed that USA Swimming, Inc., Georgia Swimming, Inc., and Host Club, shall be free and held harmless from any liabilities or claims for damages or illnesses arising by reason of injuries to anyone during the conduct of the event.</p>
<p><b>MAAPP: Minor Athlete Abuse Prevention Policy</b></p>	<p><b>This meet will adhere to the current Minor Athlete Abuse Prevention Policy (“MAAPP”) set forth by USA Swimming.</b></p> <ul style="list-style-type: none"> <li>All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>A USA Swimming club that hosts a sanctioned USA Swimming swim meet indicates acknowledgement of USA Swimming’s Minor Athlete Abuse Prevention Policy (“MAAPP”).</li> <li>All USA Swimming members including athletes 18 and older and adults who interact with minor athletes at swim meets are expected to comply with the MAAPP policy.</li> <li>All chaperones, team managers, adult swimmers, meet directors, officials, and non-member parents and meet volunteers are expected to understand and comply with MAAPP.</li> <li>The Host Club, is responsible for ensuring that these individuals know about and comply with MAAPP.</li> </ul>
<p><b>ELIGIBILITY FOR TIME RECOGNITION TO THE SWIMS DATABASE</b></p>	<p><b>Effective September 1, 2022,</b> there will <b>NO</b> longer be a 30-day administrative grace period. Going forward, ANY 17-year-old athlete who has not completed the APT requirements by their 18<sup>th</sup> birthday <b>WILL NOT</b> be a USA Swimming member in good</p>

	standing unless or until the APT requirement is completed. This includes eligibility to compete in USA Swimming sanctioned meets, club practices and all other related activities. Athletes will continue to receive an email notification reminder of the APT requirement 30 days prior to their 18 <sup>th</sup> birthday as well as a reminder on their 18 <sup>th</sup> birthday. ALL I+USA Swimming members aged 18 years old and older are required to complete APT annually. This is the individual's responsibility and includes both athlete and non-athlete members.
<b>REPORT DISCRIMINATION:</b>  <b>D, E, &amp; I = Reference / Informational Section</b>	<p>The Georgia LSC believes that there is no place for discrimination in the sport of swimming.</p> <p>If you believe you are the victim of discrimination, you are encouraged to report the incident to USA-Swimming's Associate: Michelle Steinfeld, <a href="mailto:msteinfeld@usaswimming.org">msteinfeld@usaswimming.org</a>. Please provide a complete description of the incident as well as a way to contact you and/or other parties involved.</p> <p>For more information refer to <a href="http://gaswimming.org/diversity">gaswimming.org/diversity</a>.</p> <p>Starting on September 1, 2022, USA Swimming members can submit anonymously or on the record through plain text messaging at 888-270-SWIM (7946).</p> <p><b><u><a href="http://teamunify.com">Georgia Swimming LSC: D, E, &amp; I (teamunify.com)</a></u></b></p>
<b>Swimmers with a Disability:</b>	<p><b>LSC Meets</b> (time standard required for entry, i.e., LSC Championships or Large Invitationals):</p> <p>Swimmers with a disability may qualify for the meet using the LSC Parallel Time Standards. They are eligible for Bonus Events according to the same guidelines described in the "Entries" section below.</p> <p><u>Coaches of ALL swimmers with a disability who are entered under the LSC Parallel Time Standards or who require any accommodations or modifications, including the need for personal assistants and/or registered service animals, must provide advance notice in writing accompanying their meet entry file, to the Entry Chair and the Meet Referee by the entry deadline.</u> Failure to provide advance notice may limit the Meet Management's ability to accommodate all requests. Coaches may use the <a href="#">Necessary Accommodation Form</a> to satisfy this requirement.</p> <p>SWAD swimmers achieving a PARA Sectional time will qualify to swim in one of three possible mixed SWAD heats at Finals. These will be swum at the beginning of the session, after the 2<sup>nd</sup> event, and after the last individual event. Seeding and combining of distances/strokes for all SWAD Finals heats will be determined by the Administrative Referee.</p> <p>SWAD swimmers who qualify for a standard Finals heat, regardless of whether they were entered in the meet using LSC Parallel Time Standards or the SMOC Qualifying Times, will be eligible to compete in the standard Finals heats.</p>
<b>MEET DIRECTOR:</b>	Rebecca Pattillo - <a href="mailto:meetdirector@swim-asl.com">meetdirector@swim-asl.com</a>
<b>MEET REFEREE:</b>	Jason Frankel - <a href="mailto:jf18111@gmail.com">jf18111@gmail.com</a>
<b>TEAM LEAD CJ:</b>	Eric Pingel
<b>ADMIN REFEREE #1</b>	Mike Groves - <a href="mailto:mike.groves@swim-asl.com">mike.groves@swim-asl.com</a>
<b>ADMIN REFEREE #2</b>	John Blanchard - <a href="mailto:jab_2@yahoo.com">jab_2@yahoo.com</a>
<b>STARTER:</b>	Peter Wilkinson
<b>STROKE AND TURN #1:</b>	Jason Pattillo
<b>STROKE AND TURN #2:</b>	Michael Opalka
<b>ADMIN OFFICIAL:</b>	Kathlene Wilkinson - <a href="mailto:meet.entries@swim-asl.com">meet.entries@swim-asl.com</a>
<b>MARSHALL #1: -</b>	Rebekah Wilson

<b>FEMALE</b>			
<b>MARSHALL #2: - MALE</b>	Bill Platte		
<b>FACILITY:</b>	<b>Augusta Aquatics Center</b> 3157 Damascus Road Augusta, GA 30909 Phone #: (706)261-0424  This facility’s competition pool is a 10 lane, 25-yard pool with Colorado timing and scoreboard. The competition course has been certified in accordance with 104.2.2C(4). The certification is on file with USA Swimming, Inc., and Georgia Swimming, Inc. The pool depth at the start ends equals 7-9 feet and turn end depth equals 7-9 feet. There is a separate pool area for warm-up and warm-down during the meet.		
<b>MEDICAL SUPERVISION:</b>	The Augusta Aquatics Center has a full staff of American Red Cross certified lifeguards trained in using backboards and AEDs. American Red Cross trained Police Officer and Fire Marshall will be on hand. EMT services are available through local 911.		
<b>MEET SCHEDULE:</b>	Pre-Meet Warm-up Session 1: Prelims Session 2: Finals Session 3: Prelims Session 4: Finals Session 5: Prelims Session 6: Finals Session 7: Timed Finals Session 8: LCM Time Trials	Wednesday, March 6 <sup>th</sup> Thursday, March 7 <sup>th</sup> Thursday, March 7 <sup>th</sup> Friday, March 8 <sup>th</sup> Friday, March 8 <sup>th</sup> Saturday, March 9 <sup>th</sup> Saturday, March 9 <sup>th</sup> Sunday, March 10 <sup>th</sup> Sunday, March 10 <sup>th</sup>	Pool available 2pm-8pm upon request Warm up: 8:00 am    Start: 9:30 am Warm up: 4:45pm    Start: 6:00 pm Warm up: 8:00 am    Start: 9:30 am Warm up: 4:45 pm    Start: 6:00 pm Warm up: 8:00 am    Start: 9:30 am Warm up: 4:45 pm    Start: 6:00 pm Warm up: 8:00 am    Start: 9:30 am Warm up: Not before 12:00 pm Start: Not before 1:00 pm
<b>MEET FORMAT AND SEEDING:</b>	<ul style="list-style-type: none"><li>● 8 Lanes will be used for competition.</li><li>● 10 Lanes will be available for warm up/warm down during competition.</li><li>● All events in Sessions 1-7 (Thursday-Sunday AM) will be contested SCY</li><li>● Events in Session 8 (Sunday PM) will be LCM Time Trials with the number of lanes used determined by need.</li><li>● All Prelims and Timed Finals heats for Individual Events will be seeded during warm-ups for that session. The scratch deadline is 1 hour prior to the start of each Prelims session.</li><li>● All swimmers entered with LCM Qualifying Times will be seeded below all swimmers entered with SCY Qualifying Times.</li><li>● All Individual Events on Thursday through Saturday, except the 1000 Free 401a/402a heats, will be conducted on a Preliminary/Final basis.</li><li>● Except for the 400 IM and 500 Free, all Prelims/Finals events will be circle seeded, slow to fast.</li><li>● The 400 IM and 500 Freestyle preliminary heats will be seeded as follows: fastest three heats of girls (two heats circle seeded) slow to fast; followed by fastest three heats of boys (two heats circle seeded) slow to fast; all the remaining heats will swim fastest to slowest, alternating girls and boys.</li><li>● There will be a Championship (A), Consolation (B) and Bonus (C) Heat in all Prelims/Finals events.</li><li>● The order of the Finals Heats will be C-B-A.</li><li>● Those swimmers named as First and Second Alternate in each Prelim/Final event must check in with the Deck Referee and sit in designated chairs near the Starter at the beginning of the event for which they are named if they wish to</li></ul>		

swim. Alternates will be placed in any vacant lane and swim exhibition.

- The 50 Back, 50 Breast, 50 Fly, 1000 Free and 1650 Free will be contested as Timed Finals. The 50's of stroke (Fly, Back and Breast) will not be scored.
- All heats of the 1000 Free and 1650 Free will be swum fastest to slowest.
- NOTE: Swimmers competing in the 1000 Free may elect to swim at the end of the Thursday AM Session 1 (401a/402a heats) or during the Sunday AM Session 7 (401b/402b heats), but not both. For planning purposes, the Host Club requests that coaches specify which swimmers will complete the event on Thursday AM by email with their Meet Entry. Swimmers may change this designation, if necessary, by notifying the Clerk of Course before the positive check-in deadline on Thursday AM. The 401a/402a heats on Thursday AM may be combined, or alternating heats of girls then boys, at the discretion of Meet Management. Any swimmer failing to notify the Host Club/Clerk of Course of their intent to swim on Thursday AM by the positive check-in deadline will be automatically entered in the Sunday AM 401b/402b heats. Scoring for the 1000 Free will not be completed until Sunday AM at the completion of the 401b/402b Heats.
- Swimmers must provide their own counter, if desired, for the 500, 1000, and 1650 Free.
- Swimmers in the Thursday AM 401a/402a heats of the 1000 Free and the Sunday PM LCM Time Trials must also provide their own timers.
- There may be a 10-minute break in Prelims on Thursday and Friday before the start of that day's distance event(s) (400 IM/1000 Free, 500 Free, respectively).
- In order to maintain a reasonable timeline and to regulate the continuity of the meet, the Meet Director, in consultation with the Meet Management Committee (Meet Director, Meet Referee, and one visiting Coach) reserves the right to make the final decisions on the following: dive-over starts; rest breaks; scheduling of Time Trials; other issues that affect the management, versus the conduct, of the meet.

#### **Relay Events**

- All relays will be conducted as Timed Finals
- Each team is limited to three (3) entries of each gender (or mixed) for the 100 Free and all 200 relays, two (2) entries of each gender (or mixed) for all 400 relays, and one (1) entry per gender for the 800 Free relays.
- The 100 Free, 200 Mixed Free and 200 Mixed Medley relays will be unscored exhibition.
- The 200 Free, 200 Medley, 400 Free, 400 Medley and 800 Free relays will be scored. Only 2 relays from each team can score in each event.
- The 100 Free, 200 Free and 200 Medley relays will be swum at the beginning of the Prelims sessions on Thursday, Friday and Saturday, respectively.
- All 800 Free relays will be swum at the end of the Finals session on Thursday PM. Positive check-in required by noon on Thursday.
- The 400 Medley relays will be swum at the end of the Finals session on Friday PM. Positive check-in required by noon on Friday.
- The 400 Free relays will be swum at the end of the Finals session on Saturday PM. Positive check-in required by noon on Saturday.

	<ul style="list-style-type: none"> <li>• The 200 Mixed Free and 200 Mixed Medley relays will be swum at the beginning and at the end, respectively, of the Timed Final session on Sunday AM. No positive check-in required.</li> <li>• Relay cards for any teams not having already designated the 4 swimmers in the original entry (or changed thereafter) must be submitted by the end of warm-up for the session in which they are contested.</li> </ul>
<b>ENTRY FEES:</b>	<ul style="list-style-type: none"> <li>• INDIVIDUAL EVENT ENTRIES: \$15 / Event</li> <li>• LATE/DECK INDIVIDUAL ENTRIES: \$30 / Event</li> <li>• RELAYS: - \$25 / Event</li> <li>• LATE/DECK RELAY ENTRIES: \$50 / Event</li> <li>• SCY TIME TRIALS (THURSDAY/FRIDAY/SATURDAY AM): \$30 / Event</li> <li>• LCM TIME TRIALS (SUNDAY PM): \$15 / Event</li> <li>• \$3/Athlete GA LSC Travel Fund Fee</li> <li>• \$6/Athlete GA LSC Travel Fund Fee for all non-Georgia LSC registered athletes</li> </ul>
<b>ELIGIBILITY:</b>	<p><b>Open</b></p> <p>(Open, Dual, Invitational, Intrasquad, Time Trial, Approved, Observed)</p> <p>This meet will be conducted as defined above. All 2024 swimmers registered with USA Swimming and/or their respective World Aquatics Federation, in good standing with their local national federation, will be allowed to compete.</p> <p>All foreign delegations must submit documentation from their federation indicating athletes, coaches, and team support are members in good standing of their World Aquatics affiliated federation. Host Club will not allow unregistered swimmers, coaches, officials, or teams to participate in this meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.</p>
<b>ENTRIES:</b>	<p>Event Limits:</p> <ul style="list-style-type: none"> <li>• Athletes are limited to three (3) Individual Prelims/Finals events per day or four (4) Timed Finals events per day.</li> <li>• Athletes are limited to a total of eight (8) Individual Events for the meet.</li> <li>• 50's of stroke (Fly, Back and Breast) will not be scored and do not count toward an athlete's total event limit but DO count toward an athlete's daily limit.</li> <li>• Athletes can be entered into an unlimited number of relay events. The relay events will not count towards the daily or meet event limits.</li> </ul> <p>Any swimmer who competes in more than their daily limit will be disqualified from the last event(s) of that day.</p> <p>Swimmers must achieve the required Qualifying Time for an event on or after June 1, 2022. See "2024 SMOC Qualifying Times" below. Swimmers who have achieved the 1650 Free qualifying time may also enter the 1000 Free and vice-versa. There are no qualifying times for 50's of stroke (Fly, Back and Breast).</p> <p>Deck entries can be made at the Clerk of Course up to one hour before the start of the Prelims or Timed Finals sessions. Payment for deck entries must be made by cash or check to the Clerk of Course at the time of entry (NO EXCEPTIONS).</p> <p><b>Bonus Events:</b></p>

	<ul style="list-style-type: none"> <li>Any swimmer that achieves at least one standard Qualifying Time may automatically enter at least 5 Individual Events (e.g. 1 qualifying time + 4 bonus events; 2 qualifying times + 3 bonus events; 3 qualifying times + 2 bonus events; etc).</li> <li>In order to compete in more than 5 events, swimmers must achieve 2024 SMOC Qualifying Times in all events entered.</li> <li>Swimmers competing in Bonus Events should be entered at the LCM Qualifying Time.</li> </ul>
<b>TIME TRIALS:</b>	<p>SCY Time Trials will be offered Thursday/Friday/Saturday after each Prelim session.</p> <ul style="list-style-type: none"> <li>\$30 per Individual Event, \$50 per Relay Event.</li> <li>Swimmers must be entered in the meet in at least one Individual Event to be eligible to Time Trial.</li> <li>Swimmers will be limited to no more than three (3) SCY Time Trials from Thursday to Saturday. These do not count towards a swimmer's total or daily event limits.</li> <li><b>Swimmers requesting a SCY Time Trial on Thursday/Friday/Saturday must sign up with the Clerk of Course no later than 10:30 AM each day.</b></li> </ul> <p>LCM Time Trials will be offered Sunday PM with a separate warm-up and start time as designated on the Order of Events page.</p> <ul style="list-style-type: none"> <li>\$15 per Individual Event, \$30 per Relay Event</li> <li>Swimmers may swim up to three (3) Time Trials for the Sunday PM LCM Time Trials session. These do not count towards a swimmer's total or daily event limits.</li> <li><b>Swimmers requesting a LCM Time Trial on Sunday PM may sign up via the original team meet entry file or with the Clerk of Course at any time during the meet. LCM Time Trial sign-up deadline is 11:00 AM on Sunday.</b></li> </ul> <p>All fees must be paid by cash or check to the Clerk of Course at the time of entry (NO EXCEPTIONS).</p> <p>The Administrative Referee will seed and determine the order of Time Trial events, and events/heats may be combined as needed.</p>
<b>CHECK IN:</b>  <b>CLERK of COURSE:</b>	<p><b>Deadlines</b> for Prelim Event Scratch, Positive Check-In, and Time Trials Sign-ups:</p> <ul style="list-style-type: none"> <li><b>Thursday, March 7<sup>th</sup></b> <ul style="list-style-type: none"> <li>Prelim event scratch – 8:30 AM</li> <li>400 IM, 1000 Free (401a/402a) check-in – 9:00 AM</li> <li>Time Trials sign-up – 10:30 AM</li> <li>800 Free Relay check-in – 12:00 PM</li> </ul> </li> <li><b>Friday, March 8<sup>th</sup></b> <ul style="list-style-type: none"> <li>Prelim event scratch – 8:30 AM</li> <li>500 Free check-in – 9:00 AM</li> <li>Time Trials sign-up – 10:30 AM</li> <li>400 Medley Relay check-in – 12:00 PM</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Saturday, March 9<sup>th</sup></b> <ul style="list-style-type: none"> <li>○ Prelim event scratch – 8:30 AM</li> <li>○ Time Trials sign-up – 10:30 AM</li> <li>○ 400 Free Relay check-in – 12:00 PM</li> </ul> </li> <li>• <b>Sunday, March 10<sup>th</sup></b> <ul style="list-style-type: none"> <li>○ Timed Final event scratch – 8:30 AM</li> <li>○ 1000 Free (401b/402b)/1650 Free check-in – 8:30 AM</li> <li>○ LCM Time Trials sign-up – 11:00 AM</li> </ul> </li> </ul>
<b>ENTRY SUBMISSION:</b>	<p><b>Submit one check payable to: Aiken Augusta Swim League (ASL)</b>  <b>Entries must be received on or before: <u>Thursday, February 29, 2024.</u></b>          Submit entries using Hy-Tek team manager. Entries must include the USA Swimming Club Code and each swimmer's USA Swimming number, first and last name, age, and seeding time for each event entered.</p>
<b>RULES:</b>	<p><b>Current USA Swimming Rules will govern this meet.</b>  <u><b>Tech Suit Restrictions for 12-and-Under Swimmers</b></u>          (Note: WOVEN FABRIC-A suit with woven fabric and sewn seams that does not extend below the hips is permitted.)          (Note: KNIT FABRIC-A suit with knit fabric and sewn seams not extending below the knees is permitted.)          This rule is in effect for all USA Swimming competitions in the United States, so any manufacturer or vendor selling a suit in the United States is subject to the above rule. No Technical Suits may be worn by any 12-Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.</p> <p>Use of audio or visual recording devices, including smart phones, is not permitted in changing areas, behind the blocks (including during warm-up, warm-down, and competition), rest rooms or locker rooms.</p> <p>Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p> <p><b>Deck changes are prohibited.</b> (Defined as changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes). Swimmers participating in deck changing could be subject to removal from further competition in the meet.</p> <p>On deck registrations will not be permitted during this event.          Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coaches' areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and /or spectators are present. Exceptions may be granted with prior written approval by the Program Operations Vice Chair, Program &amp; Events Committee Chair, or designee.</p> <p>All Referees, Starters, Administrative Officials, Chief Judges, and Stroke and Turn Judges, serving in an official capacity in a sanctioned event, must be non-athlete members of USA Swimming or members of other World Aquatics member organizations. All meet directors for meets sanctioned by USA Swimming must be</p>

	<p>members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.9 or USA Swimming's "open border" policy, all persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming.</p> <p>Photos and videos may be taken of swimmers during the meet by parents or a professional photographer retained by the host club. All participants agree to be filmed or photographed by photographers designated by the host club and to allow the host club the right to use names, pictures, likenesses, and biographical information before, during, or after the period of participation in Georgia Swimming competitions to promote swimming and meets hosted by the meet organizer. If you do not wish to have your child(ren) photographed, you may withdraw your consent by informing the Meet Director <u>in writing</u> before the start of the first day of the meet.</p> <p>Swimmers participating under the provisions of 202.9 or USA Swimming's "open border" policy must be under the supervision of their own coach or a USA Swimming member coach. The Meet Director or Meet Referee may assist the swimmer in deciding for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.</p>
<b>USA SWIMMING MEMBER VERIFICATION:</b>	As of September 2022, Deck Pass and Deck Pass Plus are no longer available. To access USA Swimming member benefits, including your USA Swimming member card, download the USA Swimming app. Present this card to verify your USA Swimming and GA LSC credentials are in good standing.
<b>COACHES CHECK-IN:</b>	Coaches will be required to sign in at the Clerk of Course desk to verify their credentials, via SWIMS 3.0, are in good standing with USA Swimming and their respective LSC.
<b>COACHES MEETING:</b>	There will be a coaches' meeting via Zoom on Tuesday, March 5 <sup>th</sup> , 8:30 PM. More information will be sent via e-mail to teams which have been accepted to the meet.
<b>OFFICIALS:</b>	<p>ASL welcomes visiting officials and apprentices and will appreciate help in officiating this competition. There will be an officials' meeting 60 minutes prior to the start of each session. The officials' uniform will consist of a white collared shirt, navy blue shorts (Prelims only), skirts or slacks with white socks and white shoes. Officials are encouraged to always wear name badges. Before working their first session, all officials must present their current LSC Officials Certification Card; <b>OR</b> a recently completed Apprentice Form; <b>AND</b> proof of current USA Swimming Non-Athlete membership to the Meet Referee. Credentials may be required for deck access and hospitality.</p> <p>Officials or apprentices requesting certain positions should contact the Meet Referee as early as possible. Note that apprenticing as a Starter will not be allowed at this meet.</p> <p style="text-align: center;"><a href="#"><u>Application to Officiate</u></a></p> <p><b>Note: This will be an Official Qualifying Meet for advancement or recertification to N2 for any position and to N3 for S&amp;T. Officials requesting evaluation must notify the Meet Referee by Friday March 1, 2024.</b></p>
<b>MEET COMMITTEE / MEET JURY:</b>	The Meet Committee/Meet Jury shall be established during the coaches' meeting or prior to the competition and shall consist of the Meet Director, Meet Referee, 2 Coaches, and 1 Athlete member, as appropriate. As defined in the Official Glossary (2023 USA Swimming Rulebook).
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>● Individual Events: <ul style="list-style-type: none"> <li>○ Awards 1<sup>st</sup>-8<sup>th</sup> Place</li> <li>○ High-Point Award for top-scoring swimmer in each gender category</li> </ul> </li> <li>● Relays:</li> </ul>



	<ul style="list-style-type: none"> <li>○ Awards 1<sup>st</sup>-3<sup>rd</sup> Place</li> <li>● Team Award <ul style="list-style-type: none"> <li>○ Awards for top -3 combined scoring teams</li> </ul> </li> </ul>
<b>SCORING:</b>	<p>Individual and Relay Events will be scored to 16 places:</p> <ul style="list-style-type: none"> <li>● Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1</li> <li>● Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2</li> </ul>
<b>CONCESSIONS:</b>	Concessions will be available during the meet.
<b>GEORGIA WARM-UP POLICY:</b>	The <a href="#">Georgia Swimming approved warm-up guidelines (GASI Policies and Procedure Manual Appendix A)</a> will be followed for this meet. Warm-up lane assignments, if necessary, will be posted at the pool. USA Swimming Certified Coaches must supervise in the vicinity of all warm-up activities.
<b>GA. SCRATCH RULE:</b>	<a href="#">Georgia Swimming Scratch Rule</a>
<b>MISC. INFORMATION:</b>	<a href="http://www.swim-asl.com">www.swim-asl.com</a>

## 2024 SMOC Qualifying Times

<b>17 &amp; Over</b>				
	<b>Girls</b>		<b>Boys</b>	
<b>LCM</b>	<b>SCY</b>	<b>Event</b>	<b>SCY</b>	<b>LCM</b>
28.89	25.69	<b>50 Free</b>	22.99	25.99
1:02.79	55.59	<b>100 Free</b>	50.19	55.89
2:14.69	1:58.89	<b>200 Free</b>	1:48.49	2:03.49
4:46.09	5:16.49	<b>500/400 Free</b>	4:51.69	4:22.09
9:53.99	11:08.79	<b>1000/800 Free</b>	10:03.19	9:07.49
18:48.59	18:37.89	<b>1650/1500 Free</b>	17:08.99	17:29.39
1:11.29	1:02.09	<b>100 Back</b>	57.19	1:05.13
2:32.99	2:12.69	<b>200 Back</b>	2:03.29	2:22.59
1:23.09	1:14.39	<b>100 Breast</b>	1:06.09	1:15.39
2:59.19	2:37.59	<b>200 Breast</b>	2:22.79	2:44.19
1:08.49	1:01.49	<b>100 Fly</b>	55.49	1:01.99
2:37.09	2:21.19	<b>200 Fly</b>	2:03.99	2:21.69
2:34.59	2:15.49	<b>200 IM</b>	2:04.19	2:20.79
5:27.69	4:45.19	<b>400 IM</b>	4:21.39	5:02.09

<b>16 &amp; Under</b>				
<b>Girls</b>			<b>Boys</b>	
<b>LCM</b>	<b>SCY</b>	<b>Event</b>	<b>SCY</b>	<b>LCM</b>
29.49	26.19	<b>50 Free</b>	23.49	26.49
1:04.59	56.69	<b>100 Free</b>	51.29	56.99
2:17.39	2:01.29	<b>200 Free</b>	1:50.59	2:05.99
4:51.79	5:22.89	<b>500/400 Free</b>	4:57.59	4:27.39
10:05.99	11:22.29	<b>1000/800 Free</b>	10:15.29	9:18.59
19:11.39	19:00.39	<b>1650/1500 Free</b>	17:29.69	17:50.59
1:12.79	1:03.39	<b>100 Back</b>	58.29	1:06.49
2:36.09	2:15.39	<b>200 Back</b>	2:05.79	2:25.49
1:24.79	1:15.89	<b>100 Breast</b>	1:07.39	1:16.89
3:02.79	2:40.69	<b>200 Breast</b>	2:25.69	2:47.49
1:09.89	1:02.79	<b>100 Fly</b>	56.59	1:03.29
2:40.19	2:24.09	<b>200 Fly</b>	2:06.49	2:24.59
2:37.69	2:18.19	<b>200 IM</b>	2:06.69	2:23.69
5:34.29	4:50.79	<b>400 IM</b>	4:26.69	5:08.19

## 2024 SMOC LSC Parallel Time Standards

Para 1 LSC Motivational Time Standards					
P1 - non-ambulatory (wheelchairbound): limited use of all four extremities	GIRLS		P1	BOYS	
	15 & O P1			15 & O P1	
	SCY	LCM	SCY	LCM	
	1:24.89	1:24.89	50 FR	1:18.29	1:18.29
	2:58.09	2:58.09	100 FR	2:56.69	2:56.69
	7:06.49	7:06.49	200 FR	4:50.90	4:50.89
	1:40.39	1:40.39	50 BK	1:05.39	1:05.39
	3:04.59	3:04.59	100 BK	2:22.69	2:22.69
	1:32.99	1:32.99	50 BR	1:10.59	1:10.59
	4:25.19	4:25.19	100 BR	3:24.89	3:24.89
	2:29.49	2:29.49	50 FL	2:12.39	2:12.39
6:10.49	6:10.49	150 IM	5:54.59	5:54.59	
Para 2 LSC Motivational Time Standards					
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	15 & O P2		P2	15 & O P2	
	SCY	LCM		SCY	LCM
	46.19	48.59	50 FR	42.59	44.79
	1:42.79	1:48.19	100 FR	1:33.79	1:38.79
	3:31.69	3:42.79	200 FR	3:18.49	3:28.89
	8:37.49	7:02.39	400/500 FR	8:20.79	6:48.79
	56.09	59.09	50 BK	48.09	50.69
	2:09.89	2:16.69	100 BK	2:00.39	2:06.79
	4:27.89	4:41.99	200 BK	3:46.09	3:57.99
	58.69	1:01.69	50 BR	54.49	57.39
	2:09.99	2:16.79	100 BR	2:00.89	2:07.19
	4:44.69	4:59.59	200 BR	4:20.89	4:34.59
	56.59	59.49	50 FL	43.99	46.39
	2:25.39	2:32.99	100 FL	2:18.09	2:25.39
	4:29.59	4:43.69	200 IM	4:06.19	4:19.09
Para 3 LSC Motivational Time Standards					
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	15 & O P3		P3	15 & O P2	
	SCY	LCM		SCY	LCM
	35.79	39.69	50 FR	31.39	34.79
	1:16.39	1:24.79	100 FR	1:08.09	1:15.69
	3:08.09	3:28.99	200 FR	2:35.79	2:53.09
	7:08.19	6:16.39	400/500 FR	6:43.49	5:54.69
	16:18.49	13:52.79	800/1000 FR	15:54.69	13:32.49
	29:37.99	27:46.39	1500/1650 FR	29:31.53	27:40.29
	43.39	48.19	50 BK	35.89	39.89
	1:31.49	1:41.59	100 BK	1:15.69	1:24.09
	3:39.59	4:03.89	200 BK	3:01.59	3:21.79
	46.09	51.19	50 BR	39.29	43.59
	1:37.19	1:47.99	100 BR	1:27.19	1:36.79
	3:53.29	4:19.19	200 BR	2:56.09	3:31.89
	39.19	43.49	50 FL	31.49	37.89
	1:22.59	1:31.69	100 FL	1:06.09	1:19.59
	3:18.09	3:40.09	200 FL	2:47.39	3:21.39
	3:19.39	3:34.79	200 IM	2:32.49	3:03.59
	7:41.39	8:26.99	400 IM	6:40.09	7:13.39

## Order of Events

### Thursday, March 7<sup>th</sup>, 2024

Prelims - Warm-up: 8:00/Start: 9:30am

Finals - Warm-up 4:45/Start: 6:00pm

Girls	Event	Boys	Notes
1	100 Freestyle Relay	2	2
101	200 Butterfly	102	
103	100 Breaststroke	104	
105	100 Freestyle	106	
107	400 IM	108	1
109	800 Freestyle Relay	110	3
401a	1000 Free	402a	1,2

### Friday, March 8<sup>th</sup>, 2024

Prelims - Warm-up: 8:00/Start: 9:30am

Finals - Warm-up 4:45/Start: 6:00pm

Girls	Event	Boys	Notes
111	200 Freestyle Relay	112	2
113	200 Backstroke	114	
115	50 Freestyle	116	
117	200 Breaststroke	118	
119	500 Freestyle	120	1
121	400 Medley Relay	122	3

### Saturday, March 9<sup>th</sup>, 2024

Prelims - Warm-up: 8:00/Start: 9:30am

Finals - Warm-up 4:45/Start: 6:00pm

Girls	Event	Boys	Notes
123	200 Medley Relay	124	2
125	200 Freestyle	126	
127	100 Backstroke	128	
129	100 Butterfly	130	
131	200 IM	132	
133	400 Freestyle Relay	134	3

### Sunday, March 10<sup>th</sup>, 2024

Timed Finals - Warm-up: 8:30/Start: 10:00am

Girls	Event	Boys	Notes
3	200 Mixed Freestyle Relay	4	
401b	Girls' 1000 Free	-X-	1
5	50 Butterfly	6	
-X-	Boys' 1650 Freestyle	404	1
7	50 Backstroke	8	
403	Girls' 1650 Freestyle	-X-	1
9	50 Breaststroke	10	
-X-	Boys' 1000 Free	402b	1
11	200 Mixed Medley Relay	12	

### Sunday LCM Time Trials, March 10<sup>th</sup>, 2024

Events TBD - Warm-up: Not before 12:00 pm/Start: Not before 1:00 pm

#### **Notes:**

1: Positive Check-in Required (see 'Check-in')

2: Timed Final Event, all heats in **Prelims**

3: Timed Final Event, all heats in **Finals**; Positive Check-in required (see 'Check-in')

## ***Southeastern Meet of Champions Team Entry Form***

***March 7<sup>th</sup>-10<sup>th</sup>, 2024***

Team Name \_\_\_\_\_ Team Abbreviation \_\_\_\_\_

Team Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Head Coach \_\_\_\_\_

Head Coach E-mail \_\_\_\_\_ Head Coach Cell \_\_\_\_\_

***All coaches from your team must be listed and have valid USA Swimming credentials.***

1<sup>st</sup> Coach \_\_\_\_\_ 2<sup>nd</sup> Coach \_\_\_\_\_

3<sup>rd</sup> Coach \_\_\_\_\_ 4<sup>th</sup> Coach \_\_\_\_\_

Individual Event Fees	\$15 x (number of events)	= _____
Relay Fees	\$25 x (number of relays)	= _____
Sunday PM LCM Time Trials Fees	\$15 x (number of events)	= _____
GA LSC Travel Fund	\$3.00 x (number of athlete)	= _____
Non-GA LSC registered athletes	\$6.00 x (number of athlete)	= _____
	<b>TOTAL</b>	= _____

**Submit one check payable to: Aiken-Augusta Swim League (ASL)**

Entries must be received on or before Thursday February 29<sup>th</sup>, 2024.

Email entries to: Greg Gillette ([coachgreg@swim-asl.com](mailto:coachgreg@swim-asl.com))

Email SWAD declarations/Accommodation Forms to: Jason Frankel ([jf18111@gmail.com](mailto:jf18111@gmail.com))

***WAIVER, ACKNOWLEDGMENT 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 and Georgia Swimming regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet.*

**I have reviewed RULE 302.4 FALSE REGISTRATION and understand that if a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, Georgia Swimming Inc. may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.**

\_\_\_\_\_  
Signature/Title

\_\_\_\_\_  
Date