

48th Annual Sunbelt Swimming Championships

January 21-22, 2023

(11/17)

Sanctioned by North Carolina LMSC for USMS, Inc.

Sanction#

Meet Host: MSA Masters and Charlotte Swim Masters

Meet Referee: Marty Fehr

Meet Director: Joe Piscitelli

Special Note: Please be aware this meet will need 200 entries to cover the cost of running the meet. We encourage swimmers to please register prior to the deadline. If the meet is cancelled for any reason, swimmers will receive a \$30.00 refund.

Facility: The Mecklenburg County Aquatic Center (MCAC) is located at 800 East Martin Luther King, Jr. Boulevard, Charlotte, NC 28202. Parking is available across the street from the facility on Saturday and in the facility parking lot on Sunday. The competition course will be an 8-lane lane 25-yard course with bulkhead. Measurements of the course will be taken, recorded, and confirmed prior to the meet and after each session of the meet. Bulkhead placement is confirmed by course measurement of the two outside lanes and a middle lane. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

Inclement Weather: If inclement weather occurs, the staff at the MCAC will determine by 7:00 PM EST on Friday, January 20th, 2023, if the facility will or will not open the following morning. If the facility opens, the meet will be held.

Rules: Swimmers must be registered with USMS for 2023. USMS One-Event Registration will not be allowed. USMS rules will govern the meet. Swimmers are limited to five (5) individual events and two (2) relays per day. In water starts will be allowed for all events.

Warm-up/Warm-down Procedures: Swimmers must enter the pool *feet first* except in designated sprint lanes at designated times. Pull buoys, kickboards, hand paddles, fins, and snorkels are not allowed in the competition pool or in the warm-up/warm-down area. The competition pool will be available during warm-up periods, and three (3) continuous warm-up/warm-down lanes will be available during the meet.

Deadlines: All entries must be received by 11:59 PM EST on Sunday, January 15th, 2023. Late entries will not be accepted. Deck entries for individual events will not be accepted.

Fees: Online entries only with a \$60.00 flat fee, which is paid by credit card to ClubAssistant.com Events. The \$60.00 fee includes up to five individual events and two relay events per day. This fee also includes a commemorative souvenir.

Relay Only Registration: We are offering the option to enter only relays for a \$30.00 fee. This fee does not include individual events or the commemorative souvenir. The relay-only registrations must be done online in advance and will not be offered at the meet. Only those swimmers who have registered for individual events or have registered for relay only events can swim in a relay. Each swimmer in a relay must be a member of the same affiliated team. All swimmers must be USMS members.

Relay Entries: Entries will be accepted at the meet by filling out relay cards and turning them in to the clerk of course on deck during the warmup session. A participant or coach can also email the relay entry or entries ahead of time to the Meet Referee at martinfehr21@gmail.com

Record Attempts: 1) Swimmers attempting to set a national record either in an individual event or a relay event are strongly encouraged to notify the meet referee before the event either in person or by emailing (**insert email here**). 2) If the official time breaks an existing USMS record the swimmer or swimmers (relays) will need to connect with the meet referee and complete a [Records Submission Form](#) prior to the conclusion of the meet. Please print one ahead of time and bring to the meet. We will have limited copies available at the meet.

Split Requests: If you are requesting an official split, please complete the [Split Notification Form](#) prior to the event. This form will need to be turned in at the clerk of course table on deck.

Waiver of Liability: Upon arrival you will be required to submit a signed copy of the [USMS Liability Release Form](#) at the athlete check-in table located in the facility lobby before entering the locker room or pool deck. We strongly encourage you to complete the form prior to arrival to avoid waiting in line.

COVID Safety Protocols:

MSA Masters & Charlotte Swim Masters reserves the right to alter COVID-19 protocols based on local, state, and national guidelines at the time of the event. Here is what is currently planned for the 48th Annual Sunbelt Swimming Championships. Any updates will be posted on this page and emailed to registered swimmers prior to the event.

- MSA Masters and Charlotte Swim Masters encourage participants to be vaccinated for COVID-19, but we understand it is a personal decision based on individual factors. MSA
- Masters and Charlotte Swim Masters are not requiring COVID-19 vaccination for participation in this meet.
- Do not attend if you're experiencing any symptoms of COVID-19 or any other illness. If you experience symptoms or test positive for COVID-19 within two weeks after the conclusion of the event, please contact Meet Director Joe Piscitelli at image4@mac.com
- MCAC is a large facility that can typically accommodate up to 1000 people. Social distancing is encouraged. Spread out.
- Spectators will be seated in the balcony bleachers. No folding chairs on deck.
- Please be flexible with your warm-up routine to avoid overcrowding and be considerate of your fellow swimmers. Do not stay on the wall for an extended period of time at any point during warm-up.

- The most recent USMS liability release form must be executed by each participant during the event registration process. To be clear, USMS liability insurance doesn't cover transmission of viral or bacterial infections.

Scoring & Awards: Individual events will be scored 9-7-6-5-4-3-2-1; Relays will be scored double. A slick paper plaque for peel-off stickers showing your place and time for each event you swim will be available to all entrants. These labels will be staged in folders on tables in the hallway outside the locker rooms once the event is completed. Team awards will be given for first and second place in-state and out-of-state teams.

Psych/Heat Sheets:

Please bring your own heat sheets; there will be a limited number available for sale and a few posted in the pool area. Psych sheet will be emailed by 5 PM EST on Tuesday, January 17TH, 2023.

Any corrections will need to be submitted by 5 PM EST on Wednesday, January 18th, 2023. Heat sheets to be emailed to swimmers and coaches by 12 PM EST on Friday, January 20th, 2023.

Seeding: All events will be seeded by sex and time **except** the following events which will be seeded by time only: 1,650, 1,000, and 500 free. The 1650 Swim, Event 1, will be limited 24 entries. The 1000 Swim, Event 2, will be limited to 32 entries. First come, first serve for both the 1650 Free and the 1000 Free. Positive check-in is required for the 1,650 free, 1,000 free, 400 IM, and 500 free or you will be scratched. Check-in deadlines will be confirmed once the entries are closed. These deadlines will be communicated when you receive your heat sheet. All events will be seeded from slow to fast, **except the 500 free, which will be seeded fast to slow.** The Meet Director reserves the right to combine sexes in any other events.

Lodging:

There are numerous downtown hotels within blocks of the pool.

Meet Event Order:

Session #1

Saturday, January 21, 2023 Warm-ups start at 7:45am Meet Starts: 8:30am

Event #	Sex	Event
1	Mixed	1650 Free
2	Mixed	1000 Free

Session 2

Saturday, January 21, 2023 Warm-ups start 11:15am Meet starts: 12:30pm.

Event #	Sex	Event
3	Mixed	200 Medley Relay
4	Women	100 Back
5	Men	100 Back
6	Women	400 IM
7	Men	400 IM

8	Women	50 Free
9	Men	50 Free
10	Women	200 Breast
11	Men	200 Breast
12	Women	200 Medley Relay
13	Men	200 Medley Relay
14	Women	100 Fly
15	Men	100 Fly
16	Women	200 Free
17	Men	200 Free
18	Women	50 Breast
19	Men	50 Breast
20	Women	100 IM
21	Men	100 IM

Session 3

Sunday January 22, 2023 Warmups start:7:30am Meet Starts:8:15am

22	Women	200 Free Relay
23	Men	200 Free Relay
24	Women	200 Fly
25	Men	200 Fly
26	Women	50 Back
27	Men	50 Back
28	Women	200 IM
29	Men	200 IM
30	Women	100 Free
31	Men	100 Free
32	Women	200 Back
33	Men	200 Back
34	Mixed	200 Free Relay
35	Women	100 Breast
36	Men	100 Breast
37	Women	50 Fly

38	Men	50 Fly
	5 MIN.	Break
39	Mixed	500 Free