**Palmetto Masters**

**2020 South Carolina SCM State Meet**

**December 4-6, 2020**

Sanctioned by South Carolina Masters Swimming for USMS, Inc.

**Host Club:** Palmetto Masters

**Facility:** North Charleston Aquatic Center, 8610 Patriot Blvd, North Charleston, SC 29420. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

**Fees:** Online entries only with a flat fee of $60.00. All entries must be received by 11:59 pm on Monday, November 30, 2020. No deck entries for the meet will be allowed.

**Rules/Entries:** United States Masters Swimming rules will govern. Swimmers are limited to entering a total of eight (8) individual events for the entire meet and no more than four (4) individual events per day. Age on December 31, 2020 determines age group for this meet. There will be no one-event registration for the meet. All swimmers must be registered with USMS. The meet will be limited to the first two hundred (200) registered.

**Relays:** You must be registered in the meet in order to swim in relays.

**Seeding:** All events under 400 meters will be seeded and swum slowest to fastest. The 1500 free, 800 free, 400 free, and 400 IM will be seeded and swum fastest to slowest. Men and women will be seeded together for all individual events. Scoring will be by gender and age group. The 1500 free and 400 IM will be limited to the first forty (40) total entries per event. The 800 free and 400 free will be limited to the first fifty (50) total entries for each event.

**Timing:** The primary timing system will be automatic timing. Times may be submitted for USMS Records and USMS Top 10 consideration.

**Check-in:** Positive check-in is required for the 1500 free, 800 free, 400 free, and 400 IM. You must check in at least thirty (30) minutes prior to the start of the event or you will be scratched.

**Psych Sheets and Heat Sheets**: Psych sheets for all events are expected by Wednesday, December 2, 2020. Heat sheets for the meet will be available no later than Friday, December 4, 2020. Please print a heat sheet to bring with you or use your phone to view. Heat sheets for the 1500 free, 400 IM, 800 free, and 400 free will be posted prior to the start of the particular event.

**Meet Conduct:** Current USMS rules will be used. Scoring will be to ten (10) places. In water starts will be allowed for all events.

**Warm-up/Warm-down Procedures:** Pull-buoys, kickboards, fins, hand paddles, and snorkels are not allowed in the competition pool or warmup pool(s). Swimmers must enter the pool feet first in a cautious and controlled matter. Diving shall be permitted only in designated lanes at designated times.

**Awards:** Team awards will be given to the top three (3) South Carolina teams only. High point awards require entry in at least four (4) individual events and will be given for each age group (men and women). There will be no ribbons or time stickers in order to cut down on shared spaces and items at the pool.

**Refunds:** There will be no refunds given for the meet.

**Questions:** Contact Erin Moro at erinmoro@yahoo.com or Doug Fetchen at dfetchen@northcharleston.org .

**COVID-19 Safety Plan**

The Aquatic Center has bleacher seating for more than 1,000. Our 200 athlete meet size will be under state requirements. Face coverings are also required by the facility. Only athletes, coaches, volunteers, staff and officials will be allowed in the facility – no spectators. The locker rooms and facility are cleaned overnight. The bleachers, chairs and door handles are also cleaned after every session is finished for a meet. All attendees will enter from the front door. Temperature checks will be taken and the Covid-19 screening form collected as they arrive.

Coaches, officials, facility staff and volunteers must have face coverings on at all times while in the facility. Athletes must have face coverings on at all times in the stands, behind the blocks, in the locker rooms, etc. while not competing or warming up/down in the pool. Any individual that refuses to have a face covering will be asked to leave the facility.

The competition pool has 20 lanes for warm-up. There are an extra 8 x 25 yard lanes in the therapy pool that will be utilized at certain times during the meet. Teams will be assigned specific warm-up times and lanes before the start of the meet. The facility recommends a maximum of 4 people in a lane at one time. A minimum of 10 lanes will be available for warm-down during the meet.

The main concession area will be closed. Participants should bring their own snack and drinks.

There are 4 main bleacher sections that seat 250 each. Teams will be assigned a section. No more than 50 athletes will be assigned in each section. We also have 3 row bleachers on the opposite side of the pool. Those 65+ or with compromised health conditions that want more space will be allowed to sit there. There are multiple rooms available off the deck for officials, coaches and timers meetings. There is plenty of space around the facility for those that would like to sit outside weather permitting.

Movement around the pool will be in one direction (counter clockwise). Only one additional heat for individual events will be allowed to congregate behind the blocks. Relays will be seeded every other lane. The entire relay heat will leave the starting area before the next heat can line-up.

No out-of-state team awards will be given to discourage travel. No ribbons/time stickers will be given. There will be high point awards but no end of meet ceremony/announcements to encourage athletes to leave the facility when done swimming.

In the event that an attendee tests positive for COVID-19 after the meet, our seating charts, warm-up lane assignments and relays will be kept in the office for 90 days. Depending on the specific details of the situation that arises the coach of record for the club that may have individuals impacted will be notified. Unattached individuals will be contacted individually if they were assigned a warm-up lane or seating area with a Covid-19 case that arises within 2 weeks following the meet.

**Event Order**

Friday, December 4, 2020 - Session 1 - Friday

Warm-ups start at 5:00 PM

Meet Session starts at 6:00 PM

| **#** | **Sex** | **Event** |
| --- | --- | --- |
| 1 | Mixed | 400 M | Medley Relay |
| 2 | Mixed | 400 M | IM |
| 3 | Mixed | 1500 M | Free |

Saturday, December 5, 2020 - Session 2 - Saturday

Warm-ups start at 8:00 AM

Meet Session starts at 9:00 AM

| **#** | **Sex** | **Event** |
| --- | --- | --- |
| 4 | Mixed | 100 M | Back |
| 5 | Mixed | 200 M | Fly |
| 6 | Mixed | 50 M | Free |
| 7 | Mixed | 100 M | Breast |
| 8 | Women | 400 M | Free Relay |
| 9 | Men | 400 M | Free Relay |
| 10 | Mixed | 200 M | Free |
| 11 | Mixed | 50 M | Back |
| 12 | Mixed | 200 M | IM |
| 13 | Mixed | 800 M | Free |

Sunday, December 6, 2020 - Session 3 - Sunday

Warm-ups start at 8:00 AM

Meet Session starts at 9:00 AM

| **#** | **Sex** | **Event** |
| --- | --- | --- |
| 14 | Mixed | 400 M | Free |
| 15 | Mixed | 400 M | Free Relay |
| 16 | Mixed | 100 M | IM |
| 17 | Mixed | 100 M | Free |
| 18 | Mixed | 200 M | Breast |
| 19 | Mixed | 50 M | Fly |
| 20 | Mixed | 200 M | Back |
| 21 | Women | 400 M | Medley Relay |
| 22 | Men | 400 M | Medley Relay |
| 23 | Mixed | 50 M | Breast |
| 24 | Mixed | 100 M | Fly |