



2025 SwimMAC Novant Long Course Invitational

Hosted by SwimMAC Carolina

January 18-20, 2025

Held at SwimMAC Training Facility at Charlotte Latin

9850 Providence Rd, Charlotte, NC 28270

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

Sanction #NC25008

MEET DIRECTOR		MEET ENTRY COORDINATOR	
Kim DeCann kdecann@swimmaccarolina.org		Jeffrey Childs Jeffrey@rileychilds.net 704-307-0327	
MEET REFEREE	ADMIN REFEREE		MEET MARSHAL
Chris Kitchens kitchenscj@gmail.com	Jeffrey Childs Jeffrey@rileychilds.net		Russ Kasl rkasl@swimmaccarolina.org Christy Close cclose@swimmaccarolina.org

FACILITY

The SwimMAC Swim Center is a 30,000-square-foot facility featuring a 50-meter by 25-yard Paddock Pool racing tank. The pool has Competitor 4" Racing Lanes and uses Paddock stainless steel starting platforms. The facility also features a Colorado System 6 timing system and a ten-lane scoreboard. Touchpads, buttons, and two watches per lane will be used. Hy-Tek Meet Manager software will be used. In the 50-yard competition pool, the pool depth ranges from 12 feet at the starting end to 4 feet at the pool's far end with ten (10), 8-foot-wide lanes. Eight (8) lanes will be used for competition during all sessions. Lane Ten (10) will be available for continuous warm-up and warm-down during all sessions.

SwimMAC will work with the facility to ensure the required course dimensions are valid. Lifeguards will provide First Aid. Available equipment includes an AED, backboard, bag-valve Mask, and one-way valve mask.

There will be limited "In-Person" spectator viewing. The meet will be live-streamed via YouTube.

MEET FORMAT

This is an 11/12 timed final, 13&O prelim/finals pre-seeded meet unless otherwise indicated, with Qualifying Times for all individual Open events.

11/12: Saturday thru Monday Timed Finals

13-14: Saturday thru Monday Prelims/Finals – A Final only will swim at night.

Open Events: Saturday thru Monday Prelims/Finals – There will be a A, B, and C; The Finals heats will be swum in the following order: C, B, and A Final. The Women's 800 Free and Men's 1500 free will be timed finals with the top heat swimming with Finals. All Relays are Timed Finals swum at Finals.

Meet management reserves the right to limit heats of timed finals events if needed to manage the timeline. Meet Management reserves the right to add breaks between events if deemed necessary. Breaks will be published in advance of the session and limited to 10 minutes. Events may be combined at the discretion of the Referee. All events will swim slowest to fastest unless noted.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	7:00-8:55 am	9:00 am	Open Prelims/AG
3	Saturday	4:30-5:25 pm	5:30 pm	Finals
4	Sunday	7:00-8:55 am	9:00 am	Open Prelims/AG
6	Sunday	4:30-5:25 pm	5:30 pm	Finals
7	Monday	7:00-8:55 am	9:00 am	Open Prelims/AG
9	Monday	4:30-5:25 pm	5:30 pm	Finals

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wed., January 8, 2025	5 pm	Entry Deadline
Sat., January 18, 2025	6:45 am	Coaches Meeting (Hospitality Room)
January 18-20, 2025	45 min. before the start of each session	Officials Meeting (Hospitality Room)
January 18-20, 2025	20 min. before the start of each session	Timers 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 always supervise their swimmers. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in workout 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 the host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, 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 an 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, and 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. Swimmers must be registered prior to the entry deadline. All Adult Athletes must be APT-certified to compete. Entries listed as Registration Applied for will not be accepted. There will be no on-deck registration available at this meet. **There will be no on-deck registration available at this meet.**

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

SwimMAC welcomes 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. Failure to provide advance notice may limit SwimMAC's ability to accommodate all requests.

ENTRIES

Entries submitted in Hy-tek format require no hard copy entry forms. Email must be emailed to the Meet Entry Coordinator by the entry deadline. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline. A swimmer's age on the first day of the meet will determine their age for the entire meet. SwimMAC entries will be entered first and then accept teams/entries in the order received until the four-hour rule is reached. Entries received thereafter will be

returned immediately. All relay-only swimmers, including alternates, must be listed and pay the NCS Travel Fund surcharge.

ENTRY LIMITATIONS Swimmers may compete in 3 individual events and 1 relay per day. Max entries: 2 relays per team.

ENTRY VERIFICATION An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES **The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. No late entries will be accepted. There will be no on-deck entries.**

ENTRY FEES

Make checks payable to: SwimMAC; All fees are non-refundable	
Individual Event	\$8.00 per Event
Relay Events	\$16.00 per entry
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$18.00 per swimmer

SEEDING The conforming time standard for this meet is long course meters. All non-conforming times will be seeded in last in rank order. Swimmers will be seeded and swum from slowest to fastest unless otherwise indicated for all timed final events. Preliminary events will be circled seeded. All events 400 yards and longer will be deck-seeded.

CHECK-IN Positive check-in will be at the Clerk of Course. There will be a positive check-in for all relay events and all individual events of 400 yards or longer. Swimmers who fail to check in by the deadline will be scratched from the Event. See the Schedule below:

Individual Events	Check-in Deadline		
Women's 800 Free	Saturday	9:00 am	
11 - 12 400M Free	Saturday	9:00 am	
Open 400M IM	Sunday	8:30 am	
Open 400M Free	Sunday	9:00 am	
11 -14 400M IM	Sunday	9:00 am	
11 - 14 400M Free	Sunday	9:00 am	
Men's 1500 Free	Sunday	6:00 pm	
Relay Events	Check-In Deadlines		Relay Names*
800M Free Relay	Saturday	5:30 pm	5:30 pm
400M Medley Relay	Sunday	5:30 pm	5:30 pm
400M Free Relay	Monday	5:30 pm	5:30 pm

- **11/12 400M Free:** The 400M Freestyle is a Timed Final event that will be deck-seeded from **slowest to fastest** after positive check-in. Heats and events may be combined at the discretion of the Meet Referee.
- **13/14 400M IM:** The 400M Individual Medley will be swum as a prelims/finals event and will be deck seeded **slowest to fastest** after positive check-in. The top two heats will be circled-seeded.
- **Open 400M IM:** The 400M Individual Medley will be swum as a prelims/finals event and will be deck seeded **slowest to fastest** after positive check-in. The top two heats will be circled-seeded.
- **13/14 400M Free:** The 400M Free will be swum as a prelims/finals event and will be deck-seeded. The **fastest two (2) preliminary heats will be circle-seeded**. The **fastest four (4) heats** of girls swim first slow to fast, followed by the **fastest four (4) heats** of boys swim slow to fast. The remaining heats will swim fast to slow, alternating girls and boys. A combined girls'/boys' heat may be swum at the discretion of the Meet Referee.
- **Open 400M Free:** The 400M Free will be swum as a prelims/finals event and will be deck-seeded. The **fastest two (2) preliminary heats will be circle-seeded**. The **fastest four (4) heats** of girls swim first slow to fast, followed by the **fastest four (4) heats** of boys swim slow to fast. The remaining heats will swim fast to slow, alternating girls and boys. A combined girls'/boys' heat may be swum at the discretion of the Meet Referee.
- **Open Women's 800M Free:** The 800M Freestyle will be swum as a timed final event and will be deck-seeded after positive check-in. The fastest heat of positively checked-in swimmers will swim at **the beginning of finals**. All Remaining heats will swim at the end of preliminaries, **fastest to slowest**. No AM/PM option.
- **Open Men's 1500M Free:** The 1500M Freestyle will be swum as a timed final event and will be deck-seeded after positive check-in. The fastest heat of positively checked-in swimmers will swim at **the beginning of finals**. All Remaining heats will swim at the end of preliminaries, **fastest to slowest**. No AM/PM option.

RELAYS

All relays will be deck seeded after Positive Check-in and swum as timed final events at the conclusions of Finals. Teams are limited to two (2) entries per Event. *Relay names are due per the schedule above but may be changed with the Admin Referee up until the start of the heat in which they are seeded to swim.

SCRATCHES

There will be no penalty for scratching pre-seeded events at the block. The North Carolina Scratch Rule is in effect for this meet and included at the conclusion of this Meet Announcement.

For positive check-in deck seeded events, a swimmer who is properly checked-in, been seeded, and fails to complete in said Event **shall be barred from their next individual Event.**

For all A and B Finals, a swimmer identified as a finalist when preliminary results are announced and subsequently seeded who fails to compete in said final heat **shall be barred from further competition** for the remainder of the meet. It is the swimmer's responsibility to scratch from finals. Swimmers are requested to scratch their events regardless of place if they are not returning for Finals. **Swimmers should listen for announcements and check for scratches at the Clerk of Course desk on the pool deck.**

Coaches are asked to instruct alternates to check in with the deck referee, identifying themselves as an alternate, prior to the beginning of the Event for which they are an alternate.

SCORING

Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay events: 40-34-32-30-28-26-24-22

AWARDS

11/12 Individual Events- Ribbons for 1st through 8th Place
Points but no awards will be awarded to 13 and Over events

RESULTS

Results will be posted on the SwimMAC website within 24 hours of the meet's conclusion. At the conclusion of the meet, teams may obtain Hy-Tek backups either on a memory stick or via email attachment.

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 Deck Pass virtual membership card upon request. A coach/general meeting will be 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 coaches' meetings.

OFFICIALS/TIMERS/ VOLUNTEERS

There will be a need for officials. SwimMAC welcomes and encourages anyone willing to volunteer. Volunteering Officials are encouraged to contact the Meet Referee by email **prior to the meet**. All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet/session. There will be a meeting at the day(s)/time(s) listed in the "Deadline and Meeting Summary" above. Meetings may be in-person at the meet or virtual in advance, and assignments may be communicated electronically prior to each session. All officials are strongly encouraged to complete a personal review of applicable USAS rules before the meet. Officials should report at the time specified by the Meet Referee and a writing utensil.

HOSPITALITY/ CONCESSIONS

There will be a hospitality area open to all coaches and officials.

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 Marshall 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, lanes will be available for continuous warm-up/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. SwimMAC Carolina, 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 your 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 a 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.

2025 SwimMAC Novant LC Invitational
ORDER OF EVENTS
Saturday, January 18, 2025
Morning Session

Warm-up: 7:00A Prelims Start: 9:00				
Women's Event	Qualifying Time	Event	Qualifying Time	Men's Event
1	1:21.99	Open 100 breast	1:13.69	2
3		13-14 100 Breast		4
5		*11-12 50 Breast		6
7	2:17.69	Open 200 Free	2:06.59	8
9		13-14 200 Free		10
11	1:10.69	Open 100 Fly	1:02.49	12
13		13-14 Butterfly		14
15		*11-12 50 Butterfly		16
17	2:37.39	Open 200 IM	2:23.99	18
19		13-14 200 IM		20
21		*11-12 400 Free		22
23	9:56.49	Open 800 Freestyle**		
25		Open 800 Freestyle Relay***		26

* Timed Final Event

** Positive Check-in required. **The fastest heat swims at the beginning of the Finals.** No AM/PM option

*** Positive Check-in Required. All Relays swim at Finals in session order.

Sunday, January 19, 2025
Morning Session

Warm-up: 7:00A Prelims Start: 9:00				
Women's Event	Qualifying Time	Event	Qualifying Time	Men's Event
27	5:31.19	Open 400IM**	5:06.79	28
29		13-14 400 IM**		30
31		*11-12 200 IM		32
33	:26.69	Open 50 Free	:26.89	34
35		13-14 50 Free		36
37		*11-12 50 Free		38
39	1:12.89	Open 100 Back	1:05.99	40
41		13-14 100 Back		42
43		*11-12 50 Back		44
45	4:48.79	Open 400 Free**	4:30.29	46
47		13-14 400 Free		48
49		*11-12 200 Free		50
51	--	Open 400 Medley Relay***	--	52

*Timed Final

**Positive Check-in is required.

*** Positive Check-in Required. All Relays swim at Finals in session order

Monday, January 20, 2025

Morning Session

Warm-up: 7:00A Prelims Start: 9:00P

Women's Event	Qualifying Time	Event	Qualifying Time	Men's Event
53	2:56.69	200 Breast	2:40.39	54
55		13-14 200 Breast		56
57		*11-12 100 Breast		58
59	2:36.49	200 Back	2:22.89	60
61		13-14 200 Back		62
63		*11-12 100 Back		64
65	1:03.99	100 Free	58.99	66
67		13-14 100 Free		68
69		*11-12 100 Free		70
71	2:33.49	200 Fly	2:20.49	72
73		13-14 200 Fly		74
75		*11-12 100 Fly		76
--	--	1500 Free**	17:54.89	78
79	--	400 Free Relay***	--	80

*Timed Final

Positive Check-in required. **The fastest heat swims at the beginning of the Finals. No AM/PM option

*** Positive Check-in Required. All Relays swim at Finals in session order

2025 SwimMAC Novant LC Invitational
ORDER OF EVENTS
Finals
Saturday, January 18, 2025

Warm-up: 4:30P Finals Start: 5:30P				
Women's Event	Qualifying Time	Event	Qualifying Time	Men's Event
23	--	Open 800 Freestyle*	--	--
1	--	Open 100 breast	--	2
3	--	13-14 100 Breast	--	4
7	--	Open 200 Free	--	8
9	--	13-14 200 Free	--	10
11	--	Open 100 Fly	--	12
13	--	13-14 Butterfly	--	14
17	--	Open 200 IM	--	18
19	--	13-14 200 IM	--	20
		Break		
25	--	Open 800 Free Relay**	--	26

*The fastest heat swims at the beginning of the Finals. No AM/PM option

** Positive Check-in Required. All Relays swim at Finals in session order

Sunday, January 19, 2025

Warm-up: 4:30P Finals Start: 5:30P				
Women's Event	Qualifying Time	Event	Qualifying Time	Men's Event
27	--	Open 400IM	--	28
29	--	13-14 400 IM	--	30
33	--	Open 50 Free	--	34
35	--	13-14 50 Free	--	36
39	--	Open 100 Back	--	40
41	--	13-14 100 Back	--	42
45	--	Open 400 Free	--	46
47	--	13-14 400 Free	--	48
51	--	Open 400 Medley Relay**	--	52

** Positive Check-in Required. All Relays swim at Finals in session order.

2024 SwimMAC Novant LC Invitational
ORDER OF EVENTS
Finals
Monday, January 20, 2025

Warm-up: 4:30P Finals Start: 5:30P				
Women's Event	Qualifying Time	Event	Qualifying Time	Men's Event
--	--	1500 Free*	--	78
53	--	200 Breast	--	54
55	--	13-14 200 Breast	--	56
59	--	200 Back	--	60
61	--	13-14 200 Back	--	62
65	--	100 Free	--	66
67	--	13-14 100 Free	--	68
71	--	200 Fly	--	72
73	--	13-14 200 Fly	--	74
		Break		
79	--	400 Free Relay**	--	80

***The fastest heat swims at the beginning of the Finals.** No AM/PM option

** Positive Check-in Required. All Relays swim at Finals in session order

**2025 SwimMAC Novant LC Invite
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to SwimMAC Carolina):

SwimMAC Carolina

ATTN: Kim DeCann

9850 Providence Rd

Charlotte, NC 28270

Email to: kdecann@swimmaccarolina.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$8 per Event	
Relay Entries		\$16 per entry	
Swimmers (Travel Fund & Facility Surcharge)		\$21 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach, or team representative, verify that all of the 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.

Mecklenburg Aquatic Club (DBA SwimMAC Carolina), Charlotte Latin, 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 of 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

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 that 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.

208.4. RELAY SCRATCH RULE

- .1 All Meets - Any relay or relay member, in a relay event that fails to compete in or report for that Event shall not be penalized.