



STAR Intrasquad
 Hosted by STAR Aquatics
March 1 , 2025
 Wesleyan Christian Academy
 1917 N. Centennial St, High Point, NC 27262
 Held under the Sanction of AAU Swimming, Inc.

MEET DIRECTORS		MEET ENTRY COORDINATOR & ADMINISTRATIVE OFFICIAL
Jay Dodson (336) 337-0169 jay@staraquatics.net	Taylor Mitchell (336)549-4682 taylor@staraquatics.net	Jay Dodson (336)337-0169 jay@staraquatics.net
MEET REFEREE		MEET MARSHAL
Skip Overton (336) 339-3376 skip.overton@outlook.com		Madison Crandall Matt Hawn
ASSUMPTION OF RISK DISCLAIMER	STAR Aquatics has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. By attending this meet, you assume all risks related to exposure to COVID-19.	
FACILITY and HOST TEAM REQUIREMENTS	STAR Aquatics has discussed specific health and safety procedures with venue management. Compliance with the most current guidelines from AAU Swimming, Centers for Disease Control and Prevention (CDC), state and local jurisdictions will be maintained throughout the duration of the meet.	
ENTRY & EXIT PROCEDURES	Swimmers, coaches, and volunteers will be allowed in the building no more than thirty (30) minutes prior to warm-ups. All athletes, coaches, and volunteers will enter and exit the facility through the designated entrance.	
ATHLETE SEATING AREAS	Team will be assigned seating on deck or nearby area. No outside chairs are allowed in the facility	
SPECTATOR PROTOCOLS	There is limited spectator seating in this facility.	

PARENTAL ACCESS	Parents needing access to their athletes during the meet in a closed-deck environment can contact their children directly via cellphone and arrange to meet them in the concourse. Should parents be unable to contact their children directly, they should call or text their coach. In the case of an emergency, please call and/or text the Meet Director(s) at the numbers on the first page of this meet announcement.
FACILITY	<p>The indoor pool at Wesleyan Christian Academy is a short course 25-yards pool with 5 lanes. The pool depth ranges from 10’ at the start and 3’ at the turn ends.</p> <p>Only athletes, officials, coaches, and meet volunteers may be on deck during warm-ups and/or competition. No chairs are permitted in the stands or on deck.</p> <p>Locker rooms are reserved for athlete use. Separate restroom facilities are available for officials, coaches, and volunteers.</p>
MEET FORMAT	<p>There will be one timed final session with a total of 13 events as set forth in the Order of Events.</p> <p>Meet management reserves the right to add sessions or move an age group or gender to a different session depending on the number of entries in the meet to ensure the meet runs efficiently. Coaches will be notified by email of any changes to the sessions within 36 hours of the entry deadline.</p> <p>Meet Management also reserves the right to limit, eliminate, and/or combine any heats/events to allow the meet to run in the allotted time.</p>

MEET SCHEDULE AND DEADLINES

- Officials’ meetings will be 45 minutes prior to the start of each session.

Friday, February 21, 2025		Time
Entry Deadline		10:00 pm
General Coaches’ Meeting – via Zoom		TBD
Saturday, March 1, 2025 – Timed Finals		Time
Warm-Up		9:30 am
Meet Start		10:15 am
RULES	This meet will be conducted in accordance with the current AAU Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention Policy, except where rules therein are optional and exceptions are stated, and the NCS Safety Program.	

SAFETY	<p>Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated.</p> <p>Swimmers may be dropped off only in designated safe areas.</p> <p>Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms.</p> <p>No glass containers or bottles are allowed inside the facility at any time.</p> <p>Anyone failing to comply with a safety request may forfeit his or her privilege to participate.</p> <p>Use of audio or visual recording or photography 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.</p> <p>Deck changes are prohibited.</p> <p>Any swimmer entered in the meet must be certified by an AAU 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 AAU Swimming member coach attending the meet if a coach from the swimmer’s team is unable to attend.</p> <p>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.</p> <p>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. All persons on deck or behind the blocks must be AAU certified coaches, officials, registered swimmers, or meet volunteers.</p>
ELIGIBILITY	<p>All swimmers must be registered with AAU Swimming, Inc., and all adult athletes must hold current APT certifications to compete. Swimmers must be registered prior to entry deadline. Entries listed as “Registration Applied For” will not be accepted. THERE WILL BE NO ON DECK REGISTRATION AVAILABLE AT THIS MEET.</p>

SWIMMERS WITH DISABILITIES	Star Aquatics welcomes all swimmers with disabilities as described in the AAU Swimming Rules and Regulations, 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 Star Aquatics' ability to accommodate all requests.
ENTRIES	<p>Please email entries to entries@staraquatics.net using Hy-Tek Team Manager for entries. List all swimmers' ages as of March 1, 2025. Entries may be sent via email and must include the following:</p> <ol style="list-style-type: none"> 1) A Hy-Tek compatible entry file 2) Team entry report 3) Financial report 4) A list of Coaches attending the meet. <p>A swimmer's age on the first day of the meet will determine his/her age for the entire meet.</p> <p>Teams/entries will be accepted in the order they are received, until the four-hour timeline is reached. Entries received after the timeline is reached will be returned. If you plan to attend this meet, please notify the Meet Director(s) with your intent and approximate number of swimmers as soon as possible.</p>
ENTRY LIMITATIONS	A swimmer may enter a maximum of four (4) events per day . Meet Management reserves the right to limit, eliminate, and/or combine any heats/events to allow the meet to run in the allotted time.
ENTRY VERIFICATION	The person submitting the entry will be sent an email confirming receipt of the entry within 48 hours of receipt.
ENTRY DEADLINES	The Meet Entry Coordinator must receive entries by 10:00 pm Friday, February 21, 2025 . Late entries may be accepted at the discretion of the Meet Director and Meet Referee. There may be on-deck entries, but only in open lanes and at the discretion of the Meet Director and Meet Referee. Double fees will apply to all late entries and must be paid before entry can be processed on deck.

ENTRY FEES

Make checks payable to: Star Aquatics; All fees are non-refundable	
Meet fee	\$20.00 flat fee

SEEDING	The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order (YLS). There will be no course conversion for this meet. Entries may be limited at the discretion of the Meet Director to the top 24 swimmers per event in order to run the meet in the allotted time.
SCORING	This meet will not be scored.
AWARDS	There will be no awards for this meet.
RESULTS	Results will be posted to Meet Mobile and to the STAR webpage as available. At the conclusion of the meet, results will be sent to each team via email attachment.
COACHES	All coaches on deck must be registered and certified with AAU Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or showing their Deck Pass virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Meet Schedule and Deadlines table. 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	All teams may be required to provide timers based on the number of swimmers entered in the meet. Timer assignments will be distributed after registration has closed. There will be a need for officials. Star Aquatics welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet, sign up using the link on the meet page on the STAR Aquatics website (www.staraquatics.com), or sign in once you arrive at the meet. All officials on deck must be registered and certified with AAU Swimming and will be required to show proof of such to the Meet Referee by displaying their registration card or showing their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area at the date and time listed in the Meet Schedule and Deadlines table.
WARM-UP	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.
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 AAU Swimming. STAR Aquatics, the Greensboro Aquatic Center, and AAU 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 of 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 photographs and audio and video recordings, 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 or videos featured on any media should inform their team's head coach and the Meet Director prior to the meet.

ORDER OF EVENTS

Saturday, March 1, 2025	
Timed Finals – Warm-up: 9:30 am Meet Start: 10:15 am	
Girls	Events
1	Mixed Open 25 Backstroke
2	Mixed Open 50 Breaststroke
3	Mixed Open 100 Butterfly
4	Mixed Open 50 Freestyle
5	Mixed Open 100 Breaststroke
6	Mixed Open 50 Backstroke
7	Mixed Open 25 Butterfly
8	Mixed Open 100 Freestyle
9	Mixed Open 25 Breaststroke
10	Mixed Open 50 Butterfly
11	Mixed Open 100 Backstroke
12	Mixed Open 25 Freestyle
13	Mixed Open 100 IM

STAR Intrasquad
March 1, 2025
Mail Meet Entry Form and Payment to:
STAR Aquatics
PO Box 16311
High Point, NC 27261

Official Entry Information:

Club Name _____ Club Code _____

Address _____

City _____ State __ Zip _____

Head Coach _____ Home Phone _____

Email Address _____ Work Phone _____

Assistant
Coach _____

Assistant
Coach _____

Assistant
Coach _____

Assistant
Coach _____

Liability Statement: All coaches identified above are currently registered as coaches with AAU Swimming, Inc. and are responsible for the swimmers entered in this meet and during the conduct of the event **March 1, 2025**. By participating in this meet, you agree that any charges incurred by STAR for damage to the facility, equipment, or premises that cannot be resolved to the offending individual(s) will be shared among the teams participating in the meet.

Signature _____ Date _____

Release Statement: AAU Swimming, Inc., Star Aquatics, LLC, Greensboro Aquatic Center and all employees and representatives of these organizations shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

Signature _____ Date _____

Meet Fee		X \$20.00 flat fee	\$
Totals			\$