

JUST SWIM CHARLOTTE CHAMPIONSHIP SWIM MEET 2025

Saturday, July 19th

Palisades High School at 15221 York Rd, Charlotte 28278



Just Swim Charlotte
Proudly serving SW Charlotte since 2013
info@justswimcharlotte.com

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Parking, Spectator entrances and Team Areas



1. Entrance door for ALL spectators – doors open to spectators at 8:30am
2. Outside patio team area for all swim teams – teams may begin setting up their team area at 7:30am. Team areas will be labeled for teams upon arrival. From left to right the team order will be: Palisades, McCullough, Planters Walk, Berewick, River Hills, Huntington Forest, Crossings and Chapel Cove.

Palisades High School has ample parking. ALL cars MUST be parked in a parking spot or risk being ticketed and/or towed by CMPD. Absolutely NO parking on the grass. The Senior Parking Lot (the colorfully painted spaces) is reserved for JSC staff and vendors. NO Spectator parking in the Senior Lot.

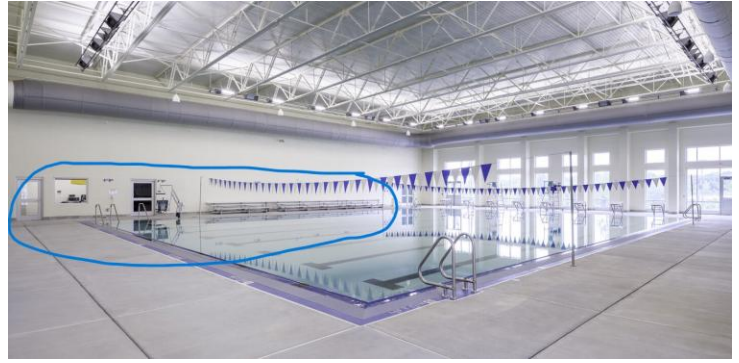


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Spectator Seating

Spectator seating in the bleachers on either side of the pool.



There will be additional spectator seating at the end of the pool. Spectators may bring folding chairs for overflow seating at the end of the pool only. No outside chairs on the sides of the pool. The hallway leading to the locker rooms will be taped off so swimmers have access to the locker rooms for use. Locker rooms will be where the swimmers will access bathrooms. **No swimmers will be allowed in the school hallways.**

Clerk of Course and Computer Tech Areas

Clerk Area Teams 5-8

Computer Tech & Starter

Clerk Area Teams 1-4



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Team Area – Outside Patio for all 8 teams

(Facing the Bldg.) From Left to Right:

1. Palisades
2. McCullough
3. Planters Walk
4. Berewick
5. River Hills
6. Huntington Forest
7. Crossings
8. Chapel Cove



Team areas will be labeled. Teams may begin to set up outside at 7:30am. Each team area can accommodate up to two of the 10'x10' canopy tents. Team areas 1 and 8 are bigger for the two largest teams and may accommodate three canopy tents. Tents are not provided by JSC. Teams are encouraged to bring tarps to cover the cement/grass for swimmer seating in their team areas.

Teams 1-4 will enter/exit from the doors on the LEFT. Teams 5-8 will enter/exit from the doors on the right.

Assistant Clerks will be responsible for gathering their swimmers to the correct entrance when their events are being seated.

Volunteers

Each team is required to provide the following list of volunteers with their Meet Entry file. Teams that do not provide enough volunteers to accommodate the switch will have their people volunteer for the entire swim meet. Volunteers must wear their JSC lanyard to have access to pool deck. Volunteers switch after the 100yd Freestyle.

The following volunteers are required per team for each half and will have deck passes:

- 2 Timers (MUST HAVE EXPERIENCE AS A TIMER WITH JSC SUMMER LEAGUE)
- 1 Assistant Clerk
- 1 Float/MISC Person
- 1 Runner
- 1 Stroke Judge (MUST HAVE STROKE KNOWLEDGE)

No limit on parent Chaperones as they will be chaperoning the teams in the outside team area. Parent Chaperones will not have deck passes for access to the pool deck. Any Parent Chaperones wanting to come inside to watch events must enter the Spectator area. The Runner will be responsible for assisting the 10U swimmers back/forth to the locker rooms when needed for bathroom breaks. Volunteer list is required to be uploaded with team Meet Entry file no later than 5pm on July 16th.



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JSC Staff - Meet Announcer/Starter, Clerk of Course, Computer Tech x 2, Head Timer, Head Stroke Official, Lifeguard, Photographer, Awards & Security

Coaches - Each team will be given up to 5 deck passes for coaches. Coaches are NOT allowed behind the starting blocks, in the Clerk of Course area or in the Starter/Computer Tech area. Coaches are to remain on the sides of the pool.

Meet Schedule

- Teams can begin set up outside in their team area at 7:30am.
- Doors open to Coaches & Volunteers at 8am. Doors open to Spectators at 8:30am.
- Warm Ups from 8:15-9:15am. Each team will have 2 lanes for 30 min.
- Volunteer Meeting at 8:45am
- National Anthem at 9:25am and 1st Event called at 9:30am

Warm-ups: 8:15 – 8:45am

L1 and L2 – Crossings
L3 and L4 – Chapel Cove
L5 and L6 – Berewick
L7 and L8 – McCullough

Warm-Ups: 8:45am – 9:15am

L1 and L2 – Huntington Forest
L3 and L4 - Palisades
L5 and L6 – Planters Walk
L7 and L8 – River Hills

Pool notes

- Palisades High School pool is an 8-lane, 25yards pool. We will be competing in Lanes 1-8. The Meet will be run in YARDS. Events will swim gender-specific and resulted/awarded the same.
- Results will be provided in Yards and also a SCM conversion report.
- Teams are encouraged to bring canopy tents. Tents are not provided by JSC.
- Swimmers are to stay with their teams. They are encouraged to bring a pad or towel to sit on.
- Clerk of Course is not responsible for tracking down swimmers who have left their team area.
- Swimmers who do not report when called by the Clerk of Course may miss their event.
- Swimmers that miss events will not be permitted to “make up the event” and will be recorded as NS.
- NO FOOD allowed inside the building. Drinks are allowed; NO GLASS BOTTLES on the premises.

Bathrooms/Locker Rooms

- Locker Rooms will be available for swimmer use. There are plenty of lockers inside that swimmers are free to use; locks are not provided – bring your own. Any locks left on the lockers after the meet will be cut off and disposed of.
- Swimmers will ONLY use the locker room bathrooms and are NOT permitted in the hallways.
- Spectators will have one hallway designated for bathroom use.
- The school is NOT open for wandering by anyone during our event.
- Swimmers that leave the swimmer area to use the bathroom will not be chased down by the Clerk of Course. It is the responsibility of each swimmer (or their team) to ensure attendance for events.

Food & Drink

- Attendees are allowed to bring their own food, but all food must remain outdoors.
- NO FOOD allowed inside the building. Drinks are allowed; NO GLASS BOTTLES on the premises.
- Concessions will be available for purchase. Methods of payment accepted will be Cash, Venmo, and PayPal.

MISC

- Each team should bring a box for award collection at the end of the meet
- Unofficial Results will be posted at the completion of an Event.
- All trash must be discarded and swimmer areas/spectator areas are to be trash-free at the completion of the swim meet. Teams that have trash left in their swimmer area will be assessed a \$100 clean-up fee that will need to be paid in full prior to registration for the 2026 season.
- Team Chaperones are responsible for monitoring swimmers and ensuring that the team areas are clean before departure.

Meet Format

Just Swim Charlotte will follow a NCHSAA regionals-style format for the league championship swim meet. Once the championship heat sheets are posted to the JSC website – no changes will be allowed. Results will be posted throughout the meet and final results will be available at the completion of the swim meet.

Important Notes / Submission Timeline

- Meet Entry file & Volunteers/Coaches list to be uploaded to the JSC group in BAND app no later than 5pm on July 16th
- Psych Sheet will be posted July 16th after all entry files have been received
- Heat Sheets will be posted by 4pm on July 17th
- JSC maintains the right to question and disallow any entries that do not match with regular season result files



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Meet Entry Information

MEET ENTRIES

- Eligible ages – 4yrs to 18yrs as of April 1, 2025.
- 10U Events
 - Individual: 25y each of Freestyle, Backstroke, Breaststroke & Butterfly and 100y IM
 - Relay: 100y Freestyle & 100y Medley
- 11+ Events
 - Individual: 50y each Freestyle, Backstroke, Breaststroke, Butterfly & 100y each Freestyle and IM
 - Relay: 200y Freestyle & 200y Medley
- Participants swim gender-specific heats, with gender-specific results awarded
- Event Awards - Medals for places 1-3, ribbons for places 4-8 & Personal Best
- No event placement awarded beyond 8th place
- Swimmer must have completed their Championship Events in the 2025 season a minimum of one time
- All entries – individual & relay - must have a seed time ; NT meet entries will not be entered into Meet Manager
- Coaches are to enter swimmers in desired events just as in regular season meets. Max 3 individual and 2 relays per swimmer.
- Based off the Psych Sheet for each event, the top 3 times entered (per team) will automatically qualify for a total of 24 entries per event. We are swimming 3 heats of 8 lanes.
- If the meet entries for any event fail to produce 3 swimmers from each team (for the total of 24 swimmers), the next fastest swimmers (from top to bottom on the Psych Sheet, regardless of team) will be entered into the event.

MEDLEY & FREESTYLE RELAYS

- Each team is allowed max 3 relays per event (A, B, C relays only)
- No gender requirement for relays
- Relays may have TWO alternates (the 5th and 6th swimmer in the relay entry) in case of a NO SHOW SWIMMER(s) on meet day
 - One alternate from the top age group in the event (either 9/10 or 15/18) and one additional alternate from either of the lower age groups in the event (either 6U, 7/8 or 11/12, 13/14). No exceptions to this alternate rule.
 - Relay entries not submitted with alternates will not have an alternate available in the event of a no show swimmer.
 - An alternate cannot be used twice in the same event.
 - Alternates need to follow the same max entries - no more than two relay entries per swimmer.
 - Alternates being used for E1 and E2 must be reported to the Computer Techs BEFORE the National Anthem begins. Relays using alternates not reported on time will scratch.
 - Alternates being used for E41 and E42 must be reported to the Computer Techs BEFORE the start of E34 (Butterfly). Relays using alternates not reported on time will scratch.



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- Relays must have entry times; NT relay entries will not be entered into Meet Manager. You must calculate your relay seed times or they will not be eligible for meet entries.

10U Relay teams

- Combination of swimmers from 6U to 10U age group
- Maximum two (2) swimmers from the 9-10 age group per relay
- Relays not adhering to the above criteria will not be entered

11+ Relay teams

- Combination of swimmers from 11-12 to 15-18 age group
- Maximum two (2) swimmers from the 15-18 age group per relay
- Relays not adhering to the above criteria will not be entered



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Championship Swim Meet 2025

Volunteers & Coaches

Team: _____

Volunteer list is required to be uploaded with team Meet Entry file no later than 5pm on July 16th. Any adult without a deck pass will not be permitted on the pool deck and shall remain in the spectator seating area. Only individuals noted on this document will be issued a deck pass. If the same person will be volunteering for each half of the meet, please fill in name under both halves.

****ONE NAME PER LINE WILL BE ACCEPTED**

First Half Timers

1. _____

2. _____

Second Half Timers

1. _____

2. _____

First Half Assistant Clerk

1. _____

Second Half Assistant Clerk

1. _____

First Half Float Person

1. _____

Second Half Float Person

1. _____

First Half Runner

1. _____

Second Half Runner

1. _____

Stroke Judge (must be have stroke knowledge and wear WHITE shirt)

First Half Stroke Judge

1. _____

Second Half Stroke Judge

1. _____

Coaches

1. _____

2. _____

3. _____

4. _____

5. _____



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