



# Southeastern Meet of Champions “SMOC” 4

Hosted By:  
Aiken-Augusta Swim League



Date(s): March 5-8, 2026

Sanction #:GA26-024/STT

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| <b>Meet Director:</b><br><b>Rebecca Pattillo</b><br><a href="mailto:meetdirector@swim-asl.com">meetdirector@swim-asl.com</a> | <b>Meet Referee:</b><br><b>Michael Groves</b><br><a href="mailto:mike.groves@swim-asl.com">mike.groves@swim-asl.com</a> | <b>Admin Official:</b><br><b>Kelly Tabb</b><br><a href="mailto:meet.entries@swim-asl.com">meet.entries@swim-asl.com</a> |
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| <b>SANCTION:</b>            | Held under the sanction of USA Swimming, through Georgia Swimming Inc.   |                     |        |        |        |       |   |        |                  |        |        |   |        |                 |        |        |   |        |                |        |        |   |        |               |        |        |   |        |                  |        |        |   |        |                 |        |        |   |        |                     |        |        |
|-----------------------------|--|---------------------|--------|--------|--------|-------|---|--------|------------------|--------|--------|---|--------|-----------------|--------|--------|---|--------|----------------|--------|--------|---|--------|---------------|--------|--------|---|--------|------------------|--------|--------|---|--------|-----------------|--------|--------|---|--------|---------------------|--------|--------|
| <b>LIABILITY:</b>           | In granting this sanction it is understood and agreed that USA Swimming, Inc., Georgia Swimming, Inc., and Aiken-Augusta Swim League, heretofore referred to as “Host Club”, shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.   |                     |        |        |        |       |   |        |                  |        |        |   |        |                 |        |        |   |        |                |        |        |   |        |               |        |        |   |        |                  |        |        |   |        |                 |        |        |   |        |                     |        |        |
| <b>FACILITY:</b>            | <div>Augusta Aquatic Center<br/>3157 Damascus Road<br/>Augusta, GA 30909</div> <p>The 18 lane, 25 yard pool with a depth at the start ends equal to 7.5 feet and turn end depth equal 7.5 feet.</p> <p>Meet host will ensure the required course dimensions.</p>   |                     |        |        |        |       |   |        |                  |        |        |   |        |                 |        |        |   |        |                |        |        |   |        |               |        |        |   |        |                  |        |        |   |        |                 |        |        |   |        |                     |        |        |
| <b>MEDICAL SUPERVISION:</b> | The Augusta Aquatics Center has a full staff of American Red Cross certified lifeguards trained in using backboards and AEDs. American Red Cross trained Police Officer and Fire Marshall will be on hand. EMT services are available through local 911.   |                     |        |        |        |       |   |        |                  |        |        |   |        |                 |        |        |   |        |                |        |        |   |        |               |        |        |   |        |                  |        |        |   |        |                 |        |        |   |        |                     |        |        |
| <b>SESSION SCHEDULE:</b>    | <table><tr><th>Session #</th><th>Date</th><th>Name</th><th>Warmup</th><th>Start</th></tr><tr><td>1</td><td>3/5/26</td><td>Thursday Prelims</td><td>7:00AM</td><td>8:30AM</td></tr><tr><td>2</td><td>3/5/26</td><td>Thursday Finals</td><td>4:45PM</td><td>6:00PM</td></tr><tr><td>3</td><td>3/6/26</td><td>Friday Prelims</td><td>7:00AM</td><td>8:30AM</td></tr><tr><td>4</td><td>3/6/26</td><td>Friday Finals</td><td>4:45PM</td><td>6:00PM</td></tr><tr><td>5</td><td>3/7/26</td><td>Saturday Prelims</td><td>7:00AM</td><td>8:30AM</td></tr><tr><td>6</td><td>3/7/26</td><td>Saturday Finals</td><td>4:45PM</td><td>6:00PM</td></tr><tr><td>7</td><td>3/8/26</td><td>Sunday Timed Finals</td><td>8:00AM</td><td>9:30AM</td></tr></table> | Session #           | Date   | Name   | Warmup | Start | 1 | 3/5/26 | Thursday Prelims | 7:00AM | 8:30AM | 2 | 3/5/26 | Thursday Finals | 4:45PM | 6:00PM | 3 | 3/6/26 | Friday Prelims | 7:00AM | 8:30AM | 4 | 3/6/26 | Friday Finals | 4:45PM | 6:00PM | 5 | 3/7/26 | Saturday Prelims | 7:00AM | 8:30AM | 6 | 3/7/26 | Saturday Finals | 4:45PM | 6:00PM | 7 | 3/8/26 | Sunday Timed Finals | 8:00AM | 9:30AM |
| Session #                   | Date   | Name                | Warmup | Start  |        |       |   |        |                  |        |        |   |        |                 |        |        |   |        |                |        |        |   |        |               |        |        |   |        |                  |        |        |   |        |                 |        |        |   |        |                     |        |        |
| 1                           | 3/5/26   | Thursday Prelims    | 7:00AM | 8:30AM |        |       |   |        |                  |        |        |   |        |                 |        |        |   |        |                |        |        |   |        |               |        |        |   |        |                  |        |        |   |        |                 |        |        |   |        |                     |        |        |
| 2                           | 3/5/26   | Thursday Finals     | 4:45PM | 6:00PM |        |       |   |        |                  |        |        |   |        |                 |        |        |   |        |                |        |        |   |        |               |        |        |   |        |                  |        |        |   |        |                 |        |        |   |        |                     |        |        |
| 3                           | 3/6/26   | Friday Prelims      | 7:00AM | 8:30AM |        |       |   |        |                  |        |        |   |        |                 |        |        |   |        |                |        |        |   |        |               |        |        |   |        |                  |        |        |   |        |                 |        |        |   |        |                     |        |        |
| 4                           | 3/6/26   | Friday Finals       | 4:45PM | 6:00PM |        |       |   |        |                  |        |        |   |        |                 |        |        |   |        |                |        |        |   |        |               |        |        |   |        |                  |        |        |   |        |                 |        |        |   |        |                     |        |        |
| 5                           | 3/7/26   | Saturday Prelims    | 7:00AM | 8:30AM |        |       |   |        |                  |        |        |   |        |                 |        |        |   |        |                |        |        |   |        |               |        |        |   |        |                  |        |        |   |        |                 |        |        |   |        |                     |        |        |
| 6                           | 3/7/26   | Saturday Finals     | 4:45PM | 6:00PM |        |       |   |        |                  |        |        |   |        |                 |        |        |   |        |                |        |        |   |        |               |        |        |   |        |                  |        |        |   |        |                 |        |        |   |        |                     |        |        |
| 7                           | 3/8/26   | Sunday Timed Finals | 8:00AM | 9:30AM |        |       |   |        |                  |        |        |   |        |                 |        |        |   |        |                |        |        |   |        |               |        |        |   |        |                  |        |        |   |        |                 |        |        |   |        |                     |        |        |
| <b>MEET FORMAT:</b>         | <b>Warm-up/Warm-Down:</b> <ul style="list-style-type: none"><li>Pre-Meet Warm-up will be available from 2PM – 7:45PM on Wednesday 3/4/26 in limited lanes.</li></ul>   |                     |        |        |        |       |   |        |                  |        |        |   |        |                 |        |        |   |        |                |        |        |   |        |               |        |        |   |        |                  |        |        |   |        |                 |        |        |   |        |                     |        |        |

- At least 8 lanes in the competition pool will be available for warm up/warm down during competition. An additional 5 lanes in the diving well may be opened during competition depending on demand and lifeguard availability.
- Equipment will not be allowed in the 8 competition lanes at any time during the meet.
- Equipment may be used in the warm-up/warm-down lanes, but swimmers are asked to use caution when conditions are crowded to avoid injury to other athletes.

#### **Competition:**

- 8 lanes will be used for competition.
- All events will be contested in SCY.

#### **Seeding:**

- All Prelims and Timed Finals heats for Individual Events will be seeded during warm-ups for that session. Athletes are asked to scratch events they do not intend to swim that morning to avoid unnecessary heats. The scratch deadline is **1 hour** prior to the start of each Prelims session.
- All swimmers entered with LCM Qualifying Times will be seeded below all swimmers entered with SCY Qualifying Times.
- All Individual Events on Thursday through Saturday will be conducted on a Prelims/Finals basis.
- Except for the 400 IM and 500 Free, all Prelims/Finals events will be circle seeded, slow to fast.
- The following events will be positive check-in at the Clerk of Course (see below for times): 400 IM, 500/1000/1650 Free, 400/800 Free Relay, 400 Medley Relay
- The 400 IM and 500 Free preliminary heats will be seeded as follows: fastest three heats of girls circle seeded slow to fast; followed by fastest three heats of boys circle seeded slow to fast; followed by all the remaining heats fastest to slowest, alternating girls and boys.
- The 50 Back, 50 Breast, 50 Fly, 1000 Free and 1650 Free will be contested as Timed Finals.

#### **Finals:**

- There will be a Championship (A), Consolation (B) and Bonus (C) Heat in all Prelims/Finals events.
- The order of the Finals Heats will be C-B-A.
- Those swimmers named as First and Second Alternate in each Prelims/Finals event must check in with the Deck Referee and sit in designated chairs near the Starter area at the beginning of the event if they wish to swim. Alternates will be placed in any vacant lane and swim exhibition.

#### **Distance:**

- The 1000 Free and 1650 Free are Timed Finals events.
- All heats of the 1000 Free and 1650 Free will be swum fastest to slowest.
- Athletes have the option to swim one of the two distance events following Session 1 Thursday AM. They **cannot** swim both on Thursday AM.
- Athletes who choose to swim one distance event on Thursday AM may swim the **other** distance event during Session 7 Sunday AM.
- Athletes who do not swim a distance event on Thursday AM **are** permitted to swim both distance events during Session 7 Sunday AM.
- For planning purposes, Host Club requests that coaches specify which swimmers will contest either event on Thursday AM by email with their Meet Entry. Swimmers may change this designation, if necessary, by notifying the Clerk of Course before the positive check-in deadline on Thursday AM.

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|                     | <ul style="list-style-type: none"> <li>• The Distance heats on Thursday AM may be combined, or alternating heats of girls and boys, at the discretion of Meet Management. Any swimmer failing to notify the Host Club/Clerk of Course of their intent to swim on Thursday AM by the positive check-in deadline will be automatically deferred to the Sunday AM Distance heats.</li> <li>• Scoring for the Distance events will not be completed until Sunday AM at the completion of the Sunday AM heats.</li> <li>• Swimmers must provide their own counter for the 500, 1000, and 1650 Free.</li> <li>• Swimmers in the Thursday AM Distance heats of the 1000/1650 Free <u>must also provide their own timers.</u></li> </ul> <p><b>Relays:</b></p> <ul style="list-style-type: none"> <li>• All relays will be conducted as Timed Finals.</li> <li>• Relay entry limits: <ul style="list-style-type: none"> <li>○ 6x25y Free and 200 Free/Medley Relays – 3 entries</li> <li>○ 400 Free/Medley Relays – 2 entries</li> <li>○ 800 Free Relay – 1 entry</li> </ul> </li> <li>• The 6x25y Free, 200 Mixed Free and 200 Mixed Medley Relays will be unscored exhibition.</li> <li>• The single gender 200 Free, 200 Medley, 400 Free, 400 Medley and 800 Free Relays will be scored. Only 2 relays from each team can score in each event.</li> <li>• Relay cards for each session must be submitted 1 hour before the beginning of the start of competition.</li> </ul> |
| <b>ENTRY FEES:</b>  | <ul style="list-style-type: none"> <li>• IND. EVENT FEE: \$15/Event</li> <li>• LATE IND. ENTRIES: \$30/Event</li> <li>• RELAYS: \$ 25/Event</li> <li>• LATE RELAY ENTRIES: \$50/Event</li> <li>• TIME TRIALS: \$30/Event</li> <li>• TIME TRIALS Relay: \$60/Event</li> <li>• GA LSC Travel Fund \$3.00 / Georgia LSC registered athlete</li> <li>• GA travel fee \$6.00 / non-Georgia LSC registered athlete</li> </ul>  |
| <b>ELIGIBILITY:</b> | <p><b>MEET TYPE: (Invitational)</b><br/> Open to all registered USA Swimmers.<br/> No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i>, Article 302.</p> <p>Swimmers must achieve the required SMOC 4 Time Standard for an event on or after June 1, 2024. See “SMOC 4 Time Standards” below. Swimmers who have achieved the 1650 Free qualifying time may also enter the 1000 Free and vice-versa. There are no qualifying times for 50 Fly/Back/Breast.</p>  |

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| <p><b>SWIMMERS WITH A DISABILITY:</b></p>         | <p>Athletes with a disability are welcomed, but advance notice of desired accommodation must be provided to the Meet Referee via the <a href="#">NECESSARY ACCOMODATIONS FORM</a>. This should be submitted by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.</p> <p>Swimmers with a disability may qualify for the meet using the SMOC 4 Parallel Time Standards. They are eligible for Bonus Events according to the same guidelines described in the "Entries" section below.</p> <p>SWAD swimmers achieving a PARA Sectional time will qualify to swim in one of three possible mixed SWAD heats at Finals. These will be swum at the beginning of the session, after the 2<sup>nd</sup> event, and after the last individual event. Seeding and combining of distances/strokes for all SWAD Finals heats will be determined by the Administrative Referee.</p> <p>SWAD swimmers who qualify for a Finals heat, regardless of whether they were entered in the meet using SMOC 4 Parallel Time Standards, will be eligible to compete in the Finals heats.</p>  |
| <p><b>ENTRIES:</b></p> <p><b>TIME TRIALS:</b></p> | <p><b>Event Limits:</b></p> <ul style="list-style-type: none"> <li>• Athletes are limited to three (3) Individual Prelims/Finals events per day.</li> <li>• There is no entry limit for Timed Finals events (i.e. 50's of stroke and Distance.</li> <li>• Athletes are limited to a total of nine (9) Individual Events for the meet.</li> <li>• 50 Fly/Back/Breast do not count toward an athlete's meet event limit.</li> <li>• Athletes can be entered into an unlimited number of relay events.</li> </ul> <p>Any swimmer entered in more than their daily limit or meet limit will be removed from the last event(s) over the limit.</p> <p>Deck entries can be made at the Clerk of Course up to one hour before the start of the Prelims or Timed Finals sessions based on lane availability. No new heats will be created. Payment for deck entries must be made by cash or check to the Clerk of Course at the time of entry (NO EXCEPTIONS).</p> <p><b>Bonus Events:</b></p> <ul style="list-style-type: none"> <li>• Any swimmer that achieves at least one SMOC 4 Time Standard (or SMOC 4 Parallel Time Standard for SWADs) may enter up to 5 Individual Events (e.g. 1 qualifying time + 4 bonus events; 2 qualifying times + 3 bonus events; 3 qualifying times + 2 bonus events; etc).</li> <li>• In order to compete in more than 5 events, swimmers must achieve SMOC 4 Time Standard (or SMOC 4 Parallel Time Standards for SWADs) in all events entered.</li> </ul> <p><b>Time Trials:</b></p> <ul style="list-style-type: none"> <li>• Time Trials will be available after each <b>Prelims</b> sessions.</li> <li>• Additional Time Trials may be opened at the discretion of Meet Management.</li> <li>• Swimmers must be entered in the meet in at least one individual event to be eligible for a Time Trial.</li> <li>• Swimmers will be limited to no more than three (3) Time Trials. These do not count towards a swimmer's meet or daily event limits.</li> <li>• See Check-in/Clerk of Course section below for Time Trial sign-up deadlines.</li> </ul> <p><b><u>All Time Trial fees must be paid by cash or check to the Clerk of Course at the time of entry (NO EXCEPTIONS).</u></b></p> <p>The Administrative Referee will seed and determine the order of Time Trial events. Time trial strokes and distances may be combined as needed.</p> |

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| <p><b>CHECK IN:</b></p> <p><b>CLERK of COURSE:</b></p> | <p><b>Deadlines for Prelim Event Scratch, Positive Check-In, and Time Trials Sign-ups:</b></p> <ul style="list-style-type: none"> <li>● <b>Thursday, March 5<sup>th</sup></b> <ul style="list-style-type: none"> <li>○ Prelim event scratch – 7:30 AM</li> <li>○ 400 IM, 1000 Free (403a/402a), &amp; 1650 Free (401a/404b) check-in – 8:00 AM</li> <li>○ Time Trials sign-up – 10:00 AM</li> <li>○ 4x200 Free Relay check-in – 12:00 PM</li> </ul> </li> <li>● <b>Friday, March 7<sup>th</sup></b> <ul style="list-style-type: none"> <li>○ Prelim event scratch – 7:30 AM</li> <li>○ 500 Free check-in – 8:00 AM</li> <li>○ Time Trials sign-up – 10:00 AM</li> <li>○ 4x100 Free Relay check-in – 12:00 PM</li> </ul> </li> <li>● <b>Saturday, March 8<sup>th</sup></b> <ul style="list-style-type: none"> <li>○ Prelim event scratch – 7:30 AM</li> <li>○ Time Trials sign-up – 10:00 AM</li> <li>○ 4x100 Medley Relay check-in – 12:00 PM</li> </ul> </li> <li>● <b>Sunday, March 9<sup>th</sup></b> <ul style="list-style-type: none"> <li>○ Timed Final event scratch – 8:00 AM</li> <li>○ 1000 Free (403b/402b)/1650 Free (401b/404b) check-in – 8:00 AM</li> </ul> </li> </ul>  |
| <p><b>ENTRY SUBMISSION:</b></p>                        | <p><b>Submit one check payable to: Aiken-Augusta Swim League (ASL)</b><br/> <b>Entries must be received on or before: Thursday, February 26, 2026.</b><br/> <b>Email entries to: <a href="mailto:meet.entries@swim-asl.com">meet.entries@swim-asl.com</a></b><br/>         Submit entries using Hy-Tek team manager. Entries must include the USA Swimming Club Code and each swimmer's USA Swimming number, first and last name, age, and seeding time for each event entered.</p>   |
| <p><b>RULES:</b></p>                                   | <p><b>Current USA Swimming Rules will govern this meet.</b></p> <ul style="list-style-type: none"> <li>● All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <u>Minor Athlete Abuse Prevention Policy</u> ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</li> <li>● On Deck USA-S registration will be permitted at the discretion of the Meet Director and/or Meet Referee.</li> <li>● In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, restrooms, or locker rooms. Per GA Swimming policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</li> <li>● Deck changes are prohibited.</li> <li>● 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 the 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.</li> <li>● Operation of a drone or any other flying apparatus is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.</li> </ul> |
| <p><b>CREDENTIALS:</b></p>                             | <p>Only athletes, USA Swimming certified coaches, and USA Swimming officials, in good standing, will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times. <u>Parents not working the meet as a volunteer or other position are not permitted on deck.</u></p>  |
| <p><b>OFFICIALS:</b></p>                               | <p>ASL welcomes visiting officials and apprentices and will appreciate help in officiating this competition. There will be an officials' meeting 60 minutes prior to the start of each session. The</p>   |

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|                                | <p>officials' uniform will consist of a white collared shirt, navy blue shorts (Prelims only), skirts or slacks with white socks and white shoes. Officials are encouraged to always wear name badges. Before working their first session, all officials must present their current LSC Officials Certification Card; <b>OR</b> a recently completed Apprentice Form; <b>AND</b> proof of current USA Swimming Official membership to the Meet Referee. Credentials may be required for deck access and hospitality. Officials or apprentices requesting preferred positions should contact the Meet Referee as early as possible. Note that apprenticing as a Starter will not be allowed at this meet.</p> <p>Note: This will be an Official Qualifying Meet (OQM) for advancement or recertification to N2 for S&amp;T, SR, CJ, and Referee and to N3 for S&amp;T. Officials requesting evaluation must notify the Meet Referee by Wednesday February 25, 2026. Evaluations will be granted on a first come, first served basis.</p> <p>Please fill out the form below to notify Meet Referee of availability, preferences, and evaluation requests.</p> <p style="text-align: center;"><a href="#"><u>Application to Officiate</u></a></p> |
| <b>AWARDS:</b>                 | <ul style="list-style-type: none"> <li>● Individual Events: <ul style="list-style-type: none"> <li>○ Awards for 1<sup>st</sup>-8<sup>th</sup> Place</li> </ul> </li> <li>● Relays: <ul style="list-style-type: none"> <li>○ Awards for 1<sup>st</sup>-3<sup>rd</sup> Place</li> </ul> </li> <li>● High Point <ul style="list-style-type: none"> <li>○ Top-scoring swimmer in each gender category</li> </ul> </li> <li>● Team Award <ul style="list-style-type: none"> <li>○ Awards for Top -3 combined scoring teams</li> </ul> </li> </ul>   |
| <b>SCORING:</b>                | <p>Individual and Relay Events will be scored to 16 places:</p> <p>Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1<br/> Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2</p> <p>The 50's of stroke (Fly, Back and Breast) will not be scored.</p>  |
| <b>CONCESSIONS:</b>            | Concessions will be available during the meet.   |
| <b>GEORGIA WARM-UP POLICY:</b> | The <a href="#"><u>GA Swimming Warm Procedures and Safety Policies</u></a> will be followed.   |
| <b>GEORGIA SCRATCH RULE:</b>   | The <a href="#"><u>GA Swimming Scratch Rule</u></a> will be in effect for this meet.   |
| <b>HOTEL RESERVATION LINK:</b> | <p>Host Club invites all visiting teams to reserve hotels through our EventPipe hotel booking platform:</p> <p><a href="#"><u>SMOC 4 Hotel Booking Link</u></a></p>  |
| <b>ADDITIONAL INFORMATION:</b> | <p>Please visit the Host Club Meet Information page for more information:</p> <p><a href="https://www.swim-asl.com/ASL-Events"><u>https://www.swim-asl.com/ASL-Events</u></a></p>  |

## Event Schedule

**Thursday, March 5, 2026**

Prelims - Warm-up: 7:00/Start: 8:30am

Finals - Warm-up 4:45/Start: 6:00pm

| Girls | Event                 | Boys | Notes |
|-------|-----------------------|------|-------|
| 501   | 6x25 Freestyle Relay  | 502  | 2     |
| 101   | 200 Backstroke        | 102  |       |
| 103   | 100 Breaststroke      | 104  |       |
| 105   | 100 Freestyle         | 106  |       |
| 107   | 400 Individual Medley | 108  | 1     |
| 109   | 4x200 Freestyle Relay | 110  | 3     |
| 401a  | 1650 Free             | 404a | 1,2   |
| 403a  | 1000 Free             | 402a | 1,2   |

**Friday, March 6, 2026**

Prelims - Warm-up: 7:00/Start: 8:30am

Finals - Warm-up 4:45/Start: 6:00pm

| Girls | Event                 | Boys | Notes |
|-------|-----------------------|------|-------|
| 201   | 4x50 Freestyle Relay  | 202  | 2     |
| 203   | 200 Individual Medley | 204  |       |
| 205   | 50 Freestyle          | 206  |       |
| 207   | 100 Butterfly         | 208  |       |
| 209   | 500 Freestyle         | 210  | 1     |
| 211   | 4x100 Medley Relay    | 212  | 3     |

**Saturday, March 7, 2026**

Prelims - Warm-up: 7:00/Start: 8:30am

Finals - Warm-up 4:45/Start: 6:00pm

| Girls | Event                 | Boys | Notes |
|-------|-----------------------|------|-------|
| 301   | 4x50 Medley Relay     | 302  | 2     |
| 303   | 100 Individual Medley | 304  |       |
| 305   | 200 Freestyle         | 306  |       |
| 307   | 200 Breaststroke      | 308  |       |
| 309   | 100 Backstroke        | 310  |       |
| 311   | 200 Butterfly         | 312  |       |
| 313   | 4x100 Freestyle Relay | 314  | 3     |

**Sunday, March 8, 2026**

Timed Finals - Warm-up: 8:00/Start: 9:30am

| Girls | Event                      | Boys | Notes |
|-------|----------------------------|------|-------|
| 503   | 4x50 Mixed Freestyle Relay | 504  |       |
| 401b  | Girls' 1650 Freestyle      | -X-  | 1     |
| 505   | 50 Butterfly               | 506  |       |
| -X-   | Boys' 1000 Freestyle       | 402b | 1     |
| 507   | 50 Backstroke              | 508  |       |
| 403b  | Girls' 1000 Freestyle      | -X-  | 1     |
| 509   | 50 Breaststroke            | 510  |       |
| -X-   | Boys' 1650 Freestyle       | 404b | 1     |
| 511   | 200 Mixed Medley Relay     | 512  |       |

**Notes:**

1: Positive Check-in Required

2: Timed Final Event; All heats in **Prelims**

3: Timed Final Even; All heats in **Finals**; Positive Check-in required

## SMOC 4 Time Standards

| Girls    |          | Event          | Boys     |          |
|----------|----------|----------------|----------|----------|
| LCM      | SCY      |                | SCY      | LCM      |
| 29.49    | 26.19    | 50 Free        | 23.49    | 26.49    |
| 1:03.99  | 56.69    | 100 Free       | 51.29    | 56.99    |
| 2:17.29  | 2:01.29  | 200 Free       | 1:50.69  | 2:05.89  |
| 4:55.39  | 5:27.99  | 500/400 Free   | 5:06.79  | 4:36.69  |
| 10:13.69 | 11:27.99 | 1000/800 Free  | 10:41.49 | 9:35.09  |
| 19:38.59 | 19:07.99 | 1650/1500 Free | 17:41.99 | 18:18.39 |
| 1:12.59  | 1:03.29  | 100 Back       | 58.29    | 1:06.39  |
| 2:35.69  | 2:15.29  | 200 Back       | 2:05.69  | 2:25.19  |
| 1:25.89  | 1:14.69  | 100 Breast     | 1:04.59  | 1:15.19  |
| 3:02.19  | 2:39.19  | 200 Breast     | 2:25.39  | 2:46.99  |
| 1:09.79  | 1:02.69  | 100 Fly        | 55.99    | 1:02.99  |
| 2:39.19  | 2:23.79  | 200 Fly        | 2:06.39  | 2:24.29  |
| —        | 1:05.59  | 100 IM         | 58.59    | —        |
| 2:36.69  | 2:17.99  | 200 IM         | 2:06.59  | 2:23.39  |
| 5:37.49  | 4:50.79  | 400 IM         | 4:32.69  | 5:09.69  |



## SMOC 4 Parallel Time Standards

| Para 1 LSC Motivational Time Standards   |           |          |              |           |          |
|--|-----------|----------|--------------|-----------|----------|
| P1 - non-ambulatory<br>(wheelchairbound):<br>limited use of all four<br>extremities  | GIRLS     |          | P1           | BOYS      |          |
|  | 15 & O P1 |          |              | 15 & O P1 |          |
|  | SCY       | LCM      |              | SCY       | LCM      |
|  | 1:24.89   | 1:24.89  | 50 FR        | 1:18.29   | 1:18.29  |
|  | 2:58.09   | 2:58.09  | 100 FR       | 2:56.69   | 2:56.69  |
|  | 7:06.49   | 7:06.49  | 200 FR       | 4:50.90   | 4:50.89  |
|  | 1:40.39   | 1:40.39  | 50 BK        | 1:05.39   | 1:05.39  |
|  | 3:04.59   | 3:04.59  | 100 BK       | 2:22.69   | 2:22.69  |
|  | 1:32.99   | 1:32.99  | 50 BR        | 1:10.59   | 1:10.59  |
|  | 4:25.19   | 4:25.19  | 100 BR       | 3:24.89   | 3:24.89  |
| 2:29.49  | 2:29.49   | 50 FL    | 2:12.39      | 2:12.39   |          |
| 6:10.49  | 6:10.49   | 150 IM   | 5:54.59      | 5:54.59   |          |
| Para 2 LSC Motivational Time Standards   |           |          |              |           |          |
| P2 - dwarfism, multiple limb<br>deficiencies, ambulatory with<br>assistance, can be wheelchair<br>bound with high functioning<br>upper body. | 15 & O P2 |          | P2           | 15 & O P2 |          |
|  | SCY       | LCM      |              | SCY       | LCM      |
|  | 46.19     | 48.59    | 50 FR        | 42.59     | 44.79    |
|  | 1:42.79   | 1:48.19  | 100 FR       | 1:33.79   | 1:38.79  |
|  | 3:31.69   | 3:42.79  | 200 FR       | 3:18.49   | 3:28.89  |
|  | 8:37.49   | 7:02.39  | 400/500 FR   | 8:20.79   | 6:48.79  |
|  | 56.09     | 59.09    | 50 BK        | 48.09     | 50.69    |
|  | 2:09.89   | 2:16.69  | 100 BK       | 2:00.39   | 2:06.79  |
|  | 4:27.89   | 4:41.99  | 200 BK       | 3:46.09   | 3:57.99  |
|  | 58.69     | 1:01.69  | 50 BR        | 54.49     | 57.39    |
|  | 2:09.99   | 2:16.79  | 100 BR       | 2:00.89   | 2:07.19  |
|  | 4:44.69   | 4:59.59  | 200 BR       | 4:20.89   | 4:34.59  |
|  | 56.59     | 59.49    | 50 FL        | 43.99     | 46.39    |
|  | 2:25.39   | 2:32.99  | 100 FL       | 2:18.09   | 2:25.39  |
| 4:29.59  | 4:43.69   | 200 IM   | 4:06.19      | 4:19.09   |          |
| Para 3 LSC Motivational Time Standards   |           |          |              |           |          |
| P3 - single limb deficiencies, visual impairments,<br>intellectual impairments, ambulatory without<br>significant assistance.                | 15 & O P3 |          | P3           | 15 & O P2 |          |
|  | SCY       | LCM      |              | SCY       | LCM      |
|  | 35.79     | 39.69    | 50 FR        | 31.39     | 34.79    |
|  | 1:16.39   | 1:24.79  | 100 FR       | 1:08.09   | 1:15.69  |
|  | 3:08.09   | 3:28.99  | 200 FR       | 2:35.79   | 2:53.09  |
|  | 7:08.19   | 6:16.39  | 400/500 FR   | 6:43.49   | 5:54.69  |
|  | 16:18.49  | 13:52.79 | 800/1000 FR  | 15:54.69  | 13:32.49 |
|  | 29:37.99  | 27:46.39 | 1500/1650 FR | 29:31.53  | 27:40.29 |
|  | 43.39     | 48.19    | 50 BK        | 35.89     | 39.89    |
|  | 1:31.49   | 1:41.59  | 100 BK       | 1:15.69   | 1:24.09  |
|  | 3:39.59   | 4:03.89  | 200 BK       | 3:01.59   | 3:21.79  |
|  | 46.09     | 51.19    | 50 BR        | 39.29     | 43.59    |
|  | 1:37.19   | 1:47.99  | 100 BR       | 1:27.19   | 1:36.79  |
|  | 3:53.29   | 4:19.19  | 200 BR       | 2:56.09   | 3:31.89  |
|  | 39.19     | 43.49    | 50 FL        | 31.49     | 37.89    |
|  | 1:22.59   | 1:31.69  | 100 FL       | 1:06.09   | 1:19.59  |
|  | 3:18.09   | 3:40.09  | 200 FL       | 2:47.39   | 3:21.39  |
|  | 3:19.39   | 3:34.79  | 200 IM       | 2:32.49   | 3:03.59  |
|  | 7:41.39   | 8:26.99  | 400 IM       | 6:40.09   | 7:13.39  |

## Southeastern Meet of Champions (SMOC) 4: March 5-8, 2026

Team Name: \_\_\_\_\_ Team abbreviation: \_\_\_\_\_

Team Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Head Coach Name: \_\_\_\_\_

Head Coach E-mail: \_\_\_\_\_

Head Coach Phone: \_\_\_\_\_

***All coaches from your team must be listed and have valid USA Swimming credentials.***

1<sup>st</sup> Coach: \_\_\_\_\_ 2<sup>nd</sup> Coach: \_\_\_\_\_

3<sup>rd</sup> Coach: \_\_\_\_\_ 4<sup>th</sup> Coach: \_\_\_\_\_

|                                |                               |         |
|--------------------------------|-------------------------------|---------|
| Individual Event Fee           | \$15 x (number of events)     | = _____ |
| Relays                         | \$30 x (number of relays)     | = _____ |
| GA LSC Travel Fund             | \$3.00 x (number of athletes) | = _____ |
| Non-GA LSC registered athletes | \$6.00 x (number of athletes) | = _____ |
|                                | <b>TOTAL</b>                  | = _____ |

**Submit one check payable to: Aiken-Augusta Swim League**

Entries must be received on or before **2/26/26**. Email entries to: **meet.entries@swim-asl.com**

***WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:***

***I, the undersigned coach, or team representative, verify that all 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 and Georgia Swimming regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet.***

**I have reviewed RULE 302.4 FALSE REGISTRATION and understand that if a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, Georgia Swimming Inc. may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.**

\_\_\_\_\_  
Signature/Title

\_\_\_\_\_  
Date