

WAVE SWIMMING
SPRING DISTANCE INVITATIONAL
MAY 2 - 3, 2009



SANCTION: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction # NC09055 Rev 1

HOST: New Wave Swim Team
P.O. Box 18012
Raleigh, NC 27619
(919) 981-0644

FACILITY: **Triangle Aquatic Center**
275 Convention Drive
Cary, NC 27511
(919) 459-4045

Competition Pool: The Triangle Aquatic Center facility features a 50-meter pool with a variable depth ranging from 7 to 12 feet. An additional 10-lane, 25-yard pool is available for continuous warm-up/warm-down. The pool is equipped with state-of-the-art, anti-turbulent lane lines and Paragon starting blocks on both ends. The facility features a Daktronic Pro timing system, and two digital matrix scoreboards. Stopwatches will also be used in each competition lane. Chase starts may be used if swimmer numbers and timeline deem it necessary. Hy-Tek Meet Manager Pro software will be used. Locker rooms for changing are available.

Only meet volunteers, USA Swimming registered athletes and USA Swimming registered officials may be on deck. **NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME**

Spectator Seating:

The seating area is above the deck and designed for comfort and enjoyment for spectators. There is viewing for 1,000 people, bench seating with back support, a 12-foot wide walkway for easy access, and an integrated sound system. There are five 47" televisions with FM radio transmitters, and free wireless access to the internet to track live meet results on www.triangleaquatics.org.

Supporting Amenities:

Parking: There are 150 parking spaces directly in front of the facility available for early arrivals, coaches, officials and volunteers. There is additional parking at the Cary Towne Center Mall, directly adjacent & within easy walking distance of the facility. Athletes may be dropped off beside the facility before parking at the Mall.

Café Splash: A full service café located just inside the main entrance offering healthy meals, smoothies, coffees, drinks and snacks.

All American Swim Shop: The fully stocked swim shop is located beside the front desk and carries swimwear, apparel, swim supplies and accessories.

Open Swim: During most meets, the Program pool and Instruction pool are open for recreation and fitness swimming. Check with the front desk for the cost of a day pass.

Facility Rules: *Please inform all families of the following pool rules.*

- 1) **NO** smoking is allowed inside the facility.
- 2) **NO** outside food, drinks or coolers allowed inside the facility.
- 3) **NO** glass containers allowed inside the facility.
- 4) **NO** chairs allowed in the spectator level. Athletes and coaches may bring chairs on deck, but they must be removed each day.

- CLASSIFICATION:** This is an age group and senior invitational meet. All events are timed finals.
- MEET FORMAT:** Events are Timed Finals and will be swum as consolidated events (mixed genders). Boys and girls will be seeded together, swum together, and scored together. No time standards will be used. All events will be pre-seeded, with the exception of events 400 meters or longer. Please notify meet administration if you have advance scratches.
- ELIGIBILITY:** All participants must be registered athlete members of USA Swimming. Age as of May 2, 2009 determines age for entire meet. **Swimmers with a disability as described in the USA Swimming Technical Rules, Article 105, shall be permitted to enter any meet sanctioned by NC Swimming.**
- RULES:** This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, and the current North Carolina Swimming Rules and Regulations, and the current North Carolina Swimming Safety Program. These rules will serve as the official guide for technical and procedural rules, except wherein are optional and exceptions are herein stated.
- SCRATCH RULE:** The NC Scratch Rule (NCS 205.3.2) for the deck seeded events (1500M Free, 400M IM, 800M Free, and 400M Free) will be in effect. Swimmers who are positively checked in for these events and do not show for their heat will be scratched from their next event. Deck seeded events will be closed for seeding according to the schedule given below.
- CHECK IN EVENTS:**
- | | |
|-----------------------------------|-------------------------|
| Check in for 1500M Free (#1) | by Saturday at 8:30 am |
| Check in for 400M IM (#14 – 15) | by Saturday at 12:30 pm |
| Check in for 800M Free (#16) | by Sunday at 8:30 am |
| Check in for 400M Free (#29 – 31) | by Sunday at 12:30 pm |
- ORDER OF EVENTS:** Please see attached schedule.
- ENTRIES:** Please email entries using Hy-Tek Team Manager for entries. Entries may be sent via email and must include a Hy-Tek compatible entry file, team entry report and financial report. **Please note that the Meet Director will strictly enforce the following entry rules:**
- 1) Payment must be received by the start of the meet in order to get coaches packet. No swimmer will compete until payment is received.
 - 2) There may be on-deck event entries taken at this meet, but in open lanes only and double fees paid at time of entry. All deck-entered swimmers must be USA Swimming athlete members. Please bring proof of registration.
 - 3) All swimmers must be properly registered before May 2, 2009. The list of swimmers competing in the meet will be forwarded to the NCS Registration Chair for approval.
 - 4) Please list all coaches that will be in attendance. The NCS Registration chair will provide meet management with a list of current coach certifications. Coaches who are not current in all required certifications will not be allowed on deck.
 - 5) Due to the presence in this meet of several distance event offerings, this meet may be limited to 450 swimmers by order of receipt in order to maintain the timeline.
- Please include a coach's email address for communication purposes.**
- ENTRY LIMITS:** All swimmers will be limited to a **maximum of four (4) individual events** per day.
- Meet management reserves the right to limit meet size to comply with NC Swimming's four-hour rule. Meet management reserves the right to limit the number of entries per event in any event 400 meters or longer. Every effort will be made to accommodate all entries submitted.
- Meet management reserves the right to split any session as needed in order to comply with the four-hour rule and accommodate all teams interested in competing. Meet management reserves the right to limit the meet to the first 450 swimmers.
- To try and accommodate anyone wishing to swim the 800 or 1500 Free, meet management reserves the right to swim some heats with two swimmers per lane for those two events to stay within the timeline.

Swimmers entering the 1500 Free and/or the 800 must have a provable entry time of at least the 13-14 "A" time standard.

ENTRY DEADLINE: **Wednesday, April 22, 2009.** Entries will be accepted up to 9:00 pm. Telephone entries will not be accepted, although changes to entries will.

Double entry fees will be charged for late entries, if accepted. A late entry is any entry received on or after 9:00pm on Wednesday, April 22, 2009. All fees are non-refundable unless events are cancelled to maintain the four-hour time limit. Late entries are limited to teams already entered in the meet, unless permission is granted by the meet director. No new heats will be created.
No scratches to enter another event will be allowed.

ENTRY FEES:

Individual Events:	\$ 2.50 per event
Facility Surcharge	\$15.00 per swimmer
NCS Travel Fund	\$ 2.00 per swimmer

A check made payable to the "New Wave Swim Team" must accompany entries. All fees are non-refundable unless the meet fills to capacity in which case, entry fees will be returned promptly.

EXPRESS MAIL ENTRIES TO: **Karen Garbarino or Lana Sanders**
P.O. Box 18012
Raleigh, NC 27619
(919) 247-4990 or (919) 696-0642
wavemeets@nc.rr.com

NOTE: All e-mail correspondence should be directed to:
Karen Garbarino or Lana Sanders – wavemeets@nc.rr.com

A TM event file will be made available from the WAVE website at www.newwaveswimteam.org as well as the NCS website www.ncswim.org.

MEET SCHEDULE:

Saturday & Sunday Morning	8:00 am warm-up 9:00 am Start
Saturday & Sunday Afternoon	Not before 11:00 am warm-up Not before 12:00 pm Start

WARM-UPS: **Guidelines will be published in the coach's packet. Packets will be available at the Clerk of Course upon presentation of current USA Swimming coach credentials.** Lane assignments will be based on the number of participants from each club. Assignments will be posted and a copy available in the coach's packet. Specific warm-up procedures will be described in the coach's packet as well.

SCORING & AWARDS: Individual events will be scored: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1
Team awards will be given to the top three teams.

SAFETY: The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Running and horseplay will not be allowed. As at any pool, the deck may be slippery and caution should be taken to prevent accidents. NO blocking of fire exits, which includes doorways and passages. Coaches must carry their coach certification cards at all times when on the pool deck and must hold current certifications and registration with USA Swimming.

COACHES: A coach's packet will be available for all clubs at the start of warm-ups on Friday. A current 2009 USA Swimming coach membership card will be required to obtain the packet. Coaches will be required to have their current USA Swimming card visible at all times while on deck.

There will be a coaches' meeting at 8:50 am Saturday, May 2, 2009 and as announced by the Meet Referee.

OFFICIALS: There will be an officials' briefing daily in the hospitality room at 8:15 am and 45 minutes prior to the beginning of the afternoon sessions. Officials will be required to display their USA Swimming registration card while on deck.

CONTACTS: Meet Directors: Karen Garbarino (919) 247-4990
Lana Sanders (919) 696-0642
Meet Referee: Ken Clark (kennethdclark@bellsouth.net)
Meet Marshall: Mila Mason

HOSPITALITY: There will be a hospitality room available to all coaches, officials and meet staff.

VOLUNTEERS: Volunteer timers and officials are welcomed.
Timers' meeting: 30 minutes before the start of each session.

Each swimmer must provide their own timer for the 400 IM and their own timer and counter for the 400 Freestyle, 800 Freestyle, and 1500 Freestyle events.

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., THE NEW WAVE SWIM TEAM, INC., THE TRIANGLE AQUATIC CENTER AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS SHALL BE HELD FREE AND HARMLESS FROM ANY AND ALL LIABILITIES ON CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

Holiday Inn Hotel and Suites Cary

5630 Dillard Drive • Cary, NC 27518
919-851-1220
www.holidayinn.com/raleigh/cary

New Wave Swim Team rates
\$79.00 standard room
\$89.00 two room suite

Please contact
Nikole Jasso
Director of Sales
for group reservations
919-851-1220 or
hicarysales@cmchotels.com

Best Western Cary Inn and Extended Stay Suites

1722 Walnut Street • Cary, NC 27511
919-481-1200
www.bestwestern.com/caryinnsuites

New Wave Swim Team rates
\$75.00 standard room
\$85.00 two room suite

Please contact
Cynthia Ferguson
Director of Sales
for group reservations
919-795-4642 or
cferguson@cmchotels.com

HOTEL INFORMATION:

<http://www.triangleaquatics.org/Events/PreferredHotels/>

WAVE SWIMMING

SPRING DISTANCE INVITATIONAL

MAY 2 - 3, 2009

Saturday, May 2, 2009

Session 1

Warm-ups: 8:00 am

Meet Starts: 9:00 am

EVENT #	AGE GROUP	EVENT
1	SENIOR	*1500 FREE

*Swimmers must check in by **8:30 am** Saturday

*Swimmers entering the 1500 Free must have a provable entry time of at least the 13-14 "A" time standard

*Swimmers must provide their own counter and timer for the event.

Saturday, May 2, 2009

Session 2

Warm-ups: Not before 11:00 am

Meet Starts: Not before 12:00 pm

EVENT #	AGE GROUP	EVENT
2	10 & UNDER	100 Fly
3	11-12	100 Fly
4	13-14	200 Fly
5	SENIOR	200 Fly
6	10 & UNDER	100 Back
7	11-12	100 Back
8	13-14	200 Back
9	SENIOR	200 Back
10	10 & UNDER	200 Free
11	11-12	200 Free
12	13-14	200 Free
13	SENIOR	200 Free
10 minute break		
14	13-14	*400 IM
15	SENIOR	*400 IM

*Swimmers must check in by 12:30 pm Saturday

*Swimmers must provide their own timer for the event.

Sunday, May 3, 2009

Session 3

Warm-ups: 8:00 am

Meet Starts: 9:00 am

EVENT #	AGE GROUP	EVENT
16	SENIOR	*800 FREE

*Swimmers must check in by **8:30 am** Sunday

*Swimmers entering the 800 Free must have a provable entry time of at least the 13-14 "A" time standard

*Swimmers must provide their own counter and timer for the event.

Sunday, May 3, 2009

Session 4

Warm-ups: Not before 11:00 am

Meet Starts: Not before 12:00 pm

EVENT #	AGE GROUP	EVENT
17	10 & UNDER	100 Breast
18	11-12	100 Breast
19	13-14	200 Breast
20	SENIOR	200 Breast
21	10 & UNDER	100 Free
22	11-12	100 Free
23	13-14	100 Free
24	SENIOR	100 Free
25	10 & UNDER	200 IM
26	11-12	200 IM
27	13-14	200 IM
28	SENIOR	200 IM
29	11-12	*400 FREE
30	13-14	*400 FREE
31	SENIOR	*400 FREE

*Swimmers must check in by 12:30 pm Sunday

*Swimmers must provide their own counter and timer for the event.