



2009 Capital City Invitational Swim Meet

June 12-14, 2009

SANCTION: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC09063

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 current USA Swimming registered officials and coaches 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.

Splash Café: 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.

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. The current NCS Scratch Rule will be in effect during the conduct of this meet for finals and deck seeded events. (see attachment). These rules will serve as the official guide for technical and procedural rules, except wherein are optional and exceptions are herein stated.

CLASSIFICATION: This will be an Age Group/Senior "A" meet with Prelim/Finals long course competition for Senior athletes and Timed Finals long course competition for 12 and Under athletes.

FORMAT: **Preliminary/Finals Procedures**

- 1) The 13-14 and Senior age groups will swim separate Championship and Consolation heats during the evening finals sessions of non-timed finals events. The Consolation (B) heat will be swum before the Championship Finals (A) heat in the evening for all prelim/finals events.
- 2) The 13-14 and Senior prelim/final events will swim in combined heats during the prelim session.

Timed Finals

- 1) All 12 & Under events will be swum as timed finals.
- 2) The 13-14 and Senior 400 meter Freestyle and the 400 meter IM, which are timed final events, will be scored separately. The top-8 of each gender and age group (1 heat of each, women and 1 heat of each, men) will swim during the finals session.
- 3) The 1500 meter Freestyle will swim the fastest heat of each during the evening finals session and the remaining heats will swim during the prelim session.

ELIGIBILITY: All participants must be registered athlete members of USA Swimming.

All participating athletes must have achieved at least one "A" time in their age group and must have achieved at least a "BB" time in each event entered.

List swimmers' ages as of **June 12, 2009**.

Relay-only swimmers must be registered in the meet in order to participate and must pay the NCS travel and facility fee.

ENTRIES: Entries may be limited at the discretion of the Meet Director. This meet is expected to fill quickly.

Entries for the 13 and Over 50 meter events (Backstroke, Breaststroke and Butterfly) should be entered using an achieved 100 meter time. Short Course times will be converted by Meet Manager.

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. Please submit entries using Hy-Tek Team Manager. Meet Manager will convert SCY times.
3. **NO changes allowed to entries after the psych sheet is posted.**
4. **All swimmers must be properly registered before June 12, 2009. The list of swimmers competing in the meet will be forwarded to the NCS Registration Chair for approval.**
5. 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.

WAVE reserves the right to require proof of entry time for all individual events 200 meters and longer. Failure to prove an entry time may result in that entry not being accepted.

ENTRY LIMITS: All 13-14 and Senior swimmers are limited to three (3) individual events per day.

All 12 & Under swimmers are limited to four (4) individual events per day unless they choose to enter a Senior event – In this case, a limit of three (3) individual events on that day may be entered.

All swimmers are limited to a total of nine (9) individual events for the meet.

Each team may only enter two (2) teams per relay event.

ENTRY DEADLINE: **ALL entries and documentation as listed above must be received no later than 6:00 pm, Tuesday, June 2, 2009.**

ENTRY FEES:

Individual Event Fees	
Timed Final events:	\$ 2.50
Prelim/Final events:	\$ 3.50
Relays:	\$ 8.00
Facility Surcharge:	\$ 15.00 per swimmer
NC Swimming Travel Fund:	\$ 2.00 per swimmer

Double entry fees will be charged for any changes allowed to entries after Tuesday, June 2, 2009 at 6:00 pm.

MAIL ENTRIES TO: Lana Sanders
c/o WAVE Swimming
P. O. Box 18012
Raleigh, NC 27619
919-696-0642

NOTE: All e-mail correspondence should be directed to:
Lana Sanders or Mark Hoppe – 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.

SCHEDULE: **Friday, Saturday, Sunday (13-14/Senior preliminaries):**

6:45-7:35 am	General Warm-up
7:35-7:50 am	Specific Warm-up
8:00 am	Begin Session

Friday, Saturday afternoon (10 & Under/11-12 timed finals):

1:00-1:35 pm	General Warm-up
1:35-1:50 pm	Specific Warm-up
2:00 pm	Begin Session

Friday, Saturday, Sunday evening finals:

5:00-5:35 pm	General Warm-up
5:35-5:50 pm	Specific Warm-up
6:00 pm	Begin Session

Sunday 12 & Under timed finals:

General Warm-up:	Not before 1:30 pm
Session Starts:	Not before 2:30 pm

Meet management reserves the right to adjust meet session and warm-up times after reviewing the projected timeline. Coaches will be informed of any adjustments in the schedule.

**WARM-UP
SCHEDULE:**

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.

CHECK-IN:

<u>Event</u>	<u>Check-in Deadline</u>
13-14/Senior 400 IM	Friday by 8:00 am
13-14/Senior 400 Free	Saturday by 8:00 am
12 & Under 400 Free	Saturday by 2:00 pm
Senior 800/1500 Free	Sunday by 8:00 am

Relay names are due by the start of the session which they are to be swum.

SEEDING:

All Individual events 200 meters and shorter will be pre-seeded. Please notify the Clerk of Course as early as possible for known scratches.

All Individual events 400 meters and longer will be deck-seeded with a **positive** check-in required. **Failure to check-in an athlete for events 400 meters and longer by the designated deadline will result in the athlete being scratched from the event.**

- 1) **400 meter IM: 13-14 and Senior** (Events 9, 10): This is a timed final event. The top-8 seeded swimmers of each gender **and** age group will swim during the evening finals session. The remaining heats will be swum in the morning session and will be swum fastest to slowest, alternating women and men. Meet Management reserves the right to limit the 400m IM to the fastest 24 swimmers of each gender if necessary as dictated by the timeline. Meet management may swim a combined heat if desired. Each swimmer in this event must provide a timer.
- 2) **400 meter Freestyle: 13-14 and Senior** (Events 25, 26): This is a timed final event. The top-8 seeded swimmers of each gender **and** age group will swim during the evening finals session. The remaining heats will be swum in the morning session and will be swum fastest to slowest, alternating women and men. Meet Management reserves the right to limit the 400m Freestyle to the fastest 24 swimmers of each gender if necessary as dictated by the timeline. Meet management may swim a combined heat if desired. Each swimmer in this event must provide a timer.
- 3) **1500 meter Freestyle:** (Events 33, 38): This is a timed final event. The fastest heat of Women's 1500 meter Freestyle and the fastest heat of Men's 1500 meter Freestyle will be swum during the evening finals session. **All other heats** will be swum fastest to slowest, alternating women and men. Meet Management reserves the right to limit the 800/1500m Freestyle to the fastest 24 swimmers of each gender if necessary as dictated by the timeline. Meet management may swim a combined heat if desired. Each swimmer in this event must provide a timer and a person to count laps.
- 4) **400 meter Freestyle: 12 & Under** (Events 67, 68): This is a timed final event. The events will be swum slowest to fastest; all of the girls followed by all of the boys, and may be limited to the fastest four (4) heats of girls and the fastest four (4) heats of boys. Meet management may swim a combined heat if desired. Each swimmer in this event must provide a timer.

ORDER OF EVENTS: Please see attached schedule.

AWARDS:

Individual events: 1st-8th place - ribbons
Relays: 1st-3rd place - ribbons

High Point awards, female & male, will be given in each age group (Senior, 13-14, 11-12 and 10 & Under).

SCORING: This meet will be scored according to the following method:

Timed Final Individual Events

Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

The 12 & Under 400m Freestyle will be scored separately as a 10 & Under and 11-12 event.

The Senior 1500m Freestyle will be scored separately as a 13-14 and Senior event.

13-14 and Senior Individual Prelim/Final Events

Individual events: Championship (A Final): 20-17-16-15-14-13-12-11
Consolation (B Final): 9-7-6-5-4-3-2-1

All Relay events will score double the value of individual points.

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. 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 and must be carried at all times on deck **by all coaches**.

There will be a coaches' meeting at 7:50 am Friday, June 12, 2009 and as announced by the Meet Referee.

OFFICIALS: Officials will meet daily at 7:15 am and as announced thereafter by the Meet Referee.

"All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification / registration. Coaches and officials shall prominently display their registration cards while on deck."

CONTACTS:

Meet Directors:	Lana Sanders (919) 696-0642
	Mark Hoppe (919) 264-8002
Meet Referee:	Lisa Jackson
Meet Marshall:	Mila Mason

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

VOLUNTEERS: Volunteer workers and officials are welcome. Announcements for timers and officials will be made prior to the start of each session. Swimmers in the 400 meter, 1500 meter Free and the 400 meter IM must provide their own timers and/or lap counters.

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.

NCS Scratch Rule

205.3. 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 information 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. 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 information 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 information.
- .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 205.3.2 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 205.3. For events occurring on the last day of a meet, a fine of \$100 per missed swim shall also be assessed to the club by the appropriate Division Chair for 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.

205.4. 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.

**2009 Capital City Invitational
Friday, June 12, 2009
Order of Events**

Warm-ups: 6:45 - 7:50 am
Preliminaries Begin: 8:00 am

WOMEN #	EVENTS	MEN #
1	13-14 200m Freestyle	2
	Senior 200m Freestyle	
3	13-14 100m Breaststroke	4
	Senior 100m Breaststroke	
5	13-14 50m Backstroke	6
	Senior 50m Backstroke	
7	13-14 100m Butterfly	8
	Senior 100m Butterfly	
9	13-14 400m Individual Medley*	10
	Senior 400m Individual Medley*	

* The fastest 8-seeded swimmers of each age group and gender in these events will swim in evening finals.

Warm-ups: 1:00 -1:50 pm
Timed Finals Start: 2:00 pm

GIRLS #	EVENTS	BOYS #
41	11-12 200m Freestyle	42
43	10 & Under 200m Freestyle	44
45	11-12 100m Breaststroke	46
47	10 & Under 100m Breaststroke	48
49	11-12 100m Butterfly	50
51	10 & Under 100m Butterfly	52
53	11-12 200m Freestyle Relay	54

Warm-ups: 5:00 -5:50 pm
Evening Finals Begin: 6:00 pm

WOMEN #	EVENTS	MEN #
1	13-14 200m Freestyle	2
	Senior 200m Freestyle	
3	13-14 100m Breaststroke	4
	Senior 100m Breaststroke	
5	13-14 50m Backstroke	6
	Senior 50m Backstroke	
7	13-14 100m Butterfly	8
	Senior 100m Butterfly	
9	13-14 400m Individual Medley*	10
	Senior 400m Individual Medley*	
11	13-14 400m Freestyle Relay	12
13	Senior 400m Freestyle Relay	14

2009 Capital City Invitational
Saturday, June 13, 2009
Order of Events

Warm-ups: 6:45 - 7:50 am

Preliminaries Begin: 8:00 am

WOMEN #	EVENTS	MEN #
15	13-14 200m Butterfly	16
	Senior 200m Butterfly	
17	13-14 100m Backstroke	18
	Senior 100m Backstroke	
19	13-14 50m Freestyle	20
	Senior 50m Freestyle	
21	13-14 50m Butterfly	22
	Senior 50m Butterfly	
23	13-14 200m Breaststroke	24
	Senior 200m Breaststroke	
25	13-14 400m Freestyle*	26
	Senior 400m Freestyle*	

* The fastest 8-seeded swimmers of each age group and gender in these events will swim in evening finals.

Warm-ups: 1:00 -1:50 pm

Timed Finals Start: 2:00 pm

GIRLS #	EVENTS	BOYS #
55	11-12 50m Butterfly	56
57	10 & Under 50m Butterfly	58
59	11-12 50m Freestyle	60
61	10 & Under 50m Freestyle	62
63	11-12 100m Backstroke	64
65	10 & Under 100m Backstroke	66
67	12 & Under 400m Freestyle	68
69	11-12 200m Medley Relay	70

Warm-ups: 5:00 -5:50 pm

Evening Finals Begin: 6:00 pm

WOMEN #	EVENTS	MEN #
15	13-14 200m Butterfly	16
	Senior 200m Butterfly	
17	13-14 100m Backstroke	18
	Senior 100m Backstroke	
19	13-14 50m Freestyle	20
	Senior 50m Freestyle	
21	13-14 50m Butterfly	22
	Senior 50m Butterfly	
23	13-14 200m Breaststroke	24
	Senior 200m Breaststroke	
25	13-14 400m Freestyle*	26
	Senior 400m Freestyle*	
27	13-14 400m Medley Relay	28
29	Senior 400m Medley Relay	30

**2009 Capital City Invitational
Sunday, June 14, 2009
Order of Events**

Warm-ups: 6:45 - 7:50 am
Preliminaries Begin: 8:00 am

WOMEN #	EVENTS	MEN #
31	13-14 100m Freestyle	32
	Senior 100m Freestyle	
35	13-14 200m Backstroke	34
	Senior 200m Backstroke	
37	13-14 50m Breaststroke	36
	Senior 50m Breaststroke	
39	13-14 200m Individual Medley	40
	Senior 200m Individual Medley	

There will be a 10-minute break before the Start of the 1500 Freestyle Session
Finals will not begin before 11:00 am

33	Senior 1500m Freestyle	38
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Warm-ups: Not before 1:30 pm
Timed Finals Start: Not before 2:30 pm

GIRLS #	EVENTS	BOYS #
71	10 & Under 100m Freestyle	72
73	11-12 100m Freestyle	74
75	10 & Under 50m Backstroke	76
77	11-12 50m Backstroke	78
79	10 & Under 50m Breaststroke	80
81	11-12 50m Breaststroke	82
83	10 & Under 200m Individual Medley	84
85	11-12 200m Individual Medley	86

Warm-ups: 5:00 -5:50 pm
Evening Finals Begin: 6:00 pm

WOMEN #	EVENTS	MEN #
31	13-14 100m Freestyle	32
	Senior 100m Freestyle	
33	Senior 1500m Freestyle	
35	13-14 200m Backstroke**	34
	Senior 200m Backstroke**	
37	13-14 50m Breaststroke**	36
	Senior 50m Breaststroke**	
	Senior 1500m Freestyle	38
39	13-14 200m Individual Medley	40
	Senior 200m Individual Medley	

** The order of events for Sunday's Finals will be swum in the order listed above. Specifically notice that the 200m Backstroke (Events 34, 35) and the 50m Breaststroke (Events 36, 37) will be swum men first, then women.

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

ADDITIONAL HOTEL INFORMATION:

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