

North Carolina Swimming Senior Long Course Championships July 23-26, 2009



- SANCTION:** Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. Sanction #NC09080; Time Trial Sanction # NC09080TT.
- HOST:** New South Swimming
- LOCATION:** Mecklenburg County Aquatic Center
800 E. Martin Luther King Jr. Blvd.
Charlotte, NC 28202
- FACILITY:** **Competition Pool:** 8 lane 50 meter pool with non-turbulent lane lines and Paragon starting blocks. Colorado electronic timing system with an 8 lane scoreboard will be used. Pool depth ranges from 7-12 ft., with starting blocks at both ends.
- In addition, a separate 4 lane 25 yard pool will be available for warm-up and cool down throughout the competition.
- Only meet volunteers, USA Swimming registered athletes, coaches and officials may be on deck.
- NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME**
- Spectator Seating:** There is seating to accommodate 1000 spectators.
- Supporting Amenities:** Food and drink will be for sale in the MCAC concession stand. Ample parking is available within 100 yards of the facility.
- Facility Rules:**
Please inform all families of the following pool rules.
ABSOLUTELY NO GLASS BOTTLES ON THE POOL DECK. SMOKING IS NOT PERMITTED IN THE FACILITY.
- CLASSIFICATION:** Senior Championship meet in prelims/finals format with qualifying time standards as listed on the order of events.
- ELIGIBILITY:** Any NCS registered swimmer who has achieved the time standard in any event is eligible to compete in that event. Bonus swims are not offered at this meet.
- INDIVIDUAL ENTRIES:** A swimmer may enter a maximum of three (3) events per day with a total entry of seven (7) events for the meet.
- RELAY ENTRIES:** Clubs may enter a maximum of two relays per event. If there are two entries, they will be designated A and B.
- Swimmers designated as 'relay only' in the OME may ONLY swim relays. All relay swimmers, including alternates, must be listed on the Meet Entry Form and must pay the \$2.00 NCS surcharge.
- Relay only swimmers may not swim time trials.
- Any relay that does not have at least one swimmer in an individual event will be disqualified.

ENTRIES/PROOF OF TIME/ENTRY DEADLINE: The OME system will be used for on-time entries, including relays.

OME closes at 12:00 noon, Monday, July 20, 2009

OME Opens: 9:00am EDT- Monday, June 22, 2009

If a time override is used in OME, proof must be submitted to the Meet Director by the beginning of warm-ups on the first day of the meet or the entry will be invalid. Proof of time consists of a copy of the final meet results proving the entry time from a USA sanctioned or observed meet, including sanction numbers, date and location. Hy-Tek Team Manager results will not be accepted as proof. Prior to the deadline, proof of time may be faxed to 704-334-2145. Each fax will be followed by e-mail confirmation for receipt of proof.

IMPORTANT: DO NOT check out after completing your entries. Email Barb barbfrith@carolina.rr.com upon completion. Barb will complete your checkout upon receipt of your check. Make check payable to: New South Swimming.

Questions or problems with OME should be directed to USA Swimming, Susan Woessner swoessner@usaswimming.org

ENTRIES WILL ONLY BE ACCEPTED FROM OME. NO LATE ENTRIES WILL BE ACCEPTED.

SCHEDULE:

Warm-ups:

Thursday Preliminaries –	4:00 – 5:20 PM
Friday, Saturday and Sunday Preliminaries –	7:00 – 8:50 AM
Friday and Saturday Finals –	4:30 – 5:50 PM
Sunday Finals –	4:00 – 5:20 PM

Meet:

Thursday Finals –	5:30 PM
Friday, Saturday and Sunday Preliminaries –	9:00 AM
Friday and Saturday Finals –	6:00 PM
Sunday Finals –	5:30 PM

RULES:

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, NCS Official Handbook and the NCS Safety Program.

FORMAT:

Except for relay events and the 800 Free and 1500 Free, all events will be conducted on a preliminary and finals basis. During each finals session, there will be C, B and A (bonus, consolation and championship) final heats. **The C heat will proceed first followed by the B, then A heats in that order.**

Alternates should be ready to swim and identify themselves to the starter.

In Sunday's finals, the Men's 200 Back will immediately follow the Women's 1500 Free and precede the Women's 200 Back in order to alternate women's and men's events throughout the evening's program.

All relay events will be swum as timed final events. Relays will be swum during the evening finals session on Thursday and Friday. Teams have a choice of AM or PM on Sunday. All relays will be swum slowest to fastest, all women, then all men.

There will be a 10 minute break prior to the start of relay events. Relay exchanges will be permitted under the supervision of a coach

READY ROOM:

The top eight qualifiers for the A final should report to the ready room five minutes prior to their event for the parade of the final heat.

ELIGIBILITY AND TECHNICAL JURY: The Technical and Eligibility Jury consisting of the Admin Referee, the Senior Chair (or his designee) and one swimmer chosen by the Meet Referee will hear any eligibility or technical protests.

QUALIFYING PERIOD: **Long Course Championship:** A swimmer must have achieved the qualifying time listed per event from April 1, 2008.

SEEDING: All times will be seeded by LCM first, then SCY. All events that are 400 meters and longer will be deck seeded. A positive check-in by the deadline indicated below is required to be seeded into the event. Failure to check in by the deadline will result in the swimmer not being able to swim the event.

<u>Event</u>	<u>Check In Deadline</u>
800 Free	4:15 PM Thursday
800 Free Relay	5:30 PM Thursday
400 IM	10:00 AM Friday
400 Free Relay	6:00 PM Friday
400 Free	10:00AM Saturday
1500 Free	10:00 AM Sunday
400 Medley Relay	10:00 AM Sunday for AM relays, 6PM for PM relays

Relay cards are due to the admin referee at the beginning of finals on the night they will be swum. Relay cards for the Sunday AM relays are due to the admin referee by 10:00 AM Sunday.

400 IM AND 400 FREE

The 400 IM and the 400 Free will be swum as prelim/final events. Each preliminary event will be swum fastest four (4) heats of women, swum slowest to fastest; then the fastest four (4) heats of men, swum slowest to fastest. Any remaining heats will swim fastest to slowest, alternating women and men.

800 AND 1500 FREE

The 800 and 1500 Free will be swum as timed final events. All heats of the 800 Free will be swum alternating women and men, fast to slow. The fastest heat of women's and men's 1500 Free will be swum during the finals session on Sunday. All other heats of the 1500 Free will be swum at the conclusion of prelims on Sunday, alternating women and men, fast to slow. Swimmers must provide their own timer for the 800 and 1500 free. There will be NO AM/PM option for the 1500.

SCRATCHES: The North Carolina Scratch rule will be in effect. (NCS swimming Part 2 205.3)

While there is no penalty for not swimming in the non-deck seeded preliminary events, a "no show" or a "declared false start" are both considered disqualifications from an event and the swimmer is treated as having competed or participated in the event.

A swimmer wishing to scratch from a preliminary event to make room for a time trial may scratch with the Deck Referee anytime prior to the beginning of the event. Scratch forms will be available from the Administrative Referee. Any swims scratched in this manner will not count toward a swimmers daily total. _

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

LODGING: (See attached information)

MEET DIRECTOR: Barb Frith
704-333-4705
barbfrith@carolina.rr.com

Coaches with questions may call Barb Frith at 704-333-4705 or Coach Jamie Thomas at 704-542-7017.

MEET REFEREE: Dick Van Halsema

MEET MARSHAL: Rob Kirby

REGISTRATION: USA Swimming Registration is required of all swimmers and will be verified. On deck registration WILL NOT BE PERMITTED.

ENTRY FEES:

- \$4.00 per event
- \$8.00 per relay event - \$2.00 per swimmer NCS Travel Fund
- \$10.00 per swimmer Facility Use Surcharge (excluding Relay-only swimmers)

All fees are non-refundable, except if entry is rejected for non-compliance.

IMPORTANT: DO NOT check out after completing your entries. Email Barb barbfrith@carolina.rr.com upon completion. Barb will complete your checkout upon receipt of your check. Make check payable to: New South Swimming.

AWARDS:

- Individual events: 1st – 8th place medals
- Relays: 1st - 3rd place medals
- Team Place Awards – 1st – 6th place
- High Point Awards: Top scoring female and male.
- Phillips Performance Award: Single highest FINA power-point swim by female and male.

Following the conclusion of each individual A Final Heat (Championship Final), there will be an immediate awards ceremony to present the top five (5) finishers' awards.

SCORING:

- Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Team scores and individual high point scores will be published in the heat sheet at each finals session. Only two relays per gender can score for each team.

TIME TRIALS: Entry fees for time trials will be \$10.00. Time trials count towards a swimmer's individual event total for each day, but not the meet total.

Time Trial Event Order Each Day of the meet:

50 Freestyle, 100's, 200's, 400's, 500's.

- The 800 and 1500 Freestyle will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the General Meeting.
- Backstroke events should not be combined with forward starting events.
- Time trials will be offered after Prelims and after Finals each day.
- Entry deadline for Time Trials shall be two hours after the beginning of the session. Time trials will begin 15 minutes following the conclusion of all prelim and final races.
- Relay only swimmers will not be allowed to swim Time Trials.

GENERAL MEETING: A general meeting for all coaches will be held at 3:30 pm on Thursday, July 23, 2009, and at other times as announced by the Meet Referee. Coaches and swimmers are responsible for any information presented at the meeting.

CREDENTIALS: All coaches and Officials on deck must wear their current USA swimming membership card in a visible place. Those failing to do so could be barred from the deck. Coaches and Officials will need to show their credentials when checking in.

TIMERS: Swimmers in the 800 and 1500 Free must provide their own timers and lap counters. Timers for all other events will be provided by the host team.

OFFICIALS: We welcome all certified officials on deck. Please indicate officials on the entry summary form who may be able to help. Please include name, phone number, e-mail (if available), certification level, and sessions available.

This meet is designed for USA Swimming Official Qualification Meet. **N2/N3** Briefing sessions will be held 45 minutes prior to the beginning of prelims and finals each day. Regardless of the numbers of sessions required for certification/re-certification, an official will need to serve a minimum of four sessions to be evaluated. Any official wishing to be observed, must complete the [evaluation request form](#) and e-mail it to the meet referee by July 16, 2009. All other considerations will be done at the discretion of the national evaluators assigned to the meet. Please see the [USA Swimming website](#) for additional information and certification requirements.

SAFETY: The North Carolina safety program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No spectators will be allowed on deck.

RELEASE: *USA Swimming, Inc., North Carolina Swimming, Inc., New South Swimming and the Mecklenburg County Aquatic Center and Mecklenburg County Department of Parks and Recreation 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.*

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.

North Carolina Swimming Senior Long Course Championships Order of Events

Thursday, July 23, 2009. Timed Finals start at 5 PM

Women	SCY	LCM	Event	LCM	SCY	Men
1			800 Meter Freestyle			2
			10-minute break			
3			*800 Meter Freestyle Relay			4

Friday, July 24, 2009. Prelims start at 9 AM, Finals start at 6 PM

5			200 Meter Freestyle			6
7			100 Meter Breaststroke			8
9			100 Meter Butterfly			10
11			400 Meter IM			12
			10-minute break			
13			*400 Meter Free Relay			14

Saturday, July 25, 2009. Prelims start at 9 AM, Finals start at 6 PM

15			200 Meter Butterfly			16
17			50 Meter Freestyle			18
19			200 Meter Breaststroke			20
21			100 Meter Backstroke			22
23			400 Meter Freestyle			24

Sunday, July 26, 2009. Prelims start at 9 AM, Finals start at 5:30 PM

25			100 Meter Freestyle			26
27			1500 Meter Freestyle			
29			200 Meter Backstroke			28
			1500 Meter Freestyle			30
31			200 Meter IM			32
			10-minute break			
33			**400 Meter Medley Relay			34

* Relays swum in finals

** Relays swum in prelims or finals according to team preference



2009 North Carolina Swimming SCY Senior Championship Time Standards

Host- New South Swimming

Location- Mecklenburg County Aquatic Center

Date- July 23-26, 2009

		Women	Men
sc	50 Fr	26.19	23.09
lc		29.69	26.89
sc	100 Fr	56.39	50.79
lc		1:03.99	58.99
sc	200 Fr	2:01.19	1:51.09
lc		2:17.69	2:06.59
sc	4-500 Fr	5:21.99	5:00.19
lc		4:48.79	4:30.29
sc	8-1000 Fr	11:08.59	10:30.19
lc		9:56.49	9:20.99
sc	15-1650 Fr	18:39.79	17:30.19
lc		19:01.59	17:54.89
sc	100 Bk	1:03.49	56.69
lc		1:12.89	1:05.99
sc	200 Bk	2:16.79	2:03.39
lc		2:36.49	2:22.89
sc	100 BR	1:12.79	1:03.89
lc		1:21.99	1:13.69
sc	200 BR	2:35.39	2:18.99
lc		2:56.69	2:40.39
sc	100 FI	1:02.89	55.79
lc		1:10.69	1:02.49
sc	200 FI	2:17.69	2:04.39
lc		2:33.49	2:20.49
sc	200 IM	2:17.39	2:04.09
lc		2:37.39	2:23.99
sc	400 IM	4:52.19	4:25.79
lc		5:31.19	5:06.79

NORTH CAROLINA SWIMMING SENIOR CHAMPIONSHIPS

Entry Fee Summary Report

Official Entry Information:

Club Name _____ Club Code _____

Address _____

City _____ State NC Zip _____

Head Coach _____ Home Phone _____

Email Address _____ Work Phone _____

Assistant Coach _____

Assistant Coach _____

Assistant Coach _____

Assistant Coach _____

Assistant Coach _____

All coaches identified above are currently registered as coaches with USA Swimming, Inc. and are responsible for the swimmers entered in this meet and during the conduct of the event July 23-26, 2009.

Signature _____ Date _____

Release Statement

USA Swimming, Inc., North Carolina Swimming, Inc., New South Swimming, the Mecklenburg County Aquatic Center and the Mecklenburg County Department of Parks and Recreation and other governing bodies of the facilities shall be held harmless for any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

Signature _____ Date _____

# of Individual Entries		X \$4.00 each entry	\$
# of Relay Team Entries		X \$8.00 each relay entered	\$
NCS Travel Fund (Total swimmers)		X \$2.00 each swimmer	\$
Facility Charge (Total swimmers minus Relay Only swimmers)		X \$10.00 each swimmer	\$
TOTALS			\$

NORTH CAROLINA SWIMMING SENIOR CHAMPIONSHIPS

Hosted by

NEW SOUTH SWIMMING

HOTEL INFORMATION

Crowne Plaza Charlotte

201 S. McDowell St.
Charlotte, NC 28204
704-372-7550

www.crowneplaza.com

Rate is \$94/night before taxes. Mention **New South Swimming** when you book your room.

Marriott City Center

100 W. Trade St.
Charlotte, NC 28202-2133
704-333-9000

Rate is \$94/night before taxes. **RATE EXPIRES JULY 2!**

MAKING RESERVATIONS BY PHONE

1. Dial 1-800-359-3204 toll free. Specify the **New South Swimming Room Block**.
2. State your arrival date and type of accommodations that you require.
3. Have a credit card available to hold the room.
4. Please make your reservations before July 2, 2009 as any unused rooms being held for this function will be released at that time.
5. Check-in time is after 3pm and check-out time is 12pm.

MAKING RESERVATIONS ONLINE

Simply click on the link below and you will be directed to the Charlotte Marriott City Center's home page. The group code will already be entered in the appropriate field. All you need to do is enter your arrival and departure dates to begin the reservation process.

[http://www.marriott.com/hotels/travel/cltcc?
groupCode=swiswia&app=resvlink&fromDate=7/23/09&toDate=7/26/09](http://www.marriott.com/hotels/travel/cltcc?groupCode=swiswia&app=resvlink&fromDate=7/23/09&toDate=7/26/09)