



2010 NORTH CAROLINA AQUATIC CLUB TAR HEEL STATES INVITATIONAL "EAST"

July 30 – August 1, 2010

- SANCTION:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC10061.
- HOST:** North Carolina Aquatic Club
- LOCATION:** Triangle Aquatic Center, 275 Convention Dr., Cary, NC 27511
- FACILITY:** The Triangle Aquatic Center (TAC) provides 3 indoor pools and supporting amenities including a full-service café, a swim shop, classroom and wireless internet. The 50-meter competition pool with bulkhead offers a total of 8 50-meter competition lanes with a depth of seven to twelve feet that can be configured for separate 8-lane and 10-lane 25-yard competition courses. Starting blocks will be used for the start of all events. Competition lanes are a minimum of 7 feet wide. The 25-yard program pool allows for 10 warm-up/swim-down lanes. The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. Spectator seating for 1,000 above deck offers bleacher seating with backs, tables and open seating. The facility may charge a fee for admission to the spectator seating area overlooking the pool. There is a Daktronics OmniSport 2000 Pro Swimming timing system with two matrix scoreboards. The aquatic facility is conveniently located just off I-40 at exit 291 and adjacent to Cary's largest mall, the Cary Towne Center.
- 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**
- PARKING:** Parking in the TAC lot is reserved for officials and meet volunteers only. Meet participant parking is available in the shopping mall lot adjacent to the pool. Illegally parked vehicles are liable to be ticketed or towed by the local Police Department at the owner's expense.
- 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.
- CLASSIFICATION:** This meet is an Age Group/Senior Meet.
- FORMAT:**
- (1) All 10 & Under and 11-12 events, the Senior 400 IM, 400 Free, 800 Free, and all relay events are timed final events.
 - (2) All other Senior/13-14 events will be conducted on a preliminary/finals basis. These events will be swum with 13-14 and Senior swimmers seeded together in prelims. At finals, we will swim A & B finals for Seniors followed by A & B finals for 13-14s. Positive check-in will be required for prelims of the 400 IM, 400 Free, 1500 Free and all relay events. Swimmers participating in the 400 Free or 1500 Free must provide their own timer and person to count lengths.
- SCHEDULE:**
- | | | |
|-----------|--------------------------|-----------------------|
| FRIDAY: | Warm-ups: | 3:30PM |
| | Timed Finals: | 4:30PM |
| SATURDAY: | 13 & Over Warm-ups: | 7:00AM |
| | 13 & Over Preliminaries: | 8:00AM |
| | 12 & Under Warm-ups: | Not before 12:00 NOON |
| | 12 & Under Timed Finals: | Not before 1:00 PM |

	13 & Over Finals Warm-up:	5:00 PM
	13 & Over Finals:	6:00 PM
SUNDAY:	13 & Over Warm-ups:	7:00AM
	13 & Over Preliminaries:	8:00AM
	12 & Under Warm-ups:	Not before 12:00 NOON
	12 & Under Timed Finals:	Not before 1:00 PM
	13 & Over Finals Warm-up:	4:30 PM
	13 & Over Finals:	5:30 PM

Once entries have been received, a timeline with estimated start times for afternoon warm-ups will be published.

ELIGIBILITY:

Current USA Swimming Registration is required for all swimmers. All swimmers entered will be checked against current LSC registration. This meet is open to swimmers who have met the following qualifying standards:

10 & Under, 11-12, and 13-14 Age Groups

Participants in these age groups may enter any event regardless of time.

Senior Age Group

Swimmers of any age may swim in the Senior age group regardless of time but cannot exceed the per day or per meet entry limits.

ENTRIES:

Please email entries using Hy-Tek Team Manager. Entries may be sent via email and must include a Hy-Tek compatible entry file, team entry report and financial report. **Please note the following entry rules will be strictly enforced by the Meet Directors:**

- (1) Payment must be received by the entry deadline in order to be seeded into the heat sheet.
- (2) Please list the swimmer's age as of July 30, 2010
- (3) There may be on-deck event entries taken at this meet at the discretion of the meet director, but in open lanes only, with double fees paid at time of entry. All deck-entered swimmers must be USA Swimming athlete members. Please bring proof of registration.

ENTRY LIMITS:

Meet:

The meet may be limited to the first 600 swimmers to submit their entries. Teams are encouraged to submit their entries early.

Individuals:

10 & Under swimmers are limited to 9 (nine) events for the meet and no more than 5 (five) events per day.

11-12, 13-14, and Senior swimmers are limited to 9 (nine) events for the meet and no more than 3 (three) events per day.

Relay: Each club may enter up to two relay teams per relay event.

FEES:

Individual events:	\$2.50 per individual event
Relays:	\$8.00 per entry
Facility Fee:	\$15.00 per swimmer
NCS Travel Fund:	\$2.00 per swimmer

ENTRY DEADLINE:

Entries must be received by 7:00 p.m., Tuesday, July 20, 2010. No telephone entries will be accepted.

Double entry fees will be charged for late entries, if accepted. A late entry is any entry received on or after 7:00pm on Tuesday, July 20, 2010. All fees are non-refundable. **A check made payable to the "North Carolina Aquatic Club" and a hard copy of the entries must be**

received by the entry deadline. If payment is not received by the entry deadline, those entries will not be seeded into the psych sheet.

SEND ENTRIES TO: Ryan Woodruff
5008 Silhouette Drive
Durham, NC 27713
entries@ncacswim.org

E-mail is the preferred method for entry submission. E-mail entries to entries@ncacswim.org and include "meet entries" in the subject line. Please ensure that a signature is not required upon delivery if using an express mail service.

A psych sheet will be posted to www.ncacswim.org by Thursday, July 22.

CHECK-IN PROCEDURES:

A positive check-in will be required for the following deck seeded events.

- 1) Senior 400 IM and 400 Free: by 3:45pm Friday
- 2) 11-12 and 10 & Under 200 IM: by 3:45pm Friday
- 3) Senior 800 and 1500 Free: by 9:00am Sunday

The above events will be deck-seeded and swum as timed finals. Swimmers who fail to check in will not be permitted to swim and entry fees will not be refunded

SEEDING:

800 Free

The Senior 800 Free will be swum fastest to slowest alternating women and men with all heats being swum during the Sunday morning session. There will be a 10-minute break between the end of the Senior Men's Medley Relay on Sunday morning and the start of the distance events.

400 IM & 400 Free

The Senior 400 IM and 400 Free will be swum as timed final events (3 fastest women's heats slowest to fastest, then 3 fastest men's heats going slowest to fastest, then alternating women and men fastest to slowest). Meet Management reserves the right to combine heats (men and women). Meet management reserves the right to limit the 400 IM and 400 Free to the fastest 3, 4, or 5 heats depending on time limitations.

Relays

Relays will be swum as Timed Finals and will require positive check-in. Only swimmers listed on the entry form may swim on relays. Relay-only swimmers should be designated as such and must pay the \$2.00 NCS travel fee. Relay-only swimmers will be exempt from the facility fee. All relays on Saturday will be swum in the finals session. All relays on Sunday will be swum in the morning session.

SCRATCH RULE:

The NCS Scratch Rule will be in effect during the conduct of this meet for finals and deck seeded events (see attachment). Scratches from finals must be given to the Clerk of Course who will maintain the meet scratch book. Preliminary results will be posted around the facility and are for information only. Swimmers should check for scratches and listen to announcements. Coaches are asked to have alternates ready to swim. Alternates must identify themselves to the meet referee prior to the event.

SCORING:

Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Relay events receive double these point values.

AWARDS:

Individual Events: Ribbons 1st-8th Place
Relays: Ribbons 1st-3rd Place
High point awards will be given to the winner in each age group.

MEET

MANAGEMENT:

Director: Ryan Woodruff (919) 943-6420 CoachRyan@ncacswim.org
Meet Referee: Mike Hoffer (919) 614-1926
Meet Marshall: Griff Helfrich

MEETINGS:

Coaches:

There will be a coaches meeting Friday, July 30TH at 3:15 pm and as announced thereafter by the Meet Referee. **Coaches will be required to have their current USA Swimming card visible at all times while on deck. Coaches without proper credentials will be asked to leave the deck.**

Officials:

There will be an officials' meeting, Friday, July 30TH at 3:45 and 30 minutes prior to the start of each of the other sessions. **Officials will be required to have their current USA Swimming card visible at all times while on deck.**

HOSPITALITY:

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

WARM-UP:

Warm-ups will be held in accordance with the NCS Safety Program. Warm-up may be split into two sessions if meet management deems it necessary based on the number of entries. If the warmup is split, teams will be notified via e-mail by Tuesday, July 27th.

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.

VOLUNTEERS:

Volunteer timers and officials are welcomed. Officials wishing to work at the meet please contact meet management. **Swimmers in the 400 Free and 800 Free must provide their own timers and lap counters.**

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., THE NORTH CAROLINA AQUATIC CLUB, 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

204.3. 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 he notifies the clerk of course before the seeding for that event has begun that he or she 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 204.3.2 applies.

B. Any swimmer qualifying for an A final, scored or unscored, or B scored final race in an individual event who fails to compete in said A or B final shall be barred from further competition for the remainder of the meet, except as noted in 204.3.4. A declared false start or a deliberate delay of meet under USA Swimming Rule 102.14 is not permitted and will be regarded as a failure to compete.

C. In the event of withdrawal or barring for 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 sufficiently 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 swim, 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 from an individual event if:

A. The Referee is notified in the event of illness or injury and accepts the proof thereof.

B. The swimmer qualifying for an A or B final race based upon the results of the preliminaries notified the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that he or she may not intend to compete also declares his or her final decision whether or not to scratch within thirty (30) minutes of his or her last individual preliminary heat, swim-off, or reswim.

C. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

204.4. RELAY SCRATCH RULE

.1 All Meets – Any relay or relay member, in a relay event that fails to complete to compete in or report for that event shall not be penalized.



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July 30 – August 1, 2010

ORDER OF EVENTS

Session 1- Senior and Age Group Timed Finals

Friday, July 30, 2010

Warm-up: 3:30 PM

Timed Finals: 4:30 PM

Girls Event #	EVENT	Boys Event #
1	Senior 400m IM ¹	2
3	11-12 200m IM ²	4
5	10 & Under 200m IM ²	6
7	Senior 400m Free ³	8

¹ The 400 IM will be deck-seeded swum 3 heats of girls, 3 heats of boys then alternating girl, boy.

²The 11-12 and 10 & Under 200 IM will be deck-seeded and require positive check-in. Heats may be combined to save time.

³ The Senior 400m Free will be deck-seeded swum 3 heats of girls, 3 heats of boys then alternating girl, boy.

Session 2 – Senior Prelims

Saturday, July 31, 2010

Warm-up: 8:00 AM

Prelims Begin: 9:00 AM

Girls Event #	EVENT	Boys Event #
9	Senior & 13-14 200m Fly	10
11	Senior & 13-14 100m Free	12
13	Senior & 13-14 100m Breast	14
15	Senior & 13-14 200m Back	16
17	Senior & 13-14 200m IM	18

Session 3 – 12 & Under Timed Finals

Saturday, July 31, 2010

Warmup: Not before 12:00 PM

Timed Finals Begin: Not before 1:00 PM

Girls

Boys

Event #	EVENT	Event #
21	11-12 50m Fly	22
23	10 & U 50m Fly	24
25	11-12 200m Free	26
27	10 & U 200m Free	28
29	11-12 50m Back	30
31	10 & U 50m Back	32
33	11-12 100m Breast	34
35	10 & U 100m Breast	36
37	11-12 200m Free Relay	38
39	10 & U 200m Free Relay	40

Session 4 – Senior & 13-14 Finals

Saturday, July 31, 2010

Warm-up: 5:00 PM

Finals Begin: 6:00 PM

Girls

Boys

Event #	EVENT	Event #
9	Senior & 13-14 200m Fly	10
11	Senior & 13-14 100m Free	12
13	Senior & 13-14 100m Breast	14
15	Senior & 13-14 200m Back	16
17	Senior & 13-14 200m IM	18
19	Senior & 13-14 200m Free Relay	20

Session 5 – Senior & 13-14 Prelims

Sunday, August 1, 2010

Warm-up: 7:00 AM

Prelims Begin: 8:00 AM

Girls		Boys
Event #	EVENT	Event #
41	Senior & 13-14 200m Breast	42
43	Senior & 13-14 50m Free	44
45	Senior & 13-14 100m Back	46
47	Senior & 13-14 200m Free	48
49	Senior & 13-14 100m Fly	50
51	Senior 200 Medley Relay	52
53	Senior 800 Free ³	54

³ The 800m Free will be swum fastest to slowest, alternating genders. These events may be limited to the fastest 3, 4, or 5 heats dependent on what the timeline will allow.

Session 6 – Age Group Timed Finals

Sunday, August 1, 2010

Warm-up: Not before 12:00 NOON

Timed Finals Begin: Not before 1:00 PM

Girls		Boys
Event #	EVENT	Event #
55	11-12 50m Breast	56
57	10 & U 50m Breast	58
59	11-12 50m Free	60
61	10 & U 50m Free	62
63	11-12 100m Back	64
65	10 & U 100m Back	66
67	11-12 100m Free	68
69	10 & U 100m Free	70
71	11-12 100m Fly	72
73	10 & U 100m Fly	74
75	11-12 200m Med. Relay	76
77	10 & U 200m Med. Relay	78

Session 7 – Senior & 13-14 Finals

Sunday, August 1, 2010

Warm-up: 4:30 PM

Finals Begin: 5:30 PM

Girls		Boys
<u>Event #</u>	<u>EVENT</u>	<u>Event #</u>
41	Senior & 13-14 200m Breast	42
43	Senior & 13-14 50m Free	44
45	Senior & 13-14 100m Back	46
47	Senior & 13-14 200m Free	48
49	Senior & 13-14 100m Fly	50