

**NOMAD AQUATICS AND FITNESS
10 UNDER INVITATIONAL
January 29th, 2011**

LOCATION : **NOMAD AQUATICS AND FITNESS
11202 HARRIS RD.
HUNTERSVILLE, N.C. 28078**

DATE/TIME: Saturday, Jan.29th, 2011

Morning sessions warm-ups begin at 8:00am and the meet starts at 9:00am
There will be a coaches meeting at 7:45am and officials meeting at
8:30 am in hospitality room located behind the warm pool.

FACILITY: Competition pool with 10 lanes, depth is 6 ft. equipped
with non-turbulent 8' wide lane lines and built-in/permanent starting blocks.
An IST electronic timing system with ten-line scoreboard will be used.
Stopwatches/backup buttons will be used for backup times.
1500 sq.ft locker rooms are provided for athletes.
Spectator seating for 500. Spectators to bring their tents and chairs.
Pool is not certified by USA swimming.
Visit www.nomadaquatics.com to view the facility.

Nomad Aquatics and Fitness welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the meet director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit Nomad Aquatics and Fitness ability to accommodate all requests.

WARM-UPS: Warm-ups begin at 8:00am. Warm-ups will be conducted
according to the NCS Safety Program and shall be supervised.
Warm-up/team lanes will be provided at the pool.
First 30 min.will be circle swim only.
Lanes 1,10 pace lanes and lanes 2-9 race starts from start end of pool.,
one way swim only, exit from opposite end of pool.

RULES: The meet will be conducted in accordance with the current USA
Swimming Rules and Regulations and the NC Official Handbook and the
NCS Safety Program, except where the rules therein are optional and exceptions
are herein stated.

SANCTION: Sanctioned Status: Held under the sanction of USA Swimming, Inc.
Issued by North Carolina Swimming, Inc. Sanction # NC11028.

CLASSIFICATION: 10 UNDER MEET.
USA swimming approved sanctioned meet.

ELIGIBILITY: All swimmers must be current members in good standing of the Blue Ridge Swim League to be eligible to swim in this meet. All swimmers must be registered with USA Swimming Inc.

SAFETY: The North Carolina Swimming Safety Guidelines will be in effect during this meet. Coaches are advised to supervise their swimmers at all times.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

RELEASE STATEMENT: "USA Swimming, Inc., North Carolina Swimming, Inc., and Nomad Aquatics and Fitness 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."

ENTRIES: Entries must be submitted using HY-TEK Team Manager. Entries should be e-mailed to tqueen98423@roadrunner.com.
List ages of swimmers as of January 29th, 2011

ENTRY LIMIT: Swimmers may enter a maximum of five (5) individual events and two (2) relay events. Late Entries may be accepted at the discretion of the Meet Director and will not be seeded.

ENTRY DEADLINE: All entries must be received no later than 6:00 pm on Jan. 19th, 2011. Late entries may be accepted at the discretion of the meet director. Late entry fees may be double the listed amount and at the Meet Director's discretion. There will be no "on deck" registration.

SEND ENTRIES TO : tqueen98423@roadrunner.com

ENTRY FEES

\$2.50/EVENT/\$8.00/RELAY/\$7.00 SURCHARGE

Make check payable to:

Nomad Aquatics and Fitness

Entry fees are non-refundable.

AWARDS: Ribbons will be given **1st thru 6th** place for **individual events** and **1st thru 3rd** place for **relay events**.

SCORING - Scores will be awarded according to USA rules.

MEET DIRECTOR: Missy Hubbard-704-949-1543 or missy@nomadaquatic.com

MEET REFEREE: Bill Vey

MEET MARSHALL: Missy Hubbard

HOSPITALITY WILL BE PROVIDED FOR COACHES AND OFFICIALS.

SPECTATOR SEATING: PARENTS TO BRING THEIR OWN CHAIRS.

January 29th, 2011 /ORDER OF EVENTS

WARM-UPS 8:00am MEET AT 9:00am

| W | | M |
|----|-------------------------|----|
| 1 | 10 under 200 Free Rel | 2 |
| 3 | 8 under 100 Free Rel | 4 |
| 5 | 10 under 100 IM | 6 |
| 7 | 8 under 25 free | 8 |
| 9 | 10 under 50 free | 10 |
| 11 | 8 under 25 fly | 12 |
| 13 | 10 under 50 fly | 14 |
| 15 | 8 under 25 back | 16 |
| 17 | 10 under 50 back | 18 |
| 19 | 8 under 25 breast | 20 |
| 21 | 10 under 50 breast | 22 |
| 23 | 10 under 100 free | 24 |
| 25 | 8 under 100 Medley Rel | 26 |
| 27 | 10 under 200 Medley Rel | 28 |

Will award 8-under separately if seeded in 10-under events.

Email entries to tqueen98423@roadrunner.com

"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."