

NOMAD HOLIDAY INVITE  
 NOMAD AQUATICS AND FITNESS  
 DEC.7<sup>TH</sup>-9<sup>TH</sup>, 2012  
 NOMAD AQUATICS AND FITNESS  
 11202 HARRIS RD.  
 HUNTERSVILLE, NC 28078

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.  
**Sanction #NC12151**

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
MISSY HUBBARD 704-949-1543 missy@nomadaquatic.com	LEIGH BROWN 704-949-1555 <a href="mailto:leigh@nomadaquatic.com">leigh@nomadaquatic.com</a>
<b>MEET REFEREE</b>	<b>MEET MARSHALL</b>
LOU MONDELLI Mondellil@bellsouth.net	MISSY HUBBARD 704-949-1543 missy@nomadaquatic.com

**FACILITY**

**COMPETITION POOL WITH 10 LANES, DEPTH IS 6FT. EQUIPPED WITH NON-TURBULANT 8' WIDE LANE LINES AND PERMANENT BUILT IN STARTING BLOCKS. AN IST ELECTRONIC TIMING SYSTEM WITH TEN-LINE SCOREBOARD WILL BE USED.STOP WATCHES AND BACKUP BUTTONS FOR BACKUP TIMES. The competition course has not been certified in accordance with 104.2.2C(4). ADEQUATE PARKING IS LOCATED IN FRONT AND BOTH SIDES OF FACILITY AND COMPLETE WITH OVERFLOW PARKING TO THE LEFT OF THE FACILITY AS WELL. VISIT [www.nomadaquatic.com](http://www.nomadaquatic.com) to view the facility.**

**MEET FORMAT**

This is a timed final for 12 and under pre-seeded, prelim and final for 13 and up pre-seeded. This is a closed league meet only.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	4:00 PM	5:00 PM	8-UNDER-SEN.
2	Saturday PRELIMS	8:00 AM	9:00 AM	13-14/SEN.
3	Sat.Timed finals	12:00	1:00	10-U/11-12
4	Sat. FINALS	5:00	6:00	13-14/SEN.
5	Sunday PRELIMS	8:00AM	9:00AM	13-14/SEN.
6	Sun.Timed finals	12:00	1:00	10-U/11-12
7	Sun.finals	TBA	TBA	13/14-SEN.

**DEADLINE AND MEETING SUMMARY:** (keep section in chronological order)

Day, Date	Time	For:
TUES. 27TH	6:00PM	Entry deadline
FRI. 7 <sup>TH</sup>	3:45PM	Coaches Meeting
SUN.9TH	9:00AM	Positive check in for events 101-108

<b>SAFETY</b>	<b>The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated.</b> Add any additional facility rules here also.
<b>RACING STARTS</b>	<b>Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an 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.</b>
<b>RULES</b>	<b>This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated.</b> If following the NCS Scratch Rule: The NCS Scratch Rule is in effect for this meet. Include the scratch rule (on separate page) and any penalties that may be accessed. <b>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</b>
<b>ELIGIBILITY</b>	<b>All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline.</b> Entries listed as "Registration Applied For" will not be accepted. <b>There will be no on deck registration available at this meet.</b> Include any minimum/maximum time standards for qualification to enter the event, team affiliations, etc.
<b>SWIMMERS WITH DISABILITIES</b>	<b>NOMAD AQUATICS 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'S ability to accommodate all requests.</b>
<b>ENTRIES</b>	Entries submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries however, disks are also acceptable. Payment in full must be received by the Meet Entry Coordinator by the entry deadline. A swimmer's age on the first day of the meet will determine their age for the entire meet. NOMAD entries will be entered first and then accept teams/entries in the order received, until the four/eight hour rule is reached. Entries received thereafter will be returned immediately. <b>All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge.</b>
<b>ENTRY LIMITATIONS</b>	12 and under swimmers may swim a maximum of 4 individual events plus 2 relays per day(timed finals) and 13 and over may swim total of 3 individual events(prelims and finals) and 2 relays(timed finals) for the meet.
<b>ENTRY VERIFICATION</b>	An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.
<b>ENTRY DEADLINES</b>	<b>The Meet Entry Coordinator must receive entries by TUES.27<sup>TH</sup> BY 6:00PM</b>

(note: no earlier than 10 days prior to the start date of the meet).  
**Late entries may be accepted at the discretion of the Meet Referee.**

#### **ENTRY FEES**

Individual Event	\$2.50 per event/12 AND UNDER 3.50/13 AND UP
Relays	\$8.00 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$10 per swimmer short course
Late Entry Fee	Up to double the IE and relay fees listed

#### **SEEDING**

The conforming time standard for this meet is short/long course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order

#### **CHECK-IN**

A positive check-in, located on pool deck by the starter, will be required for the following events:  
1000/1650 free  
Check in for event will be ½ hour prior to session start to scratch, seed, and produce meet programs. Swimmers that fail to check in will be scratched from the event and not seeded.  
In the positive check-in events, a swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event. If no penalty is stated, no penalty may be accessed.

#### **SCRATCHES**

There will be no penalty for scratching pre-seeded events at the block. If following the NCS Scratch Rule: The NCS Scratch Rule is in effect for this meet. Include the scratch rule (on a separate page) and any penalties that may be accessed.

#### **SCORING**

List points and places that will score, if applicable. If not, state: No team or individual scoring will be kept. For example: All scoring will be on a sixteen (16) place basis.

- Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-
- Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2; only 2 relays per gender may score for each team.

#### **AWARDS**

Medals will be awarded to the top 3 individual finishers in each age group, 8 & Under, 9-10, 11-12, and 13-14 and Seniors. Ribbons for 4<sup>th</sup>-8<sup>th</sup> individual events. Ribbons for 1<sup>st</sup> – 3<sup>rd</sup> place in relays.  
Hi-point trophies for top 3 finishers in each age group.

<b>RESULTS</b>	Results will be posted on NOMAD'S website within 24 hours of the meets conclusion. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment.
<b>COACHES</b>	All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration and shall prominently display their registration cards at all times while on deck. There will be a coach/general meeting <b>3:45 IN THE HOSPITALITY ROOM</b> . Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches meetings.
<b>OFFICIALS/TIMERS/ VOLUNTEERS</b>	There will be a need for officials. <b>NOMAD</b> welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of certification/registration. Officials shall prominently display their registration cards at all times while on deck. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. <b>Official briefings will be held one hour prior to the start of each session in the hospitality area.</b>
<b>HOSPITALITY/ CONCESSIONS</b>	There will be a hospitality area open to all coaches and officials. Some refreshments may be bought in the pro-shop area as well.
<b>WARM-UP</b>	In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/down (if available). <b>There is to be no diving or horseplay in this area.</b>
<b>WAIVER/RELEASE</b>	As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. NOMAD AQUATICS, NOMAD AQUATICS AND FITNESS CENTER, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

## ORDER OF EVENTS

FRIDAY, DEC.7<sup>TH</sup>(TIMED FINALS)  
Warm-up: 4:00pm ; Meet Start: 5:00pm

Girls/Women	Event	Boys/Men
1	100M-REL	2
3	SEN.400IM	4
5	13-14 400IM	6
7	8-UNDER 100FR-REL	8
9	11-12 200IM	10
11	10-UNDER 200-IM	12
13	8-UNDER 25 FR	14
15	SEN.500FR	16
17	8-UNDER 25 BK	18
19	13-14 500 FR	20
21	8-UNDER 25 BR.	22
23	11-12 500 FR.	24
25	8-UNDER 25 FLY	26
27	10-UNDER 200 FR	28

SAT.PRELIMS/13-14 AND SENIORS  
Warm-up: 8:00AM; Meet Start: 9:00AM

Girls/Women	Event	Boys/Men
29	13-14 200IM	30
31	SEN. 200IM	32
33	13-14 100 BK	34
35	SEN. 100 BK	36
37	13-14 200 BR.	38
39	SEN. 200 BR.	40
41	13-14 100 FR.	42
43	SEN.100 FR.	44
45	13-14 200 FLY	46
47	SEN. 200 FLY	48
49	13-14 400 MED.REL.	50
51	SEN.MED.REL	52
	FINAL WARM-UP AT 5 MEET AT 6	

SAT. NOON SESSION(TIMED FINALS)  
Warm-up: 12:00PM; Meet Start: 1:00PM

Girls/Women	Event	Boys/Men
53	10-UNDER 50 BK	54
55	11-12 50 BK	56
57	10-UNDER 100 FR	58
59	11-12 100 FR	60
61	10-UNDER 100IM	62
63	11-12 100IM	64

65	10-UNDER 50 BR	66
67	11-12 50 BR	68
69	10-UNDER 100 FLY	70
71	11-12 100 FLY	72
73	10-UNDER 200 MED.REL	74
75	11-12 200 MED.REL.	76

**SUN. PRELIMS/13-14 AND SENIORS**  
**Warm-up: 8:00AM; Meet Start: 9:00AM**

Girls/Women	Event	Boys/Men
77	13-14 200 FREE	78
79	SEN. 200 FREE	80
81	13-14 100 BR	82
83	SEN.100 BR.	84
85	13-14 200 BK	86
87	SEN. 200 BK	88
89	13-14 100 FLY	90
91	SEN.100 FLY	92
93	13-14 50 FR.	94
95	SEN.50 FR.	96
97	13-14 400FR-REL	98
99	SEN.400FR-REL	100
101	13-14 1000FR	102
103	SEN.1000FR	104
105	13-14 1650 FR.	106
107	SEN. 1650 FR.	108
	FINAL WARM UPS TBA	

**SUN. PM TIMED FINALS**  
**Warm-up: 12:00PM; Meet Start: 1:00PM**

Girls/Women	Event	Boys/Men
109	11-12 200 FR	110
111	10-UNDER 100 BK	112
113	11-12 100 BK	114
115	10-UNDER 50 FR	116
117	11-12 50 FR	118
119	10-UNDER 100 BR	120
121	11-12 100 BR	122
123	10-UNDER 50 FLY	124
125	11-12 50 FLY	126
127	10-UNDER 200 FR.REL.	128
129	11-12 200 FR.REL	130

**Waiver, Acknowledgement and Liability Release:**

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. NOMAD AQUATICS, NOMAD AQUATICS AND FITNESS CENTER, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

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SIGNATURE (Coach or Club Representative)

CLUB

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TITLE

DATE