



2015 NORTH CAROLINA AQUATIC CLUB "QUAD MEET"

Koury Natatorium, Chapel Hill, NC

May 2-3, 2015

SANCTION: Held under the Sanction of United States Swimming, Inc., issued by North Carolina Swimming, Inc. **Sanction #NC15086**

HOST: North Carolina Aquatic Club

DATES & TIMES: Saturday, May 2 – Sunday, May 3

SAT/SUN:

13 & Over Warm-up 7:30-8:10AM

13 & Over Specific Warm-up 8:10-8:25AM

13 & Over Timed Finals 8:30AM

12 & Under Warm-up 12:00-12:40PM

12 & Under Specific Warm-up 12:40-12:55PM

12 & Under Timed Finals 1:00PM

LOCATION: Koury Natatorium
UNC Campus
Skipper Bowles Drive
Chapel Hill, NC 27514

FACILITY: Koury Natatorium, UNC Campus, Skipper Bowles Drive, Chapel Hill NC. An eight-lane, 50m, USA Swimming certified pool with non-turbulent lane lines and deck anchored starting blocks. Colorado Timing System and full-color scoreboard will be used. Pool depth ranges from 7 to 14ft with starting blocks at both ends. Spectator seating is available in the balcony area. The competition pool has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Only meet volunteers, USA Swimming registered athletes and USA Swimming registered officials may be on deck.

CREDENTIALS: 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.

NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME

CLASSIFICATION: Timed Finals QUAD Meet.

MEET Director: Jack O'Donnell (919) 962-1604 – odonnell.meetdir@gmail.com

MANAGEMENT: Meet Referee: Mike Hoffer – mike@carolinaclosetsplus.com

Meet Marshall: Keri Cleary- kericleary215@gmail.com

INVITED TEAMS: Hillsborough Aquatic Club, Marlins of Raleigh, TYDE Swim Team, and North Carolina Aquatic Club

- ELIGIBILITY:** All swimmers from invited teams are eligible to compete. Current USA Swimming Registration is required for all swimmers. All swimmers entered will be checked against current LSC registration. There will be no on deck registration available at this meet.
- RACING STARTS:** 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.
- SWIMMERS WITH DISABILITIES:** NCAC 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 NCAC's ability to accommodate all requests.
- 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. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- FORMAT:** All events will be conducted as timed finals.
- ENTRIES:**
- 1. Entries must be submitted via e-mail using Hy-Tek Team Manager, and it is recommended that hard copy Hy-Tek printout be sent as a backup.** Electronic entries will take precedence over printed copy in case of discrepancies. Any e-mail entry received will be acknowledged by a confirmation e-mail. If you do not get a confirmation e-mail, your entry has not been processed.
 - 2. Entries must show swimmer's USA ID and actual age of swimmer as of May 2, 2015.**
 - 3. Enter LONG COURSE METER times only.** Please make sure the times entered are close approximations to times that can be achieved.
 - 4. Entry fees must be received by the entry deadline.** Make checks payable to **NCAC**. Entries received without payment will not appear in the psych sheet until payment is received.
- ENTRY LIMIT:** 4 individual Events per day and 8 total individual events in meet.
- RELAYS ENTRIES:** Each team may enter a maximum of **two (2)** relays per event
- ENTRY FEES:**
- \$3.00 per individual event
 - \$8.00 per relay event
 - \$3.00 per swimmer NCS Travel Fund
 - \$15.00 per swimmer Facility Use Surcharge
- Double entry fees will be charged for late entries, if accepted. All fees are non-refundable, except if entry is rejected for non-compliance with this meet information, or meet has reached the maximum entry limit.

- ENTRY DEADLINE:** Entries must be received by **12pm (Noon), Wednesday, April 22, 2015**. Telephone entries will not be accepted. Late entries may be accepted on deck at the discretion of the Meet Referee, as long as empty lanes are available. No new athletes will be accepted into the meet after the entry deadline. Fax entries will **not** be accepted. Express mailing must be sent so as NOT to require a signature.
- SEND ENTRIES TO:** Sean Quinn
P.O. Box 1138
Carrboro, NC 27510
E-mail:ncac.meetdir@gmail.com
- CHECK-IN PROCEDURES:** A positive check-in will be required for the following deck seeded events.
- | <u>Event</u> | <u>Check-In Closes</u> |
|---------------------|------------------------|
| 13 & Over 400 Free | Saturday at 8:30AM |
| 12 & Under 400 Free | Saturday at 1:00PM |
- SEEDING:** Swimmers will be seeded with long course times.
- SCORING:** Scoring will be:
Individual events: 9-7-6-5-4-3-2-1
Relay events: 18-6-1
- AWARDS:** 12 & Under individual events: Ribbons for 1st through 8th place.
12 & Under relay events: Ribbons for 1st through 3rd place.
Please be sure to pick up your teams awards prior to departing the pool on Sunday.
- OFFICIALS BRIEFING:** There will be an officials briefing 45 minutes prior to the start of Saturday morning session in the team room.
- HOSPITALITY:** Drinks, snacks, and lunch will be provided to coaches, officials, and meet workers in our hospitality throughout the meet.
- SAFETY:** The North Carolina Safety Program is in effect for this meet. Coaches are advised to closely supervise these swimmers at all times. No horseplay will be tolerated! Other than volunteer meet workers, no parents will be allowed on the deck.
- FORMAT/RULES:** This meet will be conducted in accordance with the current USA Swimming Code and the NCS Safety Program, except where rules are optional and exceptions are herein stated.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.
- TIMERS:** Teams may be asked to provide timers. Requests for timers will be e-mailed to teams in advance of the meet if necessary.

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. It is agreed and understood that THE NORTH CAROLINA AQUATIC CLUB, UNC, 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.



2014 NORTH CAROLINA AQUATIC CLUB "QUAD MEET"

Session 1 – Senior Timed Finals Saturday, May 2, 2015		
Warm-ups: 7:30 AM		Timed Finals: 8:30 AM
GIRLS EVENT #	EVENT	BOYS EVENT #
1	Senior 200 Medley Relay	2
3	13-14 200 Medley Relay	4
*	Break	*
5	Senior 100 Free	6
7	13-14 100 Free	8
9	Senior 200 Breaststroke	10
11	13-14 200 Breaststroke	12
*	Break	*
13	Senior 200 Backstroke	14
15	13-14 200 Backstroke	16
17	Senior 100 Butterfly	18
19	13-14 100 Butterfly	20
*	Break	*
21	Senior 400 Free	22

Session 2 – Age Group Timed Finals Saturday, May 2, 2015		
Warm-ups: 12:00 PM		Timed Finals: 1:00 PM
GIRLS EVENT #	EVENT	BOYS EVENT #
23	11-12 200 Medley Relay	24
25	10 & Under 200 Medley Relay	26
*	Break	*
27	11-12 50 Free	28
29	10 & Under 50 Free	30
31	11-12 50 Breaststroke	32
33	10 & Under 50 Breaststroke	34
*	Break	*
35	11-12 50 Backstroke	36
37	10 & Under 50 Backstroke	38
39	11-12 100 Butterfly	40
41	10 & Under 100 Butterfly	42
*	Break	*
43	12&Under 400 Free	44



2014 NORTH CAROLINA AQUATIC CLUB “QUAD MEET”

Session 2 – Senior Timed Finals		
Sunday, May 3, 2015		
Warm-ups: 7:30 AM		Timed Finals: 8:30 AM
GIRLS EVENT #	EVENT	BOYS EVENT #
45	Senior 200 IM	46
47	13-14 200 IM	48
49	Senior 50 Free	50
51	13-14 50 Free	52
*	Break	*
53	Senior 200 Butterfly	54
55	13-14 200 Butterfly	56
57	Senior 100 Backstroke	58
59	13-14 100 Backstroke	60
*	Break	*
61	Senior 200 Free	62
63	13-14 200 Free	64
65	Senior 100 Breaststroke	66
67	13-14 100 Breaststroke	68
*	Break	*
69	Senior 200 Free Relay	70
71	13-14 200 Free Relay	72

Session 2 – Age Group Timed Finals		
Sunday, May 3, 2015		
Warm-ups: 12:00 PM		Timed Finals: 1:00 PM
GIRLS EVENT #	EVENT	BOYS EVENT #
73	11-12 200 IM	74
75	10&Under 200 IM	76
77	11-12 100 Free	78
79	10 & Under 100 Free	80
*	Break	*
81	11-12 50 Butterfly	82
83	10 & Under 50 Butterfly	84
85	11-12 100 Backstroke	86
87	10 & Under 100 Backstroke	88
89	11-12 100 Breaststroke	90
91	10 & Under 100 Breaststroke	92
*	Break	*
93	11-12 200 Free Relay	94
95	10 & Under 200 Free Relay	96