



**Friday Night at the Races**

Hosted by STAR Aquatics

**October 9, 2015**

The Greensboro Aquatic Center

1921 West Lee Street, Greensboro, NC 27403

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

**Sanction #NC15142**

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR ADMINISTRATIVE OFFICIAL</b>
Jay Dodson (336) 337-0169 <a href="mailto:jay@staraquatics.net">jay@staraquatics.net</a>	Beth Williams (336) 325-7226 <a href="mailto:bwilliams@loweandwilliams.com">bwilliams@loweandwilliams.com</a>
<b>MEET REFEREE</b>	<b>MEET MARSHAL</b>
Lisa Olack (704) 577-5002 <a href="mailto:olack.lisa@gmail.com">olack.lisa@gmail.com</a>	Kelly O’Gara

**FACILITY**

The Greensboro Aquatics Center is a 50 meter pool which can be broken into two short course venues with a separate diving well. This competition will use a 10 lane or 8 lane short course competition venue with continuous warm-up and cool down lanes available throughout the meet. The pool depth is 9’-10’ at the start and turn ends and 4” lane lines will be used to reduce turbulence. The lane width is 7’. A Colorado Timing System 6 with a Daktronics Pro-Star LED Video Scoreboard Display will display results simultaneously. Starting platforms are Colorado Competition deck anchored platforms. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

No outside Food or Drink will be permitted. There is a spectator seating area with a capacity of 1850 persons. Spectators are not allowed on the deck at any time. The 650 bleacher seats on deck are reserved for swimmers only.

**VENUE SHOPS**

Food and drink may be purchased from various Food Carts located throughout the venue.

**PARKING**

Parking will be \$5.00 per day with re-entry allowed. Parking for Coaches and Officials will be provided.

**MEET FORMAT**

Open timed finals events. There are no relays. Entries may be limited to stay within allotted timeline.

## SCHEDULE

- Officials' Meeting 45 minutes prior to meet start
- There will be a general meeting at 4:30 PM on Friday in the Hospitality Room

Friday Oct. 9, 2015 Evening Timed Finals	Time
Warm-up-	4:45 PM
Meet Start-	5:45 PM

## SAFETY

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. 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.

## RACING STARTS

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.

## RULES

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.

Within USA Swimming rules and first with unanimous agreement of the Meet Referee and the Meet Director, and then with unanimous agreement of all coaches attending the General Meeting, changes may be made to the format of the meet to improve competition and to accommodate unforeseen circumstances that arise after the meet is sanctioned.

The referee and meet management reserve the right to combine heats and/or events.

## ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. to participate. Swimmers without current proof of membership will not swim. **THERE WILL BE NO ON DECK REGISTRATION.**

## SWIMMERS WITH DISABILITIES

Star 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 Star Aquatics' ability to accommodate all requests.

**ENTRIES**

Please email entries to [entries@staraquatics.net](mailto:entries@staraquatics.net) using Hy-Tek Team Manager for entries. List all swimmers' ages as of Oct 9, 2015. Entries may be sent via email and must include the following:

- 1) A Hy-Tek compatible entry file
- 2) Team entry report
- 3) Financial report
- 4) A list of Coaches attending the meet.

STAR Aquatics entries will be entered first and then accept teams/entries in the order received, until the four hour timeline is reached. Entries received thereafter will be returned.

**ENTRY LIMITATIONS**

A swimmer may enter a maximum of four (4) individual events per day. Meet Management reserves the right to limit and/or eliminate events/heats to allow the meet to run in the allotted time.

**ENTRY VERIFICATION**

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

**ENTRY DEADLINE**

The Meet Entry Coordinator must receive entries by **Sept 29 at 10:00 PM**. Late entries may be accepted at the discretion of the Meet Referee. There may be on-deck entries, but only in open lanes and at the discretion of the meet director. **Double fees will apply and must be paid before entry can be done on deck.**

**ENTRY FEES**

<b>Make checks payable to: Star Aquatics</b>	
Individual Event	<b>\$2.00 per event</b>
NCS Travel Fund	<b>\$3.00 per swimmer</b>
Facility Surcharge	<b>\$10.00 per swimmer</b>
Late Event Fee	<b>\$4.00 per event</b>

**Unless entries are limited by meet management there will be no refunds.**

**SEEDING**

The conforming time standard for this meet is short 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. There will be no course conversion for this meet. The 200 IM may be limited at the discretion of the meet director to the top 24 swimmers per event in order to run the meet in the allotted time.

**SCRATCHES**

The North Carolina Scratch rule will be in effect. (NCS Swimming Rules and Regulations 208.3)

**SCORING**

This meet will not be scored.

**AWARDS**

There will be no awards for this meet.

<b>RESULTS</b>	Live results will be posted on STAR Aquatics' website. At the conclusion of the meet, results will be sent to each team 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 to prominently display their registration cards at all times while on deck. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. 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. Star Aquatics 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. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.
<b>HOSPITALITY/ CONCESSIONS</b>	There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand carts.
<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 Marshal 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 in the diving well. There is to be no diving or horseplay in this area.
<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. STAR Aquatics, Greensboro Aquatic 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.

**STAR Aquatics  
Friday Night at the Races  
Order of Events**

<b>Friday October 9, 2015 Timed Finals</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>
1	8 & Under 25 Freestyle	2
3	Open 50 Breaststroke	4
5	Open 100 Backstroke	6
7	8 & Under 25 Breaststroke	8
9	Open 50 Freestyle	10
11	Open 100 Breaststroke	12
13	8 & Under 25 Backstroke	14
15	Open 50 Butterfly	16
17	Open 100 Freestyle	18
19	8 & Under 25 Butterfly	20
21	Open 50 Backstroke	22
23	Open 100 Butterfly	24
25	Open 100 IM	26
27	Open 200 IM	28

**Friday Night at the Races**  
**October 9, 2015**  
**Mail Meet Entry Form and Payment to:**  
**STAR Aquatics**  
**PO Box 16311**  
**High Point, NC 27261**

**Official Entry Information:**

Club Name \_\_\_\_\_ Club Code \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_ Zip \_\_\_\_\_

Head Coach \_\_\_\_\_ Home Phone \_\_\_\_\_

Email Address \_\_\_\_\_ Work Phone \_\_\_\_\_

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 **October 9, 2015**.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Release Statement:** USA Swimming, Inc., North Carolina Swimming, Inc., Star Aquatics, LLC, Greensboro Aquatic Center and all employees and representatives of these organizations 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.

Signature \_\_\_\_\_ Date \_\_\_\_\_

<b># of Individual Entries</b>		<b>X \$2.00 each entry</b>	<b>\$</b>
<b>NCS Travel Fund (total swimmers)</b>		<b>X \$3.00 each swimmer</b>	
<b>Facility Charge (total swimmers)</b>		<b>X \$10.00 each swimmer</b>	<b>\$</b>
<b>Totals</b>			<b>\$</b>