



Triad Tropic Invitational
 Hosted by STAR Aquatics
December 4 – December 6, 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 #NC15155

MEET DIRECTOR	MEET ENTRY COORDINATOR ADMINISTRATIVE OFFICIAL
Jay Dodson (336) 337-0169 jay@staraquatics.net	Beth Williams (336) 325-7226 bwilliams@loweandwilliams.com
MEET REFEREE/OFFICIALS CONTACT	MEET MARSHAL
Brad Martin Brad.martin@xposc.com	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 two short course competition venues that are 10 lanes or 8 lanes (depending on entries) 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

There are seven (7) sessions in the meet including 10 & Under Timed Finals and

11 - 12, 13 - 14, and Open Prelim/Finals. Friday will be a Timed Finals session. The 1650 Free will be timed finals and will swim during the Saturday Morning Prelims Session. Saturday and Sunday Evening Finals will be as follows for each event:

- One heat of the top qualifying 11 – 12 year olds.
- One heat of the top 11 year olds who did not qualify for the combined 11 – 12 heat.
- One heat of the top 12 year olds who did not qualify for the combined 11 – 12 heat.
- One heat of the top qualifying 13 – 14 year olds.
- One heat of the top 13 year olds who did not qualify for the combined 13 – 14 heat.
- One heat of the top 14 year olds who did not qualify for the combined 13 – 14 heat.
- Three heats of finals for each Open event.

With the agreement of the referee and all coaches, meet management reserves the right change the meet format (combine sessions, add sessions, move an age group or gender to a different session, etc.) depending on the number of entries in the meet. Coaches will be notified by email of any changes to the meet format or sessions within 36 hours of the entry deadline.

MEET SCHEDULE AND DEADLINES

- Officials meetings will be 45 minutes prior to the start of all sessions.

Friday December 4, 2015 -- Evening Timed Finals	Time
General Coaches' Meeting	3:30 pm
Warm-Up	3:45 pm
Positive Check-In Deadline for 400 IM and 500 Free	4:15 pm
Relay Cards due for 400 Free Relays	4:30 pm
Meet Start	5:00 pm
Saturday December 5, 2015 -- Morning Prelims	Time
Warm-Up	7:00 am
Positive Check-In Deadline for 1650 Free	8:30 am
Relay cards due for 11 -12 200 Free Relays	
Meet Start	8:30 am
Saturday December 5, 2015 -- Afternoon Timed Finals	Time
Warm-Up: 30 minutes after conclusion of morning session with timeline distributed after entries close	Not before 11:30 am
Relay cards due for 10 & Under 200 Free Relays	12:00 pm
Meet Start	35 min after Warm-Up
Saturday December 5, 2015 -- Evening Finals	Time

Warm-Up	4:30 pm
Relay cards due for 13 - 14 and Open 200 Free Relays	4:45 pm
Meet Start	5:30 pm
Sunday December 6, 2015 -- Morning Prelims	Time
Warm-Up	7:00 am
Relay cards due for 11 – 12, 13 – 14, and Open 200 Medley Relays	8:30 am
Meet Start	8:30 am
Sunday December 6, 2015 -- Afternoon Timed Finals	
Warm-Up: 30 minutes after conclusion of morning session with timeline distributed after entries close	Not before 11:30 am
Relay cards due for 10 & Under 200 Medley Relays	12:00 pm
Meet Start	35 min after Warm-Up
Sunday December 6, 2015 -- Evening Finals	Time
Warm-Up	4:00 pm
Meet Start	5:00 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.

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

Star Aquatics welcomes all swimmers with disabilities as described in the USA

DISABILITIES

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 using Hy-Tek Team Manager for entries. List all swimmers' ages as of **December 4, 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.

A swimmer's age on the first day of the meet will determine his/her age for the entire 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

11 & Over swimmers are limited to a maximum of 3 individual events per day and 8 individual events throughout the meet. The 1650 distance event counts as part of this limit.

10 & Under swimmers are limited to a maximum of 4 individual events per day and 10 individual events throughout the meet. The 1650 distance event counts as part of this limit.

Relays are not included in the limit. Meet Management reserves the right to limit and/or eliminate events 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 DEADLINES

The Meet Entry Coordinator must receive entries by **10:00 pm Tuesday, November 24, 2015**. 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 to all late entries and must be paid before entry can be done on deck.**

ENTRY FEES

Make checks payable to: Star Aquatics; All fees are non-refundable	
Individual Timed Final Event	\$3.00 per event
Individual Prelim/Final Event	\$5.00 per event
Relay Event	\$10.00 per relay
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$10.00 per swimmer

SEEDING

The conforming time standard for this meet is short course yards. Swimmers in timed finals events will be seeded and swim from slowest to fastest, unless otherwise indicated. Swimmers in preliminary events will be “circle” seeded in accordance with USA Swimming Rules and Regulations 102.5.1, unless otherwise indicated. All non-conforming times will be seeded last in rank order. There will be no course conversion for this meet. The 400 IM and 500 Free will be deck seeded **slowest to fastest** and may be limited to the top 3 heats to stay within the allotted time. The 1650 Free will be deck seeded **fastest to slowest** and may be limited to the top three heats to stay within the allotted time.

CHECK-IN

A positive check-in, located at clerk of course, will be required for the following events:

- 400 IM
- 500 Free
- 1650 Free

Check-in for events will be as stated in the Deadline and Meeting Summary. 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. Swimmers will have to provide their own lap counters. Swimmers may have to provide their own timers. Teams may have to provide their own timers for Friday night relays.

SCRATCHES

The North Carolina Scratch rule will be in effect. (NCS Swimming Rules and Regulations 208.3) ***All Swimmers are requested to scratch their events regardless of place if they are not returning for Finals.**

SCORING

Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
 Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 (only the top two relays from each team will score)

AWARDS

Individual Events : 1st – 8th place ribbons
 Relays: 1st – 3rd place ribbons

RESULTS

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.

COACHES

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.

**OFFICIALS/TIMERS/
VOLUNTEERS**

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 Meet Schedule and Deadlines table.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand carts.

WARM-UP

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.

WAIVER/RELEASE

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.

ORDER OF EVENTS

Friday, December 4, 2015		
Timed Finals -- Warm-up: 3:45 pm Meet Start: 5:00 pm		
Girls	Events	Boys
1	Open 500 Free	2
3	Open 400 IM	4
5	13-14 400 Freestyle Relay	6
7	Senior 400 Freestyle Relay	8

Saturday, December 5, 2015		
Prelims -- Warm-Ups: 7:00 am Meet Start: 8:30 am		
Finals -- Warm-Ups: 4:30 pm Meet Start: 5:30 pm		
Girls	Events	Boys
9	11-12 200 Freestyle	10
11	13-14 200 Freestyle	12
13	Open 200 Freestyle	14
15	11-12 50 Butterfly	16
17	13-14 100 Butterfly	18
19	Open 100 Butterfly	20
21	11-12 100 Backstroke	22
23	13-14 200 Backstroke	24
25	Open 200 Backstroke	26
27	11-12 50 Freestyle	28
29	13-14 50 Freestyle	30
31	Open 50 Freestyle	32
33	11-12 100 Breaststroke	34
35	13-14 100 Breaststroke	36
37	Open 100 Breaststroke	38
39	11-12 100 IM (Optional 10 Min Break)	40
41	11-12 200 Free Relay	42
43	Open 1650 Freestyle (**During Prelims Only**)	44
45	13-14 200 Free Relay (**During Finals Only**)	46
47	Open 200 Free Relay (**During Finals Only**)	48

Saturday, December 5, 2015		
Timed Finals -- Warm-Ups: 30 min after end of morning session (not before 11:30 am)		
Meet Start: 35 min after start of Warm-Ups		
49	10 & Under 200 Freestyle	50
51	10 & Under 50 Butterfly	52
53	10 & Under 100 Backstroke	54
55	10 & Under 50 Freestyle	56
57	10 & Under 100 Breaststroke	58
59	10 & Under 100 IM	60
61	10 & Under 200 Free Relay	62

Sunday, December 6, 2015		
Prelims -- Warm-Ups: 7:00 am Meet Start: 8:30 am		
Finals -- Warm-Ups: 4:00 pm Meet Start: 5:00 pm		
Girls	Events	Boys
63	11-12 100 Butterfly	64
65	13-14 200 Butterfly	66
67	Open 200 Butterfly	68
69	11-12 100 Freestyle	70
71	13-14 100 Freestyle	72
73	Open 100 Freestyle	74
75	11-12 50 Breaststroke	76
77	13-14 200 Breaststroke	78
79	Open 200 Breaststroke	80
81	11-12 50 Backstroke	82
83	13-14 100 Backstroke	84
85	Open 100 Backstroke	86
87	11-12 200 IM	88
89	13-14 200 IM	90
91	Open 200 IM	92
93	11-12 200 Medley Relay	94
95	13-14 200 Medley Relay (**End of Morning Session**)	96
97	Open 200 Medley Relay (**End of Morning Session**)	98

Sunday, December 6, 2015

Timed Finals -- Warm-Ups: 30 min after end of morning session (not before 11:30 am)

Meet Start: 35 min after start of Warm-Ups

99	10 & Under 100 Butterfly	100
101	10 & Under 100 Freestyle	102
103	10 & Under 50 Breaststroke	104
105	10 & Under 50 Backstroke	106
107	10 & Under 200 IM	108
109	10 & Under 200 Medley Relay	110

**Triad Tropic Invite
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, NC Zip _____
 Head Coach _____ Home Phone _____
 Email Address _____ Cell 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 **December 4 - 6, 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 _____

# of Individual Timed Final Entries		× \$3.00 each entry	\$
#of Individual Prelim/Final Entries		× \$5.00 each entry	\$
#Relay Entries		× \$10.00 each entry	\$
NCS Travel Fund (total swimmers)		× \$3.00 each swimmer	\$
Facility Charge (total swimmers)		× \$10.00 each swimmer	\$
Totals			\$