



# CAROLINA AQUATIC TEAM FROZEN FRENZY AG/SR INVITATIONAL



JANUARY 8 . 10, 2016

**Orange County Sportsplex, Hillsborough NC**

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

**Sanction #NC16037**

MEET DIRECTOR	MEET ENTRY COORDINATOR
<p>Starr Husketh <a href="mailto:Starr.husketh@chemtek.us">Starr.husketh@chemtek.us</a></p>	<p>Starr Husketh 1309 Briardale Lane Durham, NC 27712 <a href="mailto:starr.husketh@chemtek.us">starr.husketh@chemtek.us</a></p>
MEET REFEREE	MEET MARSHALLS
<p>David Rigsbee 919-698-6042 <a href="mailto:Swim.Meet.Referee@gmail.com">Swim.Meet.Referee@gmail.com</a></p>	<p>Sandy Falise/Tim Vann</p>

**Facility:**

The Sportsplex pool is an 11-lane, 25 yard course pool with non-turbulent lane markers and deck-anchored starting blocks. It is 6 feet deep at both the starting and turn ends. The Colorado Timing system will be used along with watches in each of 10 eight-foot wide lanes for competition. In addition to the competition pool, there is a warm-up/warm-down pool with 3 lanes for continuous use throughout the meet. Spectator seating for approximately 400 people is available on one side of the pool and there is deck space for additional folding chairs. The facility also has a snack bar. Locker rooms for women and men are available. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, rest rooms, or locker rooms. The competition course has not been certified in accordance with 104.2.2C(4).

**Facility Rules:**

This facility forbids coolers, food or beverages from being brought into the building. No smoking is allowed in the building.  
Shoes are required in the lobby due to ice skaters on the premises.  
Swimmers and spectators must remain out of the recreation area. Please observe all posted facility rules.

**Meet Format**

This is a timed final, Age Group/Senior pre-seeded meet unless otherwise indicated. Breaks are noted in the Order of Events. Others may be added at the discretion of the Meet Referee.

Session	Day	Warm-up	Meet Start
1	Friday Timed Finals	4:00 PM	5:15 PM
2	Saturday Timed Finals	7:00 AM	8:00 AM
3	Saturday Timed Finals	Not Before 12 PM	Not Before 12:45 PM
4	Sunday Timed Finals	7:00 AM	8:00 AM
5	Sunday Timed Finals	Not Before 12PM	Not Before 12:45 PM
Afternoon Session Warm-ups one hour After Morning Session ends But Not Before 12 PM			

#### DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Friday, Dec 11	8:00 PM	Intention to Enter
Wednesday, Dec 30	9:00 PM	Entry deadline
Friday, Jan. 08	3:45 PM	Coaches Meeting - Hospitality
Friday, Jan. 08	4:30 PM	400Y IM and 500 Freestyle Positive Check In Closes
Saturday, Jan. 09	8:00 AM	200Y Medley Relay cards due
	12:15 PM	200Y Medley Relay cards due
Sunday, Jan. 10	7:30 AM	1000Y Freestyle positive check in closes
Sunday, Jan. 10	8:00 AM	200Y Freestyle Relay cards due
Sunday, Jan. 10	12:15 PM	200Y Freestyle Relay cards due

#### SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions in addition to host team marshal. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Deck changes are prohibited.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time. **All persons on-deck or behind the blocks must be USAS certified coaches, officials, registered swimmers or meet volunteers.**

#### 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.

#### RULES:

The meet will be conducted in accordance with USA Swimming Rules and Regulations and NCS Safety program, except where the rules therein are optional, and exceptions are herein stated. The North Carolina Scratch Rule

(included in the announcement) is in effect except where rules are optional and exceptions are stated.

## **ELIGIBILITY**

All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline. Entries listed as "Registration Applied For" will not be accepted. There will be no on deck registration available at this meet. There are no minimum/maximum time standards for qualification to enter an event.

## **SWIMMERS WITH DISABILITIES**

Carolina Aquatic Team 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 Carolina Aquatic Team's ability to accommodate all requests.

## **ENTRIES**

Please submit entries using Hy-Tek Meet Manager compatible files via email. Please submit a complete summary form electronically or as a paper copy. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Coordinator by the entry deadline. A swimmer's age on the first day of the meet will determine the age for the entire meet. Please list the swimmer's ages as of January 8, 2016. Only properly completed entries with payment will be accepted.

(1) Payment must accompany all entries.

(2) Please send an email to [starr.husketh@chemtek.us](mailto:starr.husketh@chemtek.us) indicating the approximate number of swimmers your team plans to bring to the Meet by December 11<sup>th</sup>, 2015. This information is for planning purposes only and does not indicate acceptance into the meet.

The conforming time for this meet is SCY. Entries should be made with SCY times, converted LCM times, or estimated SCY times. Swimmers should be accurately entered with their current best times or best estimated times. Entries for Swimmers with "No Time (NT)" will not be accepted into the Meet.

## **ENTRY LIMITS**

[13 and Over Swimmers](#) may enter and swim up to four (4) Individual Events plus one (1) Relay event per day and no more than 12 events for the Meet.

[12 and Under Swimmers](#) may enter and swim up to three (3) Individual Events plus one (1) Relay per day and no more than 10 events for the Meet.

Each Club may enter up to [three \(3\) Relay Teams](#) in each Relay Event.

**Meet management reserves the right to limit team entries in order to manage the timeline.** Any team affected will be notified by telephone or e-mail and entry fees will be refunded. These are the only fees that will be refunded.

**ENTRY DEADLINE****Wednesday, December 30, 2015.**

Entries will be accepted up to 9 PM on Wednesday, December 30, 2015. Telephone entries will not be accepted, although changes to entries may be accepted by phone or e-mail. Please follow-up to make sure that the Meet Director has received any meet entry changes. Late entries may be accepted at the discretion of the Meet Referee but will be charged double entry fees and may not be seeded. Entries will be accepted in the order in which completed entries are received. **Entries may be limited at the discretion of the Meet Director in order to manage the timeline. If the meet is filled, we reserve the right to reject and return entries even if received prior to the deadline.**

**ENTRY FEES**

<b>Make checks payable to: Carolina Aquatic Team; All fees are non-refundable</b>	
Individual Event	\$3.25 per Individual Event (NCS Registered Swimmers)
Individual Event	\$4.00 per Individual Event (outside – NCS-LSC Swimmers)
Relays	\$8.00 per Relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$10 per swimmer
Late Entry Fee	Double Listed Entry Fees
<b>Mail Entries To: <a href="mailto:starr.husketh@chemtek.us">starr.husketh@chemtek.us</a></b>	
<b>Starr Husketh – 1309 Briardale Lane, Durham, NC 27712</b>	

A late entry is any entry received on or after 9 PM Wednesday, December 30, 2015.

**ORDER OF EVENTS**

See attached schedule.

**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. Carolina Aquatic Team reserves the right to combine heats and events at the discretion of the Meet Referee to comply with the four hour rule.

- The 13 and Over 400Y IM will be swum slowest to fastest, all women followed by all men. Positive check in by the deadline is required to ensure swimmers are seeded.
- The Open 500Y Freestyle will be swum fastest to slowest, alternating women and men. Positive check in by the deadline is required to ensure swimmers are seeded. Swimmers are required to provide their own Timers and Counters for this Event.
- The 13 and Over 1000Y Freestyle will be swum fastest to slowest, alternating women and men and may be limited to the fastest 30 swimmers of each gender. Positive check in by the deadline is required to ensure swimmers are seeded. Swimmers are required to provide their own Timers and Counters for this Event.

**POSITIVE CHECK-IN**

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

- 13 and Over 400Y Individual Medley and Open 500Y Freestyle, by 4:30 PM

Friday

- 13 and Over 1000Y Freestyle, by 7:30 AM Sunday

Swimmers who do not check in may not be seeded in the event. According to the NC Scratch Rule, a swimmer who is properly checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.

**SCRATCHES**

There will be no penalty for scratching pre-seeded events including relays at the block. For deck seeded events, the NCS Scratch Rule is in effect and included as part of the announcement. All coaches and swimmers are expected to be familiar with its provisions.

**SCORING**

This meet will not be scored.

**AWARDS**

Ribbons will be awarded for 12 & under age groups.

Individual events: 1<sup>st</sup> – 8<sup>th</sup> place ribbons

Relays: 1<sup>st</sup> – 3<sup>rd</sup> place ribbons

13 & Over Individual events will be swum combined but separated into 13-14 and 15 and Over for results.

**RESULTS**

The results will be posted on the Carolina Aquatic Team website and Meet Mobile.

**COACHES**

All coaches on deck must be registered and certified with USA Swimming and must check in with the Meet Director. The Meet Referee will require all coaches to show proof of certification/registration and coaches shall prominently display their registration cards at all times while on deck.

There will be a General Meeting for coaches on Friday at 3:45 PM in the Hospitality Room. 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**

There will be a need for officials. Carolina Aquatic Team 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. 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 45 minutes before the Meet starts. Apprentice Officials for all positions are welcome. Please contact the Meet Referee by email and provide your Position and number of sessions already worked.

**TIMERS  
VOLUNTEERS**

Carolina Aquatic Team welcomes volunteer timers from visiting teams. Please check in with the volunteer coordinator at the entrance to see if there are open lanes and to get a deck pass. Timers meetings will be held approximately 20 minutes prior to the start of each session.

**HOSPITALITY/  
CONCESSIONS**

There will be a hospitality area open to all coaches and officials and meet volunteers. Concessions are available for swimmers and spectators at the Sportsplex concession stand.

**WARM-UPS**

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. This information will be provided in the Coaches Packet. A Current Coaches Card will be required to pick up the packet. 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 at least three lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area. Please begin warm-up procedures at the Starting End of the pool. Swimmers will enter the pool feet first except in lanes that are designated for one way race starts under the direct supervision of a USAS certified coach. Diving will not be allowed until the specific warm-up period is announced.

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**ORDER OF EVENTS**

**Friday Evening, January 08, 2016**

**Warm-ups 4:00 PM / Timed Finals 5:15 PM**

<b>Women</b>	<b>Event</b>	<b>Men</b>
1*	13 and Over 400 IM	2*
3	12 & Under 200 IM	4
5*	Open 500 Free	6*

\*Deck seeded events with positive check-in to be completed by 4:30 PM. Swimmers not checked in, will be scratched from the event.

**Saturday Morning, January 09, 2016**

**Warm-ups 7:00 AM / Timed Finals 8:00 AM**

<b>Women</b>	<b>Event</b>	<b>Men</b>
7	13 and Over 200 Free	8
9	13 and Over 100 Back	10
11	13 and Over 200 Fly	12
13	13 and Over 50 Free	14
15	13 and Over 200 Breast	16
	5 Minute Break	
17	13-14 200 Medley Relay	18
19	15 and Over 200 Medley Relay	20

**Saturday Afternoon, January 09, 2016**

**Warm-ups not before 12:00 PM / Timed Finals not before 12:45 PM**

<b>Women</b>	<b>Event</b>	<b>Men</b>
21	10 & U 200 Medley Relay	22
23	11-12 200 Medley Relay	24
25	10 & U 100 Breast	26
27	11-12 100 Breast	28
29	10 & U 200 Free	30
31	11-12 200 Free	32
33	10 & U 50 Back	34
35	12 & U 200 Back	36
37	11-12 50 Back	38
39	10 & U 100 Fly	40
41	11-12 100 Fly	42
43	10 & U 50 Free	44
45	11-12 50 Free	46

## ORDER OF EVENTS

### Sunday Morning, January 10, 2016

#### Warm-ups 7:00 AM / Timed Finals 8:00 AM

<b>Women</b>	<b>Event</b>	<b>Men</b>
47	13 and Over 100 Free	48
49	13 and Over 100 Breast	50
51	13 and Over 200 Back	52
53	13 and Over 100 Fly	54
55	13 and Over 200 IM	56
57	13-14 200 Free Relay	58
59	15 and Over 200 Free Relay	60
	10 Minute Break	
61*	13 and Over 1000 Free	62*

\*Deck seeded events with positive check-in required by 7:30 AM. Swimmers who have not been checked in will be scratched from the event. The 1000 Free will be swum fastest to slowest, alternating women and men and may be limited to the fastest 30 of each gender.

### Sunday Afternoon, January 10, 2016

#### Warm-ups not before 12:00 PM / Timed Finals not before 12:45 PM

<b>Women</b>	<b>Event</b>	<b>Men</b>
63	10 & U 200 Free Relay	64
65	11-12 200 Free Relay	66
67	10 & U 100 IM	68
69	11-12 100 IM	70
71	10 & U 100 Free	72
73	11-12 100 Free	74
75	10 & U 50 Breast	76
77	12 & U 200 Breast	78
79	11-12 50 Breast	80
81	10 & U 100 Back	82
83	11-12 100 Back	84
85	10 & U 50 Fly	86
87	12 & U 200 Fly	88
89	11-12 50 Fly	90





**CAROLINA AQUATIC TEAM  
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**Summary of Fees/Release Form**

Complete and email this form along with entry fees to:  
Starr Husketh: 1309 Briardale Lane – Durham, NC 27712

[starr.husketh@chemtkek.us](mailto:starr.husketh@chemtkek.us)

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

<b>MEET FEES</b>	NCS TRAVEL FUND \$3 PER SWIMMER	FACILITY SURCHARGE \$10 PER SWIMMER		INDIVIDUAL ENTRIES \$3.25 NC \$4.00 Out of State		RELAY FEE \$8 PER RELAY
<b>TOTAL # SWIMMERS</b>			<b>TOTAL INDIVIDUAL ENTRIES</b>		<b>TOTAL # RELAYS</b>	
<b>ENTRY FEES DUE</b>	\$	\$		\$		\$
			<b>TOTAL ENTRY FEES DUE "Carolina Aquatic Team"</b>			<b>\$</b>

**Please make checks payable to "Carolina Aquatic Team."**

**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. The Carolina Aquatics Team, Triangle Sportsplex, 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.

Head Coach's Signature \_\_\_\_\_

Club Name \_\_\_\_\_ Date \_\_\_\_\_

## North Carolina Scratch Rule

208.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet information shall specify all mandatory check-in and scratch deadlines and procedures.

.1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.

.2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet information states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet information.

.3 Preliminary and Finals Events

A. Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck then

208.3.2applies

B. Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 205.3. For events occurring on the last day of a meet, a fine of \$100 per missed swim shall also be assessed to the club by the appropriate Division Chair for failure to compete.

C. In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete.

D. When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without reseeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim

E. If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)

.4 Exceptions for Failure to Compete-No penalty shall apply for failure to compete in or scratch an individual event if:

A. The Referee is notified in the event of illness or injury and accepts the proof thereof.

B. The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.

C. The swimmer was not named in any finals heat during the initial announcement of results.

D. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.