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CAROLINA AQUATIC TEAM'S VALENTINE SPLASH

February 13-14, 2016

Hillsborough Triangle Sportsplex

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

Sanction #NC16047 REVISED 1/14

MEET DIRECTOR	MEET ENTRY COORDINATOR
Sandy Falise sandy.falise@gmail.com	Sandy Falise 711 Hardscrabble Drive Hillsborough, NC 27278 sandy.falise@gmail.com
MEET REFEREE	MEET MARSHALLS
David Rigsbee 919-698-6042 Swim.Meet.Referee@gmail.com	Tim Vann/Starr Husketh

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 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. **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.

Meet Format

This is a timed final, Age Group/Senior pre-seeded meet unless otherwise indicated.

Session	Day	Warm-up	Meet Start	Age Groups
1	Saturday Timed Finals	7:00 AM	8:00 AM	11-12 year olds
2	Saturday Timed Finals	Not before 11:00 AM	Not Before 11:30 AM	10 & Unders
3	Saturday Timed Finals	Not before 1:30 PM	Not Before 2:30 PM	13 & Overs
4	Sunday Timed Finals	7:00 AM	8:00 AM	11-12 year olds
5	Sunday Timed Finals	Not before 11:00 AM	Not Before 11:00 AM	10 & Unders
6	Sunday Timed Finals	Not before 1:30 PM	Not Before 2:30 PM	13 & Overs

DEADLINE AND MEETING SUMMARY:

Day, Date:	Time:	For:
Saturday, Jan 16 2016	8:00 PM	Intention to Enter
Wed, Feb 3 2016	6:00 PM	Entry deadline
Saturday, Feb 13 2016	6:45 AM	Coaches Meeting - Hospitality
Saturday, Feb 13, 2016	30 Min. Before Start	1650 Free Positive Check In Closes
Sunday, Feb 14, 2016	7:30 AM	11-12- 500 Free Positive Check In Closes
Sunday, Feb 14, 2016	30 Min. Before Start	10&U, 13&O 500 Free Positive Check In Closes

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 and locker rooms 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. Flash photography of any kind is prohibited at the start of a race.

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.

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. It is also the responsibility of the swimmer or the swimmer's guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer's team is unable to attend.

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 herein 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 CAT's ability to accommodate all requests.

ENTRIES

Entries must be submitted in HyTek format by email to the Entry Coordinator by the entry deadline. List the swimmers age of February 13, 2016. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Entry Coordinator by the entry deadline for entries to be considered complete. Historically this meet fills prior to the entry deadline so early entries are strongly encouraged. Carolina Aquatic Team's entries will be entered first and then complete entries from other teams in the order received. Carolina Aquatic Team reserves the right to limit entries in order to comply with the four/eight hour rule. Rejected entries will be returned immediately. All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge and Facility Surcharge if relays are shown in the Order of Events. Unless entries are rejected, entry fees are non-refundable.

The conforming time for this meet is SCY. Entries should be made with SCY times, converted LCM times, or *estimated SCY times*. **NT entries will not be accepted.** Swimmers should be accurately entered with their current best times.

Please send an email to sandy.falise@gmail.com indicating the approximate number of swimmers your team plans to bring to the meet by January 16th, 2016. This information is for planning purposes only and does not indicate acceptance into the meet.

ENTRY LIMIT

Swimmers are limited to **4 individual events per day but only 7 for the entire meet. 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, February 3rd, 2016.

Entries will be accepted up to 6 PM on Wednesday, February 3rd, 2016. 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 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

Make checks payable to: Duke Aquatics; All fees are non-refundable	
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
Email Entries To: sandy.falise@gmail.com	

A late entry is any entry received on or after 6 PM Wednesday, February 3rd, 2016.

ORDER OF EVENTS See the attached schedule. Breaks are noted in the Order of Events. Additional breaks may be added at the discretion of the Meet Referee.

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 Open 400Y IM and the 500Y Freestyle will be swum fastest to slowest in event order. The 1650 will be swum fastest to slowest, alternating women and men and may be limited to the fastest 30 of each gender. Positive check in by the deadline is required to ensure swimmers are seeded. Meet management reserves the right to limit entries to conform to timelines.
- Swimmers are required to provide their own timers and counters.

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

- 500 Freestyle
- 1650 Freestyle

Swimmers that fail to check in will be scratched from the event and not seeded.

SCRATCHES AND PENALTIES There will be no penalty for scratching or failing to compete in pre-seeded events including relays at the block when swum.

For deck seeded events, swimmers who are properly checked in and seeded but fail to compete and are not excused by the Meet Referee will be barred from their next individual event.

SCORING This meet will not be scored.

AWARDS	Winners of the 12 & Under events will be awarded 1 st – 8th place ribbons.
RESULTS	Events for 13 & over swimmers will be swum combined but separated into 13-14 and 15 and up for results. The results will be posted on the Carolina Aquatic Team website and Meet Mobile.
COACHES	<p>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.</p> <p>There may be a coaches’ meeting Saturday at 6:45AM at the Meet Referee’s discretion held 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.</p>
OFFICIALS TIMERS VOLUNTEERS	<p>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 at the date and time listed in the Deadline and Meeting Summary.</p> <p>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.</p>
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.

CAT'S VALENTINE SPLASH

ORDER OF EVENTS

Saturday Morning, February 13th, 2016

11-12 Year Olds		
Warm-ups at 7:00 AM. Meet starts at 8:00 AM		
Girls	Event	Boys
1	11-12 400 Yd IM	2
3	11-12 100 Yd IM	4
5	11-12 100 Yd Backstroke	6
7	11-12 200 Yd Freestyle	8
9	11-12 100 Yd Butterfly	10
11	11-12 50 Yd Breaststroke	12
13	11-12 200 Yd Breaststroke	14
15	11-12 50 Yd Freestyle	16

Saturday Midday, February 13th, 2016

10 and Under		
Warm-ups not before 11am. Meet starts 30 minutes after warmups begin		
Girls	Event	Boys
17	10&U 100 Yd IM	18
19	10&U 100 Backstroke	20
21	10&U 200 Freestyle	22
23	10&U 100 Butterfly	24
25	10&U 50 Breaststroke	26
27	10&U 50 Freestyle	28

Saturday Afternoon, February 13th, 2016

13 & Over		
Warm-ups not before 1:30 PM. Meet starts 1 hour after warm-ups begin.		
Girls	Event	Boys
29	13&O 50 Freestyle	30
31	13&O 400 IM	32
33	13&O 100 Backstroke	34
35	13&O 100 Yd Butterfly	36
37	13&O 200 Breaststroke	38
81	13&O 200 Freestyle	82
39	Open 1650 Yd Freestyle	40

ORDER OF EVENTS

Sunday Morning, February 14th, 2016

11-12 Year Olds		
Warm-ups at 7:00 AM. Meet starts at 8:00 AM		
Girls	Event	Boys
41	11-12 200 Yd IM	42
43	11-12 100 Yd Freestyle	44
45	11-12 200 Yd Butterfly	46
47	11-12 50 Yd Butterfly	48
49	11-12 100 Yd Breaststroke	50
51	11-12 50 Yd Backstroke	52
53	11-12 200 Yd Backstroke	54
55	11-12 500 Yd Freestyle	56

*Deck seeded events with positive check-in for the 11-12 year olds required **by 7:30 AM**. Swimmers who have not been checked in will be scratched from the event.

Sunday Midday, February 14th, 2016

10 and Under		
Warm-ups not before 11:00AM. Meet starts 30 minutes after warm-ups begin.		
Girls	Event	Boys
57	10&U 200 Yd IM	58
59	10&U 100 Yd Freestyle	60
61	10&U 50 Butterfly	62
63	10&U 100 Yd Breaststroke	64
65	10&U 50 Backstroke	66
67	10&U 500 Freestyle	68

Sunday Afternoon, February 14th, 2016

13 and Over		
Warm-ups not before 1: 30PM. Meet starts 1 hour after warm-ups begin.		
Girls	Event	Boys
69	13&O 200 Yd IM	70
71	13&O 100 Yd Freestyle	72
73	13&O 200 Yd Butterfly	74
75	13&O 100 Yd Breaststroke	76
77	13&O 200 Yd Backstroke	78
79	13&O 500 Yd Freestyle	80

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Summary of Fees/Release Form

Complete and email this form along with entry fees to:
Sandy Falise: 711 Hardscrabble Drive, Hillsborough, NC 27278
sandy.falise@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

MEET FEES	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
TOTAL # SWIMMERS			TOTAL INDIVIDUAL ENTRIES		TOTAL # RELAYS	
ENTRY FEES DUE	\$	\$		\$		\$
			TOTAL ENTRY FEES DUE "Carolina Aquatic Team"			\$

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. Carolina Aquatic 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 _____