



High Point Swim Club B-C States
 Age Group - SINGLE AGE
 hosted by
HIGH POINT SWIM CLUB
 March 5-6, 2016
 The Kernersville YMCA

1113 West Mountain Street, Kernersville, NC 27284

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

Sanction #NC16066 REVISED

MEET DIRECTOR	MEET ENTRY COORDINATOR
John Cameron 336.887.4772 meetdirector@highpointswimclub.org	John Cameron PO Box 5815 High Point, NC 27262 336.887.4772 entries@highpointswimclub.org
MEET REFEREE	MEET MARSHALL
Brad Procton furnimp@msn.com	Aaron Reeves official@highpointswimclub.org

FACILITY

The Kernersville YMCA has 8 – 8.5 feet wide lanes by 25 yards long pool, ranging from 3.5-6 feet deep at the start end, with stationary starting blocks. The Colorado System 6 timing system and two scrolling display scoreboard. Hy-Tek Meet Manager software will be used. The competition course has not been certified in accordance with 104.2.2C(4).

NOTE: NO FOOD OR DRINK ALLOWED ON DECK. HOWEVER SWIMMERS MAY HAVE A PLASTIC BOTTLE FOR WATER OR OTHER SPORTS BEVERAGE.

NO TOBACCO USE ALLOWED IN ANY PART OF THE BUILDING

MEET FORMAT

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

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	8:00 AM	9:00 AM	11-Older
2	Saturday	Not before Noon	1 hour later	10-Under
3	Sunday	8:00 AM	9:00 AM	11-Older
4	Sunday	Not before Noon	1 hour later	10-Under

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday 2/24/2016	8:00 PM	Entry deadline
Saturday 3/5/2016	7:45 AM	Coaches Meeting
400 IM and 500 Free	End of Warm-up	Positive check in for events

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. All starts from the shallow end, including relay starts, must be from within the pool.
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. 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.
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. This is a meet for swimmers that are at the B-C or senior development level as defined below. 9-10 swimmers cannot have more than 1 BB stroke and swim in the meet. 11-12 swimmers cannot have more than 1 BB Stroke to swim in the meet. 13 & older swimmers must be considered Senior Development swimmers that is they may not have more than one 13-14 AA stroke. 15-18 swimmers cannot have more than one 13-14 AA stroke.
SWIMMERS WITH DISABILITIES	HIGH POINT SWIM CLUB 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 HIGH POINT SWIM CLUB's ability to accommodate all requests.
ENTRIES	Please submit entries with times. <u>NT's are not acceptable for timeline reasons.</u> Determine an appropriate entry for each entry. Entries submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries however, disks are also acceptable. Payment in full must be received by the Meet Entry Coordinator or clerk of course by the entry deadline. A swimmer's age on the first day of the meet will determine their age for the entire meet. HIGH POINT SWIM CLUB entries will be entered first and then accept teams/entries in the order received, until the four hour rule is reached. Entries received thereafter will be returned immediately. All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge.

ENTRY LIMITATIONS Swimmers may swim a maximum of 5 individual events plus relays per day. Also include limitations on number of swimmers, event limitations, and team relay limitations, if applicable. 400 IM and 500 Free may be limited based on entries to accommodate the 4 hour rule. Swimmers that are bumped from these events will be able to enter another event. There will be no refunds for those bumped and that don't chose to add a new event. The sessions will be modified as needed to accommodate the 4-hour rule

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 Wednesday 2/24/2016, 8:00 PM. No late entries will be accepted. Late entries may be accepted at the discretion of the Meet Referee.

ENTRY FEES

	Make checks payable to: High Point Swim Club
Individual Event	\$3.00 per event
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 the IE and relay fees listed

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.

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

- 9-10 500 free
- 11-O 500 free
- 11-O 400 IM

Check in for event will be at the end of warm up for that session to scratch, seed, and produce meet programs. Swimmers that fail to check in will be scratched from the event and not seeded.

SCRATCHES There will be no penalty for scratching pre-seeded events at the block.

SCORING No team or individual scoring will be kept.

AWARDS Ribbons 1st – 8th place for individual events and 1st – 3rd for relays. Events will be awarded as 8&Under, 9, 10, 11, 12, 13, 14. There will be no awards for swimmers 15 & Over

RESULTS Results will be posted on HIGH POINT SWIM CLUB's website within 24 hours of the meets conclusion. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or 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 shall prominently display their registration cards at all times while on deck. There will be a coach/general meeting Saturday 3/5/2016 at 7:45 AM, 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. HIGH POINT SWIM CLUB 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 one hour prior to the start of each session in the hospitality area.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. High Point Swim Club will provide a concession stand.

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 Marshall 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. Teams will be assigned lanes for warm up and will be notified by email and postings at the pool of lane assignments. Each team will be allowed to run warm up as they wish in their assigned lanes. Warm up must be monitored closely by certified coaches and the NCS warm up guidelines must be followed. Diving will happen from the 50 start end of the pool for all sessions. Diving will not be allowed for any lane during the first ½ of the warm up session.

HPSC B-C States ORDER OF EVENTS

Saturday March 5, 2016

Warm-ups at 8:00 AM -- Timed Finals at 9:00 AM

Girls	Event	Boys
1	11-Older 200yd Freestyle	2
3	11-Older 100 Backstroke	4
5	11 . Older 50 Breaststroke	6
7	11-Older 200yd Breaststroke	8
9	11-Older 50yd Freestyle	10
11	11-Older 100 Butterfly	12
13	11 . Older 100yd IM	14
15	11-Older 200yd Free Relay	16
17	11-Older 400yd IM	18

Saturday March 5, 2016

Warm-ups at Not Before 12:00 Noon -- Timed Finals at 1 hour later

Girls	Event	Boys
19	9-10 200yd Freestyle	20
21	10-Under 50yd Backstroke	22
23	9-10 100 Backstroke	24
25	8 & Under 25yd Breaststroke	26
27	9-10 200yd Breaststroke	28
29	8 & Under 25yd Freestyle	30
31	10-Under 50yd Freestyle	32
33	10-Under 50yd Butterfly	34
35	9-10 100 Butterfly	36
37	8 . under 100yd free relay	38
39	9-12 200yd IM	40
41	9-10 200yd free relay	42

Sunday March 6, 2016

Warm-ups at 8:00 AM -- Timed Finals at 9:00 AM

Girls	Event	Boys
43	11 . Older 100yd Breaststroke	44
45	11 . Older 200 IM	46
47	11 . Older 100yd Freestyle	48
49	11-Older 50 Butterfly	50
51	11 . Older 200yd Butterfly	52
53	11-Older 50 Backstroke	54
55	11 . Older 200yd Backstroke	56
57	11 . Older 200 Med Relay	58
59	11 - Older 500yd Freestyle	60

Sunday March 6, 2016

Warm-ups at Not Before 12:00 Noon -- Timed Finals at 1 hour later

Girls	Event	Boys
61	8 & Under 25 Backstroke	62
63	9-10 200yd Backstroke	64
65	10-Under 50 Breaststroke	66
67	9-10 100yd Breaststroke	68
69	10 & Under 100yd IM	70
71	8 & Under 25 Butterfly	72
73	9-10 200yd Butterfly	74
75	10-Under 100yd Freestyle	76
77	8 . Under 100 Med Relay	78
79	9-10 200 Med Relay	80
81	9-10 500yd Freestyle	82