



**Tarheel States**

Hosted by STAR Aquatics

**March 11 – 13, 2016**

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.

**NC16067**

MEET DIRECTOR	MEET ENTRY COORDINATOR ADMINISTRATIVE OFFICIAL
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>
MEET REFEREE/OFFICIALS CONTACT	MEET MARSHAL
David Rigsbee (919) 698-6042 <a href="mailto:swim.meet.referee@gmail.com">swim.meet.referee@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 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. **No chairs are permitted in the stands or on deck.**

**VENUE SHOPS**

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

Fine Designs will be selling meet apparel and Swim Gear of North Carolina is located near the main entrance.

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

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

Meet management reserves the right to 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 to ensure the meet runs efficiently. 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.

<b>Friday March 11, 2016 -- Evening Timed Finals</b>	<b>Time</b>
General Coaches' Meeting	4:15 pm
<b>Warm-Up</b>	<b>4:30 pm</b>
Positive Check-In Deadline for 400 IM	5:00 pm
Positive Check-In Deadline for 500 Free	5:30 pm
<b>Meet Start</b>	<b>5:30 pm</b>
<b>Saturday March 12, 2016 -- Morning Prelims</b>	<b>Time</b>
<b>Warm-Up</b>	<b>7:00 am</b>
<b>Meet Start</b>	<b>8:30 am</b>
Relay cards due for 11 – 12, 13 – 14, Senior/Open 200 Free Relays (Relays swim during the Finals Session.)	11:00 am
<b>Saturday March 12, 2016 -- Afternoon Timed Finals</b>	<b>Time</b>
<b>Warm-Up:</b> 30 minutes after conclusion of morning session with timeline distributed after entries close	<b>Not before 11:30 am</b>
Relay cards due for 10 & Under 200 Free Relays	30 min after Warm-Up Start
<b>Meet Start</b>	<b>45 min after Warm-Up Start</b>
<b>Saturday March 12, 2016 -- Evening Finals</b>	<b>Time</b>
<b>Warm-Up</b>	<b>4:30 pm</b>
<b>Meet Start</b>	<b>5:30 pm</b>
<b>Sunday March 13, 2016 -- Morning Prelims</b>	<b>Time</b>
<b>Warm-Up</b>	<b>7:00 am</b>
Relay cards due for 11 – 12, 13 – 14, Senior/Open 200 Medley Relays (Relays swim at the end of Prelims Session.)	8:30 am
<b>Meet Start</b>	<b>8:30 am</b>
Positive Check-In Deadline for 1650 Free	9:45 am
<b>Sunday March 13, 2016 -- Afternoon Timed Finals</b>	<b>Time</b>
<b>Warm-Up:</b> 30 minutes after conclusion of morning session with timeline distributed after entries close	<b>Not before 11:30 am</b>
Relay cards due for 10 & Under 200 Medley Relays	30 min after Warm-Up Start
<b>Meet Start</b>	<b>45 min after Warm-Up Start</b>
<b>Sunday March 13, 2016 -- Evening Finals</b>	<b>Time</b>
<b>Warm-Up</b>	<b>4:00 pm</b>
<b>Meet Start</b>	<b>5:00 pm</b>

## 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.

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.

Anyone failing to comply with a safety request may forfeit his or her privilege to participate.

**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 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. When unaccompanied by a member-coach, 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. 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.**

**Swimmer must have met the following qualifying standards:**

##### **12 & Under Age Group**

Participants must have at least one "BB" or better time standard in their single age group, but may not enter any event in their age group in which they have achieved the 2016 Sectional qualifying time standard for their age group. They may swim that event in the Senior/Open age group and it does count toward their daily event total.

### **13 – 14 Age Group**

Participants have no minimum-qualifying standard for this meet. 13 – 14 swimmers may not enter any event in their age group in which they have achieved the 13 – 14 2016 Sectional qualifying time standard. They may swim that event in the Senior/Open age group and it does count toward their daily event total.

### **Senior/Open Age Group**

Swimmers of any age may swim in the Senior/Open group regardless of time.

**NOTE:** No swimmer may exceed the per day or per meet entry limits. 10 & Under swimmers choosing to swim in a Senior/Open event will be limited to three (3) events for that day.

### **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 **March 11, 2016**. 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.

Teams/entries will be accepted in the order they are received, until the four-hour timeline is reached. Entries received after the timeline is reached will be returned. **If you plan to attend this meet, please notify Beth Williams ([bwilliams@loweandwilliams.com](mailto:bwilliams@loweandwilliams.com)) with your intent and approximate number of swimmers as soon as possible.**

### **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.

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, March 1, 2016**. Late entries may be accepted at the discretion of the Meet Director and Meet Referee. There may be on-deck entries, but only in open lanes and at the discretion of the Meet Director and Meet Referee. **Double fees will apply to all late entries and must be paid before entry can be processed on deck.**

**ENTRY FEES**

<b>Make checks payable to: Star Aquatics. All fees are non-refundable.</b>	
Individual Timed Final Event	<b>\$3.50 per event</b>
Individual Prelim/Final Event	<b>\$5.00 per event</b>
Relay Event	<b>\$10.00 per relay</b>
NCS Travel Fund	<b>\$3.00 per swimmer</b>
Facility Surcharge	<b>\$10.00 per swimmer</b>

**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 **fastest to slowest** 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, alternating women and men** and may be limited to the top three heats to stay within the allotted time. If the meet is conducted in two pools, it may not be necessary to alternate. Swimmers must provide timers for the 400 IM and must provide timers and lap counters for the 500 Free and 1650 Free.

**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 who 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.

**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**

This meet will not be scored.

**AWARDS**

Timed Final Individual Events : 1<sup>st</sup> – 8<sup>th</sup> place ribbons  
Prelim/Final Individual Events: 1<sup>st</sup> – 8<sup>th</sup> place ribbons awarded to swimmers in the Championship or A Final only  
Relays: 1<sup>st</sup> – 3<sup>rd</sup> 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 such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. 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**

**All teams will be required to provide timers based on the number of swimmers entered in the meet. Timer assignments will be distributed after registration has closed.**

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. 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. ***Please see the list of hotels for a special room rate for officials working the meet.***

**HOSPITALITY/  
CONCESSIONS**

There will be a hospitality area open to all coaches and officials.

**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.

**HOTELS**

Refer to the group **STAR Tarheel States** when making reservations. Rates are valid until February 28, 2016.

<b>HOTEL</b>	<b>RATE</b>	<b>BREAKFAST INCLUDED</b>	<b>DISTANCE TO GAC</b>
<b><i>Courtyard by Marriott</i></b> 4400 West Wendover Avenue 336-294-3800	\$139.00 Single Occupancy	No	5 miles
<b><i>Holiday Inn Express &amp; Suites Wendover</i></b> 4305 Big Tree Way 336-707-2530	\$109.00 Double and Single Occupancy	Yes	4 miles
<b><i>Hyatt Place</i></b> 1619 Stanley Road 336-852-1443	\$102.00 Double and Single Occupancy	Yes	5 miles
<b><i>LaQuinta Inn and Suites</i></b> 1201 Lanada Road 336-316-0100	\$100.00 Double or Single Occupancy	Yes	4 miles
<b><i>Sheraton Greensboro Hotel</i></b> 3121 W. Gate City Blvd. 1-800-242-6556	\$125.00 Double or Single Occupancy	Yes Two per room	1 mile
<b><i>Fairfield Inn and Suites Greensboro Airport</i></b> 7615 Thorndike Road 1-336-841-0140	\$89.00	Yes	8 miles



## ORDER OF EVENTS

<b>Friday, March 11, 2016</b>		
<b>Timed Finals -- Warm-up: 4:30 pm      Meet Start: 5:30 pm</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>
1	10 & Under 200 IM	2
3	11 – 12 200 IM	4
5	Senior/Open 400 IM*	6
<b>Optional 10-minute break</b>		
7	Senior/Open 500 Free*	8

**\*Positive Check-In Required**

<b>Saturday, March 12, 2016</b>		
<b>Prelims -- Warm-Ups: 7:00 am      Meet Start: 8:30 am</b>		
<b>Finals -- Warm-Ups: 4:30 pm      Meet Start: 5:30 pm</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>
9	Senior/Open 100 Freestyle	10
11	13-14 100 Freestyle	12
13	11 – 12 100 Freestyle	14
15	Senior/Open 200 Butterfly	16
17	13-14 200 Butterfly	18
19	11 – 12 50 Butterfly	20
21	Senior/Open 200 Backstroke	22
23	13-14 200 Backstroke	24
25	11 – 12 50 Backstroke	26
27	Senior/Open 100 Breaststroke	28
29	13-14 100 Breaststroke	30
31	11-12 100 Breaststroke	32
33	Senior/Open 200 IM	34
35	13 – 14 200 IM	36
37	11-12 100 IM	38
39	11-12 200 Free Relay**	40
41	13-14 200 Free Relay **	42
43	Senior/Open 200 Free Relay**	44

**\*\*11 – 12, 13 – 14, and Senior/Open 200 Free Relays will swim at the beginning of the Finals Session only. There will be no relays during the Saturday Prelims Session.**

<b>Saturday, March 12, 2016</b>		
<b>Timed Finals -- Warm-Ups: 30 min after end of morning session (not before 11:30 am)</b>		
<b>Meet Start: 45 min after start of Warm-Ups</b>		
45	10 & Under 100 Freestyle	46
47	10 & Under 50 Butterfly	48
49	10 & Under 100 Breaststroke	50
51	10 & Under 50 Backstroke	52
53	10 & Under 100 IM	54
55	10 & Under 200 Free Relay	56

<b>Sunday, March 13, 2016</b>		
<b>Prelims -- Warm-Ups: 7:00 am</b>		<b>Meet Start: 8:30 am</b>
<b>Finals -- Warm-Ups: 4:00 pm</b>		<b>Meet Start: 5:00 pm</b>
<b>Girls</b>	<b>Events</b>	<b>Boys</b>
57	Senior/Open 50 Freestyle	58
59	13 – 14 50 Freestyle	60
61	11 – 12 50 Freestyle	62
63	Senior/Open 200 Breaststroke	64
65	13 – 14 200 Breaststroke	66
67	11 – 12 50 Breaststroke	68
69	Senior/Open 100 Backstroke	70
71	13 – 14 100 Backstroke	72
73	11 – 12 100 Backstroke	74
75	Senior/Open 200 Freestyle	76
77	13 – 14 200 Freestyle	78
79	11 – 12 200 Freestyle	80
81	Senior/Open 100 Butterfly	82
83	13 – 14 100 Butterfly	84
85	11 – 12 100 Butterfly	86
87	Senior/Open 200 Medley Relay***	88
89	13 – 14 200 Medley Relay***	90
91	11 – 12 200 Medley Relay***	92
93	11 & Over 1650 Freestyle*** <b>(POSITIVE CHECK-IN REQUIRED)</b>	94

**\*\*\*11 – 12, 13 – 14, and Senior/Open 200 Medley Relays will swim at the end of the Sunday Prelim Session only. There will be no relays during the Sunday Finals Session.  
The 1650 Freestyle is timed finals and will swim during the Sunday Prelim Session only.**

**Sunday, March 13, 2016**

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

Meet Start: 45 min after start of Warm-Ups

95	10 & Under 50 Freestyle	96
97	10 & Under 100 Butterfly	98
99	10 & Under 100 Backstroke	100
101	10 & Under 50 Breaststroke	102
103	10 & Under 200 Freestyle	104
105	10 & Under 200 Medley Relay	106

**STAR Tarheel States  
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 **March 11 – 13, 2016**.

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 Timed Final Entries</b>		<b>× \$3.50 each entry</b>	<b>\$</b>
<b>#of Individual Prelim/Final Entries</b>		<b>× \$5.00 each entry</b>	<b>\$</b>
<b>#Relay Entries</b>		<b>× \$10.00 each entry</b>	<b>\$</b>
<b>NCS Travel Fund (total swimmers)</b>		<b>× \$3.00 each swimmer</b>	<b>\$</b>
<b>Facility Charge (total swimmers)</b>		<b>× \$10.00 each swimmer</b>	<b>\$</b>
<b>Totals</b>			<b>\$</b>