



2016 WAVE Sprint Into Spring LC Splash

April 16-17, 2016



SANCTION: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC16088.

HOST: New Wave Swim Team
P. O. Box 18012
Raleigh, NC 27619
(919) 981-0644

MEET DIRECTOR: Lana Sanders
(919) 696-0642
Questions and Entries to:
wavemeets@nc.rr.com

MEET REFEREE: Mark Frank: mfrank2417@gmail.com
(919) 796-9908

MEET MARSHAL: Ed Lower

FACILITY: **Triangle Aquatic Center**
275 Convention Drive
Cary, NC 27511
919) 459-4045

Competition Pool: The Triangle Aquatic Center facility features a 50-meter pool with a variable depth ranging from 7 to 12 feet. The competition course has 8-lanes; each is 9-feet wide. An additional 10-lane, 25-yard pool is available, with at least 4 lanes will be available throughout the meet for continuous warm-up/warm-down. The pool is equipped with state-of-the-art, anti-turbulent lane lines and Paragon starting blocks on both ends. The facility features a Daktronics Pro timing system, and two digital matrix scoreboards. Stopwatches will also be used in each competition lane. Chase starts may be used if swimmer numbers and timeline deem it necessary. Hy-Tek Meet Manager Pro software will be used. Locker rooms for changing are available. The competition course has been certified in accordance with USA Swimming 104.2.2C(4). A copy of this certification is on file with USA Swimming.

Only meet volunteers, USA Swimming registered athletes and current USA Swimming registered officials and coaches may be on deck.

NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME

Spectator Seating:

The seating area is above the deck and designed for comfort and enjoyment for spectators. There is viewing for 1,000 people, bench seating with back support, a 12-foot wide walkway for easy access, and an integrated sound system. There are five 47+televisions with FM radio transmitters, and free wireless access to the internet to track live meet results on www.triangleaquatics.org. TAC may charge a session / daily / meet spectator fee.

Supporting Amenities:

Parking in the TAC lot is reserved for coaches, officials and meet volunteers.

Meet participant parking is available at the Cary Towne Center Mall, directly adjacent & within easy walking distance of the facility. Illegally parked vehicles may be ticketed or towed by the local Police Department at the owners expense. Athletes may be dropped off beside the facility before parking at the Mall. A full service café is located just inside the main entrance offering healthy meals, smoothies, coffees, drinks and snacks.

Facility Rules: Please inform all families of the following pool rules.

- 1) **NO** smoking is allowed inside the facility.
- 2) **NO** outside food, drinks or coolers allowed inside the facility.
- 3) **NO** glass containers allowed inside the facility.
- 4) **NO** chairs allowed in the spectator level. Athletes and coaches may bring chairs on deck, but they must be removed each day.

RULES: This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, and the current North Carolina Swimming Rules and Regulations, and the current North Carolina Swimming Safety Program. These rules will serve as the official guide for technical and procedural rules, except wherein are optional and exceptions are herein 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.

CLASSIFICATION: This will be an Open, Timed-final meet.

FORMAT: **Timed Finals**

- 1) All events will be swum as timed finals.
- 2) All events will be swum combined girls and boys.
- 3) All events will be swum slowest to fastest.

****Relays**

- 1) All relays will be swum crescendo and must include one (1) swimmer from each of the age groups (10 & U, 11-12, 13-14 and 15 & O)
- 2) Each relay must include two (2) female and two (2) male swimmers

ELIGIBILITY: All participants must be registered athlete members of USA Swimming.
There will be no new on-deck registration available at this meet.
List swimmers as of **April 16, 2016.**

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.

SWIMMERS WITH DISABILITIES:

WAVE 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 WAVE's ability to accommodate all requests.

SCRATCH RULE: The current NCS Scratch Rule will be in effect during the conduct of this meet. These rules will serve as the official guide for technical and procedural rules, except wherein are optional and exceptions are herein stated.

ENTRIES: Please email entries using Hy-Tek Team Manager or compatible program. Entries must include the following:

- 1) a Hy-Tek Meet Manager compatible entry file
- 2) team entry report
- 3) summary of fees/release form (see last page).

Please note that the Meet Director will strictly enforce the following entry rules:

1. All swimmers must be properly registered before April 16, 2016. The list of swimmers competing in the meet will be forwarded to the NCS Registration Chair for approval.
2. Please list all coaches that will be in attendance. The NCS Registration chair will provide meet management with a list of current coach certifications. Coaches who are not current in all required certifications will not be allowed on deck.

ENTRY LIMITS: All swimmers are limited to four (4) individual events and one (1) relay swim per day.

ENTRY DEADLINE: **Wednesday, April 6, 2016.** Entries will be accepted up until noon. Double entry fees will be charged for late entries, if accepted. A late entry is any entry received on or after 12:00pm on Wednesday, April 6, 2016. All fees are non-refundable unless events are cancelled to maintain the four-hour time limit.
A check made payable to "New Wave Swim Team" must accompany entries.

ENTRY FEES: Individual Event Fees: \$ 5.00 per event
Relay Entry Fee: \$ 10.00 per team
NC Swimming Travel Fund: \$ 3.00 per swimmer
Facility Surcharge: \$ 15.00 per swimmer

MAIL ENTRIES TO: WAVE Swimming
P. O. Box 18012
Raleigh, NC 27619
(919) 981-0644
wavemeets@nc.rr.com

NOTE: All e-mail correspondence should be directed to: wavemeets@nc.rr.com

A TM event file will be made available from the WAVE website at www.newwaveswimteam.org as well as the NCS website www.ncswim.org.

SCHEDULE: **Saturday, April 16, 2016**
Session 1:
12:45-1:30 pm General Warm-up
1:30-1:45 pm Specific Warm-up
2:00 pm Begin Session

Sunday, April 17, 2016
Session 2:
7:00-7:45 am General Warm-up
7:45-8:00 am Specific Warm-up
8:15 am Begin Session

Meet management reserves the right to adjust meet session and warm-up times after reviewing the projected timeline. Coaches will be informed of any adjustments in the schedule.

WARM-UP SCHEDULE: **Guidelines will be published in the coach's packet. Packets will be available at the Clerk of Course upon presentation of current USA Swimming coach credentials.** Lane assignments will be based on the number of participants from each club. Assignments will be posted and a copy available in the coach's packet. Specific warm-up procedures will be described in the coach's packet as well.

ORDER OF EVENTS: Please see attached schedule.

SEEDING: All Individual events will be pre-seeded.

AWARDS: Awards will not be given

SCORING: This meet will not be scored. Results will be listed as 10 & Under, 11-12, 13-14 and 15 & Over.

SAFETY: The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Running and horseplay will not be allowed. As at any pool, the deck may be slippery and caution should be taken to prevent accidents. NO blocking of fire exits, which includes doorways and passages. Coaches must carry their coach certification cards at all times when on the pool deck and must hold current certifications and registration with USA Swimming.

COACHES: A coach's packet will be available for all clubs at the start of warm-ups on Saturday. A current 2016 USA Swimming coach membership card will be required to obtain the packet and must be carried and visible at all times on deck **by all coaches.**

There will be a coaches meeting Saturday, April 16, 2016 at 1:00 pm in the Hospitality room and as announced by the Meet Referee.

OFFICIALS: There will be an officials meeting Saturday, April 16, 2016 at 1:15 pm in the Hospitality room and 30 minutes prior to the start of each of the other sessions as needed.

We welcome all certified and apprentice officials. If you know in advance that you will be attending and wish to volunteer for this meet, please notify the Meet Referee: Mark Frank at (919) 796-9908 or mfrank2417@gmail.com.

“All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification / registration. Coaches shall prominently display their registration cards while on deck.”

HOSPITALITY: There will be a hospitality room available to all coaches and officials.

VOLUNTEERS: Volunteer timers and officials are welcome.

2015 WAVE Long Course Quad Meet Splash

ORDER OF EVENTS

Saturday, April 16, 2016

Session 1: 12:45-1:30 pm	General Warm-up
1:30-1:45 pm	Specific Warm-up
2:00 pm	Begin Session

Sunday, April 17, 2016

Session 2: 7:00-7:45 am	General Warm-up
7:45-8:00 am	Specific Warm-up
8:15 am	Begin Session

1	Open 100 M Breaststroke
2	Open 50 M Butterfly
3	Open 50 M Backstroke
4	Open 100 M Freestyle
5	Open Crescendo 200 M Freestyle Relay**

13	Open 100 M Butterfly
14	Open 50 M Breaststroke
15	Open 50 M Freestyle
16	Open 100 M Backstroke
17	Open Crescendo 200 M Medley Relay**

2016 WAVE Long Course Quad Meet Splash

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to WAVE Swimming):

WAVE Swimming
P. O. Box 18012
Raleigh, NC 27619
(919) 981-0644
wavemeets@nc.rr.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$ 5.00 per event	
Relay Entries		\$ 10.00 per event	
NC Travel Fund		\$ 3.00 per swimmer	
Facility Surcharge		\$15.00 per swimmer	
Total Fees Due			

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. New Wave Swim Team, Inc., Triangle Aquatic Center, Inc., 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.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE