



**JOSH WEAVER MEMORIAL "MEET ON THE HILL"
LONG COURSE "A" INVITATIONAL
Koury Natatorium, Chapel Hill, NC
May 20-22, 2016**

- SANCTION:** Held under the Sanction of United States Swimming, Inc., issued by North Carolina Swimming, Inc. **Sanction #NC16107 and Time Trial Sanction#NC16107TT**
- HOST:** North Carolina Aquatic Club (NCAC)
- DATES & TIMES:** Friday, May 20 – Sunday, May 22
FRI/SAT: *13-14 and Senior Session:*
Prelims warm-up Group 1: 6:10-6:50 a.m. Group 2: 6:50-7:30 a.m.
Specific Warm-up 7:30-7:50 a.m. Prelims start 8:00 a.m.
Finals warm-ups begin 5:00 p.m. Finals begin 6:00 p.m.
10&U and 11-12 Session:
Warm-ups not before 12:00 p.m. (Noon). Timed Finals not before 1:00 p.m.
SUN: 12&Under Timed Final warm up 7:00am meet start at 8:00am
13-14 &Open Timed Finals warm up not immediately following conclusion of 12&under timed final session.
Last Chance for Omaha Time Trial Session following conclusion of distance events.
- LOCATION:** Koury Natatorium
UNC Campus
Skipper Bowles Drive
Chapel Hill NC
- FACILITY:** Koury Natatorium, UNC Campus, Skipper Bowles Drive, Chapel Hill NC. An eight-lane, 50m, USA Swimming certified pool with non-turbulent lane lines and deck anchored starting blocks. Colorado Timing System and full-color scoreboard will be used. Pool depth ranges from 7 to 14ft with starting blocks at both ends. Spectator seating is available in the balcony area. 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 SPECTATORS ARE PERMITTED ON THE POOL DECK.

CLASSIFICATION: 13-14, Senior: Prelims and Finals; 12 & Under: Timed Finals; Time Trials

MEET

MANAGEMENT: Director: Larry Godlewski lgodlewski@nc.rr.com
Meet Referee: Mike Hoffer mike@carolinaclosetsplus.com
Meet Marshall: Brad Langford coachbradncac@gmail.com

ELIGIBILITY: Any current USA Swimming registered swimmer that meets the USA Swimming 2013-2016 Motivational Time standard for the "A" classification is eligible to compete. An "A" swimmer is one who has achieved an "A" time in two of the five different strokes (including IM) in their given age group. 15 & Over swimmers must have two 15-16 "A" times to be entered in the meet. Any 11-12 or 10 & Under swimmers entered in Senior Events, must have the 15-16 "A" time in each Senior event entered.

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.

SWIMMERS WITH DISABILITIES: NCAC 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 NCAC's ability to accommodate all requests.

CREDENTIALS: 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.

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.

SCRATCH RULES: A swimmer qualifying for the Championship or Consolation Finals based upon the results of the preliminary session must notify the referee within 30 minutes after the announcement of the qualifiers of that race that they may not intend to compete. All scratching for finals must be done with the admin referee or his/her designee.

Failure to compete in an individual Championship or Consolation final shall result in disqualification from the remainder of the meet. North Carolina Scratch Rule is in effect.

FORMAT: Meet management may elect to run chase starts during preliminary and timed final events if they deem necessary based on the size of the meet. Coaches will be notified of the procedure at the coaches' meeting.

13-14 and Senior Sessions:

All morning prelim sessions may be conducted using chase starts with odd and even heats starting from opposite ends. All evening final sessions will be started at the East end of the pool. Dive-over starts may be used throughout the meet.

The competition will consist of a preliminary session and a finals session Friday and Saturday with Sunday being Timed Finals. During finals, a consolation heat followed by a championship heat will be swum based on results from preliminaries and will be contested in that order. The top 8 swimmers from preliminaries qualify for the Championship heat. Swimmers placing 9th-16th during preliminaries qualify for the Consolation heat. Alternates should be ready to swim and standing near the starter. Alternates will not be called.

All events will be conducted as prelims/finals with the exception of Relays, 400 Free, 400 IM and all Sunday events. Swimmers participating in the 400 Free, 800 Free, or 1500Free must provide their own timer and counter (if required).

The **13-14 and Senior 800/1500 Freestyle** will be swum combined by age and scored separately. A limited number of entrants will be able to compete, dependent on the timeline. An equal number of swimmers in each age group (13-14 & Senior) will be permitted to swim. In the event that all swimmers of one gender in one age group are permitted to swim the event, we will permit additional swimmers of the same gender in the other age group to swim until we have filled the available time. The 800/1500Free will be swum fastest to slowest, alternating women and men following a 10 minute break after the conclusion of the 200 Butterfly. Due to time limitations, the meet referee may elect to swim two swimmers per lane starting swimmers from both ends of the pool simultaneously. The procedure for this will be reviewed in the coaches meeting on Friday and again during warm ups on Sunday. Swimmers must provide their own timers and counters.

The **400 IM and 400 Freestyle** will be timed finals events and may be limited to the fastest 48 swimmers per gender per age group due to time limitations. The events will be swum fastest to slowest. See the psych sheet posting to determine initial placement of swimmers. For the 400 Freestyle, due to time limitations, the meet referee may elect to swim two swimmers per lane starting swimmers from both ends of the pool simultaneously. For the 400 Free and 400IM, the fastest 2 heats in each event will swim in the evening session. **There will be no AM/PM option for the 400 Free and 400 IM.**

Afternoon 10 & under and 11-12 Sessions:

All events will be pre-seeded. If deemed necessary to meet the 4-hour rule, afternoon sessions will be conducted using chase starts with boy and girls starting at opposite ends.

The **10 & Under and 11-12 400 Freestyle** may be limited to the fastest 24 entrants of each gender dependent upon the time line. The 400 Freestyle will be swum slowest to fastest in event order. Meet management may elect to run the 11-12 400 Freestyle with two swimmers in each lane. The 10 & Under 400 Freestyle will not be run with two swimmers in each lane. See the psych sheet posting to determine initial placement of swimmers.

ENTRIES:

- 1. Entries must be submitted via e-mail using Hy-Tek Team Manager, and it is recommended that hard copy Hy-Tek printout be sent as a backup.** Electronic entries will take precedence over printed copy in case of discrepancies. Any e-mail entry received will be acknowledged by a confirmation e-mail. If you do not get a confirmation e-mail, your entry has not been processed.
- 2. Entries must show swimmer's USA ID and actual age of swimmer as of May 20, 2016.**

3. Enter LONG COURSE METER times only. NT entries will NOT be accepted. Please make sure the times entered are close approximations to times that can be achieved.

4. Entry fees must be received by the entry deadline. Make checks payable to **North Carolina Aquatic Club**. Entries received without payment will not appear in the psych sheet until payment is received.

5. This meet always fills to capacity VERY quickly. Send your entries in early to avoid being closed out.

ENTRY LIMIT:

Swimmers may enter a maximum of **three (3)** events per day. Each team may enter a maximum of **two (2)** relays per event. Entries will close with the team that puts the total number of entries over 550 swimmers or stretches the timeline unreasonably.

TIME TRIALS:

Will be offered after timed finals on Sunday afternoon and are intended for swimmers that may be attempting to qualify for United States Olympic Trials. All Swimmers should have a minimum a ESSZ Spring Sectional Time Standard.

Time Trials are offered at the discretion of the meet referee.

All Time Trial swimmers must be entered in the meet.

All USA Swimming rules will apply to Time Trials.

Time Trials are included in daily entry limits, and must not exceed entry limits mandated by USA Swimming.

ENTRY FEES:

\$5.00 per individual event (all sessions)

\$10.00 per relay event

\$3.00 per swimmer NCS Travel Fund

\$15.00 per swimmer Facility Use Surcharge

\$10.00 per time trial

Double entry fees will be charged for late entries, if accepted. All fees are non-refundable, except if entry is rejected for non-compliance with this meet information, or meet has reached the maximum entry limit.

ENTRY DEADLINE:

Entries must be received by **12pm (Noon), Tuesday May 10, 2016**. Telephone entries will not be accepted. Late entries may be accepted on deck at the discretion of the Meet Referee, as long as empty lanes are available. No new athletes will be accepted into the meet after the entry deadline. Fax entries will **not** be accepted. Express mailing must be sent so as NOT to require a signature.

SEND ENTRIES TO:

Sean Quinn

P.O. Box 1138

Carrboro, NC 27510

E-mail: lgodlewski@nc.rr.com

E-mail is the preferred method for entry submission. E-mail entries to

A psych sheet will be posted by, May 17 at www.ncacswim.com all individual events will be considered pre-seeded.

**CHECK-IN
PROCEDURES:**

A positive check-in will be required for the following deck seeded events.

<u>Event</u>	<u>Check-In Closes</u>
Senior 400 IM	Friday at 7:30AM
13-14 400 IM	Friday at 7:30AM
11-12 200 IM	Friday at 1:00PM
10 & U 200 IM	Friday at 1:00PM
Senior 400 Free	Saturday at 7:30AM
13-14 400 Free	Saturday at 7:30AM
Open 800/1500	Sunday 30 mins into session

The listed events will be deck-seeded and swum as timed finals. Swimmers who fail to check in will not be permitted to swim and entry fees will not be refunded

SEEDING:

800 Free/1500Free

The Open 800 Free/1500Free will be swum during the Sunday afternoon session (alternating women and men fastest to slowest) with the fastest heat swum during the finals session. In order to maintain the time line, this event may be swum with two swimmers per lane. In addition, meet management reserves the right to limit the number of heats swum for this event.

400 IM & 400 Free

The Senior 400 IM and 400 Free will be swum as timed final events (alternating women and men fastest to slowest) with the top 16 seeded swimmers swimming with finals. Meet Management reserves the right to combine heats (men and women) and/or limit the number of heats swum. In addition, the 400 Free may be swum with two swimmers per lane.

Relays

Relays will be swum as Timed Finals. Only swimmers listed on the entry form may swim on relays. Relay-only swimmers should be designated as such and must pay the NCS travel fee. All relays on Friday and Saturday will be swum in the finals session. All senior relays on Sunday will be swum in the morning session.

Relay cards are due before the start of the session in which the relay will be swum.

RELAYS:

All relays will be swum slowest to fastest. Each team may enter a maximum of **two (2)** relays per event. There will be a 10 minute break prior to the beginning of relays. All 13-14 and Open Relays will be swum in finals.

SCORING:

Individual events will be scored 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. for the top 16 finishers; relays will be scored double the individual points for top 16 places.

AWARDS:

Individual events: medals 1st - 3rd place; ribbons 4th - 8th place.
Relay events: ribbons 1st - 3rd places.
Distinctive awards for high point scorers per each sex and age group.

MEETINGS:

Coaches:

There will be a brief general coaches meeting at 7:40 a.m. Friday morning in hospitality, and at other times as announced by the Meet Referee. Coaches and swimmers are responsible for any information presented at the meeting. Meet Referee will be in contact with all participating teams the week prior of meet to discuss all major bullet points.

Officials:

There will be an officials briefing at 7:00 a.m. Friday morning in the hospitality room. There will be briefings one hour before the start of each session.

This meet has been designated as a USA Swimming Official Qualification Meet (OQM) offering the following: evaluation for initial certification for N3 S&T, CJ, DR and SR. Final N3 certification will be based on the evaluator's ability to evaluate N3F positions. All positions at N2 will be offered; evaluation for recertification of all N2 and N3 positions.

Regardless of the number of sessions required for certification/recertification, an official will need to serve a minimum of four (4) sessions to be evaluated. Any official wishing to participate should fill out the Officials request for evaluation from this link: [Request for Evaluation](#)

All requests for assigned positions should be emailed to the Meet Referee mike@carolinaclosetsplus.com by May 1 and will be based on evaluation requests and level of experience. Please see the USA Swimming website for additional information on National evaluation and certification requirements.

HOSPITALITY: A light breakfast, lunch, dinner, drinks and snacks will be provided to coaches, officials and meet workers. **ABSOLUTELY NO GLASS BOTTLES ON POOL DECK.**

WARM-UPS: There will be split warm-up times. Each coach will be e-mailed a warm-up schedule by **Tuesday, May 17th, 2016**. General warm-up all lanes until the last 20 minutes of warm-ups. There will be no diving until then. **LAST 20 MINUTES:** Specific warm-up.

- Lanes 1 & 8- Pace 50's from a push off.
- Lanes 2 & 7-Dive start sprints.
- Lanes 3-6-General warm-up only. No Diving.
- Absolutely No swimming under bulkheads!!!

SAFETY: The North Carolina Safety Program is in effect for this meet. Coaches are advised to closely supervise these swimmers at all times. No horseplay will be tolerated! Other than volunteer meet workers, no parents will be allowed on the deck.

TIMERS: Teams may be asked to provide timers. Requests for timers will be e-mailed to teams in advance of the meet if necessary.

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. THE NORTH CAROLINA AQUATIC CLUB, UNC, 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.

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 announcement 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 or as noted in 208.3.4 A or D.. 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 announcement 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 announcement.
- .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 208.3.2 applies
 - 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 208.3.4. 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. A declared false start or deliberate delay of meet is not permitted and will be regarded as a 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 re-seeding, 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 Exception 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.

208.4. RELAY SCRATCH RULE

- .1 All Meets - Any relay or relay member, in a relay event that fails to compete in or report for that event shall not be penalized.



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ORDER OF EVENTS

Session 1 – Senior and 13 & 14 Prelims		
Warm-ups: 6:10-6:50/6:50-7:30 AM	Friday, May 20, 2016	Prelims Begin: 8:00 AM
GIRLS EVENT #	EVENT	BOYS EVENT #
1	Senior 200m Free	2
3	13-14 200m Free	4
5	Senior 100m Breast	6
7	13-14 100m Breast	8
9	Senior 100m Fly	10
11	13-14 100m Fly	12
***	*** 10 Minute Break ***	***
13	Senior 400m IM	14
15	13-14 400m IM	16

Session 2 – 12 & Under Timed Finals		
Warm-ups: Not before 12:00 PM	Friday, May 20, 2016	Timed Finals: Not before 1:00 PM
GIRLS EVENT #	EVENT	BOYS EVENT #
21	11-12 50m Free	22
23	10 & U 50m Free	24
25	11-12 200m IM	26
27	10 & U 200m IM	28
29	11-12 50m Back	30
31	10 & U 50m Back	32
33	11-12 200Free Relay	34
35	10&Under 200Free Relay	36
	*** 10 Minute Break ***	
37	11-12 400m Free	38
39	10 & U 400m Free	40

Session 3 – Senior and 13 & 14 Finals		
Warm-ups: 5:00 PM	Friday, May 20, 2016	Finals Begin: 6:00 PM
GIRLS EVENT #	EVENT	BOYS EVENT #
1	Senior 200m Free	2
3	13-14 200m Free	4
5	Senior 100m Breast	6
7	13-14 100m Breast	8
9	Senior 100m Fly	10
11	13-14 100m Fly	12
13	Senior 400m IM	14
15	13-14 400m IM	16
	*** 10 Minute Break ***	
17	Senior 400m Free Relay	18
19	13-14 400m Free Relay	20



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Session 4 – Senior and 13 & 14 Prelims		
Warm-ups: 6:10-6:50/6:50-7:30 AM	Saturday, May 21, 2016	Prelims Begin: 8:00 AM
GIRLS EVENT #	EVENT	BOYS EVENT #
41	Senior 200m IM	42
43	13-14 200m IM	44
45	Senior 50m Free	46
47	13-14 50m Free	48
49	Senior 100m Back	50
51	13-14 100m Back	52
*** 10 Minute Break ***		
53	Senior 400m Free	54
55	13-14 400m Free	56

Session 5 – 12 & Under Timed Finals		
Warm-ups: Not before 12:00 PM	Saturday, May 21, 2016	Timed Finals: Not before 1:00 PM
GIRLS EVENT #	EVENT	BOYS EVENT #
61	11-12 50m Fly	62
63	10 & U 50m Fly	64
65	11-12 200m Free	66
67	10 & U 200m Free	68
69	11-12 50m Breast	70
71	10 & U 50m Breast	72
73	11-12 100m Back	74
75	10 & U 100m Back	76
*** 10 Minute Break ***		
77	11-12 200m Medley Relay	78
79	10 & U 200m Medley Relay	80

Session 6 – Senior and 13 & 14 Finals		
Warm-ups: 5:00 PM	Saturday, May 21, 2016	Finals Begin: 6:00 PM
GIRLS EVENT #	EVENT	BOYS EVENT #
41	Senior 200m IM	42
43	13-14 200m IM	44
45	Senior 50m Free	46
47	13-14 50m Free	48
49	Senior 100m Back	50
51	13-14 100m Back	52
53	Senior 400m Free	54
55	13-14 400m Free	56
*** 10 Minute Break ***		
57	Senior 400m Medley Relay	58
59	13-14 400m Medley Relay	60



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Session 7 – 12& Under Timed Finals		
Sunday, May 22, 2016		
Warm-ups: 7:00am		Prelims Begin: 8:00 AM
GIRLS EVENT #	EVENT	BOYS EVENT #
81	11-12 100m Free	82
83	10 & U 100m Free	84
	*** 10 Minute Break ***	
85	11-12 100m Fly	86
87	10 & U 100m Fly	88
89	11-12 100m Breast	90
91	10 & U 100m Breast	92

Session 8 – Senior and 13 & 14 Timed Finals		
Warm-ups: Not before 12:00 PM	Sunday, May 22, 2016	Timed Finals: Not before 1:00 PM
GIRLS EVENT #	EVENT	BOYS EVENT #
93	Senior 100m Free	94
95	13-14 100m Free	96
97	Senior 200m Breast	98
99	13-14 200m Breast	100
101	Senior 200m Back	102
103	13-14 200m Back	104
105	Senior 200m Fly	106
107	13-14 200m Fly	108
109	Open 800m Free	--
--	Open 1500Free	110

Session 9 – Open Time Trials		
Last Chance for Omaha!		
Sunday, May 22, 2016		
Warm-ups: TBA		Prelims Begin: TBA
Qualifying Standard	EVENT	Qualifying Standard
USA Winter Junior Standard	Meet Event Order	USA Winter Junior Standard