



2016 NORTH CAROLINA AQUATIC CLUB TAR HEEL STATES INVITATIONAL

Koury Natatorium, Chapel Hill, NC
July 29 - 31, 2016

SANCTION: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC16131 and Time Trial Sanction #NC16131TT

HOST: North Carolina Aquatic Club

DATES & TIMES: Friday, July 29 – Sunday, July 31

FRI/SAT/SUN:	13 & Over Warm-up	7:00AM
	13 & Over Preliminaries:	8:00AM
	12 & Under Warm-ups:	Not before 12:00 PM (NOON)
	12 & Under Timed Finals:	Not before 1:00 PM
	13 & Over Finals Warm-up:	4:30pm
	13 & Over Finals:	5:30pm

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

MEET MANAGEMENT: Director(s): Susan G. Conger: conger.meetdir@gmail.com
Meet Referee: Mike Hoffer – mike@carolinaclosetsplus.com 919.614.1926
Meet Marshall: Brad Langford – coachbradncac@gmail.com

ELIGIBILITY: All swimmers must be registered with USA Swimming, Inc. or foreign swimmers invited to participate by USA Swimming in compliance with 202.6.1A. Swimmers must be registered prior to entry deadline. USA Swimming members entered will be checked against current LSC registration.

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. Coaches shall prominently display their registration cards while on deck.

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: The current NCS Scratch Rule will be in effect during the course of this meet for prelim / finals and deck seeded events (see attachment). This will serve as the official guide for technical procedural rules, except when stated otherwise in the Meet Announcement. Coaches and swimmers are expected to be familiar with the rule.

FORMAT:

- (1) All 10 & Under and 11-12 events, the Senior 400 IM, 400 Free, Open 800 Free, and all relay events are timed final events. **Swimmers participating in the 400 Free or 800 Free must provide their own 2 timers and person to count lengths.**
- (2) All other Senior/13-14 events will be conducted on a preliminary/finals basis. These events will be swum with 13-14 and Senior swimmers seeded together in prelims. At finals, we will swim A & B finals for Seniors followed by A & B finals for 13-14s. The order will be B, then A.

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. Meet management may also run 2 swimmers per lane for distance events or limit the number of swimmers if they deem necessary based on size of meet. Coaches will be notified of the procedure at the coaches' meeting.

TIME TRIALS: Will be offered after prelims and/or finals on Friday and Saturday at the discretion of the Meet Referee.
Time Trials must not exceed the per day limit of three events.
All Time Trial swimmers must be entered in the meet.
All Time Trial swimmers must provide **2 timers**.
All USA Swimming rules will apply to Time Trials.

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 July 29, 2016.
3. Enter LONG COURSE METERS times only. No NT entries will be accepted. Please enter a reasonable time for your swimmer.
4. Entry fees must be received by the entry deadline. Make checks payable to **NCAC**. Entries received without payment will not appear in the psych sheet until payment is received.
5. There may be on-deck event entries taken at this meet at the discretion of the meet director, but in open lanes only, with double fees paid at time of entry. No new athletes will be accepted after the entry deadline.

ENTRY LIMITS:

Meet:

The meet may be limited to the first 550 swimmers to submit their entries. Teams are encouraged to submit their entries early.

Individuals:

10 & Under and 11-12 swimmers are limited to 10 (ten) individual events for the meet and no more than 5 (five) individual events per day.

13-14, and Senior swimmers are limited to 8 (eight) individual events for the meet and no more than 3 (three) individual events per day.

Relay: Each club may enter up to 3 (three) relay teams per relay event.

FEES:

Individual events:	\$5.00 per individual event
Relays:	\$10.00 per entry
Facility Fee:	\$15.00 per swimmer
NCS Travel Fund:	\$3.00 per swimmer

ENTRY DEADLINE:

Entries must be received by 6:00 p.m., Tuesday, July 19, 2016. No telephone entries will be accepted.

Once entries have been received, a timeline with estimated start times for afternoon warm-ups will be published. In addition, warm ups for 13 & Over may be split into two sessions.

Double entry fees will be charged for late entries, if accepted. A late entry is any entry received after the above deadline. All fees are non-refundable. **A check made payable to the "North Carolina Aquatic Club" and a hard copy of the entries must be received by the entry deadline. If payment is not received by the entry deadline, those entries will not be seeded into the psych sheet.**

SEND ENTRIES TO:

NCAC
P.O. Box 1138
Carrboro, NC 27510
E-mail is the preferred method for entry submission.
Please ensure that a signature is not required upon delivery if using an express mail service.

A psych sheet will be posted to www.ncacswim.com and Meet Mobile by Tuesday, July 26

**CHECK-IN
PROCEDURES:**

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

<u>Event</u>	<u>Check In Closes</u>
11-12 200 IM	Friday at 12:30PM
10 & U 200 IM	Friday at 12:30PM
Open 400 IM	Friday at 8:00AM
Open 400 Free	Saturday 8:00AM
Open 800	Sunday at 8:00AM
Time Trials	One hour after session start

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

The Open 800 Free will be swum during the Sunday morning session (alternating women and men fastest to slowest) with the fastest heat swum during the finals session. Swimmers should indicate AM/PM preference at check in. In order to maintain the time line, this event may be swum with two swimmers per lane. If two swimmers per lane, the events will alternate two heats of women then two heats of men. The two heats will start simultaneously from each end of the pool. In addition, meet management reserves the right to limit the number of heats swum for this event. For all heats swum during the preliminary session, swimmers must provide their own **2 timers**.

400 IM & 400 Free

The Open 400 IM and 400 Free will be swum as timed final events (alternating women and men fastest to slowest) with the top 8 seeded swimmers swimming with finals. There will be NO AM/PM option for the 400 IM and 400 Free. 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. If two swimmers per lane, the events will alternate two heats of women then two heats of men. The two heats will start simultaneously from each end of the pool.

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 Saturday will be swum in the finals session. All senior relays on Sunday will be swum in the morning session.

Relay cards are due 1 hour after the start of the session in which the relay will be swum.

SCORING:

Meet not scored.

AWARDS:

Individual Events: Ribbons 1st-8th Place
Relays: Ribbons 1st-3rd Place

MEETINGS:

Coaches:

There will be a coaches meeting Friday, July 29th , if needed, and as announced by the Meet Referee. **Coaches will be required to have their current USA Swimming card visible at all times while on deck. Coaches without proper credentials may be asked to leave the deck.**

Officials:

There will be an officials' meeting, Friday, July 29th as announced by the Meet Referee and one hour prior to the start of each of the other sessions.

HOSPITALITY:

There will be a hospitality room available to all coaches, officials and meet volunteers.
ABSOLUTELY NO GLASS BOTTLES ON POOL DECK.

WARM-UP:

Warm-ups will be held in accordance with the NCS Safety Program. Warm-up may be split into two sessions if meet management deems it necessary based on the number of entries. If the warm-up is split, teams will be notified via e-mail by Tuesday, July 26th.

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.

VOLUNTEERS:

Volunteer timers and officials are welcomed. Officials wishing to work at the meet please contact meet management.

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.

NCS Scratch Rule

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

C 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.

D 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

E 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

F 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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FRIDAY JULY 29, 2016

Order of Events

Session 1 – 13 & Over Prelims		
Warm-ups: 7:00AM	Friday, July 29, 2016	Prelims Start: 8:00AM
GIRLS EVENT #	EVENT	BOYS EVENT #
1	200 Freestyle	2
3	100 Breaststroke	4
	10 minute Break	
5	100 Butterfly	6
7	Open 400 IM**	8
** 400 IM will swim as a timed final with the fastest heat swim at finals at night.		
Session 2 – 12&Under Timed Finals		
Warm-ups: Not before 12:00 PM	Friday, July 29, 2016	Timed Finals: Not before 1:00 PM
GIRLS EVENT #	EVENT	BOYS EVENT #
9	11-12 100 Freestyle	10
11	10&Under 100 Free	12
13	11-12 100 Breaststroke	14
15	10&Under 100 Breaststroke	16
	10 minute Break	
17	11-12 50 Butterfly	18
19	10&Under 50 Butterfly	20
21	11-12 200 IM	22
23	10&Under 200 IM	24
	10 minute Break	
25	11-12 200 Medley Relay	26
27	10&Under 200 Medley Relay	28
Session 3 – 13 & Over Finals		
Warm-ups: 4:30pm	Friday, July 29, 2016	Finals: 5:30pm
GIRLS EVENT #	EVENT	BOYS EVENT #
1	200 Freestyle	2
3	100 Breaststroke	4
	10 minute Break	
5	100 Butterfly	6
7	Open 400 IM*	8
	10 minute Break	
81	13-14 200 Medley Relay	82
83	Senior 200 Medley Relay	84



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SATURDAY JULY 30, 2016

Order of Events

Session 4 – 13 & Over Prelims Warm-ups: 7:00AM Saturday, July 30, 2016 Prelims Begin: 8:00 AM		
GIRLS EVENT #	EVENT	BOYS EVENT #
29	200 Butterfly	30
31	50 Freestyle	32
	10 minute Break	
33	200 Breaststroke	34
35	100 Backstroke	36
	10 minute Break	
37	Open 400 Freestyle*	38
Session 5 – 12&Under Timed Finals Warm-ups: Not before 12:00 PM Saturday, July 30, 2016 Timed Finals: Not before 1:00 PM		
GIRLS EVENT #	EVENT	BOYS EVENT #
39	11-12 100 Butterfly	40
41	10&Under 100 Butterfly	42
43	11-12 50 Backstroke	44
45	10&Under 50 Backstroke	46
	10 minute Break	
47	11-12 200 Freestyle	48
49	10&Under 200 Freestyle	50
51	11-12 50 Breaststroke	52
53	10&Under 50 Breaststroke	54
Session 6 – 13 & Over Finals Warm-ups: 4:30 PM Saturday, July 30, 2016 Finals Begin: 5:30 PM		
GIRLS EVENT #	EVENT	BOYS EVENT #
29	200 Butterfly	30
31	50 Freestyle	32
	10 minute Break	
33	200 Breaststroke	34
35	100 Backstroke	36
	10 minute Break	
37	Open 400 Freestyle*	38



2016 NORTH CAROLINA AQUATIC CLUB TAR HEEL STATES INVITATIONAL

SUNDAY JULY 31, 2016

Order of Events

Session 7 – 13 & Over Prelims Warm-ups: 7:00 AM Sunday, July 31, 2016 Prelims Begin: 8:00		
GIRLS EVENT #	EVENT	BOYS EVENT #
55	100 Freestyle	56
57	200 Backstroke	58
	10 minute Break	
59	200 IM break	60
61	13-14 200 Free Relay	62
63	200 Free Relay	64
	10 minute Break	
65	Open 800 Freestyle*	66
Session 8 – 12& Under Timed Finals Warm-ups: Not before noon Sunday, July 31, 2016 Timed Finals: Not before 1:00 PM		
GIRLS EVENT #	EVENT	BOYS EVENT #
67	11-12 50 Freestyle	68
69	10&Under 50 Freestyle	70
	10 minute Break	
71	11-12 100 Backstroke	72
73	10 &Under 100 Backstroke	74
75	11-12 400 Freestyle	76
	10 minute Break	
77	10&Under 200 Free Relay	78
79	11-12 200 Free Relay	80
Session 9 – 13 & Over Finals Warm-ups: 4:30PM Sunday, July 31, 2016 Finals Begin:5:30PM		
GIRLS EVENT #	EVENT	BOYS EVENT #
55	100 Freestyle	56
57	200 Backstroke	58
	10 minute Break	
59	200 IM	60
65	Open 800 Freestyle*	66