



## 2016 WOW “COMMOTION AT THE OCEAN”

Waves of Wilmington

October 14-16, 2016

UNC-Wilmington, Wilmington, NC

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.  
**Sanction #NC16147**

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
David Sokolofsky 910-233-3389 <a href="mailto:davidsokolofsky@yahoo.com">davidsokolofsky@yahoo.com</a>	David Sokolofsky 910-233-3389 <a href="mailto:davidsokolofsky@yahoo.com">davidsokolofsky@yahoo.com</a>
<b>MEET REFEREE</b>	<b>MEET MARSHALL</b>
John Jewell 910-297-1640 <a href="mailto:jmj2@ec.rr.com">jmj2@ec.rr.com</a>	Tami Krupp 910-599-7445 <a href="mailto:takrupp98@gmail.com">takrupp98@gmail.com</a>

**FACILITY**

UNCW Natatorium, Wilmington, NC

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. The competition pool is an 8-lane 25-yard pool with non-turbulent lane lines(7 ft. width) water depth at both ends is 4.5-5.5 feet. Colorado electric timing, scoreboard, and fixed starting blocks. There is an additional 5-lane 20 yard pool for continuous warm up and warm down.

**MEET FORMAT**

Timed Finals.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	4:30 PM	5:40 PM	13 & Older
2	Saturday	7:00 AM	8:30 AM	13 & Older
3	Saturday	Not before 12:15 PM	45 minutes after the start of warm up	12 & Under
4	Sunday	7:00 AM	8:30 AM	13 & Older
5	Sunday	Not before 12:15 PM	45 minutes after the start of warm up	12 & Under

**DEADLINE AND MEETING SUMMARY:**

<b>Day, Date</b>	<b>Time</b>	<b>For:</b>
Tuesday, September 20	9:00 AM	Entries Open
Tuesday, October 4	11:59 PM	Entry Deadline
Saturday, October 15	8:00 AM	13 & Over 500 Free positive check
Sunday, October 16	8:00 AM	13 & Over 400 IM positive check
Daily	30 minutes prior to the start of each session	Official Briefings

**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.

**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.

**SWIMMERS WITH DISABILITIES** Waves of Wilmington 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 Waves of Wilmington's ability to accommodate all requests.

**ENTRIES** Entries submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries. Payment in full must be received by the Meet Entry Coordinator by the start of the meet. A swimmer's age on the first day of the meet will determine their age for the entire meet. Waves of Wilmington entries will be entered first and then accept teams/entries in the order received, until the four/eight 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**

13 & Over swimmers may enter 3 individual events per day.

12 & Under swimmer may enter up to 4 individual events per day.

The 400 IM and 500 Free will be positive check-in events and may be limited to the top 24 swimmers for both women and men (based on timeline constraints). These events will be swum fastest to slowest alternating women and men. The referee will have the authority to combine the slowest two heats if needed.

**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**

**Meet entries open on Tuesday, September 20 at 9:00 AM and close on Tuesday, October 4 at 11:59 PM.** Late entries may be accepted at the discretion of the Meet Referee and will be charged double entry fees. There will be no on deck entries.

**ENTRY FEES**

<b>Make checks payable to: Waves of Wilmington; All fees are non-refundable</b>	
Individual Event	\$4.00 per event
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$12.00 per swimmer
Late Entry Fee	\$8.00 per event

**SEEDING**

The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest in all timed final events. All non-conforming times will be seeded last in rank order. The 500 freestyles and 400 IM may be limited to the top 24 swimmers in each event (based on timeline constraints).

**CHECK-IN**

A positive check-in, located at the admin table, will be required for the following events:

- 13 & Older 500 free
- 13 & Older 400 IM

Check in for event will be as stated in the Deadline and Meeting Summary.

**SCRATCHES**

There will be no penalty for scratching events at the block.

**SCORING**

The meet will not be scored.

**AWARDS**

13 & Over: No Awards, 12 & Under: Ribbons 1<sup>st</sup> through 8<sup>th</sup> place

**RESULTS**

Results will be emailed to each team at the conclusion of the meet.

**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. 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. Waves of Wilmington 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 such to the meet referee by displaying their certification card or be prepared to show their Deck Pass virtual membership card upon request. 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 Deadline and Meeting Summary.

**HOSPITALITY/  
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Refreshments will be available at the 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. During the competition, there will be lanes available for continuous warm-up/down. 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. Waves of Wilmington, UNC-Wilmington, 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.

## ORDER OF EVENTS

### 13 & Over Sessions

Friday, October 14, 2016

WARM UP: 4:30 PM / START: 5:40 PM

Women		Men
1	50 Freestyle	2
3	200 IM	4

Saturday, October 15, 2016

WARM UP: 7:00 AM / START: 8:30 AM

Women		Men
5	100 Freestyle	6
7	200 Breaststroke	8
9	200 Backstroke	10
11	100 Butterfly	12
13	500 Freestyle	14

Sunday, October 16, 2016

WARM UP: 7:00 AM / START: 8:30 AM

Women		Men
39	200 Freestyle	40
41	100 Breaststroke	42
43	200 Butterfly	44
45	100 Backstroke	46
47	400 IM	48

## ORDER OF EVENTS

12 & Under Sessions

Saturday, October 15, 2016

WARM UP: not before 12:15 PM / START: 45 minutes after Warm Up begins

Women		Men
15	11-12 100 Free	16
17	10 & Under 100 Free	18
19	8 & Under 25 Free	20
21	11-12 50 Breaststroke	22
23	10 & Under 50 Breaststroke	24
25	11-12 100 Butterfly	26
27	10 & Under 100 Butterfly	28
29	8 & Under 25 Butterfly	30
31	11-12 50 Backstroke	32
33	10 & Under 50 Backstroke	34
35	11-12 200 Freestyle	36
37	10 & Under 200 Freestyle	38

Sunday, October 16, 2016

WARM UP: not before 12:15 PM / START: 45 minutes after Warm Up begins

Women		Men
49	11-12 50 Butterfly	50
51	10 & Under 50 Butterfly	52
53	11-12 100 Breaststroke	54
55	10 & Under 100 Breaststroke	56
57	8 & Under 25 Breaststroke	58
59	11-12 50 Freestyle	60
61	10 & Under 50 Freestyle	62
63	11-12 100 Backstroke	64
65	10 & Under 100 Backstroke	66
67	8 & Under 25 Backstroke	68
69	11-12 100 IM	70
71	10 & Under 100 IM	72

**Meet Name**

**Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to Waves of Wilmington):

Waves of Wilmington  
 ATTN: David Sokolofsky  
 PO Box 16554  
 Wilmington, NC 28408  
 Email to: davidsokolofsky@yahoo.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$4.00 per event	
Relay Entries		N/A	
Swimmers (Travel Fund & Facility Surcharge)		\$15.00 per swimmer	
<b>Total Fees Due</b>			

**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. Waves of Wilmington, UNCW Natatorium, 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.

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SIGNATURE (Coach or Club Representative) CLUB

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TITLE DATE