



Freaky Fast Fall Classic

Hosted by STAR Aquatics

November 5 - 6, 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.

Sanction# NC16154

MEET DIRECTOR	MEET ENTRY COORDINATOR ADMINISTRATIVE OFFICIAL
Jay Dodson (336) 337-0169 jay@staraquatics.net Nanette Stevens (336) 686-4571 nanstevens@triad.rr.com	Beth Williams (336) 325-7226 bwilliams@loweandwilliams.com
MEET REFEREE	MEET MARSHAL
Rob Stevens (336) 686-4570 robstevens@triad.rr.com	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 a 10 lane or 8 lane short course competition venue 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.

VENUE SHOPS

Food and drink may be purchased from various Food Carts located throughout the venue. Swim Gear of North Carolina will be open in the Greensboro Aquatic Center during the meet.

PARKING

Parking will be \$5.00 per day with re-entry allowed. Parking for Coaches and Officials will be provided.

MEET FORMAT

There will be four timed final sessions with a total of 78 events as set forth in the Order of Events. Morning sessions will be for Senior Circuit and BB+ Swimmers. Senior Circuit Swimmers are 13 & Over Swimmers with a 13-14 "AA" in two different strokes, regardless of age (*i.e.*, 15 & Over Swimmers only need the 13-14 "AA") and BB+ Swimmers are 12 & Under Swimmers with a "BB" or better time in two different strokes. Afternoon sessions will be Senior Developmental and B/C Swimmers not eligible to swim in the morning sessions. Morning sessions events coincide with IMX events and afternoon sessions events coincide with IMR events.

STAR Aquatics reserves the right to limit any event to allow the meet to run in the allotted time. Meet management reserves the right 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.

Wednesday October 26, 2016	Time
Entry Deadline	10:00 pm
Saturday November 5, 2016 – Senior Circuit & BB+ Session	Time
General Coaches' Meeting	6:50 am
Warm-Up	7:00 am
Positive Check-In for 400 IM Deadline	8:30 am
Meet Start	8:00 am
Saturday November 5, 2016 – Senior Developmental & B/C Session	Time
Warm-Up	20 min after conclusion of morning session
Positive Check-In for 500 Free Deadline -- Saturday Afternoon Session	End of Warm-Up
Meet Start	40 min after Warm-Up start
Sunday November 6, 2016 – Senior Circuit & BB+ Session	Time
Warm-Up	7:00 am
Positive Check-In for 500 Free Deadline – Sunday Morning Session	8:30 am
Meet Start	8:00 am
Sunday November 6, 2016 – Senior Developmental & B/C Session	Time
Warm-Up	20 min after conclusion of morning session
Meet Start	40 min after Warm-Up start

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. to participate. Swimmers without current proof of membership will not swim. **THERE WILL BE NO ON DECK USA SWIMMING REGISTRATION.**

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 using Hy-Tek Team Manager for entries. List all swimmers' ages as of November 5, 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) with your intent and approximate number of swimmers as soon as possible.**

ENTRY LIMITATIONS A swimmer may enter a maximum of four (4) individual events per day. Meet Management reserves the right to limit and/or eliminate events/heats 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 the date and time listed in the Meet Schedule and Deadlines. Late entries may be accepted at the discretion of the 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 done on deck.**

ENTRY FEES

Make checks payable to: Star Aquatics; All fees are non-refundable	
Individual Event	\$4.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$10.00 per swimmer
Late Event 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, 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 and may be limited to the fastest three heats per event to stay within the allotted time. The 400 IM and 500 Free will swim **fastest to slowest**.

CHECK-IN A positive check-in, located at clerk of course, will be required for the 400 IM and 500 Free. Refer to the Meet Schedule and Deadlines for time. Entries may be limited at the discretion of the meet director to the top

three heats of swimmers in order run the meet in the allotted time. Swimmers who fail to check in will be scratched from the event, will not be seeded, and will not be allowed to swim the event. In the positive check-in events, a swimmer who has checked in, been seeded, and fails to compete in said event, shall be barred from his/her next individual event. **Swimmers must provide their own timers for the 400 IM. Swimmers must provide their own timers and lap counters for the 500 Free. The 400 IM and 500 Free will swim fastest to slowest.**

SCRATCHES The North Carolina Scratch rule will be in effect. (NCS Swimming Rules and Regulations 208.3)

SCORING This meet will not be scored.

AWARDS Individual Events: 1st - 8th place ribbons will be awarded as follows:

- Senior Circuit and BB+ Sessions – 10 & Under and 11 - 12
- Senior Developmental & B/C Sessions – 8 & Under, 9 - 10, and 11 - 12

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 may 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. Apprentice Starters and Apprentice Stroke-Turn Judges are welcome on deck. If you desire to work as an apprentice, please email the Referee prior to the meet.

HOSPITALITY 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 LLC, 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.

ORDER OF EVENTS
Saturday, November 5, 2016

Senior Circuit and BB+ Morning Session		
Women	Events	Men
1	12 & Under 100 Freestyle	2
3	13 & Over 100 Freestyle	4
5	12 & Under 50 Backstroke	6
7	13 & Over 200 Backstroke	8
9	12 & Under 100 Breaststroke	10
11	13 & Over 100 Breaststroke	12
13	12 & Under 50 Butterfly	14
15	13 & Over 200 Butterfly	16
17	12 & Under 200 IM	18
19	13 & Over 400 IM*	20
* Positive check-in required by 8:30 am		

Senior Developmental and B/C Afternoon Session		
Women	Events	Men
21	Open 100 Freestyle	22
23	8 & Under 25 Butterfly	24
25	12 & Under 50 Breaststroke	26
27	Open 100 Breaststroke	28
29	8 & Under 25 Freestyle	30
31	12 & Under 50 Backstroke	32
33	Open 100 Backstroke	34
35	12 & Under 100 IM	36
37	13 & Over 500 Freestyle*	38
* Positive check-in required by the end of afternoon session warm-up		

Order of Events
Sunday, November 6, 2016

Senior Circuit and BB+ Morning Session		
Women	Events	Men
39	13 & Over 100 Butterfly	40
41	12 & Under 100 Butterfly	42
43	13 & Over 200 IM	44
45	12 & Under 50 Freestyle	46
47	13 & Over 50 Freestyle	48
49	12 & Under 100 Backstroke	50
51	13 & Over 100 Backstroke	52
53	12 & Under 50 Breaststroke	54
55	13 & Over 200 Breaststroke	56
57	12 & Under 200 Freestyle	58
59	12 & Over 500 Freestyle*	60
* Positive check-in required by 8:30 am		

Senior Developmental and B/C Afternoon Session		
Women	Events	Men
61	Open 50 Freestyle	62
63	10 & Under 200 IM	64
65	11-12 200 IM	66
67	13 & Over 200 IM	68
69	8 & Under 25 Backstroke	70
71	12 & Under 50 Butterfly	72
73	Open 100 Butterfly	74
75	8 & Under 25 Breaststroke	76
77	Open 200 Freestyle	78

Freaky Fast Fall Classic
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 ___ Zip _____
 Head Coach _____ Home Phone _____
 Email Address _____ Work 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 **November 5 - 6, 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 _____

# of Individual Entries		X \$4.00 each entry	\$
NCS Travel Fund (total swimmers)		X \$3.00 each swimmer	
Facility Charge (total swimmers)		X \$10.00 each swimmer	\$
Totals			\$