



Carolina Aquatic Team's TRICK OR TREAT INVITATIONAL



October 22nd . 23rd, 2016

Triangle Sportsplex - Hillsborough, NC

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

Sanction #NC16160

MEET DIRECTOR	MEET ENTRY COORDINATOR
Sandy Falise sandy.falise@gmail.com	Sandy Falise 711 Hardscrabble Drive Hillsborough, NC 27278 sandy.falise@gmail.com
MEET REFEREE	MEET MARSHALLS
David Rigsbee 919-698-6042 Swim.Meet.Referee@gmail.com	Tim Vann/Starr Husketh

FACILITY

The Sportsplex pool is an 11-lane, 25 yard course pool with non-turbulent lane markers and deck-anchored starting blocks. It is 6 feet deep at both ends. The Colorado Timing system will be used along with watches in each of 10 eight-foot wide lanes for competition. In addition to the competition pool, there is a warm-up/warm-down pool with 3 lanes for continuous use throughout the meet. Spectator seating for approximately 400 people is available on one side of the pool and there is deck space for additional folding chairs. The facility also has a snack bar. Locker rooms for women and men are available. **The competition course has not been certified in accordance with 104.2.2C(4).**

FACILITY RULES

- No smoking is allowed inside the facility.
- Swimmers and spectators must remain out of the recreation area.
- Please observe all posted facility rules.

MEET FORMAT

This is a timed finals 12 and Under Age Group, pre-seeded meet unless otherwise indicated. Breaks are noted in the Order of Events. Others may be added at the discretion of the Meet Referee.

Session	Day	Warm-up	Meet Start	Age Group Time Standards
1	Saturday	8:00 AM	8:45 AM	10&U BB+, 11-12 BB+
2	Saturday	Not Before 12:00 Noon	45 Minutes After Warmups	10&U B/C, 11-12 B/C
3	Sunday	8:00 AM	8:45 AM	10&U BB+, 11-12 B/C, 11-12 BB+
4	Sunday	Not Before 12 Noon	45 Minutes After Warmups	8 & U, 9-10 B/C

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For
Saturday, September 24, 2016	8:00 PM	Intention to Enter
Wednesday, October 12, 2016	6:00 PM	Entry Deadline
Saturday, October 22, 2016	7:45 AM	Coaches/General Meeting In Hospitality
All Sessions	30 Min. Prior	Official Briefings in Hospitality

SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. 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. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions in addition to host team marshal.

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, 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.

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. The time standards for each Age Group are shown in the Order of Events and in the Meet Format Summary.

SWIMMERS WITH DISABILITIES

Carolina Aquatic Team 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 Carolina Aquatic Team's ability to accommodate all requests.

ENTRIES

Please submit entries using Hy-Tek Meet Manager compatible files. Email entries (sandy.falise@gmail.com) will be accepted. Please submit a complete summary form electronically or as a paper copy. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline. **A swimmer's age on the first day of the meet will determine their age for the entire meet.** Please list the swimmer's age as of October 22, 2016. Only properly completed entries with payment will be accepted.

- (1) **Payment must accompany all entries.**
- (2) Deck entries will only be considered for swimmers who are already entered in the meet.
- (3) **There will be no deck registration available at this meet.**
- (4) All relay-only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge.
- (5) Please email sandy.falise@gmail.com indicating the approximate number of swimmers your team plans to bring to the meet by Saturday, September 24th. **This information is for planning purposes only and does not indicate acceptance into the meet.**

Carolina Aquatic Team's 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.

ENTRY LIMITATIONS

Swimmers may swim a maximum of FOUR (4) individual events plus ONE (1) relay per day and a total of EIGHT (8) individual events and TWO (2) relays for the meet. Meet Management reserves the right to limit entries to comply with the 4-hour rule.

**ENTRY DEADLINES
ENTRY FEES**

The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. Late entries may be accepted at the discretion of the Meet Referee. If accepted, late entries will be charged double entry fees. Team entries may be limited at the discretion of the meet management in order to manage the timeline. Affected teams will be notified by telephone or e-mail, and entry fees will be refunded. These are the only fees that will be refunded.

Make checks payable to: Duke Aquatics; All fees are non-refundable	
Individual Event	\$4.00 per Individual Event (NCS Registered Swimmers)
Individual Event	\$4.75 per Individual Event (outside – NCS-LSC Swimmers)
Relays	\$8.00 per Relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$10 per swimmer
Late Entry Fee	Double Listed Entry Fees
Mail Entries To: sandy.falise@gmail.com	
Sandy Falise – 711 Hardscrabble Drive – Hillsborough, NC 27278	

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.
SCORING	This Meet will not be scored.
AWARDS	Individual Events: 1 st – 8 th place ribbons by age group Relays: 1 st – 3 rd place ribbons
RESULTS	Results will be available on Meet Mobile and posted on Carolina Aquatic Team's website within 24 hours of the meets conclusion.
COACHES	All coaches on deck must be registered and certified with USA Swimming. Coaches must present a current USAS Membership card to the Clerk of Course to receive their entry package and shall prominently display their registration cards at all times while on deck. 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	<p>There will be a need for Officials. Carolina Aquatic Team welcomes and encourages Officials 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. Officials shall prominently display their registration cards at all times while on deck. Officials' briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.</p> <p>Apprentice Officials (except for the position of AO) are welcome and encouraged to participate. Contact the Meet Referee by email in advance.</p> <p>Carolina Aquatic Team welcomes volunteer timers from visiting teams. Please check in with the volunteer coordinator at the entrance to see if there are open lanes and to get a deck pass. Timers meetings will be held approximately 20 minutes prior to the start of each session.</p>
HOSPITALITY/ CONCESSIONS	There will be a hospitality area open to all coaches and officials and meet volunteers. Concessions are available for swimmers and spectators at the Sportsplex 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. Lane assignments for warm-ups will be included in the coach's packet. Please begin warm-up procedures at the start end of the pool only. Dive Starts will not be allowed until the specific warm-up period is announced. Swimmers will enter the pool feet first except in lanes that are designated for one way race starts under the direct supervision of a USA Swimming certified coach. 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.

**TEAM
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. Carolina Aquatic Team, Triangle Sportsplex and All Employees, And Representatives of these organizations, 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.

**CAROLINA AQUATIC TEAM TRICK OR TREAT INVITATIONAL
ORDER OF EVENTS**

Saturday, October 22, 2016 11-12 BB+ and 10&U BB+ Warm-ups at 8:00 AM. Meet Starts at 8:45AM		
Girls	Event	Boys
1	11-12 BB+ 200 Free Relay	2
3	10&U BB+ 200 Free Relay	4
	5 minute break	
5	11-12 BB+ 100 IM	6
7	10&U BB+ 100 IM	8
9	11-12 BB+100 Free	10
11	10&U BB+ 100 Free	12
13	11-12 BB+ 100 Breast	14
15	10&U BB+ 100 Breast	16
17	11-12 BB+ 100 Back	18
19	10&U BB+ 100 Back	20
21	11-12 BB+ 100 Fly	22
23	10&U BB+ 100 Fly	24

Saturday, October 22, 2016 11-12 B/C and 10&U B/C Warm-ups not before 12:00PM; meet starts 45 minutes after warm-ups start		
Girls	Event	Boys
25	11-12 B/C 200 Free Relay	26
27	10&U B/C 200 Free Relay	28
29	11-12 B/C 100 IM	30
31	10&U B/C 100 IM	32
33	11-12 B/C 100 Free	34
35	10&U B/C 100 Free	36
37	11-12 B/C 100 Breast	38
39	10&U B/C 100 Breast	40
41	11-12 B/C 100 Back	42
43	10&U B/C 100 Back	44
45	11-12 B/C 100 Fly	46
47	10&U B/C 100 Fly	48

**CAROLINA AQUATIC TEAM TRICK OR TREAT INVITATIONAL
ORDER OF EVENTS**

Sunday, October 23, 2016 11-12 BB+, 11-12 B/C and 10&U BB+ Warm-ups at 8am. Meet Starts at 8:45am		
Girls	Event	Boys
49	11-12 BB+ 200 Medley Relay	50
51	11-12 B/C 200 Medley Relay	52
53	10&BB+ 200 Medley Relay	54
5 minute break		
55	11-12 BB+ 200 IM	56
57	11-12 B/C 200 IM	58
59	10&U BB+ 200 IM	60
61	11-12 BB+ 50 Free	62
63	11-12 B/C 50 Free	64
65	10&U BB+ 50 Free	66
67	11-12 BB+ 50 Breast	68
69	11-12 B/C 50 Breast	70
71	10&U BB+ 50 Breast	72
73	11-12 BB+ 50 Back	74
75	11-12 B/C 50 Back	76
77	10&U BB+ 50 Back	78
79	11-12 BB+ 50 Fly	80
81	11-12 B/C 50 Fly	82
83	10&U BB+ 50 Fly	84
85	11-12 BB+ 200 Free	86
87	11-12 B/C 200 Free	88
89	10&U BB+ 200 Free	90

Sunday, October 23, 2016 9-10 B/C and 8&U Warm-ups not before 12 Noon; meet starts 45 minutes after warm-ups		
Girls	Event	Boys
91	10&U B/C 200 Medley Relay	92
93	8&U B/C 100 Medley Relay	94
95	9-10 B/C 200 IM	96
97	8&U 100 IM	98
99	10&U B/C 50 Free	100
101	8&U 25 Free	102
103	10&U B/C 50 Breast	104
105	8&U 25 Breast	106
107	10&U B/C 50 Back	108
109	8&U 25 Back	110
111	10&U B/C 50 Fly	112
113	8&U 25 Fly	114
115	9-10 200 Free	116

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Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to:

Sandy Falise - 711 Hardscrabble Drive - Hillsborough, NC 27278

sandy.falise@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

MEET FEES	NCS TRAVEL FUND \$3 PER SWIMMER	FACILITY SURCHARGE \$10 PER SWIMMER		INDIVIDUAL ENTRIES \$4.00 NC \$4.75 Out of State		RELAY FEE \$8 PER RELAY
TOTAL # SWIMMERS			TOTAL INDIVIDUAL ENTRIES		TOTAL # RELAYS	
ENTRY FEES DUE	\$	\$		\$		\$
			TOTAL ENTRY FEES DUE "Carolina Aquatic Team"			\$

Please make checks payable to "Carolina Aquatic Team."

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. Carolina Aquatic Team, Triangle Sportsplex, 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 (Head Coach)

CLUB

TITLE

DATE