



2016 WOW Tri Meet

Waves of Wilmington
 November 19, 2016
 Dinah E. Gore Fitness & Aquatic Center
 210 College Rd, Bolivia, NC 28422

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC16203

MEET DIRECTOR	MEET ENTRY COORDINATOR
David Sokolofsky 910-233-3389 davidsokolofsky@yahoo.com	David Sokolofsky 910-233-3389 davidsokolofsky@yahoo.com
MEET REFEREE	MEET MARSHALL
John Jewell 910-297-1640 jmj2@ec.rr.com	Tami Krupp 910-599-7445 takrupp98@gmail.com

FACILITY

Dinah Gore Fitness and Aquatic Center, Bolivia, NC
 The competition pool is an 8 lane 25 yard pool with non turbulent lane lines (7 ft. width), Colorado electric timing, and fixed starting blocks. There is an additional 20 yard warm water pool for continuous warm up and warm down. The pool is 6 feet deep at the start end. The competition course has not been certified in accordance with 104.2.2C(4).

MEET FORMAT

Timed Finals. Closed Tri Meet. Open to: WOW, ECA, BAC

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday AM	8:00 AM	10:30 AM	All
2	Saturday PM	2:15 PM	2:45 PM	All

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday, November 9	11:59 PM	Entry Deadline
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**

Swimmers may enter 3 individual events and 1 relay event per session.
Swimmers are further limited to 5 individual events for the meet.

Teams may enter two (2) relay teams per relay event.

**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 close on **Wednesday, November 9 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

Make checks payable to: Waves of Wilmington; All fees are non-refundable	
Individual Event	\$4.00 per event
Relay Event	\$8.00 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.

SCRATCHES

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

SCORING

Top 8 in each age group (11-8-6-5-4-3-2-1). Relays double. Only the first session will be scored.

AWARDS

Ribbons for Top 8 (12 & Under only).

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

Saturday, November 19, 2016

WARM UP: 8:00 AM / START: 10:30 AM

Women		Men
1	8 & Under 25 Freestyle	2
3	12 & Under 50 Freestyle	4
5	13 & Over 200 Freestyle	6
7	8 & Under 25 Breaststroke	8
9	12 & Under 50 Breaststroke	10
11	13 & Over 200 Breaststroke	12
13	8 & Under 25 Backstroke	14
15	12 & Under 50 Backstroke	16
17	13 & Over 200 Backstroke	18
19	8 & Under 25 Butterfly	20
21	12 & Under 50 Butterfly	22
23	13 & Over 200 Butterfly	24
25	10 & Under 200 Medley Relay	26
27	11-12 200 Medley Relay	28
29	13-14 200 Medley Relay	30
31	15 & Over 200 Medley Relay	32

Saturday, November 19, 2016

WARM UP: 2:30 PM / START: 2:45 PM

Women		Men
33	Open 100 Butterfly	34
35	Open 100 Backstroke	36
37	Open 100 Breaststroke	38
39	Open 100 Freestyle	40
41	Open 200 IM	42
43	Open 200 Free Relay	44

**2016 WOW Tri Meet
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		\$8.00 per event	
Swimmers (Travel Fund & Facility Surcharge)		\$15.00 per swimmer	
Total Fees Due			

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, Dinah E. Gore Fitness and 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. 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 (Coach or Club Representative)

CLUB

TITLE

DATE