



High Point Swim Club B-C States
 Age Group - SINGLE AGE
 hosted by
HIGH POINT SWIM CLUB
 March 4-5, 2017
 The Kernersville YMCA

1113 West Mountain Street, Kernersville, NC 27284

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

Sanction #NC17061

MEET DIRECTOR	MEET ENTRY COORDINATOR
John Cameron 336.887.4772 meetdirector@highpointswimclub.org	John Cameron PO Box 5815 High Point, NC 27262 336.887.4772 entries@highpointswimclub.org
MEET REFEREE	MEET MARSHALL
Brad Procton furnimp@msn.com	Aaron Reeves official@highpointswimclub.org

FACILITY

The Kernersville YMCA has 8 – 8.5 feet wide lanes by 25 yards long pool, ranging from 3.5 at the turn end to 6 feet deep at the start end, with stationary starting blocks. All starts, including relay starts from the turn end, must begin from within the water. The Colorado System 6 timing system and two scrolling display scoreboard. Hy-Tek Meet Manager software will be used. The competition course has not been certified in accordance with 104.2.2C(4).

NOTE: NO FOOD OR DRINK ALLOWED ON DECK. HOWEVER SWIMMERS MAY HAVE A PLASTIC BOTTLE FOR WATER OR OTHER SPORTS BEVERAGE.

NO TOBACCO USE ALLOWED IN ANY PART OF THE BUILDING

MEET FORMAT

This is a timed final-Age Group/Senior, pre-seeded meet unless otherwise indicated.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	8:00 AM	9:00 AM	All
2	Sunday	8:00 AM	9:00 AM	All

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday 2/22/2017	8:00 PM	Entry deadline
Saturday 3/4/2017	7:45 AM	Coaches Meeting
400 IM and 500 Free	End of Warm-up	Positive check in for events

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. All starts from the shallow end, including relay starts, must be from within the pool.
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	<p>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.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</p> <p>Deck Changes are prohibited.</p> <p>Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.</p>
ELIGIBILITY	<p>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. This is a meet for swimmers that are at the B-C or senior development level as defined below.</p> <p>9-10 swimmers cannot have more than 1 BB stroke and swim in the meet.</p> <p>11-12 swimmers cannot have more than 1 BB Stroke to swim in the meet.</p> <p>13 & older swimmers must be considered Senior Development swimmers that is they may not have more than one 13-14 AA stroke. 15-18 swimmers cannot have more than one 13-14 AA stroke.</p>
SWIMMERS WITH DISABILITIES	HIGH POINT SWIM CLUB 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 HIGH POINT SWIM CLUB's ability to accommodate all requests.
ENTRIES	Please submit entries with times. <u>NT's are not acceptable for timeline reasons.</u> Determine an appropriate entry for each entry. Entries submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries however, disks are also acceptable. Payment in full must be received by the Meet Entry Coordinator or clerk of course by the entry deadline. A swimmer's age on the first day of the meet will determine their age for the entire meet. HIGH POINT SWIM CLUB entries will be entered first and then accept teams/entries in the order received, until the four 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 swim a maximum of 5 individual events plus relays per day. Also include limitations on number of swimmers, event limitations, and team relay limitations, if applicable. 400 IM and 500 Free may be limited based on entries to accommodate the 4 hour rule. Swimmers that are bumped from these events will be able to enter another event. There will be no refunds for those bumped and that don't chose to add a new event. The sessions will be modified as needed to accommodate the 4-hour rule.

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 Wednesday 2/22/2017, 8:00 PM. No late entries will be accepted. Late entries may be accepted at the discretion of the Meet Referee.

ENTRY FEES

Make checks payable to: High Point Swim Club	
Individual Event	\$3.00 per event
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 the IE and relay fees listed

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.

CHECK-IN

A positive check-in, at clerk of course, will be required for the following events:

- 9-10 500 free
- 11-O 500 free
- 11-O 400 IM

Check in for event will be at the end of warm up for that session to scratch, seed, and produce meet programs. Swimmers that fail to check in will be scratched from the event and not seeded.

SCRATCHES

There will be no penalty for scratching events.

SCORING

No team or individual scoring will be kept.

AWARDS

Ribbons 1st – 8th place for individual events and 1st – 3rd for relays. Events will be awarded as 8&Under, 9, 10, 11, 12, 13, 14. There will be no awards for swimmers 15 & Over

RESULTS

Results will be posted on HIGH POINT SWIM CLUB's website within 24 hours of the meets conclusion. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or 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 Saturday 3/5/2016 at 7:45 AM, 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**

There will be a need for officials. HIGH POINT SWIM CLUB 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 registration card or be prepared to show their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. 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. High Point Swim Club will provide a 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. Teams will be assigned lanes for warm up and will be notified by email and postings at the pool of lane assignments. Each team will be allowed to run warm up as they wish in their assigned lanes. Warm up must be monitored closely by certified coaches and the NCS warm up guidelines must be followed. Diving will happen from the 50 start end of the pool for all sessions. Diving will not be allowed for any lane during the first ½ of the warm up session.

HPSC B-C States ORDER OF EVENTS

Saturday March 4, 2017

Warm-ups at 8:00 AM -- Timed Finals at 9:00 AM

Girls	Event	Boys
1	8 & under 25 Freestyle	2
	2 minute break	
3	11 & Older 200 Freestyle	4
5	9-10 200 Freestyle	6
7	11 & older 100 Backstroke	8
9	10 & under 50 Backstroke	10
11	9-10 100 Backstroke	12
13	11 & older 50 Breaststroke	14
	2 minute break	
15	8 & under 25 Breaststroke	16
	2 minute break	
17	11 & older 200 Breaststroke	18
19	9-10 200 Breaststroke	20
	2 minute break	
21	8 & under 100 Free Relay	22
23	11 & older 50 Freestyle	24
25	10 & under 50 Freestyle	26
27	11 & older 100 Butterfly	28
29	10 & under 50 Butterfly	30
31	9-10 100 Butterfly	32
33	11 & older 200 Freestyle Relay	34
35	9-10 200 Freestyle Relay	36
37	11 & older 100 IM	38
39	9-10 200 IM	40
41	11 & older 400 IM	42

Sunday March 5, 2017

Warm-ups at 8:00 AM -- Timed Finals at 9:00 AM

Girls	Event	Boys
43	11 . Older 200 Backstroke	44
	2 minute break	
45	8 & under 25 Backstroke	46
	2 minute break	
47	11 & older 50 Backstroke	48
49	9-10 200 Backstroke	50
51	11 & older 100 Breaststroke	52
53	10 & under 50 Breaststroke	54
55	9-10 100 Breaststroke	56
57	11 & older 200 IM	58
59	10 & under 100 IM	60
61	11 & older 100 Freestyle	62
63	10 & under 100 Freestyle	64
65	11 & older 50 Butterfly	66
	2 minute break	
67	8 & under 25 Butterfly	68
	2 minute break	
69	9 - 10 200 Butterfly	70
71	11 & older 200 Butterfly	72
	2 minute break	
73	8 & under 100 Medley Relay	74
75	9-10 200 Medley Relay	76
77	11 & older 200 Relay	78
79	9-10 500 Freestyle	80
81	11 & older 500 Freestyle	82