



Polar Bear Invitational

January 6-7, 2018
 The Greensboro Aquatic Center
 1921 West Gate City BLVD, Greensboro, NC 27403

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC18025

MEET DIRECTOR	MEET ENTRY COORDINATOR
Aaron Reeves 336.887.4772 meetdirector@highpointswimclub.org	John Cameron PO Box 5815 High Point, NC 27262 336.887.4772 Entries@highpointswimclub.org
MEET REFEREE	MEET MARSHAL
Jeff Tunstall jeffrey.tunstall@gmail.com	Erika Dawkins marshall@highpointswimclub.org

FACILITY

The Greensboro Aquatic Center is a state-of-the-art indoor facility with three pools which opened in August 2011. Ten 25-yard, 7-foot wide lanes will be used for the competition, a second 8 lane 25-yard pool maybe added if entry numbers require, with non-turbulent lane lines and Colorado starting blocks. It is 8 feet deep at both ends. The Colorado electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. At least three lanes will be open for continuous warm up and down. Seating for 1500 spectators is available. Parking will be available for \$5 per day with unlimited entry and exit. Free parking will be provided for coaches and officials who present 2018 USAS membership cards to the gate attendant.

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	10:00am	11:15am	All
2	Saturday	10 minutes after completion of morning session	5 minutes later	All
3	Sunday	10:00 AM	11:15 AM	All

DEADLINE AND MEETING SUMMARY:

Day, Date or Event	Time	For:
Wednesday, 12/27/2017	8:00 PM	Entry deadline
Saturday, 1/06/2018	9:40 AM	Coaches Meeting
1000 & 500 Free	30 minutes after start of	Positive check in for events



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	morning warm up	
400 IM	30 minutes after start of morning 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.

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. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. 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. 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 Programs & Events Committee Chair or designee.

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. This is an OPEN meet.

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 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



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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 1 relay per day. 400 IM and 500/1000 Free may be limited to fasted checked in 4, 5 or 6 heats 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. Open events are limited to athletes who are 10 and older. Two pools may be used for any or all events at the discretion of the Meet Referee to accommodate all swimmers wishing to compete.

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 ENTRY FEES

The Meet Entry Coordinator must receive entries by Wednesday, 12/27/2017, 8:00 PM. Late entries may be accepted at the discretion of the Meet Referee.

Make checks payable to: High Point Swim Club	
Individual Event	\$4.00 per event
Relays	\$12.00 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-O 500 free
- 13-O 1000 free
- 11-O 400 IM

Check in for event will be ½ hour prior to session start to scratch, seed, and produce meet programs. Swimmers that fail to check in will be scratched from the event and not seeded. There is no penalty for swimmers who fail to show up for a checked in event.

SCRATCHES

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

SCORING

No team or individual scoring will be kept.



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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, 1/6/2018 at 9:40 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 one hour prior to the start of each session in the hospitality area.

HOSPITALITY/ CONCESSIONS

There will be a hospitality area open to all coaches and officials. Greensboro Aquatic Center will provide a concession stand with similar food that you would expect at the Coliseum during an event in the Coliseum.

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. Teams will be assigned lanes for warm 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.

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



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with those rules during this meet. HPSC, 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 Session January 6, 2018

Warm-ups at 10:00 AM -- Timed Finals at 11:15 AM

Girls	Event	Boys
1	12 & Under 200 freestyle	2
3	13 & Older 200 Freestyle	4
	3 min Break	
5	8 & under 25 Backstroke	6
	3 min Break	
7	10-12 200 Backstroke	8
9	13 & Older 100 backstroke	10
11	12 & Under 50 Backstroke	12
13	13 & Older 200 Breaststroke	14
15	12 & Under 100 Breaststroke	16
	3 min break	
17	8 & Under 25 Freestyle	18
	3 min break	
19	13 & Older 50 freestyle	20
21	12 & under 50 Freestyle	22
23	13 & Older 200 Butterfly	24
25	12 & Under 100 Butterfly	26
27	12 & Under 200 Medley Relay	28
29	13 & Older 200 Fr Relay	30



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Saturday Distance Session, January 6, 2018

Warm-ups 10 minutes after Completion of morning session -- Timed Finals 5 minutes later

Girl	Event	Boy
31	Open 400 IM	32
33	Open 500 Freestyle	34

Sunday Session, January 7, 2018

Warm-ups 10:00 AM -- Timed Finals 11:15 AM

Girl	Event	Boy
37	10-12 200 Fly	38
39	13 & older 100 Freestyle	40
41	12 & under 100 Freestyle	42
	2 min Break	
43	8 & Under 25 Breaststroke	44
	2 min Break	
45	10-12 200 Breaststroke	46
47	13 & Older 100 Breaststroke	48
49	12 & Under 50 Breaststroke	50
51	13 & Older 200 Backstroke	52
53	12 & Under 100 Backstroke	54
	2 min Break	
55	8 & Under 25 Fly	56
	2 min Break	
57	12 & Under 50 Fly	58
59	13 & Older 100 Butterfly	60
61	12 & Under 100 IM	62
63	9 - 12 200 IM	64
65	13 & over 200 IM	66
67	12 & Under 200 Freestyle Relay	68
69	13 & Older 200 Medley Relay	70
71	13 & Older 1000 Freestyle	72