



October 20-21, 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 #NC18131

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
Todd Webber toddw0312@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 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. Two pools may be used should entry numbers require to accommodate 4-hour rule.

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	10:00 AM	11:15 AM	All
2	Saturday		15 minutes after Morning session	All
3	Sunday	10:00AM	11:15 AM	All

DEADLINE AND MEETING SUMMARY:

Day, Date or Event	Time	For:
Wednesday, 10/10/2018	8:00 PM	Entry deadline
Saturday 10/20/2018	9:40 am	Coaches Meeting
400 IM 1000 & 500 free	10:45 AM Day of Event	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. 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.
- 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 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.
- ENTRY LIMITATIONS** Swimmers may swim a maximum of 6 individual events per day. 400 IM and 500/1000 Free may be limited to fastest 4, 5 or 6 check in 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.

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, 10/10/2018, 8:00 PM. Late entries may be accepted at the discretion of the Meet Referee.**

ENTRY FEES

Make checks payable to: High Point Swim Club	
Individual Event	\$4.50 per event
NCS Travel Fund	\$3.00 per swimmer
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

Events 400 yards and longer may be swum fastest to slowest alternating girl & boy.

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

- 500 free
- 1000 free
- 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.

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

SCORING No team or individual scoring will be kept.

AWARDS No awards will be offered

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, 10/20/2018 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 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, October 20, 2018
Warm-ups at 10:00 AM -- Timed Finals at 11:15 AM

Girls	Event	Boys
1	9-12 200 freestyle	2
3	13 & O 200 Freestyle	4
5	8 & U 25 Backstroke	6
7	12 & U 50 backstroke	8
9	13 & O 100 Backstroke	10
11	12 & U 100 Breaststroke	12
13	13 & O 200 Breaststroke	14
15	8 & U 25 Freestyle	16
17	12 & U 50 freestyle	18
19	13 & O 50 Freestyle	20
21	12 & U 100 Butterfly	22
23	13 & O 200 Butterfly	24
25	13 & Older 400 IM	26

Saturday Distance Session, October 20, 2018
15 minutes after Completion of morning session

Girl	Event	Boy
27	Open 500 Freestyle	28
29	Open 1000 Freestyle	30



**Sunday Session, October 21, 2018
Warm-ups 10:00 AM -- Timed Finals 11:15 AM**

Girl	Event	Boy
31	12 & U 100 Freestyle	32
33	13 & O 100 Freestyle	34
35	8 & U 25 Breaststroke	36
37	12 & U 50 Breaststroke	38
39	13 & O 100 Breaststroke	40
41	12 & U 100 Backstroke	42
43	13 & O 200 Backstroke	44
45	8 & Under 25 Fly	46
47	12 & Under 50 Fly	48
49	13 & Older 100 Butterfly	50
51	12 & Under 100 IM	52
53	9 - 12 200 IM	54
55	13 & over 200 IM	56
57	13 & Older 500 Freestyle	58