

NCAC LONG COURSE SENIOR QUAD MEET
VERSUS GSA, MOR, GSC
October 5, 2007
KOURY NATATORIUM, CHAPEL HILL, NC

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

SPONSOR: North Carolina Aquatic Club

SITE INFORMATION: Koury Natatorium, UNC Campus, Skipper Bowles Dr. Chapel Hill, NC
8 lane 50 meter with non-turbulent lane lines. Colorado Timing System and scoreboard will be used. Pool depth ranges from 7 to 14 ft, with starting blocks at both ends. Spectator seating is available in the balcony area, NO SPECTATORS ARE PERMITTED ON THE POOL DECK.

RULES: The meet will be conducted in accordance with the current USA Swimming Code and the NCS Official Handbook and NCS Safety Program, except where rules therein are optional and all exceptions are herein stated, and with NCS rules. All swimmers are allowed to represent their club in individual events and relays, even those swimmers still unattached.

CLASSIFICATION: Double dual meet format.

ELIGIBILITY: All swimmers from invited teams are eligible to compete. Current USA Swimming Registration is required for all swimmers. All swimmers entered will be checked against current LSC registration.

ENTRIES: Hy-tek software will be used. Submit entries via e-mail or hy-tek disk and master entry sheet. You must include the USA club code and each swimmer's USA number along with first and last name and seed time for each event entered. Seed times must be in long course meters. All relay only swimmers including alternates must be listed on the electronic entry and pay the entry fee.

AWARDS: None

FEES: \$10.00 per swimmer (includes \$2 NCS fee)

ENTRY LIMIT: 3 individual & 1 relay per day

ENTRY DEADLINE: All entries and fees must be received by the meet director no later than midnight of **Monday, October 1, 2007**. Late entries may be accepted at the discretion of the meet director. E-mail entries to ncacheadcoach@gmail.com and include "meet entries" in the subject line.

SCORING: Scoring will be based on the 2007 USA Quad Meet scoring.
Individual events: 9-7-6-5-4-3-2-1
Relay events: 7-0

SEND ENTRIES TO: Ryan Woodruff
5008 Silhouette Drive
Durham, NC 27713

Make checks payable to “North Carolina Aquatic Club”

MEET DIRECTOR: Ryan Woodruff and Sean Quinn

MEET REFEREE: Mike Hoffer, mike@carolinaclosetsplus.com

SAFETY: The North Carolina 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.

United States Swimming, Inc., North Carolina Swimming, Inc., and North Carolina Aquatic Club shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

**NCAC LONG COURSE SENIOR QUAD MEET
VERSUS GSA, MOR, GSC
Friday, October 5, 2007**

**THREE EVENT & ONE RELAY LIMIT PER DAY **

Warm-ups: 5:30 p.m.

Timed Finals: 6:45 p.m.

ORDER OF EVENTS

WOMEN

MEN

1	SENIOR 400 FREE	2
3	SENIOR 100 BREAST	4
	10-minute warm-up break	
5	SENIOR 100 FLY	6
7	SENIOR 100 FREE	8
	10-minute warm-up break	
9	SENIOR 200 IM	10
11	SENIOR 100 BACK	12
	10-minute warm-up break	
13	SENIOR FREE RELAY	14

WARM-UP PROCEDURES

Teams will be assigned to the following warmup lanes for all times before and during the meet and are responsible for the conduct of warmup in their lanes:

NCAC: Lanes 1-2

MOR: Lanes 3-4

GSA: Lanes 5-6

GSC: Lanes 7-8

Master Entry Form
NCAC LONG COURSE SENIOR QUAD MEET
VERSUS GSA, MOR, GSC
October 5, 2007

Team Name: _____ Call Letters: _____
Address: _____
City: _____ State: _____ Zip: _____
Coach: _____ LSC: _____ Phone: () _____
E-mail Address: _____

Swimmer/Coach Registration

I certify that all individuals listed on the attached entry forms are currently registered members of USA Swimming and are eligible to compete in this meet. I further certify that one or more of the following coaches will be on deck supervising the activities of these individuals during all warm-up and competitive sessions at the meet.

Name of Coach	Team
_____	_____
_____	_____
_____	_____

I certify that the individuals listed above are currently registered USA Swimming Coach Members or Team Representatives, and that I am a current USA Swimming registered non-athlete member.

Signature Team Date Phone

Entry Deadline: Monday, October 1, 2007 @ Midnight

Mail Entries To:
Ryan Woodruff
5008 Silhouette Drive
Durham, NC 27713

Financial Recap

of Swimmers: _____ @ \$ 10.00 each = \$ _____

Make checks payable to: North Carolina Aquatic Club

