

WOW “COMMOTION AT THE OCEAN” SENIOR MEET 2007
SEPT.28-30 2007
UNC AT WILMINGTON
WILMINGTON, N.C.

SANCTION: HELD UNDER THE SANCTION OF USA SWIMMING, INC. ISSUED BY NORTH CAROLINA SWIMMING, INC. **SANCTION #NC07083AP.**

HOST: WAVES OF WILMINGTON, INC.

SITE INFO: UNC-WILMINGTON NATATORIUM, WILMINGTON, N.C. AN 8 LANE 25YD POOL WITH NON TURBULENT LANE LINES, COLORADO ELECTRIC TIMING, SCOREBOARD AND STARTING BLOCKS WITH A 5 LANE 20 YD POOL FOR CONTINUOUS WARM UP AND WARM DOWN.

RULES: THE MEET WILL BE CONDUCTED IN ACCORDANCE WITH USA SWIMMING RULES AND REGULATIONS, THE NCS OFFICIAL HANDBOOK, AND NCS SAFETY PROGRAM, EXCEPT WHERE RULES THEREIN ARE OPTIONAL AND EXCEPTIONS MUST BE STATED.

CLASIFICATION: SENIORS EVENTS ONLY. ALL EVENTS 200 YDS AND LONGER REQUIRE A 13-14 “BB” TIME .ALL SESSIONS ARE TIME FINAL EVENTS.

ELIGIBILITY: ALL SWIMMERS MUST BE CURRENTLY REGISTERED WITH USA SWIMMING.

ENTRIES: SUBMIT ENTRIES WITH THE HY-TEK TEAM MANAGER FORMAT. IF YOU SUBMIT IN TM FORMAT PLEASE PROVIDE A HARD COPY WITH YOUR ENTRIES. THERE WILL BE NO ON DECK REGISTRATION. ALL RELAY ONLY SWIMMERS INCLUDING ALTERNATES MUST BE LISTED ON THE MEET ENTRY FORM AND PAY THE “NCS” TRAVEL FUND SURCHARGE LIST SWIMMERS AGE AS OF THE FIRST DAY OF THE MEET. **NO TIME ENTRIES WILL NOT BE ACCEPTED.**

ENTRY LIMIT: EACH SWIMMER MAY ENTER 3 INDIVIDUAL EVENTS A DAY. THE 400IM AND 500FREE WILL BE POSITIVE CHECK-IN EVENTS LIMITED TO THE TOP 32 SWIMMERS FOR BOTH WOMEN AND MEN. THE 1000 FREE WILL BE A POSITIVE CHECK IN EVENT LIMITED TO THE TOP 24 SWIMMERS FOR BOTH WOMEN AND MEN. THESE EVENTS WILL BE SWUM FASTEST TO SLOWEST ALTERNATING WOMEN AND MEN. THE REFERREE WILL HAVE THE AUTHORITY TO COMBINE THE SLOWEST TWO HEATS IF POSSIBLE.

ENTRY FEES: INDIVIDUAL EVENTS \$2.00 PER EVENT
NCS TRAVEL FUND \$2.00 PER SWIMMER
FACILITY SURCHARGE \$5.00 PER SWIMMER

ENTRY DEADLINE: TUESDAY, SEPTEMBER 18, 2007
MEET DIRECTOR: BRIAN BENFER
PO BOX 3303.
WILMINGTON, NC 28406

EMAIL: BBENFER@GMAIL.COM

AWARDS: NO AWARDS.

TIME SCHEDULE: FRIDAY WARM UPS 4:30 PM TIME / FINALS BEGIN 5:45PM
SATURDAY WARM UPS 8:30AM / FINALS BEGIN 9:45AM
SUNDAY WARM UPS 8:30AM / FINALS BEGIN 9:45AM
COACHES MEETING: FRIDAY AT 5:35 PM.

WARM-UPS: GUIDELINES WILL BE PUBLISHED IN COACH'S PACKET TO BE
PICKED UP AT CLERK OF COURSE UPON ARRIVAL.

HOSPITALITY: WILL PROVIDE SNACKS AND DRINKS FOR ALL SESSIONS.
VOLUNTEERS: ANY VOLUNTEER OFFICIALS AND/OR TIMERS WILL BE
GREATLY APPRECIATED.

MEET REFEREE: Bill Luse

MEET MARSHALL: Jeremy Huffman

SAFETY: THE NORTH CAROLINA SAFETY PROGRAM IS IN EFFECT FOR
THIS MEET. COACHES ARE ADVISED TO CLOSELY SUPERVISE THEIR
SWIMMERS AT ALL TIMES. NO HORSEPLAY WILL BE TOLERATED!
NO PARENTS WILL BE ALLOWED ON THE DECK. COACHES WILL NOT
BE ALLOWED BEHIND THE STARTING BLOCKS DURING
COMPETITION. ALL COACHES WILL BE REQUIRED TO DISPLAY CURRENT
COACH'S CREDENTIALS TO THE MEET MARSHALL TO REMAIN ON DECK.

Release Statement:

United States Swimming, Inc., North Carolina Swimming, University of North
Carolina Wilmington, Waves of Wilmington and other governing bodies of the
facilities shall be held harmless for any and all liabilities or claims for damages
arising by reason of injuries to anyone during the conduct of this meet.

ORDER OF EVENTS

FRIDAY SEPT. 28, 2007
WARM UP 4:30 PM START 5:45 PM

WOMEN

MEN

| | | |
|---|-----------------------|---|
| 1 | 50 FREE | 2 |
| 3 | 100 BREAST | 4 |
| 5 | 200 FREE | 6 |
| 7 | 400 INDIVIDUAL MEDLEY | 8 |

SATURDAY SEPT. 29, 2007
WARM UP 8:30AM / START 9:45AM

| | | |
|----|----------------|----|
| 9 | 100 FREE | 10 |
| 11 | 200 BREAST | 12 |
| 13 | 100 BUTTERFLY | 14 |
| 15 | 200 BACKSTROKE | 16 |
| 17 | 500 FREE | 18 |

SUNDAY SEPT 30, 2007
WARM UP 8:30AM/ START 9:45AM

| | | |
|----|-----------------------|----|
| 19 | 100 BACKSTROKE | 20 |
| 21 | 200 BUTTERFLY | 22 |
| 23 | 200 INDIVIDUAL MEDLEY | 24 |
| 25 | 1000 FREE | 26 |