



DUKE AQUATICS

TRICK OR TREAT INVITATIONAL



October 11th . 12th, 2014

Taishoff Aquatic Pavilion . 205 Aquatics Lane, Duke University
Durham, NC

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

Sanction #NC14146

MEET DIRECTOR	MEET ENTRY COORDINATOR
Sandy Falise sandy.falise@gmail.com	Sandy Falise 711 Hardscrabble Drive Hillsborough, NC 27278 dukeinvite@yahoo.com
MEET REFEREE	MEET MARSHALLS
David Rigsbee 919-698-6042 david@viper1.net	Tim Vann/Starr Husketh

FACILITY

The competition pool is an 8-lane, 25-yard course, with non-turbulent lane markers, a 4.5 ft depth at the starting end (7 ft in the middle) and deck-anchored starting blocks. The Colorado Timing System along with stop watches will be used. An 8-lane digital scoreboard will also be used. In addition, a warm-up/warm-down pool, adjacent to the competition pool, will be available for continuous warm-up/down. A spectator seating area is available. The competition course has not been certified in accordance with 104.2.2C(4). **THE Facility requires a signed waiver of liability for every swimmer entered in the meet. Waivers are required at check-in. Swimmers without waivers will not be allowed to participate.** Parking will be available for free in the Blue Zone Lot off Wannamaker Drive.

MEET FORMAT

This is a timed final 12 and Under Age Group, pre-seeded meet unless otherwise indicated. Breaks are noted in the Order of Events. Others may be added at the discretion of the Meet Referee.

Session	Day	Warm-up	Meet Start	Age Group Time Standards
1	Saturday	10:00 AM	10:45 AM	10&U BB+, 11-12 BB+
2	Saturday	Not Before 12:30 PM	45 Minutes After Warmups	10&U B/C, 11-12 B/C
3	Sunday	8:00 AM	8:45 AM	10&U BB+, 11-12 B/C, 11-12 BB+
4	Sunday	Not Before 12 Noon	45 Minutes After Warmups	8 & U, 9-10 B/C

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For
Wednesday, September 17	8:00 PM	Intention to Enter
Wednesday, October 1	6:00 PM	Entry Deadline
Saturday, October 11	9:30 AM	Coaches/General Meeting In Hospitality
All Sessions	30 Min. Prior	Official Briefings in Hospitality

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.

- FACILITY**
- No smoking is allowed inside the facility.
 - Swimmers and spectators must remain out of the recreation area.
 - Please observe all posted facility rules.
 - All persons on-deck or behind the blocks must be USAS certified coaches, officials, registered swimmers or meet volunteers.
 - All swimmers and coaches will be required to sign a waiver.
 - Glass Containers are not allowed on Deck

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. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly prohibited.

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. The time standards for each Age Group are shown in the Order of Events and in the Meet Format Summary.

SWIMMERS WITH DISABILITIES Duke Aquatics 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 Duke Aquatic’s ability to accommodate all requests.

**ENTRY
SUBMISSION**

Please submit entries using Hy-Tek Meet Manager compatible files. Email entries (dukeinvite@yahoo.com) will be accepted. Please submit a complete summary form electronically or as a paper copy. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline. **A swimmer’s age on the first day of the meet will determine their age for the entire meet.** Please list the swimmer’s age as of October 11, 2014. Only properly completed entries with payment will be accepted.

- (1) **Payment must accompany all entries.**
- (2) Deck entries will only be considered for swimmers who are already entered in the meet.
- (3) **There will be no deck registration available at this meet.**
- (4) All relay-only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge.
- (5) Please email Dukeinvite@yahoo.com indicating the approximate number of swimmers your team plans to bring to the meet by Wednesday, September 13th. **This information is for planning purposes only and does not indicate acceptance into the meet.**

Duke Aquatic’s entries will be entered first and then accept teams/entries in the order received, until the four/eight hour rule is reached. Entries received thereafter will be returned immediately.

ENTRY LIMITATIONS

Swimmers may swim a maximum of FOUR (4) individual events plus ONE (1) relay per day and a total of EIGHT (8) individual events and TWO (2) relays for the meet. Meet Management reserves the right to limit entries to comply with 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 the date and time listed in the Deadline and Meeting Summary. Late entries may be accepted at the discretion of the Meet Referee. If accepted, late entries will be charged double entry fees. Team entries may be limited at the discretion of the meet management in order to manage the timeline. Affected teams will be notified by telephone or e-mail, and entry fees will be refunded. These are the only fees that will be refunded.

ENTRY FEES

Make checks payable to: Duke Aquatics; All fees are non-refundable	
Individual Event	\$3.25 per Individual Event (NCS Registered Swimmers)
Individual Event	\$4.00 per Individual Event (outside – NCS-LSC Swimmers)
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 Listed Entry Fees
Mail Entries To: dukeinvite@yahoo.com	
Sandy Falise – 711 Hardscrabble Drive – Hillsborough, NC 27278	

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.
SCORING	This Meet will not be scored.
AWARDS	Individual Events: 1 st – 8 th place ribbons by age group Relays: 1 st – 3 rd place ribbons
RESULTS	Results will be available on Meet Mobile and posted on Duke Aquatic's website within 24 hours of the meets conclusion.
COACHES	All coaches on deck must be registered and certified with USA Swimming. Coaches must present a current USAS Membership card to the Clerk of Course to receive their entry package and shall prominently display their registration cards at all times while on deck. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. 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	<p>There will be a need for officials. Duke Aquatics 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 certification/registration. Officials shall prominently display their registration cards at all times while on deck. 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.</p> <p>Duke Aquatics welcomes volunteer timers from visiting teams. Please check in with the volunteer coordinator at the entrance to see if there are open lanes and to get a deck pass. Timers meetings will be held approximately 20 minutes prior to the start of each session.</p>
HOSPITALITY/ CONCESSIONS	There will be a hospitality area open to all coaches and officials and meet volunteers. No concessions will be available so parents should plan accordingly.
WARM-UP	In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. Lane assignments for warm-ups will be included in the coach's packet. Please begin warm-up procedures at the start end of the pool only. Dive Starts will not be allowed until the specific warm-up period is announced. Swimmers will enter the pool feet first except in lanes that are designated for one way race starts under the direct supervision of a USA Swimming certified coach. 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.

**TEAM
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. Duke Aquatics, Duke University and All Employees, And Representatives of these organizations, 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.

**FACILITY
PARTICIATION
AGREEMENT**

For a swimmer to enter this meet, Duke University and the Aquatics Facility are requiring the parent to sign a Participation Agreement. Coaches should turn in these forms when checking in for the Meet.

**DUKE AQUATICS TRICK OR TREAT INVITATIONAL
ORDER OF EVENTS**

Saturday, October 11, 2014 11-12 BB+ and 10&U BB+ Warm-ups at 10:00 AM. Meet Starts at 10:45AM		
Girls	Event	Boys
1	11-12 BB+ 200 Medley Relay	2
3	10&BB+ 200 Medley Relay	4
5 minute break		
5	11-12 BB+ 100 IM	6
7	10&U BB+ 100 IM	8
9	11-12 BB+100 Free	10
11	10&U BB+ 100 Free	12
13	11-12 BB+ 100 Breast	14
15	10&U BB+ 100 Breast	16
17	11-12 BB+ 100 Back	18
19	10&U BB+ 100 Back	20
21	11-12 BB+ 100 Fly	22
23	10&U BB+ 100 Fly	24

Saturday, October 11, 2014 11-12 B/C and 10&U B/C Warm-ups not before 12:30PM; meet starts 45 minutes after warm-ups start		
Girls	Event	Boys
25	11-12 B/C 200 Medley Relay	26
27	10&U B/C 200 Medley Relay	28
5 minute break		
29	11-12 B/C 100 IM	30
31	10&U B/C 100 IM	32
33	11-12 B/C 100 Free	34
35	10&U B/C 100 Free	36
37	11-12 B/C 100 Breast	38
39	10&U B/C 100 Breast	40
41	11-12 B/C 100 Back	42
43	10&U B/C 100 Back	44
45	11-12 B/C 100 Fly	46
47	10&U B/C 100 Fly	48

**DUKE AQUATICS TRICK OR TREAT INVITATIONAL
ORDER OF EVENTS**

Sunday, October 12, 2014 11-12 BB+, 11-12 B/C and 10&U BB+ Warm-ups at 8am. Meet Starts at 8:45am		
Girls	Event	Boys
49	11-12 BB+ 200 Free Relay	50
51	11-12 B/C 200 Free Relay	52
53	10&BB+ 200 Free Relay	54
5 minute break		
55	11-12 BB+ 200 IM	56
57	11-12 B/C 200 IM	58
59	10&U BB+ 200 IM	60
61	11-12 BB+ 50 Free	62
63	11-12 B/C 50 Free	64
65	10&U BB+ 50 Free	66
67	11-12 BB+ 50 Breast	68
69	11-12 B/C 50 Breast	70
71	10&U BB+ 50 Breast	72
73	11-12 BB+ 50 Back	74
75	11-12 B/C 50 Back	76
77	10&U BB+ 50 Back	78
79	11-12 BB+ 50 Fly	80
81	11-12 B/C 50 Fly	82
83	10&U BB+ 50 Fly	84
85	11-12 BB+ 200 Free	86
87	11-12 B/C 200 Free	88
89	10&U BB+ 200 Free	90

Sunday, October 12, 2014 9-10 B/C and 8&U Warm-ups not before 12 Noon; meet starts 45 minutes after warm-ups		
Girls	Event	Boys
91	10&U B/C 200 Free Relay	92
93	8&U B/C 200 Free Relay	94
5 minute break		
95	9-10 B/C 200 IM	96
97	8&U 100 IM	98
99	10&U B/C 50 Free	100
101	8&U 25 Free	102
103	10&U B/C 50 Breast	104
105	8&U 25 Breast	106
107	10&U B/C 50 Back	108
109	8&U 25 Back	110
111	10&U B/C 50 Fly	112
113	8&U 25 Fly	114
115	9-10 200 Free	116

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Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to:

Sandy Falise - 711 Hardscrabble Drive - Hillsborough, NC 27278

dukeinvite@yahoo.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

MEET FEES	NCS TRAVEL FUND \$3 PER SWIMMER	FACILITY SURCHARGE \$10 PER SWIMMER		INDIVIDUAL ENTRIES \$3.25 NC \$4.00 Out of State		RELAY FEE \$8 PER RELAY
TOTAL # SWIMMERS			TOTAL INDIVIDUAL ENTRIES		TOTAL # RELAYS	
ENTRY FEES DUE	\$	\$		\$		\$
			TOTAL ENTRY FEES DUE "Duke Aquatics"			\$

Please make checks payable to "Duke Aquatics."

Waiver, Acknowledgement and Liability Release: I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Duke Aquatics, Duke University, 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. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my 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.

SIGNATURE (Head Coach)

CLUB

TITLE

DATE

DUKE UNIVERSITY PARTICIPATION AGREEMENT

Duke Aquatics Recreation Programs, Trainings & Facility Use

PLEASE READ THIS AGREEMENT CAREFULLY. IT IS A LEGAL CONTRACT AND AFFECTS ANY RIGHTS YOU OR YOUR CHILD/WARD MAY HAVE IF HE/SHE IS INJURED OR OTHERWISE SUFFERS DAMAGES WHILE PARTICIPATING IN Duke Recreation and Physical Education Aquatics Programs, Facility Use and/or Trainings (Trick or Treat Meet). Be aware that by registering yourself or your child/ward (Participant) and by participating in this Activity, you and the Participant will be waiving all claims for injuries the Participant might sustain arising out of the participation in this Activity. Such risks include but are not limited to falling on the deck, falling off the starting blocks, slipping on wet surfaces, contact with lane lines or other participants, hurting one's self while diving in from the blocks, and drowning. In consideration of the Participant being permitted to take part in this Activity, I/we confirm by the signing the signature line below that I/We understand and agree to the following:

1. Assumption of Risks of Activity Participation: I/We understand that participation in the Activity is entirely voluntary and that Duke University makes no representation about the safety or security of the location of the Activity or the modes of travel in connection with the Activity, if any. I/We understand that risks are inherent in participating in this Activity and that these risks could result in property damage and/or bodily injury to the Participant. I/We agree to accept and assume, knowingly and voluntarily, all risks associated with the Activity whether present or future, known or unknown, arising from or as a result of the Participant's voluntary participation in the Activity. I/We have discussed the risks associated with the Participant's participation in the Activity as reflected by the signature below. I/We hereby elect to participate in the Activity.

2. Release and Waiver of Liability: In return for Duke University permitting the Participant to register and participate in the Activity and having read and understood this Participation Agreement, I/We hereby voluntarily agree to the following:

A. I/WE RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE Duke University, its affiliates, trustees, officers, employees or agents, (hereinafter referred to as RELEASEES) for any liability, claim, and/or cause of action arising out of or related to any loss, damage, injury or harm of any sort, including death, that may be sustained by the Participant, and for damage to any property belonging to the Participant, that occurs as a result of traveling to or from any site in connection with the Activity, or as a result of the Participant's participation in the Activity. It is My/Our intent and agreement that the terms of this Section 2 shall bind any person asserting rights on our behalf, or otherwise asserting claims by or through Myself/Us, including my spouse, family members, heirs, assigns and personal representatives.

B. I/We further agree that this Participation Agreement, including this Section 2 shall be construed in accordance with the laws of the state of North Carolina. Further, the release, waiver, discharge and covenant not to sue as expressed in this Section 2 is given pursuant to the Uniform Contribution Among Tortfeasors Act, North Carolina General Statutes Section 1B et seq. It is My/Our intention not only to release any and all claims against RELEASEES, but also to relieve RELEASEES from any liability to make contribution to other tortfeasors on account of any claims.

C. In signing this Waiver and Release, I/We acknowledge and represent that I/we have been informed fully of the contents of this Waiver and Release of liability and hold harmless agreement by reading it before I/We sign it, and that I/we have reviewed it and the Participant understands what it means and that I/We sign this document freely. I/We further state that there are no health-related reasons or problems which preclude or restrict the Participant's participation in this Activity. [NOTE: Participant and the Participant's Parent/Guardian agree that this Participation Agreement may be executed in counterparts (i.e., each required signature may appear on separate printed copies of the Participation Agreement), and that such counterpart versions each shall be deemed an original and together shall constitute one and the same document for legal purposes.]

I am the Participant or the parent or guardian of the Participant. I have reviewed this Participation Agreement and the description of the Activity, have understood it, and concur with the Participant's participation in the Activity under the terms of this Participation Agreement.

Rules of the Pool I/We understand and will abide by all pool rules and obey the lifeguards and all Aquatics Staff Personnel. **Specifically:** I/We will not consume alcohol on the premise, nor will I arrive and participate under the influence of any substance.

I/We will practice good discipline

I/We will not bring glass on deck.

I/We may be asked to perform a swim test at the discretion of the Duke staff.

I/we will shower before entering the pool. I/we will not swim when no lifeguard is on duty, namely after hours..

Children under the age of 15 must be accompanied by an adult while in the facility.

I/we will not use profane language.

I/we will not use any device which causes amplified sound which might distract swimmers and coaches.

I/we understand the pool will close for chemical imbalance.

I/we understand that pets are not allowed.

I/we will not bring strollers on deck.

I/we will not engage in roughhousing.

I/we will respect the use of the locker room facilities.

I/we will use the buddy system while swimming.

Each child will need a signed Participation Waiver in order to participate in the events.

A roster must be submitted with a participation waiver for every name listed (including coaches and staff)

I/we will not loiter in nor use the equipment within the Wilson Recreation Center.

I/we understand we will be asked to leave the area and return to the spectator area.

I/we understand that we will use the Cardio Fitness Area as an egress to the restrooms and/or Quenchers only.

I/we understand that the Hall of Fame area is an area for socialization and reprieve from the spectators seating area.

I am the Participant or the parent or guardian of the Participant. I have reviewed this Participation Agreement and the description of the Activity, have understood it, and concur with the Participant's participation in the Activity under the terms of this Participation Agreement. In consideration of the Participant being permitted to take part in this Activity, I/we confirm by the signing the signature line below that I/We understand and agree to the aforementioned statements.

Child's Name: _____

Parent/Guardian Signature: _____ Date: _____

List any allergies and/or life-threatening illnesses: _____

Emergency Contact (list relation): _____