



6th Annual Ryan Alea Young Invitational
November 8-9, 2014
Hickory Foundation YMCA
701 First Street NW, Hickory, NC 28601

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC14171

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| MEET DIRECTOR | MEET ENTRY COORDINATOR |
| Jon Jolley 828-381-8806 jtjolley@twave.net | Jon Jolley 701 First Street NW Hickory, NC 28601 828-381-8806 jtjolley@twave.net |
| MEET REFEREE | MEET MARSHALL |
| Bob Probst bobprobst223@gmail.com | Hickory Foundation YMCA Lifeguards |

FACILITY 25 yard, 8 lane pool (lanes are 7 feet wide), water depth from 3 ½ feet to 8 feet, with non-turbulent lane markers and KDI Paragon starting blocks. Colorado 6000 timing system will be used. Spectators are encouraged to bring their own chairs. **The competition course has not been certified in accordance with 104.2.2C(4).**

MEET FORMAT 12 & Under BB+/B/C Invitational.

PLEASE NOTE THAT THE 11-12 B/C SWIMMERS COMPETE IN THE MORNING SESSIONS. All individual events will be pre-seeded with the exception of the 500 Freestyle. A positive check-in will be required for this event. Failure to check-in will be considered a scratch. 10 & under swimmers must have a "BB" time in the 200 freestyle to be entered in the 500 free.

| Session | Day | Warm-up | Meet Start | Age Group |
|---------|----------|----------|------------|-------------------|
| 1 | Saturday | 7:30 AM | 8:30 AM | BB+ and 11-12 B/C |
| 2 | Saturday | 12:30 PM | 1:30 PM | 10&U B/C |
| 3 | Sunday | 7:30 AM | 8:30 AM | BB+ and 11-12 B/C |
| 4 | Sunday | 12:30 PM | 1:30 PM | 10&U B/C |

DEADLINE AND MEETING SUMMARY:

| Day, Date | Time | For: |
|--|----------|---------------------------------------|
| Wednesday, Oct 29 th , 2014 | 11:59 PM | Entry deadline |
| Saturday, Nov 8 th , 2014 | 7:15 AM | Coaches Meeting |
| Saturday, Nov 8 th , 2014 | 7:30 AM | Officials Meeting |
| Saturday, Nov 8 th , 2014 | 8:00 AM | Positive check in for 12 & U 500 Free |
| Saturday, Nov 8 th , 2014 | 12:30 PM | Officials Meeting |
| Sunday, Nov 9 th , 2014 | 7:30 AM | Officials Meeting |
| Sunday, Nov 9 th , 2014 | 12:30 PM | Officials Meeting |

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. 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 discouraged.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline. There will be no on deck registration available at this meet.

SWIMMERS WITH DISABILITIES

YSST 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 YSST'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 start of the meet. List swimmer's age as of November 8, 2014. YSST entries will be entered first and then accept teams/entries in the order received, until the four hour rule is reached. Meet Management reserves the right to limit the number of participants in the meet.

ENTRY LIMITATIONS Swimmers may swim a maximum of 4 individual events plus 1 relay per day and a total of 8 individual events and 2 relays for the meet.

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, October 29th, 2014 by 11:59 pm. Late entries may be accepted at the discretion of the Meet Director.**

ENTRY FEES

| | |
|--------------------|---|
| Individual Event | \$3.00 per event |
| Relays | \$8.00 per relay |
| NCS Travel Fund | \$3.00 per swimmer, including relay only swimmers |
| Facility Surcharge | \$10.00 per swimmer |
| Late Entry Fee | \$6.00 per individual event and \$16.00 per relay |

Please make checks payable to YSST

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. Meet management reserves the right to combine heats (men & women).

CHECK-IN All individual events will be pre-seeded with the exception of the 500 freestyle. A positive check-in will be required for this event. Failure to check in will be considered a scratch.

SCRATCHES There will be no penalty for scratching pre-seeded events at the block. The NCS Scratch Rule is in effect for this meet. Failure to compete in a positive check in event will result in the swimmer being barred from the next individual event they are entered in.

SCORING No team or individual scoring will be kept.

AWARDS Ribbons will be awarded to the top 8 finishers in all individual events, and the top 3 finishers in all relay events.

RESULTS Results will be posted at www.swimysst.org 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 certification/registration and shall prominently display their registration cards at all times while on deck. There will be a coach/general meeting on Saturday, November 8th, 2014 at 7:15 am. Other meetings may be held at the meet referee's discretion. Coaches are accountable for the information presented. Accordingly, please make sure there is at least one representative from your club in attendance.

**OFFICIALS/TIMERS/
VOLUNTEERS**

There will be a need for officials. YSST 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 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. Concessions and lunches will be available at the help desk at the pool entrance.

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. There is to be no diving or horseplay in this area.

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. YSST, YMCA of Catawba Valley, 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 Morning Session
Warm-up: 7:30 AM Meet Start: 8:30 AM

| Girls/Women | Event | Boys/Men |
|-------------|-----------------------------|----------|
| 1 | 12 & U 200 Free Relay (BB+) | 2 |
| 3 | 10 & Under 200 Free Relay | 4 |
| 5 | 11-12 200 Free Relay (B/C) | 6 |
| 7 | 11-12 200 IM (BB+) | 8 |
| 9 | 10 & U 200 IM | 10 |
| 11 | 11-12 100 IM (B/C) | 12 |
| 13 | 11-12 100 Free (BB+) | 14 |
| 15 | 10 & U 100 Free | 16 |
| 17 | 11-12 100 Back (B/C) | 18 |
| 19 | 11-12 50 Back (BB+) | 20 |
| 21 | 10 & U 50 Back | 22 |
| 23 | 11-12 50 Breast (B/C) | 24 |
| 25 | 11-12 100 Breast (BB+) | 26 |
| 27 | 10 & U 100 Breast | 28 |
| 29 | 11-12 50 Fly (B/C) | 30 |
| 31 | 11-12 50 Fly (BB+) | 32 |
| 33 | 10 & U 50 Fly | 34 |
| 35 | 11-12 200 Free (B/C) | 36 |
| 37 | 12 & U 500 Free (BB+) | 38 |

Saturday Afternoon Session
Warm-up: 12:30 PM Meet Start: 1:30 PM

| Girls/Women | Event | Boys/Men |
|-------------|----------------------------|----------|
| 39 | 10 & U 200 Free Relay | 40 |
| 41 | 8 & U 100 Free Relay | 42 |
| 43 | 10 & U 100 Free | 44 |
| 45 | 8 & U 50 Free | 46 |
| 47 | 10 & U 50 Fly | 48 |
| 49 | 8 & U 25 Fly | 50 |
| 51 | 10 & U 100 IM | 52 |
| 53 | 8 & U 50 Back | 54 |
| 55 | 10 & U 100 Back | 56 |
| 57 | 8 & U 25 Breast | 58 |
| 59 | 10 & U 50 Breast | 60 |
| | **10 Minute Break** | |
| 61 | 10 & U 200 Free | 62 |

Sunday Morning Session
Warm-up: 7:30 AM Meet Start: 8:30 AM

| Girls/Women | Event | Boys/Men |
|--------------------|-------------------------------|-----------------|
| 63 | 11-12 200 Medley Relay (B/C) | 64 |
| 65 | 12 & U 200 Medley Relay (BB+) | 66 |
| 67 | 10 & U 200 Medley Relay | 68 |
| 69 | 11-12 100 Free (B/C) | 70 |
| 71 | 11-12 200 Free (BB+) | 72 |
| 73 | 10 & U 200 Free | 74 |
| 75 | 11-12 50 Back (B/C) | 76 |
| 77 | 11-12 100 Back (BB+) | 78 |
| 79 | 10 & U 100 Back | 80 |
| 81 | 11-12 100 Breast (B/C) | 82 |
| 83 | 11-12 50 Breast (BB+) | 84 |
| 85 | 10 & U 50 Breast | 86 |
| 87 | 11-12 100 Fly (B/C) | 88 |
| 89 | 11-12 100 Fly (BB+) | 90 |
| 91 | 10 & U 100 Fly | 92 |
| 93 | 11-12 50 Free (B/C) | 94 |
| 95 | 11-12 50 Free (BB+) | 96 |
| 97 | 10 & U 50 Free | 98 |
| 99 | 11-12 200 IM (B/C) | 100 |
| 101 | 11-12 100 IM (BB+) | 102 |
| 103 | 10 & U 100 IM | 104 |

Sunday Afternoon Session
Warm-up: 12:30 PM Meet Start: 1:30 PM

| Girls/Women | Event | Boys/Men |
|--------------------|-------------------------|-----------------|
| 105 | 10 & U 200 Medley Relay | 106 |
| 107 | 8 & U 100 Medley Relay | 108 |
| 109 | 10 & U 200 IM | 110 |
| 111 | 8 & U 25 Free | 112 |
| 113 | 10 & U 50 Free | 114 |
| 115 | 8 & U 50 Breast | 116 |
| 117 | 10 & U 100 Breast | 118 |
| 119 | 8 & U 25 Back | 120 |
| 121 | 10 & U 50 Back | 122 |
| 123 | 8 & U 50 Fly | 124 |
| 125 | 10 & U 100 Fly | 126 |