



# North Carolina Swimming Senior Long Course Championships

July 24-27, 2008



- SANCTION:** Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. Sanction #NC08083; Time Trial Sanction #NC08083TT
- HOST:** North Carolina Aquatic Club and the University of North Carolina
- LOCATION:** Koury Natatorium at The University of North Carolina-Chapel Hill. See [www.ncacswim.org](http://www.ncacswim.org) for directions to the pool.
- FACILITY:** Koury Natatorium features an 8-lane 50 meter pool with non-turbulent lane lines. Colorado electronic timing system with an 8 lane scoreboard will be used. Pool depth ranges from 7 to 14 ft, with starting blocks at both ends. Koury Natatorium was the site of the 1992 Spring Masters Nationals, the 1989 short-course USS Nationals and the 1987 Olympic Festival. Spectator seating is available in the balcony area. Wireless internet is available in the spectator seating area and live results will be posted at [www.ncacswim.org](http://www.ncacswim.org). **NO SPECTATORS ARE PERMITTED ON THE POOL DECK.** No smoking inside the building!!!
- CLASSIFICATION:** Senior Prelims and Finals Championship meet with qualifying time standards as listed on the order of events.
- ELIGIBILITY:** Any NCS-registered swimmer is eligible to compete. Each swimmer must have achieved the cut time as indicated on the order of events for each event they wish to swim. Bonus swims will be allowed as indicated herein.
- SPONSORS:** To be determined
- SCHEDULE:**
- |   |                |
|---|----------------|
| Warm-ups:                                   |                |
| Thursday –                                  | 4:45 – 5:45 PM |
| Friday, Saturday & Sunday Preliminaries –   | 7:30 – 8:50 AM |
| Friday and Saturday Finals –                | 4:30 – 5:50 PM |
| Sunday Finals –                             | 4:00 – 5:20 PM |
| Meet:                                       |                |
| Thursday – Timed Finals –                   | 6:00 PM        |
| Friday, Saturday and Sunday Preliminaries – | 9:00 AM        |
| Friday and Saturday Finals –                | 6:00 PM        |
| Sunday Finals –                             | 5:30 PM        |
- RULES:** This meet will be conducted in accordance with the current USA Swimming Code, NCS Official Handbook and the NCS Safety Program. The North Carolina Scratch Rule shall be in effect.

There is no penalty for a No Show in preliminaries, but it does count as a swim. A swimmer wishing to scratch from preliminaries to allow a time trial event, must scratch from preliminaries with the Admin Referee by the beginning of Finals the previous day.

- FORMAT:** This meet is a Senior Championship meet. Except for the relay events and the 800 and 1500 Free, all events will be conducted on a preliminary and finals basis. During each finals session, there will be C, B, and A (bonus, consolation and championship) final heats. The order of final heats shall be B, A, and C. Awards for the top three finishers from the A final will be given immediately after the A final. Alternates should be ready to swim and standing by the starter. In Sunday's finals, the Men's 200 Back will immediately follow the Women's 1500 Free and precede the Women's 200 Back in order to alternate women's and men's events throughout the evening's program.
- Meet management reserves the right to combine preliminary heats (men and women) in these events whenever prudent.
- READY ROOM:** The top eight qualifiers for the A final should report to the ready room to be marched out to the blocks prior to the event.
- ELIGIBILITY AND TECHNICAL JURY:** A meet committee will be formed consisting of two coaches and two swimmers selected at random, plus the Meet Referee or his designee.
- ENTRIES/PROOF OF TIME:** The OME system will be used for all entry times. If a custom time is used, proof must be submitted to the Meet Entry Chairperson by the beginning of warm-ups on the first day of the meet or the entry will be scratched. Proof of time consists of a copy of the final meet results proving the entry time from a USA sanctioned or observed meet, including sanction numbers, date and location. Hy-Tek Team Manager results will not be accepted as proof. Prior to the deadline, proof of time may be faxed to (919) 962-1603. Each fax will be followed by e-mail confirmation for receipt of proof. Questions or problems with OME should be directed to USA Swimming, Susan Woessner [swoessner@usaswimming.org](mailto:swoessner@usaswimming.org).
- LATE ENTRIES:** Fees – Any team that is allowed to enter past the deadline will pay double entry fees. Deck seeded events will be allowed only if there is lane space available. No events will be reseeded for the addition made.. Additions to the meet will only be allowed by a committee consisting of the Senior Coach Representative, the Technical Planning Chair and the Meet Referee, or their designees. (*No deck registration*)
- QUALIFYING PERIOD:** There is no qualifying period required. Any swimmer who has a provable time and meets the entry qualification time will be allowed to swim.
- ENTRY LIMIT:** Swimmers may enter a maximum of **three** events per day with a total of no more than **8** events for the meet. A swimmer may not swim in more than 3 relay events. Each club may enter up to four relay teams in the 400 Free and 400 Medley Relay events (according to the allowable number from the relay section below). In the 800 Free Relay, the limit is two relay teams per club.
- BONUS EVENTS:** Bonus events will be offered for swimmers qualifying for the meet. For each event qualified, 1 bonus event can be entered up the daily (3) and the meet maximum (8).
- RELAYS:** Relay entries for the 400 free relay and the 400 medley relay are determined by the number of swimmers from that team who are entered in individual events as follows:
- |                                       |                         |
|---------------------------------------|-------------------------|
| 1 – 4 individual event swimmers:      | Maximum of one relay    |
| 5 – 8 individual event swimmers:      | Maximum of two relays   |
| 9 – 12 individual event swimmers:     | Maximum of three relays |
| 13 or more individual event swimmers: | Maximum of four relays  |
- Swimmers designated as 'relay only' in the OME may **ONLY** swim relays. All relay swimmers, including alternates, must be listed on the Meet Entry Form and must pay the \$2.00 NCS surcharge.

Any relay that does not have at least one swimmer in an individual event will be disqualified.

The input times for all relays must be comprised from swimmers in the meet by using the aggregate of OME times for four swimmers. All relay events will be swum as timed final events with the fastest 2 heats of women, swum slowest to fastest, followed by the fastest 2 heats of men, swum slowest to fastest. The fastest two heats of women and men will be swum during the evening finals session. All remaining heats will be swum at the conclusion of the prelim session on Saturday (400 free relay) and immediately before the 1500 on Sunday during the prelim session (400 Medley). Teams have a choice of AM or PM relays on Sunday with the fastest two heats according to preference swimming in the evening finals session. All relays during the prelim session will be swum slow to fast, women first, then men.

There will be a 10 minute break prior to the start of relay events. Each team may enter an 'A' and 'B' relay for the 800 Free Relay, which will be contested on Thursday.

**SEEDING:**

*400 IM AND 400 FREE*

The 400 IM and the 400 Free will be swum as a prelim/final event. Both events will be swum fastest 4 heats of women, slowest to fastest, then the fastest 4 heats of men swum slowest to fastest and then any remaining heats fastest to slowest, alternating women and men. Meet management will ensure a minimum 15minute break for participants, both women and men, in the previous event and the start of the 400 IM and/or the 400 Free.

*800 AND 1500 FREE*

The 800 and 1500 Free is swum as a timed final event. All heats of the 800 will be swum alternating women and men, fast to slow. The fastest heat of men's and women's 1500 will be swum during the finals session on Sunday. All other heats will be swum at the conclusion of prelims, alternating women and men, fast to slow. Swimmers must provide their own lap counter for the 800 and 1500 free.

**SCRATCHES:**

The North Carolina scratch rule will be in effect. All scratches must be made with the admin referee.

**PARKING:**

Parking will be available in the lot behind the Koury Natatorium and in the adjacent lots next to the Williams Athletic Center. See [www.ncacswim.org](http://www.ncacswim.org) prior to the meet for a parking map

**HOSPITALITY:**

Drinks, snacks and lunch will be provided to coaches, officials and meet workers.  
**ABSOLUTELY NO GLASS BOTTLES ON POOL DECK**

**MEET DIRECTORS:**

Ryan Woodruff and Sean Quinn

**MEET REFEREE:**

Wayne Shulby, wayne.a.shulby@gsk.com, 919.360.0507

**MEET MARSHAL:**

Griff Helfrich

**REGISTRATION:**

USA Swimming Registration is required of all swimmers and will be verified. On deck swimming registration WILL NOT BE PERMITTED.

**ENTRY DEADLINE:**

All entries must be submitted by Wednesday, July 16, 2008. All entries for this meet will be processed through OME on [www.usaswimming.org](http://www.usaswimming.org).  
-**OME OPENS:** 12:00 AM EDT – Monday, June 30, 2008  
-**OME CLOSES:** 11:59 PM EDT – Wednesday, July 16, 2008 (Entry Deadline)  
-**New entries will be accepted until 10:00pm, Monday, July 21, 2008 from meets swum prior to Senior Champs but after the entry deadline. These entries will not be considered late.**  
-**Entries after the close of OME must be made by email to the Meet Director, Ryan Woodruff, [ncacheadcoach@gmail.com](mailto:ncacheadcoach@gmail.com), (919) 943-6420.**

-Through OME, registrants will be able to close out their entries and pay via check rather than online with a credit card. If using this option, entry checks must be received by the entry deadline.

**-OME HELP:**

Susan Woessner

USA Swimming

Phone: (719) 866-3589

Email: [swoessner@usaswimming.org](mailto:swoessner@usaswimming.org)

**ENTRY FEES:**

- \$4.00 per event
- \$8.00 per relay event
- \$2.00 per swimmer NCS Travel Fund
- \$15.00 per swimmer Facility Use Surcharge ("relay-only" swimmers are exempt from this fee)

All fees are non-refundable, except if entry is rejected for non-compliance.

**AWARDS:**

- Individual events: 1<sup>st</sup> – 3<sup>rd</sup> place medals, 4<sup>th</sup> – 8<sup>th</sup> place ribbons
- Relays: 1<sup>st</sup> place medals
- Team Place Awards – 1<sup>st</sup> – 6<sup>th</sup> place
- High Point Awards: Top scoring NCS-registered male and female.

Following the conclusion of each individual A Final Heat (Championship Final), there will be an immediate awards ceremony to present the top 3 finishers' awards.

**SCORING:**

- Individual events: 20-17-16-15-14-13-12-11- 9-7-6-5-4-3-2-1
- Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Team scores and individual high point scores will be published in the heat sheet at each finals session. Only two relays per gender can score for each team.

**TIME TRIALS:**

Time trials will be available to any swimmer entered in the meet provided they have the Senior Champ standard in the event they are going to time trial. Entry fees for time trials will be \$10.00. Time trials count towards a swimmer's individual event total for each day, but not the meet total. Time trial event order will coincide with event length. All 50s first, 100s second, etc. Backstroke events cannot be combined with forward starting events. Time trials will be offered after Prelims and after Finals. Entry deadline for Time Trials shall be one hour after the beginning of the session. Time trials will begin 15 minutes after the conclusion of all prelim races, including relays and swim-offs.

**WARM-UPS:**

General warm-up all lanes till the last 20 minutes of warm-ups. There will be no diving until then.

LAST 20 MINUTES: Specific warm-up.

- Lanes 1 & 8 – Pace 50s from a push off.
- Lanes 2 & 7 – Dive start splits. Lane 2 start from shallow end; Lane 7 from the deep end of the pool.
- Lanes 3 – 6 – General warm-up only. No Diving.
- Absolutely NO swimming under bulkheads!!!

**COACHES:**

There will be a coaches' meeting at 5:45PM Thursday evening and at other times announced by the Meet Referee.

All coaches on deck must wear their current USA swimming membership card in a visible place. Coaches failing to do so could be barred from the deck. Coaches will need to show their credentials when checking in.

**TIMERS:**

Each team attending that has more than ten swimmers entered in the meet will be required to provide timers for each prelim session. Coaches will be emailed the number of timers needed no later than Monday of the week of the meet. This is a North Carolina Swimming Championship meet, thus requiring help from all teams attending. The host team will provide all timers for each evening's finals session

**OFFICIALS:**

We welcome all certified officials on deck. Please indicate officials on the entry summary form who may be able to help. Please include name, phone number, e-mail (if available), certification level, and sessions available.

Application as an Officials Qualifying Meet (OQM) [N2 All positions/N3-S&T] has been requested. Officials wishing to be evaluated, please email a completed evaluation request form ([click here](#)) to the Meet Referee, [Wayne Shulby](#). Evaluation requirements are found at [USA Swimming](#).

N3 evaluations require observation over 4 sessions in the position. N2 Evaluations require observation over 3 sessions in the position. Recertification evaluations require observation over two sessions, however, you must work at least 4 sessions at the meet for the evaluation(s) to be valid

**SAFETY:**

The North Carolina safety program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No parents will be allowed on deck. Coaches will not be allowed behind the starting blocks during competition.

**RELEASE:**

*USA Swimming, Inc., North Carolina Swimming, Inc., and the 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 meet.*



# North Carolina Swimming Senior Long Course Championships July 24-27, 2008



## Order of Events

15 minute warm-up breaks will be provided during the meet if a separate warm-up pool is not available. These breaks are indicated on the order of events by an \*.

Thursday, July 24 Timed Finals start at 6 PM

Women	SCY	LCM	Event	LCM	SCY	Men
1	11:25.99	10:15.19	800 M Freestyle	9:39.39	10:44.19	2
3	NQT	NQT	800 M Freestyle Relay	NQT	NQT	4

Friday, July 25 Prelims start at 9 AM, Finals start at 6 PM

5	2:05.19	2:21.79	200 M Freestyle*	2:10.99	1:54.09	6
7	1:13.19	1:24.09	100 M Breaststroke	1:17.19	1:06.29	8
9	1:04.09	1:12.69	100 M Butterfly*	1:06.19	57.99	10
11	5:00.99	5:41.69	400 M IM	5:16.19	4:37.09	12

Saturday, July 26 Prelims start at 9 AM, Finals start at 6 PM

13	2:20.49	2:37.79	200 M Butterfly	2:25.89	2:08.79	4
15	26.59	30.49	50 M Freestyle*	27.69	23.99	16
17	2:37.79	3:00.59	200 M Breaststroke	2:46.99	2:23.89	18
19	1:04.89	1:14.99	100 M Backstroke*	1:08.69	58.79	20
21	5:32.99*	4:58.39	400 M Freestyle	4:39.99	5:10.59	22
23	NQT	NQT	400 M Free Relay	NQT	NQT	24

Sunday, July 27 Prelims start at 9 AM, Finals start at 5:30 PM

25	57.99	1:05.99	100 M Freestyle	1:00.29	51.99	26
27	19:08.99	19:37.19	1500 M Freestyle			
29	2:19.79	2:40.29	200 M Backstroke*	2:27.89	2:07.09	28
			1500 M Freestyle	18:34.49	18:00.99	30
31	2:21.59	2:40.49	200 M IM*	2:28.69	2:08.29	32
33	NQT	NQT	400 m Medley Relay	NQT	NQT	34

# NORTH CAROLINA SWIMMING LONG COURSE SENIOR CHAMPIONSHIPS

## Entry Fee Summary Report

Official Entry Information:

Club Name \_\_\_\_\_ Club Code \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State NC Zip \_\_\_\_\_

Head Coach \_\_\_\_\_ Home Phone \_\_\_\_\_

Email Address \_\_\_\_\_ Work Phone \_\_\_\_\_

Assistant Coach \_\_\_\_\_

All coaches identified above are currently registered as coaches with USA Swimming, Inc. and are responsible for the swimmers entered in this meet entry during the conduct of the event July 24-27, 2008

Signature \_\_\_\_\_

Date \_\_\_\_\_

### Release Statement

USA Swimming, Inc., North Carolina Swimming, North Carolina Aquatic Club, the University of North Carolina 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.

Signature \_\_\_\_\_

Date \_\_\_\_\_

<b># of Individual Entries</b>		<b>X \$4.00 each entry</b>	<b>\$</b>
<b># of Relay Team Entries</b>		<b>X \$8.00 each relay entered</b>	<b>\$</b>
<b>NCS Travel Fund (Total swimmers)</b>		<b>X \$2.00 each swimmer</b>	<b>\$</b>
<b>Facility Charge (Total swimmers-Relay Only swimmers)</b>		<b>X \$15.00 each swimmer</b>	<b>\$</b>
<b>TOTALS</b>			<b>\$</b>