



Friday Night at the Races

Hosted by STAR Aquatics

April 15, 2016

The Greensboro Aquatic Center

1921 West Lee Street, Greensboro, NC 27403

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

Sanction Number NC16086

| MEET DIRECTOR | MEET ENTRY COORDINATOR ADMINISTRATIVE OFFICIAL |
|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| Jay Dodson (336) 337-0169 jay@staraquatics.net | Beth Williams (336) 325-7226 bwilliams@loweandwilliams.com |
| MEET REFEREE | MEET MARSHAL |
| Jay Williams (336) 325-0925 jwilliams@loweandwilliams.com | Kelly O’Gara |

FACILITY

The Greensboro Aquatics Center is a 50 meter pool which can be broken into two short course venues with a separate diving well. This competition will use an 8 lane long course competition venue with continuous warm-up and cool down lanes available throughout the meet. The pool depth is 9’-10’ at the start and turn ends and 4” lane lines will be used to reduce turbulence. The lane width is 7’. A Colorado Timing System 6 with a Daktronics Pro-Star LED Video Scoreboard Display will display results simultaneously. Starting platforms are Colorado Competition deck anchored platforms. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

No outside Food or Drink will be permitted. There is a spectator seating area with a capacity of 1850 persons. Spectators are not allowed on the deck at any time. The 650 bleacher seats on deck are reserved for swimmers only.
No chairs are permitted in the stands or on deck.

VENUE SHOPS

Food and drink may be purchased from various Food Carts located throughout the venue.

PARKING

Parking will be \$5.00 per day with re-entry allowed. Parking for Coaches and Officials will be provided.

MEET FORMAT

Long Course Open timed finals events. There are no relays. Entries may be limited to stay within allotted timeline.

SCHEDULE

- Officials’ Meeting will be 45 minutes prior to meet start

| Friday April 15, 2016 Evening Timed Finals | Time |
|---------------------------------------------------|----------------|
| General Coaches’ Meeting | 4:15 pm |
| Warm-up | 4:30 pm |
| Meet Start- | 5:30 pm |

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.

Swimmers may be dropped off only in designated safe areas.

Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms.

Anyone failing to comply with a safety request may forfeit his or her privilege to participate.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

Deck changes are prohibited.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time. All persons on-deck or behind the blocks must be USAS certified coaches, officials, registered swimmers, or meet volunteers.

RACING STARTS

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, 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.

The referee and meet management reserve the right to combine heats and/or events.

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.**

SWIMMERS WITH DISABILITIES

Star 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 Star Aquatics' ability to accommodate all requests.

ENTRIES

Please email entries to entries@staraquatics.net using Hy-Tek Team Manager for entries. List all swimmers' ages as of **April 15, 2016**. **Submit entries with the best Short Course Yards times.** This will allow more accurate seeding. Entries may be sent via email and must include the following:

- 1) A Hy-Tek compatible entry file
- 2) Team entry report
- 3) Financial report
- 4) A list of Coaches attending the meet.

Teams/entries will be accepted in the order they are received, until the four-hour timeline is reached. Entries received after the timeline is reached will be returned. **If you plan to attend this meet, please notify Beth Williams (bwilliams@loweandwilliams.com) with your intent and approximate number of swimmers as soon as possible.**

ENTRY LIMITATIONS

A swimmer may enter a maximum of four (4) individual events for the meet. Meet Management reserves the right to limit and/or eliminate events/heats to allow the meet to run in the allotted time.

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINE

The Meet Entry Coordinator must receive entries by **10:00 pm Tuesday, April 5, 2016**. Late entries may be accepted at the discretion of the Meet Director and Meet Referee. There may be on-deck entries, but only in open lanes and at the discretion of the Meet Director and Meet Referee. **Double fees will apply to all late entries and must be paid before entry can be processed on deck.**

ENTRY FEES

| | |
|----------------------------------------------------------------------------|----------------------------|
| Make checks payable to: Star Aquatics. All fees are non-refundable. | |
| Individual Event | \$2.00 per event |
| NCS Travel Fund | \$3.00 per swimmer |
| Facility Surcharge | \$13.00 per swimmer |
| Late Event Fee | \$4.00 per event |

| | |
|-----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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. There will be no course conversion for this meet. The 200 IM may be limited at the discretion of the meet director to the top 24 swimmers per event in order to run the meet in the allotted time. |
| SCRATCHES | The North Carolina Scratch rule will be in effect. (NCS Swimming Rules and Regulations 208.3) |
| SCORING | This meet will not be scored. |
| AWARDS | There will be no awards for this meet. |
| RESULTS | Live results will be posted on STAR Aquatics' website. At the conclusion of the meet, results will be sent to each team 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 such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. 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 | There will be a need for officials. Star 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. 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. |
| HOSPITALITY/ CONCESSIONS | There will be a hospitality area open to all coaches and officials. |
| 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 Marshal 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 in the diving well. 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. STAR Aquatics, Greensboro Aquatic Center, 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.

**STAR Aquatics
Friday Night at the Races
Order of Events**

| Friday April 15, 2016 | | |
|--------------------------------------------|-----------------------|-------------|
| Timed Finals | | |
| Warm-Ups: 4:30 pm Meet Start: 5:30 pm | | |
| Girls | Events | Boys |
| 1 | Open 50 Breaststroke | 2 |
| 3 | Open 100 Backstroke | 4 |
| 5 | Open 50 Freestyle | 6 |
| 7 | Open 100 Breaststroke | 8 |
| 9 | Open 50 Butterfly | 10 |
| 11 | Open 100 Freestyle | 12 |
| 13 | Open 50 Backstroke | 14 |
| 15 | Open 100 Butterfly | 16 |
| 17 | Open 200 IM | 18 |

Friday Night at the Races
April 15, 2016
Mail Meet Entry Form and Payment to:
STAR Aquatics
PO Box 16311
High Point, NC 27261

Official Entry Information:

Club Name _____ Club Code _____

Address _____

City _____ State __ Zip _____

Head Coach _____ Home Phone _____

Email Address _____ Work Phone _____

Assistant
Coach _____

Assistant
Coach _____

Assistant
Coach _____

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 and during the conduct of the event **April 15, 2016**.

Signature _____ Date _____

Release Statement: USA Swimming, Inc., North Carolina Swimming, Inc., Star Aquatics, LLC, Greensboro Aquatic Center and all employees and representatives of these organizations 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.

Signature _____ Date _____

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|-----------------------------------------|--|-------------------------------|-----------|
| # of Individual Entries | | × \$2.00 each entry | \$ |
| NCS Travel Fund (total swimmers) | | × \$3.00 each swimmer | |
| Facility Charge (total swimmers) | | × \$13.00 each swimmer | \$ |
| Totals | | | \$ |