



# LONG COURSE INVITATIONAL

Hosted by **NEW SOUTH SWIMMING**

**MAY 11-13, 2018**

Held at  
Mecklenburg County Aquatic Center  
800 East Martin Luther King Jr., Blvd.  
Charlotte, NC 28202

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.  
**Sanction #NC18089 REVISED**

<b>MEET DIRECTOR</b>	<b>ENTRY COORDINATOR/ADMIN OFFICIAL</b>
Coy Gillenwater 2015 Crismark Drive Indian Trail, NC 28079 704-299-6893 cgill92@gmail.com	Jeffrey Childs 704-307-0327 jeffrey@rileychilds.net
<b>MEET REFEREE</b>	<b>MEET MARSHAL</b>
Cynthia Shannon cynthia.shannon@ymcagreensboro.org cynthialshannon@gmail.com 336-317-1769	Pierce Bradshaw 704-241-3546 Bradshawf15@students.ecu.edu

### FACILITY

This pool is an 8 lane 50 meter pool with non-turbulent lane lines and Paragon starting blocks. Lane width is 9 ft. Colorado electronic timing system with an 8 lane scoreboard will be used. Pool depth ranges from 7-12 ft., with starting blocks at both ends. Smoking is not permitted inside the building. The facility has seating to accommodate 1000 spectators. There is ample parking within 100 yards of the facility. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

### MEET FORMAT

This is a timed final-meet for 13 and over "A" level swimmers and 12 & under "BB+" swimmers.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	2:00 PM	3:30 PM	Senior
2	Saturday AM	7:00 AM	8:30 AM	Senoir

3	Saturday Afternoon	No earlier than 12:30 PM	45 minutes after the start of warmup	12 & Under
4	Saturday Evening	No earlier than 5:00 PM	45 minutes after the start of warmup, but no earlier than 6:00 pm	Senior
5	Sunday AM	7:00 AM	8:30 AM	Senior
6	Sunday Afternoon	No earlier than 12:30 PM	45 minutes after the start of warmup	12 & under

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For:
Tuesday, May 1, 2018	12:00 pm	Entry deadline
Friday, May 11, 2018	1:45 PM	Coaches/General Meeting
Friday, May 11, 2018	2:45 PM	Official Briefings
Friday May 11, 2018	2:45 PM	400 IM and 800 Free Positive Check in
Saturday May 12, 2018	7:45 AM	Official Briefings
Saturday May 12, 2018	12:30 PM	Official Briefings
Saturday May 12, 2018	1:15 PM	12 & U 400 Free Check In
Saturday May 12, 2018	5:15 PM	Official Briefings
Saturday May 12, 2018	5:30 PM	Senior 400 Free Check In
Sunday May 13, 2018	7:45 AM	Official Briefings
Sunday May 13, 2018	12:30 PM	Official Briefings

**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.

Deck changes are prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

## **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. All 13 & over swimmers must meet the NC Swimming "A" swimmer classification to be eligible to compete. An "A" swimmer is one who has achieved an "A" time in two of the five different strokes (including the IM) in their given age-group. Swimmers 13 and over must have two 13-14 "A" times to be entered in the meet.

All 12 & under swimmers must meet the NC Swimming "BB" swimmer classification to be eligible to compete. An "BB" swimmer is one who has achieved an "BB" time in two of the five different strokes (including the IM) in their given age-group. Except for the following limitations and provided a swimmer is otherwise eligible for this meet, an entry time of "NT" is acceptable.

Exceptions: Any 10 & under swimmers entered in 12 & under events must have the 11 & 12 "BB" time in each event entered. This includes 10 & unders entered in the 12 & under 400 Free.

**SWIMMERS WITH DISABILITIES**

NSS 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 NSS' ability to accommodate all requests.

**Entries**

Submit entries in Hy-tek or equivalent meet entry software. A copy of the entry file printout should be included with the email. No hard copy entry forms are required. Email is the acceptable method for submitting entries. 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. NSS' 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. Meet management reserves the right to limit the 12 & under 400 Free to the 16 fastest female and 16 fastest male entrants. Coaches will be notified by May 11, 2018 if the event will be limited. All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge.

**ENTRY LIMITATIONS**

Swimmers may swim a maximum of 6 individual events (this includes the total for both senior sessions on Saturday) plus 1 relay per day and a total of 10 individual events and 2 relays for the meet.

**ENTRY DEADLINES/ENTRY VERIFICATION**

**The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt. Late entries may be accepted at the discretion of the Meet Referee. There will be no on deck entries for swimmers not already entered in the meet.**

## ENTRY FEES

<b>Make checks payable to: NSS; All fees are non-refundable</b>	
Individual Event	\$5.00 per event for NCS Swimmers; \$5.50 for non-NCS Swimmers
Relays	\$10.00 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$15 per swimmer
Late Entry Fee	Double the IE and relay fees listed

## SEEDING

The conforming time standard for this meet is long course meters. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order.

The 800 free, 400 IM and 400 free will be decked seeded positive check-in events swum with the three fastest heats of women and then the three fastest heats of men swimming slowest to fastest, then all remaining heats swimming fastest to slowest, alternating women and men. Meet Management reserves the right to used Chase Starts to accommodate all swimmers wishing to participate. If chase starts are used women will start at the Scoreboard end will men from the Dive Well. Heats and events may be combined at the discretion of the Meet Referee. Swimmers may be asked to provide one timer and a counter.

## CHECK-IN

A positive check-in, located under the main scoreboard, will be required for all events 400 meters and longer.

Check in for events will be as stated in the Deadline and Meeting Summary. Swimmers that fail to check in will be scratched from the event and not seeded. In the positive check-in events, a swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.

## SCRATCHES

There will be no penalty for scratching pre-seeded events at the block.

**SCORING**

Individual events will be scored 9-7-6-5-4-3-2-1 for the top eight finishers; relays will be scored 18-14-12-10-8-6-4-2 for the top eight finishers.

**AWARDS**

Individual events: Ribbons for 1st - 8th places for 12 & under events  
Relay events: Ribbons for 1st - 3rd places for 12 & under events.  
No awards will be given for seniors.

**RESULTS**

Results will be posted on NSS's website within 24 hours of the meet's 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 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. NSS 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 such to the meet referee by displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. 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. Refreshments will be available at the concession stand.

**WARM-UP**

FIRST 60 MINUTES (30 minutes for afternoon sessions): General warm-up all lanes. There will be no diving during this period. LAST 20 MINUTES: Specific warm-up:

Lanes 1 & 8 - pace 50s from a push-off

Lanes 2 & 7 - dive start sprints.

Lanes 3-6 - general warm-up only. No diving.

Absolutely no swimming under bulkheads!

The teaching pool will be available for warm-up and warm-down during each session. Each coach is responsible for monitoring his/her team's activities in this area. There is to be no diving or horseplay in this area.

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.

**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. NSS, the Mecklenburg County 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.

# NEW SOUTH SWIMMING LONG COURSE "A" INVITATIONAL

## ORDER OF EVENTS

**FRIDAY, MAY 11, 2018**

*Warm-up 2:00-3:20 PM. Timed Finals start at 3:30 PM.*

Women's Event #	Age Group	Event	Men's Event #
1	Senior	400m IM	2
3	Senior	100m Free	4
<i>There will be a warm-up session following Event 4.</i>			
5	Senior	800m Free	6

**SATURDAY, MAY 12, 2018**

**Morning Session**

*Warm-up 7:00-8:20 AM. Timed Finals start at 8:30 AM.*

Women's Event #	Age Group	Event	Men's Event #
7	Senior	100m Back	8
9	Senior	200m Fly	10
11	Senior	100m Breast	12
13	Senior	200m IM	14

**Saturday Evening Session**

*Warm-up for the Evening Session will begin no earlier than 5:00 PM, with Timed Finals beginning no earlier than 6:00 PM.*

15	Senior	50m Free	16
17	Senior	400m Free	18

**SUNDAY, MAY 13, 2018**

**Morning Session**

*Warm-up 7:00-8:20 AM. Timed Finals start at 8:30 AM.*

Women's Event #	Age Group	Event	Men's Event #
45	Senior	100m Fly	46
47	Senior	200m Back	48
49	Senior	200m Free	50
51	Senior	200m Breast	52



**SATURDAY, MAY 13, 2018****Afternoon Session***Warm-up begins immediately after Event 18, but not before 12:30 PM. Timed Finals begin 45 minutes later.*

<b>Women's Event #</b>	<b>Age Group</b>	<b>Event</b>	<b>Men's Event #</b>
19	10 & under	100m Breast	20
21	11 & 12	100m Breast	22
23	10 & under	200m IM	24
25	11 & 12	200m IM	26
27	10 & under	100m Free	28
29	11 & 12	100m Free	30
31	10 & under	50m Back	32
33	11 & 12	50m Back	34
35	10 & under	50m Fly	36
37	11 & 12	50m Fly	38
39	12 & under	400m Free	40
41	10 & under	200m Medley Relay	42
43	11 & 12	200m Medley Relay	44

**SUNDAY, MAY 13, 2018****Afternoon Session***Warm-up begins immediately after Event 52, but not before 12:45 PM. Timed Finals begin 45 minutes later.*

<b>Women's Event #</b>	<b>Age Group</b>	<b>Event</b>	<b>Men's Event #</b>
53	10 & under	100m Fly	54
55	11 & 12	100m Fly	56
57	10 & under	200m Free	58
59	11 & 12	200m Free	60
61	10 & under	100m Back	62
63	11 & 12	100m Back	64
65	10 & under	50m Free	66
67	11 & 12	50m Free	68
69	10 & under	50m Breast	70
71	11 & 12	50m Breast	72
73	10 & under	200m Free Relay	74
75	11 & 12	200m Free Relay	76

**NSS Long Course "A" Invitational  
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to NSS):

NEW SOUTH SWIMMING  
ATTN: Coy Gillenwater, Meet Director  
2015 Crismark Drive Indian Trail, NC 28079  
Email: cgillwater@gmail.com

<b>Team Name</b>	
<b>Coach</b>	
<b>Coach Phone</b>	
<b>Coach Email</b>	
<b>Team Address</b>	

<b>Item</b>	<b>Total #</b>	<b>Cost per</b>	<b>Total</b>
Individual Entries - NC		\$5.00 per event	
Individual Entries - non NC		\$5.50 per event for non NC Swimmers	
Relay Entries		\$10.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$18.00 per swimmer	
<b>Total Fees Due</b>			

**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. New South Swimming, Mecklenburg County 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. 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 (Coach or Club Representative)

\_\_\_\_\_  
CLUB

\_\_\_\_\_  
TITLE

\_\_\_\_\_  
DATE