

**TAR HEEL AQUATIC TEAM  
OPEN INVITATIONAL MEET  
January 11 – 13, 2008  
Hillsborough Sportsplex**

**Sanction:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc., Sanction # NC08001

**Facility:** The Hillsborough Sportsplex pool is an 11 lane, 25 yard course pool with non-turbulent lane markers and deck-anchored starting blocks. It is 5 feet deep at the starting end. The Colorado Timing system be used along with watches in each of 10 lanes for competition. In addition to the competition pool, there is a warm-up/warm-down pool with 3 lanes for continuous use throughout the meet. Spectator seating for approximately 400 people is available on one side of the pool and there is deck space for additional folding chairs. The facility also has a snack bar. Locker rooms for women and men are available.

**Facility Rules:** The facility forbids coolers, food or beverages from being brought into the building. Please inform your families of this rule!!

Also:

- No smoking is allowed in the building.
- No glass containers are allowed.
- Shoes are required in the lobby due to ice skaters on the premises.
- All persons on deck must be meet volunteers or USA Swimming card carrying, certified coaches, officials, or registered swimmers.

**Rules:** The meet will be conducted in accordance with the current USA Swimming Rules and Regulations and the NC Official Handbook and NCS Safety program, except where the rules therein are optional, and exceptions are herein stated.

All events will be swum as timed finals.

The 200 IM on Friday night and all events 400 yards or longer will be deck seeded. Positive check-in for those events will be required 30 minutes prior to the start of their respective sessions. The North Carolina Scratch Rule will be in effect. Swimmers checking in but not swimming the event will be disqualified from their next individual event.

The 400 IM, the 200 IM and the 500 Free on Friday night will be swum fastest to slowest in the order listed and may be limited to the fastest 30 of each gender.

The 1000 yard free will be swum fastest to slowest, alternating women and men and may be limited to the fastest 30 of each gender. Each

swimmer must provide his or her own counter and timer.

Meet management reserves the right to combine events as needed and reserves the right to limit the number of heats in any event 400 yards or longer.

**Classification:** This is an age group/senior meet with no minimum or maximum time standards.

**Eligibility:** All swimmers must be registered with USA Swimming, Inc.  
All events will be swum as timed finals.

**Entries:** Please submit entries on Hy-Tek Meet Manager compatible diskettes accompanied by the enclosed summary form. List the swimmer's age as January 11<sup>TH</sup>, 2008. Only properly completed forms accompanied with payment will be accepted. **Please note that the following entry guidelines will be strictly enforced by the Meet Director.**

- 1) Payment **MUST** be attached with all entries.
- 2) There may be on deck entries taken at this meet, but in open lanes only, with double fees paid at the time of entry. All deck entered swimmers must be USA Swimming athlete members.
- 3) All relay only swimmers must be listed on the summary sheet and must pay the NCS travel fund and facility surcharge.

**Entry limit:** Swimmers are limited to 4 individual events and one relay per day. Meet management reserves the right to limit team entries in order to manage the timeline. Any team affected will be notified by telephone or e-mail and entry fees refunded. These are the only fees that will be refunded.

**Entry Deadline: Tuesday, January 1, 2008.** Entries will be accepted up to 9 PM on Tuesday, January 1st. Telephone entries will not be accepted, although changes to entries may be accepted by phone or e-mail. Please follow up to make sure that the Meet Director has received any meet entry changes, however. Late entries may be accepted at the discretion of the Meet Director but will be charged double and may not be seeded. Entries will be accepted in the order in which completed entries are received. Entries may be limited at the discretion of the Meet Director in order to manage the timeline. If the meet is filled, we reserve the right to reject and return entries even if received prior to the deadline.

**Entry fees:** \$2.00 per individual event (NCS registered swimmers)  
\$2.25 per individual event (outside NCS-LSC swimmers)  
\$8.00 per relay  
\$5.00 per swimmer facility surcharge  
\$2.00 per swimmer NCS travel fund

Double fees will be charged for late entries, if accepted. A late entry is any entry received on or after 9 PM Tuesday, January 1st, 2008. All fees are non-refundable. **A check made out to Tar Heel Aquatic Team must accompany entries.**

Send entries to: Martha Aitken  
1118 Stonebridge Drive  
Durham, NC 27712  
(H) 919-479-1290  
(W) 336-597-3635  
[Martaitken@aol.com](mailto:Martaitken@aol.com)

Order of events: See attached schedule.

Session Schedule:

Friday Night Session: Warm-ups 4:00 PM. Meet begins at 5:15 PM

AM Sessions: Saturday: Warm-ups 6:45 AM Meet begins at 8:00 AM  
Sunday: Warm-ups 6:45 AM Meet begins at 8:00 AM

PM Sessions: Saturday & Sunday: Warm-ups – immediately after the morning session but not before 11:30 AM.  
Meet begins – 1 hour after warm-ups begin.

Awards: Individual events: 1<sup>st</sup> – 8<sup>th</sup> place ribbons  
Relays: 1<sup>st</sup> – 3<sup>rd</sup> place ribbons  
Senior events will be swum combined but separated into 13-14 and Senior for awards.

Scoring: This meet will not be scored.

Warm-up Schedule: Specific warm-ups will be held in accordance with the NCS Safety Program. Lane assignments for warm-ups will be available in the coaches' packets. A current coach's card will be required to obtain the packet. Please begin warm-up procedures at the starting end of the pool only. Diving will not be allowed until the specific warm-up period is announced. Specific warm-up procedures will be described in the coaches' packets as well.

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 allowed.

Meet Director: Martha Aitken (919) 479-1290

Meet Referee: Wayne Shulby

Meet Marshall: Terry Smith

Officials' Meeting: There will be an officials' meeting at 4:30 PM Friday and 30 minutes prior to the start of each of the other sessions as needed.

Hospitality: Drinks and snacks will be provided to the coaches, officials and meet workers.

Concessions: Concessions are available at the Sportsplex.

Volunteers: Volunteer timers and officials are always welcomed.

**Release Statement:**

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., TAR HEEL AQUATIC TEAM, INC., TRIANGLE SPORTSPLEX AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS SHALL BE HELD FREE AND HARMLESS FROM ANY AND ALL LIABILITIES ON CLAIMS AND DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

Signature on the entry summary and subsequent entry into this meet constitutes understanding and acceptance of the above release.

**TAR HEEL AQUATIC TEAM  
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Order of events**

Friday Evening, January 11<sup>th</sup>, 2008

Warm-up 4:00 PM		Timed Finals 5:15
Women	Event	Men
*1	Sr 400 IM	*2
*3	12 & Under 200 IM	*4
*5	Sr 500 Free	*6

\*Events 1 – 6 will be deck seeded. Positive check-in for Events 1 - 6 must be done by 4:45 PM. Swimmers not checked in will be scratched from the event. All events will be swum fastest to slowest, in the order listed.

Saturday Morning, January 12<sup>th</sup>, 2008

Warm-Up 6:45 AM		Timed Finals 8:00 AM
Women	Event	Men
7	Sr 200 Free	8
9	Sr 100 Back	10
11	Sr 200 Fly	12
13	Sr 50 Free	14
15	Sr 200 Breast	16
17	13-14 200 Medley Relay	18
19	Sr 200 Medley Relay	20

There will be a 10 minute break between the 200 Breast and the 200 Medley Relays.

Saturday Afternoon January 12<sup>th</sup>, 2008

Warm-up not before 11:30 AM– Timed Finals not before 12:30 PM

Women		Men
21	10 & Under 200 Free	22
23	11-12 200 Free	24
25	10 & Under 50 Back	26
27	12 & Under 200 Back	28
29	11-12 50 Back	30
31	10 & Under 100 Fly	32
33	11-12 100 Fly	34
35	10 & Under 50 Free	36
37	11-12 50 Free	38
39	10 & Under 100 Breast	40
41	11-12 100 Breast	42
43	10 & Under 200 Medley Relay	44
45	11-12 200 Medley Relay	46

There will be a 10 minute break between the 200 Breast and the 200 Medley Relays.

**TAR HEEL AQUATIC TEAM  
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Sunday Morning, January 13<sup>th</sup>, 2008

Warm-Up 6:45 AM

Timed Finals 8:00 AM

Women	Event	Men
47	Sr 100 Free	48
49	Sr 100 Breast	50
51	Sr 200 Back	52
53	Sr 100 Fly	54
55	Sr 200 IM	56
57	13-14 200 Free Relay	58
59	Sr 200 Free Relay	60
*61	Sr 1000 Free	*62

There will be a 5 minute break between the 200 IM and the relays and a 15 minute break between the relays and the 1000 Free. The 1000 Free will be swum fastest to slowest, alternating women and men and will be limited to the fastest 30 of each gender. Meet management reserved the right to combine men's and women's heats if necessary.

\*Events #61 and #62 will be deck seeded. Positive check-in is required 30 minutes prior to the beginning of the session. Swimmers not checked in will be scratched from the event.

Afternoon Session, January 13<sup>th</sup>, 2008

Warm-up – not before 11:30 AM

Timed Finals – not before 12:30 PM

Women	Event	Men
63	10 & Under 100 Free	64
65	11-12 100 Free	66
67	10 & Under 50 Breast	68
69	12 & Under 200 Breast	70
71	11-12 50 Breast	72
73	10 & Under 100 Back	74
75	11-12 100 Back	76
77	10 & Under 50 Fly	78
79	12 & Under 200 Fly	80
81	11-12 50 Fly	82
83	10 & Under 100 IM	84
85	11-12 100 IM	86
87	10 & Under 200 Free Relay	88
89	11-12 200 Free Relay	90

There will be a 10 minute break between the 200 IM and the relays.

**TAR HEEL AQUATIC TEAM  
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MEET ENTRIES/ENTRY FEES SUMMARY FORM**

AGE GROUP	TOTAL # SWIMMERS	NCS TRAVEL FUND @ \$2 PER SWIMMER	FACILITY SURCHARGE @ \$5 PER SWIMMER	TOTAL INDIVIDUAL ENTRIES	INDIV ENTRIES @ \$2 NC \$2.25 OUT OF STATE	TOTAL # RELAYS	Relay FEES @ \$8 PER Relay
Senior Women							
Senior Men							
13-18 Women Develop							
13-18 Men Develop							
Relay Only Swimmers							
<b>TOTALS</b>							

TOTAL NCS TRAVEL \$ \_\_\_\_\_  
TOTAL FACILITY SURCHARGE \$ \_\_\_\_\_  
TOTAL INDIVIDUAL ENTRY FEES \$ \_\_\_\_\_  
TOTAL RELAY FEES \$ \_\_\_\_\_

TOTAL FEES DUE WITH ENTRY \$ \_\_\_\_\_

Please return this summary sheet with entry fees, disk and hard copy of entries to:  
Martha Aitken martaitken@aol.com  
1118 Stonebridge Drive (H) 919-479-1290  
Durham, NC 27712 (W) 336-597-3635

Make your check payable to "Tar Heel Aquatic Team".

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Head Coach's Signature \_\_\_\_\_ Print Coach's Name \_\_\_\_\_  
Phone \_\_\_\_\_ E-Mail Address \_\_\_\_\_  
Club Name \_\_\_\_\_ Club Code \_\_\_\_\_  
Club Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

