



2009 NC WOLFPACK RELAYS

Facility: North Carolina State University
Carmichael Recreation Complex
Willis Casey Aquatic Center
Morrill Dr.
Raleigh, NC 27695

Parking: Parking in the lot outside of the pool building or on Morrill Dr. is by NSCU permit only until 5:00pm. Prior to 5:00pm, hourly parking is available in the parking garage on Cates Dr. (Exit the pool parking lot, turn left on Morrill Dr, turn right on Cates, the parking garage is one block down on the left.) After 5:00pm the lot and parking spots on Morrill Dr. are open.

Facility: The competition pool at NC State is an 8-lane, 25-yard pool. The depth of the pool is 4 feet deep in Lane 1 and gradually gets deeper from Lane 1 to Lane 8 (diving well is outside of Lane 8 where the depth is 12 feet). The lanes are 78" wide.

The 50-meter pool will be set up for short course swimming in 12 lanes and will be available throughout warm up time and the duration of the meet for warm up and cool down swimming.

The blocks are KDI Paragon blocks.

A Colorado 6 Timing System will be used along with watches in each of the 8 lanes for competition. An 8-lane digital scoreboard is on site and will be used as well.

Spectator seating for approximately 1000 people is available, as well as ADA accessible viewing. Men's and Women's locker room facilities are available, as well as separate restrooms for spectators.

Date: December 18, 2009

Times: Warm Up: 4:00pm
Meet Start: 5:30pm

Sanction: Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Approval # NC09136AP.

Sponsor: **North Carolina State Swimming & Diving Teams**

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

Meet Management reserves the right to combine events as needed.

Eligibility: All athletes must be members of the NCSU Swimming Team or registered with USA Swimming and their respective teams. Registrations will be checked according to NCS rules.

Entry Limit: Each team is guaranteed one entry per event for relays with one heat, three entries per team for relays with two heats. More entries possible pending final number of teams participating.

Entries: Submit entries on Team Manager by emailing them to Meet Management. List the swimmers age as of December 18, 2009. Per NCS rules, a roster of swimmers entered in the meet will be sent to NC Swimming for verification of USA Swimming registration.

All swimmers in the meet must be NCS or USA registered.

Entry Deadline: **Friday, December 18:** 12:00pm (noon) via email. **OR**
Friday, December 18: 5:00pm (30 minutes prior to meet start) in person at the pool.

When sending your entries by email, please copy all of the following: ejswimmer45@yahoo.com, juanstephano@hotmail.com, and jtheyde@ncsu.edu

Submit entries to: Meet entries will be accepted via email prior to 12:00pm on the day of the meet, Friday, December 18, or in person to the meet management and NC State staff at the scorer's table 30 minutes prior to the start of the meet. Changes may be made anytime prior to the start of the event.

Entry Fees: No Fee

Scoring: All events will be scored as relay events and points are awarded according to USA Swimming rules.

- Warm-up:** Warm-up will begin at 4:00pm. Warm up lane assignments will be determined and posted around the pool.
- Time Schedule:** The meet director reserves the right to change warm-up and start times based on the time line. Any changes to the meet schedule will be announced prior to the start of the meet.
- Safety:** The NC Swimming 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.
- USA Swimming Membership:** Coaches must present a current USA Swimming membership card to Meet Management.
- Coaches Meeting:** To be held 5:15pm, Friday, October 20, 2009. One member from your coaching staff is asked to attend. Any other information will come from the Meet Referee at his discretion and will be announced.
- Meet Director:** Julie Heyde, jtheyde@ncsu.edu
- Host Coach:** Brooks Teal, brooks_teal@ncsu.edu
- Meet Referee:** Bob Sigmon, robert_sigmon@yahoo.com
- Officials Meeting:** There will be an officials meeting at 5:00pm.
- Volunteers:** NC State Swimming & Diving welcomes volunteer officials. Please contact Julie: jtheyde@ncsu.edu
- Release Statement:** USA Swimming, Inc. NC Swimming, Inc., North Carolina State University, NC State Swimming & Diving, and Carmichael Recreation Complex (Willis R. Casey Natatorium) 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 event.

Order of events:

400 Medley Relay	one heat
3 x 200 Free Relay	one heat
3 x 100 Breast Relay	two heats
3 x 200 IM Relay	one heat
200 Free Relay	two heats
3 x 100 Fly Relay	two heats
3 x 100 IM Relay	two heats
3 x 100 Back Relay	two heats

50, 100, 150, 200 Free Crescendo Relay	one heat
200 Medley Relay	two heats
400 Free Relay	one heat

NO CHARGE for entries.

USA Swimming, Inc., North Carolina Swimming, North Carolina State University, NC State Swimming & Diving, and the Carmichael Recreation Center, and other governing bodies of the facilities shall be held free and harmless for any and all liabilities or claims for damages arising by reasons of injuries to anyone during the conduct of this event.

How many coaches from your team will be attending: _____

Email address of coach(es) in charge of entries and notifications: _____

Please submit along with entries.