

**2010 NC NOMAD AQUATICS AND FITNESS
10 UNDER INVITATIONAL
JANUARY 30TH, 2010**

LOCATION : **NOMAD AQUATICS AND FITNESS
11202 HARRIS RD.
HUNTERSVILLE, N.C. 28078**

DATE/TIME: Saturday, JANUARY 30TH, 2010.

Morning sessions warm-ups begin at 12:00 pm and the meet starts at 1:00pm.
There will be a coaches meeting at 11:45 pm and officials meeting at
12:30 pm in hospitality room located behind the warm pool.

FACILITY: Competition pool with 10 lanes, depth is 6 ft. equipped
with non-turbulent 8' wide lane lines and built-in/permanent starting blocks.
An IST electronic timing system with ten-line scoreboard will be used.
Stopwatches/backup buttons will be used for backup times.
1500 sq.ft locker rooms are provided for athletes.
Spectator seating for 500. Spectators to bring their tents and chairs.
Visit www.nomadaquatics.com to view the facility.

WARM-UPS: Warm-ups begin at **12:00pm**. Warm-ups will be conducted
according to the NCS Safety Program and shall be supervised.
Warm-up/team lanes will be provided at the pool.
First 30 min.will be circle swim only.
Lanes 1,10 pace lanes and lanes 2-9 race starts from start end of pool.,
one way swim only, exit from opposite end of pool.

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

SANCTION: Sanctioned Status: Held under the sanction of USA Swimming, Inc.
Issued by North Carolina Swimming, Inc. Sanction #NC10026.

CLASSIFICATION: 10 UNDER MEET.
USA swimming approved sanctioned meet.

ELIGIBILITY: All swimmers must be current members in good standing of the Blue
Ridge Swim League to be eligible to swim in this meet. All swimmers must be registered
with USA Swimming Inc.

SAFETY: The North Carolina Swimming Safety Guidelines will be in effect during
this meet. Coaches are advised to supervise their swimmers at all times.

RELEASE STATEMENT: "USA Swimming, Inc., North Carolina Swimming, Inc., and Nomad Aquatics and Fitness 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."

ENTRIES: Entries must be submitted using HY-TEK Team Manager. Entries should be e-mailed to tqueen98423@roadrunner.com.
List ages of swimmers as of JANUARY 20TH, 2010

ENTRY LIMIT: Swimmers may enter a maximum of five (5) individual events and two (2) relay events. Late Entries may be accepted at the discretion of the Meet Director and will not be seeded.

ENTRY DEADLINE: All entries must be received no later than 6:00 pm on January 20th, 2010. Late entries may be accepted at the discretion of the meet director. Late entry fees may be double the listed amount and at the Meet Director's discretion. There will be no "on deck" registration.

SEND ENTRIES TO : tqueen98423@roadrunner.com

ENTRY FEES

\$2.50/EVENT/\$8.00/RELAY/\$7.00 SURCHARGE

Make check payable to:

Nomad Aquatics and Fitness

Entry fees are non-refundable.

AWARDS: Ribbons will be given **1st thru 6th** place for **individual events** and **1st thru 3rd** place for **relay events**.

SCORING - Scores will be awarded according to USA rules.

MEET DIRECTOR: Missy Hubbard-704-949-1543 or missy@nomadaquatic.com

MEET REFEREE: Bill Vey

MEET MARSHALL: Missy Hubbard

HOSPITALITY WILL BE PROVIDED FOR COACHES AND OFFICIALS.

SPECTATOR SEATING: PARENTS TO BRING THEIR OWN CHAIRS.

JANUARY 30TH NOMAD'S 10-UNDER INVITE

8-UNDER SESSION WARM-UPS 12:00pm MEET AT 1:00pm

W		M
1	10 under 200 Free Rel	2
3	8 under 100 Free Rel	4
5	10 under 100 IM	6
7	8 under 25 free	8
9	10 under 50 free	10
11	8 under 25 fly	12
13	10 under 50 fly	14
15	8 under 25 back	16
17	10 under 50 back	18
19	8 under 25 breast	20
21	10 under 50 breast	22
23	10 under 100 free	24
25	8 under 100 Medley Rel	26
27	10 under 200 Medley Rel	28

Will award 8-under separately if seeded in 10-under events.

Email entries to tqueen98423@roadrunner.com