



## 2010 Charlotte UltraSwim May 13-16, 2010 Charlotte, North Carolina

### MEET INFORMATION

<b>HOSTS</b>	SwimMAC Carolina; Mecklenburg County Park & Recreation Department; Visit Charlotte. <a href="http://www.charlotteultraswim.com">www.charlotteultraswim.com</a>				
<b>SANCTION</b>	Sanctioned by United States Swimming, Inc.; issued by North Carolina Swimming, Inc. NCS Sanction #				
<b>MEET REFEREE</b>	John Wilson				
<b>MEET DIRECTORS</b>	Sonja Turpin; Vicky Montgomery				
<b>MEET MARSHALL</b>	Bo Wheeler				
<b>MEET SCHEDULE</b>	Thursday, May 13	Timed Finals	4:00 PM		
	Friday-Sunday, May 14-16	Preliminaries	9:00 AM	Finals	6:00 PM
<b>WARM-UP SCHEDULE</b>	Tuesday, May 11	5:30 AM- 11:00 AM (LC); 2:00-4:00 PM (SC); 8:00 PM-9:00 PM (SC)			
	Wednesday, May 12	5:30 AM- 4:00 PM and 8:00 PM- 9:00 PM (Short Course)			
	Thursday, May 13	9:00 AM- 3:50 PM 7:30 PM – 9:30 PM			
	Friday-Sunday, May 14, 15, and 16	6:30 AM- 8:50 AM 4:30-5:50 PM			
	Monday, May 17	5:30 AM- 11:00 AM (Short Course)			
<b>FACILITY</b>	Mecklenburg County Aquatic Center, 800 E. Martin Luther King, Charlotte, NC 28204. The MCAC includes an indoor 8-lane 50-meter competition pool, separate 4-lane 25-yard warm-up pool, Colorado 6000 timing system and alpha-numeric scoreboard, non-turbulent lane lines, spacious locker rooms, and ample spectator seating. Lane width is 9 feet. Astral starting blocks will be used for competition in accordance with the USA Swimming diving depth guidelines.				
<b>ELIGIBILITY</b>	All swimmers must be currently registered members of USA Swimming (or other FINA membership) and have met the time standard requirements. There will be no on deck registration.				
<b>QUALIFYING</b>	The 2010 time standards are based on the 2010 Long Course Junior National Meet. The SCY & SCM events require the "A" standards and the LCM events require the "B" standards. Relays do not have qualifying standards but teams are limited to 2 relays for each relay event. The qualifying period is September 1, 2008 through the entry deadline. Standards are listed on Page 4. The bonus events formula for this meet will be 1 cut = 2 bonus swims, 2 cuts = 1 bonus swim, 3 cuts or more = no bonus swims.				
<b>SEEDING</b>	Events shall be seeded in order of Long Course Meters; Short Course Yards; Short Course Meters.				
<b>MEET FORMAT</b>	All events except the 800 and 1500 Freestyles will be conducted on a Preliminaries and Finals basis. Eight swimmers will qualify for an A, B, and C heat in the Finals. In the Finals, the C heat will swim first, followed by the B heat, and concluding each event with the A heat. All relay events are Timed Finals with all the heats in Finals.				
<b>800/1500 FREE</b>	<b>Thursday:</b> The Women's 800 Free and the Men's 1500 Free will swim as Timed Finals and will swim				

fastest to slowest, alternating women and men.

**Sunday:** The Women's 1500 Free and the Men's 800 Free will swim as Timed Finals, with the fastest heat of each event in the Finals; all other heats will swim fastest to slowest, alternating women and men, following the Prelims.

**400 IM/400 FREE**

In the prelims, the 400 IM and 400 Free will be swum in the following order - the four fastest women's heats then the four fastest men's heats swum slowest to fastest (the fastest three will be circle seeded). The remaining preliminary heats will be swum fastest to slowest, alternating women's and men's heats.

**RULES**

Unless otherwise noted herein, this meet shall be conducted in accordance with the 2010 USA Swimming Rules and Regulations and the NCS Official Handbook and NSC Safety Program, except where rules therein are optional and exceptions herein stated. Coaches must present a USA Swimming/FINA coach card at check-in and must display credentials on deck.

**SAFETY**

Marshals will be in place during warm-up periods. North Carolina Swimming safety rules will be in effect and will be enforced. A warm-up schedule is enclosed and will be posted in the venue.

**SCORING**

Scoring will be in accordance with current USA Swimming Rules and Regulations for 8-lane pools for Championship and Consolation Finals.

**AWARDS**

Individual Events: First, Second, and Third Places  
Relay Events: First Place  
Individual High Point: First Place (men and women)  
Meet Record Fund: Cash awards for eligible athletes.  
Pro Challenge: Cash awards for eligible athletes

**ENTRY LIMIT**

A swimmer may enter as many events as he or she wishes, provided that he or she has met the qualifying time standard requirements. However, he or she may participate in a maximum of seven individual events, with no more than three individual events per day. The 800 and 1500 Freestyles may be limited to the six fastest heats, men and women. The 400 Freestyle and the 400 IM may be limited to the eight fastest heats, men and women. Meet host reserves the right to limit meet to **550** swimmers.

**ENTRY PROCEDURE**

All USA Swimming Athlete Member entries must be done using USA Swimming OME (online meet entry). Entries can be done at [www.usaswimming.org/ome](http://www.usaswimming.org/ome). Please contact Susan Woessner at USA Swimming with any questions on the OME system (719)866-3589/ (719)332-0184. Payment for OME is requested by using Visa, MasterCard, American Express or Discover. Please contact the entry chair to make payment via check. Once you have paid for your entry, you can add events to your entry but you cannot delete events. Entries will not be considered accepted until entry fees are received. After you have completed your entries, you will be sent a confirmation email. Please bring a copy of all communications with you to the meet. FINA entries (non-OME) are preferred electronically; please contact [entry@charlotteultraswim.com](mailto:entry@charlotteultraswim.com).

**ENTRY FEES**

Individual Events	\$5.00 per event
Relay Events	\$10.00 per event
Facility Surcharge	\$15.00 per swimmer
NC Swimming Surcharge	\$2.00 per swimmer

**ENTRY DEADLINE**

Open entries may be submitted online beginning Monday March 1, 2010 (9:00am CDT) through the USA Swimming website using OME, [www.usaswimming.org/ome](http://www.usaswimming.org/ome). Online entries will be accepted until Friday April 30, 2010 at 6:00pm (CST), or until the maximum # of entries is reached. Please enter early, as entries are limited.

**CHECK-IN**

The 400, 800, and 1500 Freestyles and the 400 Individual Medley require a positive check-in, in order to be

seeded into the event. Other events do not require a check-in, but notification of scratches will be appreciated. A whole-meet scratch form will be available at Clerk of Course. Relay cards must be submitted by 6:30 pm each evening to the Administrative Referee, prior to the event.

**COACH MEETING** There will be a general meeting for coaches at 2:00 PM on Thursday, May 13<sup>th</sup>, to discuss procedures and facilities with meet officials. The meeting will be held in the classroom in the front of the building near the front desk.

**OFFICIALS MEETING** An Officials meeting will be held one hour prior to competition. Meeting location will be announced.

<b>SCRATCH &amp; POSITIVE CHECK-IN DEADLINES</b>	<b>DAY OF EVENT</b>	<b>SCRATCH DEADLINE</b>	<b>CHECK-IN DEADLINE</b>
	Thursday, May 13	3:00 PM, Thursday, May 13	3:00 PM Thursday, May 13
	Friday, May 14	7:00 PM, Thursday, May 13	9:30 AM, Friday, May 14
	Saturday, May 15	7:00 PM, Friday, May 14	9:30 AM Saturday, May 15
	Sunday, May 16	7:00 PM, Saturday, May 15	9:30 AM, Sunday, May 16

All relay cards are due to the Administrative referee no later than 6:30 PM.

**SCRATCH PENALTIES** There is no penalty for failing to compete in a preliminary, timed final, or relay heat, *except an individual event in which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer's seven-event limit.*

A swimmer qualifying for an A or B Final who fails to compete shall be barred from the remainder of the meet, unless excused by the Administrative Referee for one of the following reasons:

1. The Referee receives and accepts notification of illness or injury;
2. A swimmer qualifying for an A or B Final based on the results of the prelims notifies the Referee within 30 minutes after the announcement of the qualifiers for that race that he or she may not compete, and further declares his/her final intention following his/her last preliminary event; or
3. The Referee determines that failure to compete is caused by circumstances beyond the swimmer's control.

**TIME TRIALS** Time Trials will be conducted at the discretion of the Meet Referee. Time Trials, if offered, will be available to swimmers attempting to achieve Junior National qualifying standards or higher. Only swimmers entered in an individual event in this meet are eligible to participate in time trials. Entry fees for time trials will be \$10.00 per individual event. Time trials count toward a swimmer's individual event total for each day, but not the meet total.

**SPECTATOR FEE** Daily and Meet admission fees will be published on the website, [www.charlotteultraswim.com](http://www.charlotteultraswim.com).

**MEET HOTELS** Please see [www.charlotteultraswim.com](http://www.charlotteultraswim.com).

**NATIONAL OFFICIALS EVALUATION** Application as an Officials Qualifying Meet (OQM) [N2/N3 All Positions] has been made to USA Swimming. Officials wishing to be evaluated will find the form on the Charlotte Ultraswim website to be submitted to the Local Officials Coordinator, [Richard Pockat](mailto:Richard.Pockat). Evaluation requirements are found at [USA Swimming](http://USA Swimming).

FOR QUESTIONS OR MORE INFORMATION, PLEASE email Sonja Turpin [turpin@carolina.rr.com](mailto:turpin@carolina.rr.com)  
Vicky Montgomery [vicjmont@gmail.com](mailto:vicjmont@gmail.com) or [meetdirectors@charlotteultraswim.com](mailto:meetdirectors@charlotteultraswim.com)

## 2010 Charlotte UltraSwim

### ORDER OF EVENTS

Women				Thursday May 13, 2010	Men			
Event #	LCM	SCM	SCY	Event	SCY	SCM	LCM	Event #
1	09:09.89	08:50.69	10:05.99	800 Freestyle				
				1500 Freestyle	15:51.49	15:51.49	16:37.59	2
Women				Friday May 14, 2010	Men			
Event #	LCM	SCM	SCY	Event	SCY	SCM	LCM	Event #
3	02:07.59	02:02.99	01:50.09	200 Freestyle	01:40.69	01:53.39	01:58.09	4
5	01:15.29	01:12.29	01:04.29	100 Breaststroke	57.89	01:05.09	01:08.79	6
7	01:04.79	01:02.19	55.59	100 Butterfly	50.29	55.99	58.59	8
9	05:05.29	04:55.69	04:20.79	400 Individual Medley	03:59.89	04:32.59	04:43.19	10
11				400 Freestyle Relay				12
Women				Saturday May 15, 2010	Men			
Event #	LCM	SCM	SCY	Event	SCY	SCM	LCM	Event #
13	02:21.99	02:16.89	02:02.49	200 Butterfly	01:51.99	02:05.59	02:10.59	14
15	27.59	26.29	23.39	50 Freestyle	20.89	23.49	24.79	16
17	01:06.89	01:04.49	56.19	100 Backstroke	51.39	55.99	01:00.99	18
19	02:42.19	02:34.99	02:17.99	200 Breaststroke	02:06.29	02:18.09	02:29.39	20
21	04:26.59	04:18.29	04:52.99	400 Freestyle	04:33.69	04:00.79	04:09.79	22
23				400 Medley Relay				24
Women				Sunday May 16, 2010	Men			
Event #	LCM	SCM	SCY	Event	SCY	SCM	LCM	Event #
25	17:38.69	16:58.49	16:48.49	1500 Freestyle				
				800 Freestyle	09:26.09	08:19.49	08:40.19	26
27	02:24.49	02:19.89	02:03.49	200 Individual Medley	01:52.79	02:08.19	02:13.19	28
29	02:23.59	02:18.59	02:01.19	200 Backstroke	01:51.39	02:01.99	02:12.29	30
31	59.29	56.99	51.09	100 Freestyle	45.89	51.89	53.99	32

# 2010 Charlotte UltraSwim

## Warm-Up Procedures

The Warm-Up Marshall shall monitor all warm-up sessions. All meet participants are expected to follow the guidelines outlined below. The Warm-up Marshall will make any adjustments to this schedule.

### GENERAL WARM-UP

9:00 AM to 2:30 PM, Thursday  
6:30 AM to 7:30 AM, Friday through Sunday

- Enter the pool from the starting end only.
- During this period the pool will be open for general warm-up only. No paddles allowed.
- Requests for specific lane use other than general warm-up should be made to the Warm-up Marshall.

---

### SESSION 1 SPECIFIC WARM-UP

2:30 PM to 3:30 PM, Thursday  
7:30 AM to 8:25 AM, Friday through Sunday

Lane 1 Push 50's and 100's  
Lane 2 Dive 25's & 50's from starting end only  
Lanes 3 to 8 General warm-up (no diving)

### SESSION 1 SPECIFIC WARM-UP

3:30 PM to 3:50 PM, Thursday  
8:25 AM to 8:50AM, Friday through Sunday

Lanes 1 & 8 Push 50's & 100's  
Lanes 2 & 7 Dive 25's & 50's from starting end only  
Lanes 3 to 6 General warm-up (no diving)

Only those swimmers competing in the Prelims 1 Session will be permitted to warm up between 8:00 AM and 8:55 AM.

---

In the event it becomes necessary to split the preliminaries into two tiers, the following warm-up schedule will be in effect for the second preliminary session:

### SESSION 2 SPECIFIC WARM-UP

12:00 PM to 12:30 PM, Friday through Sunday

Lane 1 Push 50's & 100's  
Lane 2 Dive 25's & 50's from starting end only  
Lanes 3 to 8 General warm-up (no diving)

### SESSION 2 SPECIFIC WARM-UP

12:30 PM to 12:55 PM, Friday through Sunday

Lanes 1 & 8 Push 50's and 100's  
Lanes 2 & 7 Dive 25's & 50's from starting end only  
Lanes 3 to 6 General warm-up (no diving)

---

### ALL FINALS SESSIONS

The guidelines for each Finals session will be the same as above with the exception that the general warm-up will start at 4:30 PM, and specific warm-up will start at 5:20 PM. These guidelines are in effect except as modified by the Meet Referee.

**NOTE:** ONLY THOSE SWIMMERS COMPETING IN THE FINALS SESSION WILL BE PERMITTED TO UTILIZE THE COMPETITION POOL BETWEEN 5:20 AND 5:55 PM.