

2010 NC EAST CAROLINA SWIM LEAGUE

2010 LONG COURSE CHAMPIONSHIPS

Morehead City, NC

June 18 - 20, 2010

- SANCTION:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC10058.
- HOST:** Carteret Currents Swimming
- FACILITY:** The Sports Center Outdoor Park is an eight-lane, 50-meter pool with non-turbulent lane markers and custom paragon starting blocks with a lane width of 6 feet. Deck area is available for swimmer and spectator seating. We will be using an IST timing system in the semi-automatic mode with two back-up buttons per lane. Pool is not certified.
- LOCATION:** The Sports Center, 701 N. 35 Street, Morehead City, NC
- RULES:** This meet will be conducted in accordance with current USA Swimming and NCS Rules as specified in the USA Swimming Rules and regulations and the NCS Official Handbook, except where rules are optional and exceptions are herein stated. The North Carolina scratch rules will be in effect for all deck seeded events.
- ELIGIBILITY:** All swimmers must be registered with USA Swimming, Inc., and team must be a member of the East Carolina Swim League.
- ENTRIES:**
1. Entries shall be submitted electronically using Hy-Tek Team Manager. You may email entries, but they must be followed by a hard copy, summary sheet, and payment.
 2. Email entries to burckhardt@campbell.edu
 3. Show actual age of swimmer as of June 19, 2009.
 4. Enter METER times only.
 5. Include a copy of the Official Team Roster showing USA Swimming Registration Numbers, otherwise swimmers will be required to present their registration cards as evidence of current registration. There will be no "on deck" registration available at this meet.
- ENTRY LIMIT:** Each swimmer may enter four individual events, plus one relay, per day.
- Depending on the number of entries received, meet management reserves the right to limit entries in all events 200 meters and over (with the exception of the 11-12 200 IM) to 13-14 BB standards to maintain the timeline according to the NCS 4-hour rule.

**ENTRY
DEADLINE:**

Entries must be received no later than TUESDAY, June 8, 2010. Late entries may be accepted at the discretion of the Meet Director. All entries received after June 9, 2009, will be considered late and will be charged double fees if accepted and may not be seeded. If the heat sheet has already gone to print, swimmers will only be entered late if there are open lanes. Entries will not be considered complete without full payment of all entry money. No telephone or fax entries will be accepted.

ENTRY FEES:

\$2.50 per individual event
\$8.00 per relay event
\$2.00 NCS Travel Fee per swimmer, (including relay only swimmers)
\$5.00 Facility Surcharge per swimmer
\$8.00 per team Fee for East Carolina Swim League NCS Registration
Entry fees are non-refundable

Make checks payable to Carteret Currents Swimming.

**MAIL ENTRIES
TO:**

Carteret Currents Swimming
ESCL LC Championship
P.O. Box 2181
Morehead City, NC 28557
(252) 622-4155
carteretswim@yahoo.com

Please include entry fees and entry summary form.

SEEDING:

All events 200M and shorter will be pre-seeded. All individual events 400M and longer will be deck seeded. Positive check-in for deck-seeded events will close at the start of the session. Swimmers who fail to check-in will be scratched from the event. Swimmers who have positively checked-in and do not swim will be disqualified from their next scheduled event.

The 400IM, 800Free, and the 400Free will be swum alternating women's and men's heats, fastest to slowest.

MEET STAFF:

Meet Director - Wayne Lynn
Meet Referee - Robert Bittner
Meet Marshall - Paul Quinn

AWARDS:

Individual Events: 1-8 Ribbons
Relay Events: 1-3 Ribbons

Trophies will be awarded to the top 3 scoring teams.

SCORING:

Individual Events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2

- WARM-UPS:** Friday: 4:00pm – timed finals begin at 5:00pm
Saturday/Sunday: 8:00 am – timed finals begin at 9:00 am.
- First 40 minutes: General warm-up all lanes. No diving during this period.
Last 10 minutes: Specific warm-up.
Lanes 1&8: Pace, no diving.
Lanes 2, 3, 4, 5, 6, 7: Dive start sprints.
- COACHES:** Team packets will be available at the Clerk of Course. Coaches must present their 2009 USA Swimming card to receive their packet and the certification card must be in a visible place while on the pool deck. Coaches meeting will be held at the Clerk of Course at 3:50pm on Friday, June 18, 2010 and as needed throughout the meet.
- OFFICIALS:** We welcome all certified USA Swimming officials on deck. If your club can provide meet officials, please contact Robert Bittner, Cell: (252) 808-5329
Work: (252) 223-3171
- An Officials meeting will be held near the starting area 45 minutes before the start of each session.
- LANE TIMERS:** The host team will attempt to fill all timer positions, but may ask for volunteers from visiting teams to help provide relief.
- Entrants in the 400 and above will need to provide their own timer and lap counter for this event.
- HOSPITALITY:** Hospitality will be available for all officials, coaches, and meet volunteers.
- CONCESSIONS:** A variety of food, drinks and snacks will be available for sale at the concession stand at the entrance to the pool.
- 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.
- RELEASE:** USA Swimming, Inc., North Carolina Swimming, Inc., Carteret Currents Swimming, Inc., The Sports Center, Morehead City, NC, and all employees and representatives of these organizations shall be held free and harmless from any and all liabilities on claims for damages arising by reason of injuries to anyone during the conduct of this meet.

ECSL LONG COURSE CHAMPIONSHIPS
ORDER OF EVENTS
FRIDAY, JUNE 18, 2010

WARMUPS: 4:00pm

MEET BEGINS: 5:00pm

Women	Events	Men
1	OPEN 400 IM	2
3	10 & U 200 IM	4
5	11-12 200 IM	6
7	13-14 200 IM	8
9	OPEN 400 Free	10

ECSL LONG COURSE CHAMPIONSHIPS
ORDER OF EVENTS
SATURDAY, JUNE 19, 2010

WARMUPS: 8:00am

MEET BEGINS: 9:00am

Women	Events	Men
11	8 & U 100 Free	12
13	9-10 100 Free	14
15	OPEN 200 Free	16
17	11-12 50 Free	18
19	13-14 50 Free	20
21	OPEN 50 Free	22
23	8 & U 50 Back	24
25	9-10 50 Back	26
27	11-12 50 Back	28
29	13-14 100 Back	30
31	OPEN 100 Back	32

*****30 MINUTE BREAK*****

33	8 & U 200 Free Relay	34
35	10 & U 200 Free Relay	36
37	12 & U 200 Free Relay	38
39	14 & U 200 Free Relay	40
41	OPEN 200 Free Relay	42
43	OPEN 200 Fly	44
45	8 & U 50 Breast	46
47	9-10 50 Breast	48
49	11-12 50 Breast	50
51	13-14 100 Breast	52
53	OPEN 100 Breast 54	54

*****10 MINUTE BREAK*****

55	OPEN 800 Free	56
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ECSL LONG COURSE CHAMPIONSHIPS
 ORDER OF EVENTS
 SUNDAY, JUNE 20, 2010

WARMUPS: 8:00am
 MEET BEGINS: 9:00am

Women	Events	Men
57	OPEN 200 Back	58
59	8 & U 50 Free	60
61	9-10 50 Free	62
63	11-12 100 Free	64
65	13-14 100 Free	66
67	OPEN 100 Free	68
69	8 & U 200 Medley Relay	70
71	10 & U 200 Medley Relay	72
73	12 & U 200 Medley Relay	74
75	14 & U 200 Medley Relay	76
77	OPEN 200 Medley Relay	78
*****30 MINUTE BREAK*****		
79	OPEN 200 Breast	80
81	8 & U 50 Fly	82
83	9-10 50 Fly	84
85	11-12 50 Fly	86
87	13-14 100 Fly	88
89	OPEN 100 Fly	90
*****10 MINUTE BREAK*****		
91	OPEN 200 IM	92

EAST CAROLINA SWIM LEAGUE

2009 LONG COURSE CHAMPIONSHIPS

Morehead City, NC

June 18-20, 2010

Entry Summary Sheet

Team Name: _____

Official Abbreviation: _____

Coach: _____

E-mail: _____

Team Address _____

	# of Swimmers Entered	# of Individual Events	# of Relays
Girls 8 & U			
Boys 8 & U			
Girls 9-10			
Boys 9-10			
Girls 11-12			
Boys 11-12			
Girls 13-14			
Boys 13-14			
Girls 15-18			
Boys 15-18			
Totals:			

Total Individual Entries: _____ x \$2.50 Entry Fee

Total Relay Entries: _____ x \$8.00 Relay Fee

Total Swimmers: _____ x \$7.00 (Facility Surcharge = \$5.00) + (NCS Travel Fund = \$2.00)

ECSL Registration Fee: _____ \$8.00 per team

TOTAL DUE = _____

Please make checks payable to: Carteret Currents Swimming

Mail Entries to: Carteret Currents Swimming
ECSL LC Championship
P.O Box 2181
Morehead City, NC 28577

E-mail entries to: burckhardt@campbell.edu

Entries must be received by: Tuesday, June 8, 2010.