



18th ANNUAL TYR CAPITAL CLASSIC December 17th-19th, 2010

- HOST:** YMCA of the Triangle Area Swim Team
- LEAGUE SPONSOR:** Greater YMCA Sunbelt Swimming Association (GYSSA)
- SANCTION:** Sanctioned by the YMCA Competitive Swimming and Diving Committee as a Championship level competition. National YMCA Sanction Number is **CAQ-2010-NC272-684**. This competition will satisfy the Championship Meet Requirement for YMCA Nationals. This meet will be run under USA Swimming technical rules and regulations; held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Approval #NC10125AP
- LOCATION:** Triangle Aquatic Center
275 Convention Drive
Cary, NC 27511
- DATES & TIMES:**
- Friday & Saturday Sessions*
- | | |
|------------------|-----------|
| Prelim Warm-up*: | 6:30 a.m. |
| Preliminaries: | 8:30 a.m. |
| Finals Warm-up: | 4:00 p.m. |
| Finals: | 5:30 p.m. |
- Sunday Sessions*
- | | |
|------------------|-----------|
| Prelim Warm-up*: | 6:30 a.m. |
| Preliminaries: | 8:30 a.m. |
| Finals Warm-up: | TBD |
| Finals: | TBD |
- *A coaches meeting will be held Sunday morning to announce the start time for Sunday evening's finals session.
- * Warm-ups during the prelim sessions each day will be run as follows. From 6:30-7:00 a.m., the entire pool will be open for general warm-up (**Saturday and Sunday only**). From 7:00-8:00 a.m., warm-ups will be split into two 30-minute warm-up sessions with assigned lanes for each team. From 8:00-8:20 a.m., the competition pool will move to specific warm-up (sprint/pace). During specific warm-up, the non-competition end of the pool will remain open for general warm-up.
- *Finals warm-ups are open and there will not be any assigned lanes. We will have specific sprint/pace lanes that will be announced at the meet.
- CLASSIFICATION:** This meet is a closed YMCA Senior Championship Meet open only to YMCA teams. Swimmers must have met the minimum qualifying standard in each

individual event entered. There are no minimum qualifying standards for relay events. **PLEASE USE SCY TIMES FOR ALL ENTRIES!!**

ELIGIBILITY:

Each participant must be a member of a local YMCA for a minimum of 90 days prior to the meet and must have a full privilege annual membership at that YMCA to be eligible. All athletes must have represented their YMCA in at least one previous closed YMCA competition during the current season. All teams participating in this meet must be registered via the <http://www.ymcacompetitiveswim.org> website. This is a Senior competition open to 12 and older swimmers who have met the qualifying time standards.

FACILITY:

The Triangle Aquatic Center features two 25-yard pools with a variable depth ranging from 7 to 12 feet. The 8-lane competition course has 9-foot wide lanes; the 10-lane competition course has 7-foot wide lanes. An additional 25-yard pool is available for continuous warm-up/swim-down. The pool is equipped with anti-turbulent lane lines and Paragon starting blocks. The facility features a Daktronics Pro timing system and two digital matrix scoreboards. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

We will swim preliminaries in the 10 lane WEST side of the pool and finals in the 8 lane EAST side of the pool. We will use the 8 lane pool for warm-up/warm-down in the morning and the 10 lane pool for warm-up/warm-down in the evening.

FORMAT & RULES:

The meet will be conducted in accordance with USA Swimming rules except as noted herein. USA Swimming/YMCA dual-certified officials will supervise the conduct of the competition. For those participants on a dual member (YMCA and USA Swimming) team, this will be a USA Swimming Approved meet. Swimmers' USA Swimming ID numbers must be submitted as a part of the team's meet entries for NTV and reportable times.

1. The competition will consist of a preliminary session and a finals session each day. During finals, a Bonus, Consolation and Championship heat will be offered for all 15 and over athletes based on results from preliminaries and will be contested in that order. The top 8 swimmers from preliminaries (15 & over only) qualify for the Championship heat. Swimmers (15 & over) placing 9th-16th during preliminaries qualify for the Consolation heat. Swimmers (15 & over) placing 17th-24th during preliminaries qualify for the Bonus heat. We will also have one Championship final for the top 8 14 and under athletes only. **ALL 14 AND UNDER ATHLETES WILL SWIM IN THE 14 AND UNDER CHAMPIONSHIP FINAL ONLY!!**
2. All events will be pre-seeded except for the 500- and 1650-yard Freestyles and the 400-yard Individual Medley. Those events will be deck-seeded and will require a positive check-in to swim.
3. The 400-yard Individual Medley will require a positive check-in by 7:45 a.m. on Friday morning. Heats will be posted by 9:00 a.m. The preliminary heats will be swum beginning with the fastest four heats of women followed by the fastest four heats of men. The remaining heats will be swum fastest to slowest, alternating women and men. The prelim heats of the 400 IM will be swum following the morning heats of the 800 Free Relay. The Referee reserves the right to combine heats.

4. The 500-yard Freestyle will require a positive check-in by 7:45 a.m. on Saturday morning. Heats will be posted by 9:00 a.m. The preliminary heats will be swum beginning with the fastest four heats of women followed by the fastest four heats of men. The remaining heats will be swum fastest to slowest, alternating women and men. The prelim heats of the 500 Free will be swum following the morning heats of the 400 Medley Relay. The Referee reserves the right to combine heats.
5. The 1650-yard Freestyle will be a timed final event and will require a positive check-in by 7:45 a.m. on Sunday morning. Heats will be posted by 9:00 a.m. on Sunday morning. The fastest eight seeded women and the fastest eight seeded men will compete during the evening finals. All remaining preliminary heats of the 1650-yard Freestyle will swim fastest to slowest, alternating women and men, at the conclusion of the preliminary session following the 400 Free Relay. The Referee reserves the right to combine heats.
6. All relays will be swum as timed finals, and only one relay from each team will be scored. You may enter an unlimited amount of relays. The fastest seeded heat of men's and women's relays will be swum during the Finals session on Friday and Saturday. All remaining heats will be swum during the morning's prelim session. On Friday, prelim heats of the 800 Freestyle Relay will be swum prior to the prelim heats of the 400 IM. On Saturday, prelim heats of the 400 Medley Relay will be swim prior to the prelim heats of the 500 Free. On Sunday, all heats of the 400 Freestyle Relay will be contested at the conclusion of the prelim session prior to the morning heats of the 1650.
7. Time trials will be offered at the discretion of the Meet Referee at the end of all prelim and finals sessions. The cost for individual or relay time trials will be **\$15.00**. Information on time trial format will be available for coaches at the beginning of the meet on Friday.

CHECK-INS:

400 yd. IM	7:45 a.m.	Friday
500 yd. Freestyle	7:45 a.m.	Saturday
1650 yd. Freestyle	7:45 a.m.	Sunday

SCRATCH RULE:

Scratches for finals (Championship or Consolation heats) must be given to the Referee or the designated official. Swimmers will have 30 minutes to declare their intentions following the announcement of the preliminary results. **Failure to compete in a Championship or Consolation final shall result in disqualification from the remainder of the meet.** No penalty shall apply for failure to compete in a Championship or Consolation finals if (1) the Referee is notified of an illness or injury and accepts the proof thereof, or (2) the Referee determines that the failure to compete is caused by circumstances beyond the control of the swimmer. There will be no penalties for scratches during preliminary or Bonus final heats. The Referee reserves the right to allow alternates to swim in a Bonus final heat in the event of a no-show. **Failure to compete in an event that has been positively checked-in will result in the individual swimmer being disqualified from his or her next individual event.** No penalty shall apply for failure to compete in a positive check-in individual event if (1) the Referee is notified of an illness or injury and accepts the proof thereof, or (2) the failure to compete is caused by circumstances beyond the control of the swimmer.

AWARDS:

Team: 1st – 3rd
 Heat Winners
 Mayberry Heat Winners

Trophies
 Special Prizes
 RC Cola & Moon Pie

SCORING:

Individual Events 1st – 16th
 20-17-16-15-14-13-12-11
 9-7-6-5-4-3-2-1

Championship Heat
 Consolation Heat

Relays

40-34-32-30-28-26-24-22
 18-14-12-10-8-6-4-2

*** Teams may enter UNLIMITED relays, but only one relay will be scored.**

ENTRY FEES:

\$5.00 per individual event
 \$12.50 per relay event
 \$10.00 per swimmer Facility fee
 \$4.00 per swimmer NCS Travel fee

SPECIAL FEATURES:

2010 Capital Classic Theme – Winter Wonderland/Christmas

ENTRY PROCEDURE:

1. Priority in accepting entries will be given to those teams who send positive confirmation of their intent to attend the meet along with an approximate number of swimmers attending to Chad Onken by **November 1st, 2010**. Those confirmations should be sent to chad.onken@ymcatriangle.org
2. Teams are asked to be honest in adhering to the qualifying standards for this year's meet. Teams who enter unqualified swimmers cause the meet to be unnecessarily long and contribute to creating a meet that is not conducive to fast swimming for those teams and swimmers who have met the qualifying standards. Teams who abuse the integrity of the qualifying standards may not be asked to return to the meet in future years.
3. All entries **MUST** be submitted in HYTEK format. **NO HANDWRITTEN, FAX, OR PHONE ENTRIES WILL BE ACCEPTED.**
4. Entries may be submitted via email or on a disk through the mail. **Please enter best short course yards times for all events where the swimmer betters the short-course qualifying standard. For those athletes meeting the long-course standard, please enter at the short-course qualifying time.** HYTEK entry files should be e-mailed as attachments to chad.onken@ymcatriangle.org. **The entry deadline is Midnight on Monday, December 6th**. Late entries will be accepted only at the discretion of the Meet Manager and subject to double entry fees. The following materials **MUST** accompany all entry packages (regardless of entry method):

- Hard-copy of team entries
- Financial Summary sheet
- Check for entry fees payable to YOTA Swim Team

*****Mail or deliver all entries directly to*****

YOTA Swim Team - Attn: Chad Onken
 801 Corporate Center Drive, Suite 200
 Raleigh, NC 27607

Email: chad.onken@ymcatriangle.org

Phone: (919) 719-9606

Fax: (919) 828-6246

ENTRY LIMITS: Swimmers may swim a maximum of three (3) individual events per day and seven (7) total individual events for the meet.

ADDITIONAL INFORMATION: All coaches who wish to be on the pool deck at the TYR Capital Classic MUST HAVE the following current safety certifications: CPR, First Aid, and Lifeguarding or Coaches Safety Training. The Meet Referee and Meet Marshal reserve the right to request proof of coach certifications at any time and may ask coaches not able to provide such proof to remove themselves from the pool deck. All coaches must be registered via the <http://www.ymcacompetitiveswim.org> website as well.

COACHES MEETING: A coaches meeting will be held at 8:20 a.m. on Friday morning at the conclusion of warm-ups and as needed throughout the meet.

HOST COACH: Chad Onken (919) 719-9606

MEET DIRECTOR: Sarah Mulligan

MEET REFEREE: Bob Davis

MEET MANAGER: Chad Onken (919) 719-9606

VOLUNTEER MEET OFFICIALS: The YMCA of the Triangle Area Swim Team welcomes the participation of parent volunteers who are currently certified as USA Swimming Stroke and Turn Judges. If any of your parents would be interested in helping with the meet, please indicate the names below and send with your entries or contact the Meet Director.

Name			USA Swimming Certification Level
Home Phone Number			YMCA Certification Level
Fri AM	Fri PM	Sat AM	Position preferred (eg. Starter, stroke & turn)
Sat PM	Sun AM	Sun PM	

Name			USA Swimming Certification Level
Home Phone Number			YMCA Certification Level
Fri AM	Fri PM	Sat AM	Position preferred (eg. Starter, stroke & turn)
Sat PM	Sun AM	Sun PM	

18th Annual TYR Capital Classic

ORDER OF EVENTS

Friday

Preliminaries: 8:30 a.m.

Finals: 5:30 p.m.

Event # WOMEN	Qualifying Standard (SC/LC)		Description	Qualifying Standard (SC/LC)		Event # MEN
1	NT	NT	200 Medley Relay*	NT	NT	2
3	2:01.99	2:19.99	200 Freestyle	1:54.99	2:11.99	4
5	1:16.99	1:27.99	100 Breaststroke	1:10.99	1:22.99	6
7	1:03.99	1:12.99	100 Butterfly	59.99	1:08.99	8
9	4:54.99	5:36.99	400 IM	4:48.99	5:33.99	10
11	NT	NT	800 Free Relay*	NT	NT	12

Saturday

Preliminaries: 8:30 a.m.

Finals: 5:30 p.m.

Event # WOMEN	Qualifying Standard (SC/LC)		Description	Qualifying Standard (SC/LC)		Event # MEN
13	NT	NT	200 Free Relay*	NT	NT	14
15	2:24.99	2:43.99	200 Butterfly	2:16.99	2:37.99	16
17	26.99	30.99	50 Freestyle	24.99	28.99	18
19	2:43.99	3:05.99	200 Breaststroke	2:35.99	3:00.99	20
21	1:04.99	1:16.99	100 Backstroke	1:00.99	1:11.99	22
23	5:25.99	4:53.99	500 Freestyle	5:14.99	4:44.99	24
25	NT	NT	400 Medley Relay*	NT	NT	26

Sunday

Preliminaries: 8:30 a.m.

Finals: TBA

Event # WOMEN	Qualifying Standard (SC/LC)		Description	Qualifying Standard (SC/LC)		Event # MEN
27	18:59.99	19:28.99	1650 Freestyle*	18:14.99	18:53.99	28
29	56.99	1:05.99	100 Freestyle	52.99	1:01.99	30
31	2:19.99	2:43.99	200 Backstroke	2:11.99	2:34.99	32
33	2:18.99	2:40.99	200 IM	2:10.99	2:31.99	34
35	NT	NT	400 Free Relay*#	NT	NT	36

* Timed Final Events – Prelim heats of the 800-yard freestyle relay will be swum prior to the prelim heats of the 400-yard individual medley. Prelim heats of the 400-yard Medley Relay will be swum prior to the prelim heats of the 500-yard Freestyle. All heats of the 1650-yard freestyle, excluding the fastest seeded heat, will compete as the final individual event of the Sunday morning prelim session. The final heat of the 1650-yard freestyle will compete as the first individual event of finals on Sunday.

All heats of the 400-yard freestyle relay will compete during the Sunday morning prelim session prior to the afternoon heats of the 1650.

17th Annual TYR Capital Classic Entry Summary Sheet

	Total # of Swimmers	NCS Travel Fee Surcharge	Swimmer Surcharge	Total Surcharge Fee	Total # of Entries	Event Entry Fee	Total Event Fees	TOTAL ENTRY FEES
Individual Events		\$4.00	\$10.00			\$5.00		
Relay Events	N/A	N/A	N/A	N/A		\$12.50		
Total								

Waiver of Liability

The YMCA of the USA (Upper Southeast Region), the Greater YMCA Sunbelt Swimming Association, the YMCA of the Triangle Area, Inc., USA Swimming, North Carolina Swimming, and the Triangle Aquatic Center 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.

Signature of

Head Coach: _____

Phone Number: _____

Club Code: _____

Club Name: _____

Club Address: _____

Head Coach: _____

Make all checks payable to YOTA Swim Team. All entries are due by Midnight on Monday, December 6th, 2010. Team Manager entry files may be emailed to Chad Onken at Chad.Onken@ymcatriangle.org or mailed in on a disk. By the entry deadline, you must have submitted your entries in Hy-Tek Team Manager format via email or hard disk, along with this summary sheet, a check for your team's entry fees, and a hardcopy of your entries. It is highly recommended that you use either FedEx or UPS to send in your entries since those services provide tracking services. Please send all entries, forms, and fees to:

YOTA Swim Team

Attn: Chad Onken

801 Corporate Center Drive

Suite 200

Raleigh, NC 27607