

# YOTA SWIM TEAM

## 19<sup>th</sup> ANNUAL TYR CAPITAL CLASSIC December 16<sup>th</sup>-18<sup>th</sup>, 2011

- HOST:** YMCA of the Triangle Area Swim Team (YOTA)
- 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-2011-NC268659**. 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 **NC11129AP**
- LOCATION:** Greensboro Aquatic Center  
1921 West Lee Street  
Greensboro, NC 27403  
<http://www.greensboroaquaticcenter.com>
- 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. 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., we will move to specific warm-up (sprint/pace).
- \*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.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

YOTA welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets.

Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the meet director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit YOTA's ability to accommodate all requests.

#### **FACILITY:**

The Greensboro Aquatic Center is a state-of-the-art indoor facility with three pools which opened in August 2011. Two pools with ten 25-yard, 7-foot wide lanes will be used for the competition with non-turbulent lane lines and Colorado starting blocks. It is a minimum of 8 feet deep at both ends. The Colorado electronic timing system will be used as will the Daktronics scoreboard. The competition course has not been certified in accordance with 104.2.2C(4) – as of 9/1/2011. We will have ample lanes available for warm-up and warm-down. Seating for 1500 spectators is available. Parking will be available for \$5 per day with unlimited entry and exit. Free parking will be provided for coaches and officials who present 2011 or 2012 USAS membership cards to the gate attendant.

**Depending on the size of the meet, the meet referee and meet administrative team reserve the right to determine if we will use one or both pools for preliminary competition. All distance events will be run in both 10 lane pools. All final events will be swum in the (1) main competition pool.**

#### **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. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
2. 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. The top 10 swimmers from preliminaries (15 & over only) qualify for the Championship heat. Swimmers (15 & over) placing 11<sup>th</sup>-20<sup>th</sup> during preliminaries qualify for the Consolation heat. Swimmers (15 & over) placing 21<sup>st</sup>-30<sup>th</sup> in preliminaries qualify for the Bonus (non-scoring) heat. We will also have one Championship final for the top 10 14 and under athletes only. **ALL 14 AND UNDER ATHLETES WILL SWIM IN THE 14 AND UNDER CHAMPIONSHIP FINAL ONLY!!**
3. 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.

4. 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.
5. 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.
6. 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.
7. All relays will be swum as timed finals, and only two relays from each team will be scored. ***You may enter an unlimited amount of relays.*** The fastest two seeded heats 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 swum prior to the prelim heats of the 500 Free. On Sunday, teams will be given the option of swimming their 400 Freestyle Relays in the morning or in the evening. All morning heats of the 400 Freestyle Relay will be contested at the conclusion of the prelim session prior to the morning heats of the 1650. All evening 400 Freestyle Relay heats will be contested as the last event of the evening.
8. 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.**
9. We will have an official's meeting on Friday morning at 8:00 am in our hospitality area.

**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: 1 <sup>st</sup> – 3 <sup>rd</sup>	Trophies
Heat Winners	Special Prizes
Mayberry Heat Winners	RC Cola & Moon Pie
Event Winners	Special Prize

**SCORING:**

Individual Events	1 <sup>st</sup> – 20 <sup>th</sup>	(only 1 <sup>st</sup> – 10 <sup>th</sup> for 14 & unders)
	24-21-20-19-18-17-16-15-14-13	Championship Heat
	11-9-8-7-6-5-4-3-2-1	Consolation Heat
Relays		
	48-42-40-38-36-34-32-30-28-26	
	22-18-16-14-12-10-8-6-4-2	

**\* Teams may enter UNLIMITED relays, but only two relays will be scored.**

**ENTRY FEES:**

\$5.00 per individual event  
\$12.50 per relay event  
\$10.00 per swimmer Facility fee  
\$3.00 per swimmer NCS Travel fee

**SPECIAL FEATURES:**

*19<sup>th</sup> Annual TYR Capital Classic Theme – TBD*

**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 1<sup>st</sup>, 2011**.
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 better 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](mailto:chad.onken@ymcatriangle.org). **The entry deadline is Midnight on Monday, December 5<sup>th</sup>.** Late entries will be accepted only at the discretion of the Meet Manager. 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](mailto: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.

**OTHER 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. **All coaches must also have completed the YMCA of the USA/Principles of YMCA Competitive Swimming and Diving certification as well.** 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 and teams 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 (bobjdavis@gmail.com)

**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.

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_____ 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	

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_____ 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	

# 19<sup>th</sup> 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.

## 19<sup>th</sup> 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		\$3.00	\$10.00			\$5.00		
Relay Events	N/A	N/A	N/A	N/A		\$12.50		
<b>Total</b>								

### 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, Inc., North Carolina Swimming, Inc., and the Greensboro 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 5<sup>th</sup>, 2011. Team Manager entry files may be emailed to Chad Onken at [Chad.Onken@ymcatriangle.org](mailto: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**

