

Star Aquatics Helping Hospice Invite
February 1-3, 2008
Age Group/Senior Invitational
Gateway YWCA of Winston-Salem
Winston-Salem, NC

- Sanction: Held under the sanction Of USA Swimming, Inc., issued by North Carolina Swimming, Inc. NCS Sanction# NC08018 .
- Sponsor: Star Aquatics, LLC
- Site Info: The YWCA Gateway Facility, Winston-Salem, N.C. An 8 Lane, 25 Yd pool with a depth of 6 feet on the starting end. Pool has non-turbulent lane lines, Colorado Timing System with 8 lane scoreboard display and custom starting blocks. There is a two lane warm-up/cool down pool that will be available.
- Date: February 1-3, 2008
- Classification: Age Group and Senior invitational meet. Saturday and Sunday Senior events (except 1650 Free) will be swum Prelims/Finals. All other events will be swum as Timed Finals.
- Eligibility: All Swimmers Must Be Registered With USA Swimming, Inc.
- Swimmers who will age up prior to their NCS championships will be allowed to swim up an age group if they desire. Only swimmers aging up can swim up an age group. Please notify the meet director of any swimmers planning to swim up.
- Entries: Please submit entries on Hy-tek Meet Manager compatible diskettes accompanied by enclosed summary form. List the swimmer's age as of February 1st, 2008. Only properly completed forms accompanied by payment will be accepted. **Please note that the following entry guidelines will be strictly enforced by the meet director:**
- 1. Payment must be attached with all entries.**
 - 2. There may be on-deck entries taken at this meet, but in open lanes only, with double fees paid at the time of entry. All deck entered swimmers must be USA swimming athlete members.**
 - 3. Entries are welcome on disk which must be compatible with Hy-tek's Meet Manager program and accompanied by hard copy documentation.**
- Entry Limit: Swimmers competing in the Senior sessions are limited to three (3) events per day. Swimmers competing in the Timed Finals sessions are limited to five (5) events per day. The meet director reserves the right to move events and/or age groups depending on the number of entries and the timeline to accept more athletes.
- The 1650 free will be limited to the 24 fastest seed times for Men and 24 fastest seed times for Women. Seed times for the 1650 will be verified via SWIMS database.

The 500 free will be limited to the 32 fastest seed times for Men and 32 fastest seed times for Women. Seed times for the 500 will be verified via SWIMS database.

Entry Deadline: **Tuesday, January 22nd, 2008.** Entries will be accepted up to 9 P.M. on Tuesday, January 22nd. Telephone entries will not be accepted. Changes to entries will be accepted by email. Please follow up to be sure that the meet director has received any changes. Entries will be accepted in the order in which completed entries are received. Entries may be limited at the discretion of the meet director in order to manage the timeline.

Entry Fees: 12 & Under \$2.00 per event
 13 & Over \$2.25 per event
 Relays \$8.00

\$5.00 per swimmer facility surcharge
\$2.00 per swimmer NCS Travel Fund

Double fees will be charged for late entries. A late entry is any entry received after 9 P.M. Tuesday, January 22nd, 2008. All fees are non-refundable. A check made out to Star Aquatics must accompany entries.

Mail Entries To: Star Aquatics
 P.O. Box 16311
 High Point, NC 27261
 336-337-0169
 Entries@staraquatics.net

Order of events: See Attached Schedule

Scoring: This meet will not be scored.

Awards: Individual Events 1st-8th Place Ribbons
 Heat winner prizes will be awarded throughout the meet.

Warm-Up Schedule: Specific warm-ups will be held in accordance with the NCS safety program. Lane assignments for warm-ups will be available in the coaches' packets. A current coach's card will be required to obtain the packet and must be with the coach at all times on deck. Please begin warm-up procedures at the starting end of the pool only. Diving will not be allowed until specific warm-up period is announced. Specific warm-up times and procedures will be emailed prior to the meet and also detailed in the coaches' packet.

Safety: The NCS Safety Program is in effect for this meet. Coaches are required to closely supervise their swimmers at ALL times. All teams are expected to have at least one (1) certified coach on deck to monitor their swimmers. Each coach is responsible for monitoring his/her team's activities in this area. NO running or horseplay will be tolerated.

Coaches Meeting: There will be a coaches meeting Friday, February 1st at 5:20 pm and as needed prior to other sessions.

Meet Director: Paul Thompson / Head Coach Jay Dodson
336-457-1870 336-337-0169

Meet Officials: STAR Aquatics welcomes the participation of parent volunteers who are currently USA Swimming certified officials. There will be an officials meeting at 5:00 Friday and 30 minutes prior to the start of the other sessions as needed.

Meet Referee: Gary Flynn: 336-855-6814 or gary_flynn@bellsouth.net

Meet Marshall: Jan & Gary Byrum

Hospitality: Drinks and snacks will be provided to the coaches, officials, and meet volunteers.

Concessions: Provided by the YWCA.

Volunteers: All teams must be prepared to provide at least two timers for each session.

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

Meet management reserves the right to combine and/or move events as needed in order to manage the timeline.

Positive check-in is required for the following events as per deadlines listed:

500 Free – Friday by the end of warm-ups (5:20 pm)

400 IM – Saturday by the end of warm-ups (7:50 am)

1650 Free – Sunday by the end of warm-ups (7:50 am)

The above events will be swum slowest to fastest

The North Carolina scratch rule is in effect for this meet.

Swimmers competing in the 500 Free and 1650 Free must provide their own counter and timer.

The fastest eight (8) women and men will swim the 1650 Free during Finals on Sunday evening.

There will be separate Finals events for 14 & Under and 15 & Over athletes on Saturday and Sunday evening with 2 heats of men and 2 heats of women qualifying for each Finals event. Finals will be swum in the following order: Senior A Final; Senior B Final; 13 & 14 A Final; 13 & 14 B Final.

All swimmers entering relays must be listed on the entry sheets. Any relay scratches should be indicated on the session scratch sheet, not on the relay cards. Relays will be seeded and posted along with the individual events. Relay cards with the names and order of the relay team are to be delivered to the computer desk before the start of the session.

Saturday, February 2nd, 2008

Morning Session

Warm-ups 6:45-7:50 AM/Meet starts at 8:00 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
9	Senior 200 Free	10
11	Senior 100 Butterfly	12
13	Senior 200 Backstroke	14
15	Senior 50 Free	16
17	Senior 100 Breaststroke	18
19	Senior 200 Medley Relay	20
	10 minutes break if needed	
21	Senior 400 IM	22

Afternoon Session

Warm-ups not before 11:30. Meet starts 1 hour after warm-ups begin.

<u>GIRLS</u>	<u>EVENTS</u>	<u>BOYS</u>
23	11 & 12 200 Free	24
25	10 & under 200 free	26
27	11 & 12 50 Butterfly	28
29	10 & under 50 Butterfly	30
31	11 & 12 100 Backstroke	32
33	10 & under 100 Backstroke	34
35	11 & 12 50 Free	36
37	10 & under 50 Free	38
39	11 & 12 100 Breaststroke	40
41	10 & under 100 Breaststroke	42
	10 minutes break if needed	
43	12 & under 200 Free Relay	44

Evening Finals Session

Warm-ups 5:00 PM Finals Begin at 6:00

<u>GIRLS</u>	<u>EVENTS</u>	<u>BOYS</u>
9	Senior 200 Free	10
9	13 & 14 200 Free	10
11	Senior 100 Butterfly	12
11	13 & 14 100 Butterfly	12
13	Senior 200 Backstroke	14
13	13 & 14 200 Backstroke	14
15	Senior 50 Free	16
15	13 & 14 50 Free	16
17	Senior 100 Breaststroke	18
17	13 & 14 100 Breaststroke	18
21	Senior 400 IM	22
21	13-14 400 IM	22

Sunday, February 3rd, 2008

Morning Session

Warm-ups 6:45-7:50 AM/Meet starts at 8:00 AM

<u>GIRLS</u>	<u>EVENTS</u>	<u>BOYS</u>
45	Senior 100 Free	46
47	Senior 200 Butterfly	48
49	Senior 100 Backstroke	50
51	Senior 200 Breaststroke	52
53	Senior 200 Free Relay	54
	10 minutes break if needed	
55	Senior 1650 Free	56

Afternoon Session

Warm-ups not before 11:30. Meet starts 1 hour after warm-ups begin.

<u>GIRLS</u>	<u>EVENTS</u>	<u>BOYS</u>
57	11 &12 100 Free	58
59	10 & under 100 Free	60
61	11 &12 100 Butterfly	62
63	10 & under 100 Butterfly	64
65	11 &12 50 Backstroke	66
67	10 & under 50 Backstroke	68
69	11 &12 100 IM	70
71	10 & under 100 IM	72
73	11 &12 50 Breaststroke	74
75	10 & under 50 Breaststroke	76
77	12 & under 200 Medley Relay	78

Evening Finals Session

Warm-ups 5:00 PM Finals Begin at 6:00

<u>GIRLS</u>	<u>EVENTS</u>	<u>BOYS</u>
45	Senior 100 Free	46
45	13 & 14 100 Free	46
47	Senior 200 Butterfly	48
47	13 & 14 200 Butterfly	48
55	Senior 1650 Free	
49	Senior 100 Backstroke	50
49	13 & 14 100 Backstroke	50
	Senior 1650 Free	56
51	Senior 200 Breaststroke	52
51	13 & 14 200 Breaststroke	52

Star Aquatics February Invitational
February 1-3, 2008
MEET ENTRIES/ENTRY FEES SUMMARY FORM

AGE GROUP	TOTAL # SWIMMERS	NCS TRAVEL FUND@ \$2 PER SWIMMER	FACILITY SURCHARGE @ \$5 PER SWIMMER	TOTAL INDIVIDUAL ENTRIES	Timed Final ENTRIES @ \$2.00	Prelims/Finals ENTRIES @ \$2.25	Relay Entries @ \$8.00
8 UND GIRLS							
9-10 GIRLS							
11-12 GIRLS							
13-18 GIRLS							
8 UND BOYS							
9-10 BOYS							
11-12 BOYS							
13-18 BOYS							
TOTALS							

TOTAL NCS TRAVEL \$ _____
TOTAL FACILITY SURCHARGE \$ _____
TOTAL INDIVIDUAL ENTRY FEE \$ _____
TOTAL ENTERED \$ _____

PLEASE RETURN THIS SUMMARY SHEET BY JANUARY 22nd WITH ENTRY FEES, DISK AND HARD COPY OF ENTRIES TO:

STAR AQUATICS
P.O. BOX 16311
HIGH POINT, NC. 27261

entries@staraquatics.net
336-337-0169 or 336-457-1870
MAKE CHECKS PAYABLE TO STAR AQUATICS

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC, STAR AQUATICS, LLC, GATEWAY YWCA, 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.

HEAD COACH SIGNATURE _____ PHONE _____
PRINT COACH'S NAME _____ E-MAIL ADDRESS _____
CLUB NAME _____ CLUB CODE _____
CLUB ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____