

# ECSL GSC vs WOW Dual Meet

## Hosted by Greenville Swim Club

### January 27-29, 2012

- Sanction:** Held under the Sanction of United States Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction #NC12028
- Meet Director:** Wilson Pou - email: wilson@engrsource.com  
**Meet Referee:** Richard Wilson – email: rnwilson@suddenlink.net
- Sponsor:** Greenville Swim Club
- Location:** Minges Natatorium  
East Carolina University  
Greenville, NC 28590
- Date:** Friday, January 27, 2012 – Sunday, January 29, 2012
- Times:**
- Friday PM (January 27) Session**  
Warm-ups: 5:30 PM  
Meet Starts: 6:30 PM
- Saturday AM (January 28) Session**  
Warm-ups: 8 AM  
Meet Starts: 9 AM
- Saturday PM (January 28) Session**  
Warm-ups: 5:30 PM  
Meet Starts: 6:30 PM
- Sunday AM (January 29) Session**  
Warm-ups: 8 AM  
Meet Starts: 9 AM
- Warm-ups:** Warm-up lane assignments will be determined after the coaches entries have been received and will be included in the coaches' packets.
- Classification:** Dual Meet - All events timed finals
- Rules:** The meet will be conducted in accordance with the current USA Swimming Rules & Regulations and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated.
- 204.3.2 Events Seeded on the Deck – Not Applicable. No deck seeding will be permitted
- 204.3.4 Exception for Failure to Compete – Not Applicable. No penalty shall apply for failure to compete in or scratch an individual event.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

**General Meeting/  
Officials Briefing:**

Meetings will be announced prior to the start of the meet by the meet director.

**Entry Limit**

Swimmers may enter up to 4 individual events and two relays per session.

The 1000 and 1650 will be positive check-in and limited to the top 4 swimmers for both women and men from each team.

The 11-12 – 500 FREE will be positive check-in and be limited to the top 12 swimmers from each team.

The 10&under – 200 IM will be positive check-in and be limited to the top 16 swimmers from each team.

**Entry Fees**

Individual Events: \$2.50

Relay Events: \$6.00

Facility Surcharge: \$6.00

**Entry Deadline**

Wednesday, January 18, 2012 by 11:59 PM EST

Double entry fees will be charged for late entries, if accepted. A late entry is any entry received after 9:00 pm on Tuesday, November 9, 2010. All fees are nonrefundable.

A check made payable to the “Waves of Wilmington” must accompany all entries.

**Scoring**

Individual Events – 11, 9, 8, 7, 6, 5, 4, 3, 2, 1

Relay Events – 22, 18, 16, 14, 12

Only 3 relays may score from one team.

13&Over swimmers will swim together, but the results will be split out – 13-14 and 15 and up for individual events

**Safety**

The North Carolina Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No horseplay will be tolerated! **No parents will be allowed on the deck.** Coaches will not be allowed behind the starting blocks during competition. All coaches will be required to display current coach's credentials to the meet marshal to remain on deck.

**Racing Starts**

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.

**Disability Statement**

GSC 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 GSCs ability to accommodate all requests.

**Release Statement** USA Swimming Inc., North Carolina Swimming, East Carolina University, Greenville Swim Club, and other governing bodies of the facilities shall be held harmless for any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet. By entering, participating, and/or observing the meet you agree to the terms of this release statement.

*All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification / registration. Coaches and officials shall prominently display their registration cards while on deck.*

**Friday, January 27, 2012**

**Warm-ups: 5:30 PM, Meet Starts: 6:30 PM**

1	Senior – 200 Medley Relay	2
3	11-12 – 200 Medley Relay	4
5	10&Under – 200 Medley Relay	6
	<b>10-min Break</b>	
7	Senior 1650 Freestyle (1 Heat Each)	8
9	11-12 – 500 Freestyle (3 Heats Each)	10
11	10&Under – 200 IM (4 Heats Each)	12
	<b>10-min Break</b>	
13	Senior – 800 Freestyle Relay	14

**Saturday, January 28, 2012 – AM Session**

**Warm-ups: 8 AM, Meet Starts: 9 AM**

15	Senior – 200 Freestyle Relay	16
17	11-12 – 200 Freestyle Relay	18
19	10&Under – 200 Freestyle Relay	20
	<b>10-min Break</b>	
21	Senior – 200 Backstroke	22
23	11-12 – 100 Backstroke	24
25	10& Under – 50 Backstroke	26
27	Senior – 100 Freestyle	28
29	11-12 – 100 Freestyle	30
31	10&Under – 100 Freestyle	32
33	Senior – 200 Breaststroke	34
35	11-12 – 100 Breaststroke	36
37	10&Under – 100 Breaststroke	38
39	Senior – 100 Butterfly	40
41	11-12 – 50 Butterfly	42
43	10&Under – 50 Butterfly	44
45	Senior – 200 IM	46
47	11-12 – 200 IM	48

**Saturday, January 28, 2012 – PM Session**

**Warm-ups: 5:30 PM, Meet Starts: 6:30 PM**

49	Senior – 400 Medley Relay	50
51	11-12 – 400 Medley Relay	52
53	10&Under – 100 Medley Relay	54
	<b>10-min Break</b>	
55	Senior – 50 Freestyle	56
57	11-12 – 50 Freestyle	58
59	10&Under – 50 Freestyle	60
	<b>10-min Break</b>	
61	10& Under – 100 IM	62
63	11-12 – 100 IM	64
65	Senior – 400 IM (2 Heats Each)	66
	<b>10-min Break</b>	
67	Senior – 500 Freestyle (2 Heats Each)	68

**Sunday, January 29, 2012 – AM Session**

**Warm-ups: 8 AM, Meet Starts: 9 AM**

69	Senior – 100 Backstroke	70
71	11-12 – 50 Backstroke	72
73	10&Under – 100 Backstroke	74
75	8&Under – 25 Backstroke	76
77	Senior – 200 Freestyle	78
79	11-12 – 200 Freestyle	80
81	10& Under – 200 Freestyle	82
83	8&Under – 25 Freestyle	84
85	Senior – 200 Butterfly	86
87	11-12 – 100 Butterfly	88
89	10&Under – 100 Butterfly	90
91	8&Under – 25 Butterfly	92
93	Senior – 100 Breaststroke	94
95	11-12 – 50 Breaststroke	96
97	10&Under – 50 Breaststroke	98
99	8&Under – 25 Breaststroke	100
	10-min Break	
101	Senior – 400 Freestyle Relay	102