

YOTA SWIM TEAM

YOTA LC Time Trial Meet April 6th, 2012

HOST: YMCA of the Triangle Area Swim Team (YOTA)

SANCTION: This meet will be run under USA Swimming technical rules and regulations; held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction #NC12047

LOCATION: Greensboro Aquatic Center
1921 West Lee Street
Greensboro, NC 27403
<http://www.greensboroaquaticcenter.com>

DATES & TIMES:

Prelim Warm-up:	7:00 a.m.
Preliminaries:	8:30 a.m.
Distance Warm-up:	12:30 p.m.
Distance Events:	1:30 p.m.
Finals Warm-up:	4:00 p.m.
Finals:	5:00 p.m.
Time Trials:	immediately following Finals session

*A coaches meeting will be held Friday morning at 8:15 a.m.

* All warm-ups will be general warm-ups. No assigned lanes. We will have specific warm-ups (starts/pace) at 8:00 am (prelims) and 4:30 pm (finals).

* Only swimmers, USA Swimming certified coaches, officials and meet volunteers are allowed on the pool deck

MEET FORMAT: All events (except the women's 800 freestyle and the men's 1500 freestyle) are prelim/final events. The 800 and 1500 are timed final events. We will limit the 400 free and the 400 IM to the top 4 heats of men and top 4 heats of women in prelims. The top 8 athletes (based on preliminary results) in each event will swim in the final heat later in the afternoon.

ELIGIBILITY: This meet is providing a chance for athletes to achieve Junior National, Senior National, and US Olympic Trial time standards. The morning preliminary session is limited to entries that keep us at a 4 hour timeline. The afternoon distance session is limited to entries that keep us at a 2.5 hour timeline.

Priority #1: All YMCA National athletes that have qualified for the 2012 SC YMCA National Championships in an individual event (no relay only athletes).

Priority #2: All non-YMCA teams and athletes aiming for Olympic Trial time standards

Priority #3: All non-YMCA teams and athletes aiming for Junior National and Senior National (US Open) time standards

Entries will be accepted from March 1st, 2012 until March 25th, 2012 at midnight.

All swimmers must be registered with USA Swimming, Inc.

- 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:
- 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.
- DISABILITIES** 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. One fifty meter, 8 lane course with 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 been certified in accordance with 104.2.2C(4) The copy of such certification is on file with USA Swimming. 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.
- 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. All athletes entered into the meet must be USA Swimming members. Use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas, rest rooms, or locker rooms.
- CREDENTIALS:** 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.
- We will have an official's meeting on Friday morning at 8:00 am in our hospitality area.
- SCRATCH RULE:** Scratches for finals 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 final shall result in disqualification from the remainder of the meet.** No penalty shall apply for failure to compete in a Championship 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 heats.
- ENTRY FEES:** \$10.00 per individual event
\$10.00 per swimmer Facility fee
\$3.00 per swimmer NCS Travel fee

ENTRY PROCEDURE: 1. All entries **MUST** be submitted in HYTEK format. .
2. HYTEK entry files should be e-mailed as attachments to chad.onken@ymcatriangle.org. **The entry deadline is Midnight on Monday, March 25th**. Late entries will be accepted only at the discretion of the Meet Manager and with double the meet entry fee. Please make the check for entry fees payable to YOTA Swim Team.

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.

ENTRY MODIFICATIONS: All YMCA teams that ***have turned in their entries by the entry deadline*** will be able to modify their entries on Thursday, April 5th at the Clerk of Course at YMCA Nationals. You may modify those entries once finals starts. The Clerk of Course will be open until 15 minutes past the conclusion of finals. After that time, all entries are final and you will not be allowed to make any changes.

COACHES MEETING: A coaches meeting will be held at 8:15 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: Chad Onken chad.onken@ymcatriangle.org

MEET REFEREE: Joel Black joelblack@mindspring.com

MEET MARSHALL: Nick Walkotten nick.walkotten@ymcatriangle.org

RELEASE STATEMENT: USA Swimming, Inc., North Carolina Swimming, Inc., and YMCA of the Triangle Area Swim Team 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 the event.

EVENT ORDER:

Friday, April 6th 2012

Session #1 – PRELIMINARIES

**100 Breast
400 Free (4 heats only)
200 IM
100 Fly
50 Free
200 Back
200 Free
400 IM (4 heats only)
200 Fly
100 Back
100 Free
200 Breast**

Session #2 – DISTANCE (timed finals)

**W – 800 Free
M – 1500 Free**

Session #3 – FINALS (top 8)

**100 Breast
400 Free
200 IM
100 Fly
50 Free
200 Back
200 Free
400 IM
200 Fly
100 Back
100 Free
200 Breast**

