



# 7<sup>th</sup> Annual Bob Pratt Invitational

June 14-16, 2013

Hickory Foundation YMCA

701 First Street NW, Hickory, NC 28601

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.  
Sanction #NC13083

MEET DIRECTOR	MEET ENTRY COORDINATOR
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MEET REFEREE	MEET MARSHALL
Bob Probst <a href="mailto:rep@vpalaw.com">rep@vpalaw.com</a>	Rachel Lee <a href="mailto:rachell@ymcacv.org">rachell@ymcacv.org</a>

## FACILITY

50 meter, 8 lane pool (lanes are 6 feet wide), water depth from 3 ½ feet to 8 feet, with non-turbulent lane markers and KDI Paragon starting blocks. Colorado 6000 timing system will be used. **There is an additional 9,000 square feet of deck space at the facility.** Spectators are encouraged to bring their own chairs. Warm up/warm down space will be available during the meet at the indoor pool. **The competition course has not been certified in accordance with 104.2.2C(4).**

## MEET FORMAT

Open Invitational. All individual events will be pre-seeded with the exception of the 1500 & 400 Freestyles and the 400 IM. A positive check-in will be required for these events. Failure to check-in will be considered a scratch.

**Please note that the 11-12 girls will swim in the AM session and the 11-12 boys will swim in the PM session.**

The 13-14 and 15 & over age groups will compete together, but will be awarded separately.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	3:30 PM	4:30 PM	All
2	Saturday	7:30 AM	8:30 AM	11-12 girls and all 10&U
3	Saturday	12:30 PM	1:30 PM	11-12 boys and all 13&O
4	Sunday	7:30 AM	8:30 AM	11-12 girls and all 10&U
5	Sunday	12:30 PM	1:30 PM	11-12 boys and all 13&O

#### DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, June 4 <sup>th</sup> , 2013	11:59 PM	Entry deadline
Friday, June 14 <sup>th</sup> , 2013	3:15 PM	Coaches Meeting
Friday, June 14 <sup>th</sup> , 2013	3:30 PM	Officials Meeting
Friday, June 14 <sup>th</sup> , 2013	3:45 PM	Positive check in for Senior 400 IM
Friday, June 14 <sup>th</sup> , 2013	3:45 PM	Positive check in for 12&U 400 Free
Friday, June 14 <sup>th</sup> , 2013	3:45 PM	Positive check in for Senior 1500 Free
Saturday, June 15 <sup>th</sup> , 2013	7:30 AM	Officials Meeting
Saturday, June 15 <sup>th</sup> , 2013	12:30 PM	Officials Meeting
Saturday, June 15 <sup>th</sup> , 2013	12:45 PM	Positive check in for Senior 400 Free
Sunday, June 16 <sup>th</sup> , 2013	7:30 AM	Officials Meeting
Sunday, June 16 <sup>th</sup> , 2013	12:30 PM	Officials Meeting

#### 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 an USA Swimming member coach, must be certified by an 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.

#### RULES

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

#### ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline. There will be no on deck registration available at this meet.

#### SWIMMERS WITH DISABILITIES

YSST 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 YSST's ability to accommodate all requests.

**ENTRIES** Entries submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries however, disks are also acceptable. Payment in full must be received by the start of the meet. List swimmer's age as of June 14, 2013. YSST entries will be entered first and then accept teams/entries in the order received, until the four hour rule is reached. Meet Management reserves the right to limit the number of participants in the meet.

**ENTRY LIMITATIONS** Swimmers may swim a maximum of 4 individual events plus 1 relay per day and a total of 10 individual events and 2 relays for the meet.

**ENTRY VERIFICATION** An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

**ENTRY DEADLINES** **The Meet Entry Coordinator must receive entries by Tuesday, June 4<sup>th</sup>, 2013 by 11:59 pm. Late entries may be accepted at the discretion of the Meet Director.**

**ENTRY FEES**

Individual Event	\$3.00 per event
Relays	\$8.00 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$12.00 per swimmer
Late Entry Fee	\$6.00 per individual event and \$16.00 per relay

**Please make checks payable to YSST**

**SEEDING** The conforming time standard for this meet is long course meters. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. Meet management reserves the right to combine heats (men & women).

**CHECK-IN** All individual events will be pre-seeded with the exception of the 1500 & 400 freestyles and the 400 IM. A positive check-in will be required for these events. Failure to check in will be considered a scratch.

**SCRATCHES** There will be no penalty for scratching pre-seeded events at the block. The NCS Scratch Rule is in effect for this meet. Failure to compete in a positive check in event will result in the swimmer being barred from the next individual event they are entered in.

**SCORING** No team or individual scoring will be kept.

**AWARDS** Ribbons will be awarded to the top 8 finishers in all individual events, and the top 3 finishers in all relay events. The 13-14 and 15 & over age groups will compete together, but will be awarded separately.

<b>RESULTS</b>	Results will be posted at <a href="http://www.swimysst.org">www.swimysst.org</a> within 24 hours of the meets conclusion. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment.
<b>COACHES</b>	All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration and shall prominently display their registration cards at all times while on deck. There will be a coach/general meeting on Friday, June 14 <sup>th</sup> , 2013 at 3:45 pm. Other meetings may be held at the meet referee's discretion. Coaches are accountable for the information presented. Accordingly, please make sure there is at least one representative from your club in attendance.
<b>OFFICIALS/TIMERS/ VOLUNTEERS</b>	There will be a need for officials. YSST welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of certification/registration. Officials shall prominently display their registration cards at all times while on deck. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held one hour prior to the start of each session in the hospitality area.
<b>HOSPITALITY/ CONCESSIONS</b>	There will be a hospitality area open to all coaches and officials. Concessions and lunches will be available at the help desk at the pool entrance.
<b>WARM-UP</b>	In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area.
<b>WAIVER/RELEASE</b>	As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. YSST, YMCA of Catawba Valley, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

## ORDER OF EVENTS

### Friday Evening Session

Warm-up: 4:00 PM      Meet Start: 5:00 PM

Girls/Women	Event	Boys/Men
1	Senior 400 IM	2
3	12 & U 400 Free	4
5	Senior 1500 Free	6

### Saturday Morning Session

Warm-up: 7:30 AM      Meet Start: 8:30 AM

Girls/Women	Event	Boys/Men
7	8 & U 200 Medley Relay	8
9	10 & U 200 Medley Relay	10
11	12 & U 200 Medley Relay	
12	10 & U 200 Free	13
14	11-12 200 Free	
15	8 & U 100 Fly	16
17	9-10 100 Fly	18
19	11-12 100 Fly	
20	8 & U 50 Breast	21
22	9-10 50 Breast	23
24	11-12 50 Breast	
25	8 & U 100 Back	26
27	9-10 100 Back	28
29	11-12 100 Back	
30	8 & U 50 Free	31
32	9-10 50 Free	33
34	11-12 50 Free	

### Saturday Afternoon Session

Warm-up: 12:30 PM      Meet Start: 1:30 PM

Girls/Women	Event	Boys/Men
	11-12 200 Medley Relay	35
36	14 & U 200 Medley Relay	37
38	Senior 200 Medley Relay	39
	11-12 100 Fly	40
41	Senior 200 Fly	42
	11-12 50 Free	43
44	Senior 100 Free	45
	11-12 50 Breast	46
47	Senior 100 Breast	48
	11-12 100 Back	49
50	Senior 200 Back	51
	11-12 200 Free	52
53	Senior 400 Free	54

**Sunday Morning Session**  
**Warm-up: 7:30 AM    Meet Start: 8:30 AM**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
55	8 & U 200 Free Relay	56
57	10 & U 200 Free Relay	58
59	12 & U 200 Free Relay	
60	10 & U 200 IM	61
62	11-12 200 IM	
63	8 & U 100 Breast	64
65	9-10 100 Breast	66
67	11-12 100 Breast	
68	8 & U 50 Back	69
70	9-10 50 Back	71
72	11-12 50 Back	
73	8 & U 100 Free	74
75	9-10 100 Free	76
77	11-12 100 Free	
78	8 & U 50 Fly	79
80	9-10 50 Fly	81
82	11-12 50 Fly	

**Sunday Afternoon Session**  
**Warm-up: 12:30 PM    Meet Start: 1:30 PM**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
83	Senior 200 Free Relay	84
85	14 & U 200 Free Relay	86
	11-12 200 Free Relay	87
88	Senior 200 IM	89
	11-12 200 IM	90
91	Senior 50 Free	92
	11-12 100 Breast	93
94	Senior 200 Breast	95
	11-12 50 Back	96
97	Senior 100 Back	98
	11-12 100 Free	99
100	Senior 200 Free	101
	11-12 50 Fly	102
103	Senior 100 Fly	104