

# STAR Winter Invitational

January 14-16, 2011

The meet will be conducted under the auspices of North Carolina Swimming, Inc. & USA Swimming, the rules of which will apply.

- SANCTION #:** NC11003.
- CLASSIFICATION:** Open Invitational.
- HOST CLUB:** STAR Aquatics, LLC – 10% of the profit from this meet will be donated to The Cardiovascular Unit of Brenner Children's Hospital
- LOCATION:** Gateway YWCA of Winston Salem  
1300 South Main Street  
Winston Salem, NC 27127
- VENUE:** The YWCA Gateway Facility, Winston-Salem, N.C. A 8 Lane, 25 Yd pool with a depth of 6 feet on the starting end. Pool has non-turbulent lane lines, Colorado Timing System 6 with 8 lane scoreboard display and custom starting blocks. There is a three lane warm-up/cool down pool that will be available. This pool is not certified by USA Swimming.
- OFFICIALS:** Meet Referee: Gary Flynn [gary\\_flynn@bellsouth.net](mailto:gary_flynn@bellsouth.net) 336.855.6814
- MEET DIRECTOR:** Michele Hendrix [lyta@badwolf-us.com](mailto:lyta@badwolf-us.com) 336.847.2613
- MEET MANAGER:** Jennifer Peterson
- HEAD COACH:** Jay Dodson [jay@staraquatics.net](mailto:jay@staraquatics.net) 336.337.0169
- MEET MARSHAL:** Gary & Jan Byrum
- RULES:** The meet will be conducted in accordance with current USA Swimming Code and the NCS Official Handbook and NCS Safety Program, except where rules therein are optional and exceptions must be stated.
- ELIGIBILITY:** All swimmers must be currently registered 2010 athlete members of USA Swimming and all coaches who wish to have deck access must be currently registered 2010 non-athlete coach members of USA-S. This meet is a closed invitational with STAR and other teams to be determined.
- CREDENTIALS:** In accordance with North Carolina Swimming Rules, coaches and officials are required to display proof of current USA Swimming membership.

<b>SCHEDULE:</b>	<p>January 14<sup>th</sup>      <b>Age-Group &amp; Senior TIMED FINAL Session:</b></p> <p>Warm-up:        4:30 PM  Competition:    5:30 PM</p> <p>January 15<sup>th</sup> &amp; 16<sup>th</sup>      <b>11 &amp; Up TIMED FINAL Session:</b></p> <p>Warm-up:        7:00 AM  Competition:    8:30 AM</p> <p>January 15<sup>th</sup> &amp; 16<sup>th</sup>      <b>10 &amp; Under TIMED FINAL Session:</b></p> <p>Warm-up:        Not before 12:30  Competition:    1 Hour after warm-ups begin</p>
<b>MEET FORMAT:</b>	Five Session Timed final meet with 100 events as set forth on the "Order of Events" (attached). Star Aquatics reserves the right to limit ANY event to allow the meet to run in the allotted time.
<b>SEEDING:</b>	All events will be pre-seeded except for the 11-12 & Senior 500 Free, Senior 1000 Free & the Senior 400IM. Events will be seeded fastest to slowest. Entries may be limited to the top 24 times for any deck seeded event.
<b>ENTRY LIMITS:</b>	All Swimmers may enter up to five (5) events per day, exclusive of relays. Swimmers must choose to participate in either the 10 & Under Session or the 12 & Under/Senior Session and may not enter both. Meet management reserves the right to limit and/or eliminate relays and/or limit heats in any event to run the meet within the time allocated.
<b>ENTRIES:</b>	<p>Please submit entries on Hy-tek Meet Manager compatible diskettes accompanied by enclosed summary form. List the swimmer's age as of January 14, 2011. Only properly completed forms accompanied by payment will be accepted.</p> <p><b>Please note that the following entry guidelines will be strictly enforced by the meet director:</b></p> <ol style="list-style-type: none"> <li><b>1. Payment must be attached with all entries.</b></li> <li><b>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 and already entered in the meet.</b></li> <li><b>3. Entries are welcome on disk which must be compatible with Hy-tek's Meet Manager program and accompanied by hard copy documentation.</b></li> </ol>
<b>ENTRY TIMES:</b>	Enter with best SHORT COURSE YARDS times achieved in competition or time trial. Entry times should be in hundredths.
<b>ENTRY DEADLINE:</b>	<b>Tuesday, January 4, 2011.</b> Entries will be accepted up to Midnight on Tuesday, January 4, 2011. 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.

**DISTANCE PROOF OF TIMES:**

Entry times for all deck seeded events (500 Free, 1000 Free & 400 IM), must be submitted with an actual time achieved and will be verified per the USA Swimming National Times Database.

**ENTRY FEES:**

\$2.50 per individual event  
\$8.00 per relay  
\$10.00 per swimmer facility surcharge  
\$3.00 per swimmer NCS Travel Fund

Double fees will be charged for late entries. A late entry is any entry received after midnight Tuesday, January 4, 2011. 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  
[Entries@staraquatics.net](mailto:Entries@staraquatics.net)

**CHECK-IN:**

Relays and individual swimmers must check-in at the Clerk of Course for deck-seeded events as per the stipulation for that event as listed in the Order of Events. Swimmers are encouraged to check-in at the beginning of each day.

**SCRATCHES:**

A swimmer may scratch a pre-seeded event on the blocks without penalty. Swimmers entered in an individual event 400 yards or longer, who have checked in for that event, must swim in the event unless they notify the Clerk of Course (before seeding for that event has been done) that they wish to scratch. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which they are entered, whether it is that day or the next day.

**AWARDS:**

Individual Events	1 <sup>st</sup> - 8 <sup>th</sup> Place Ribbons
Relays	1 <sup>st</sup> -3 <sup>rd</sup> Ribbons

Heat winner prizes will be awarded throughout the meet.

**SCORING:**

The meet will not be scored individually or by team.

**WARM-UP RULES:**

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, January 14<sup>th</sup> at 5:20 pm and as announced by the meet referee.

**OFFICIALS :**

There will be an officials meeting at 5:00pm Friday afternoon and 30 minutes prior to the start of the other sessions as needed. Star Aquatics welcomes and encourages the

participation of visiting officials. All officials must wear current USA membership card while on deck.

**RULES / OTHER:**      **Positive check-in is required for the following events as per deadlines listed:**  
**500 Free** – Friday pm by the end of warm-ups  
**1000 Free** – Sunday am by the end of warm-ups  
**400 IM** – Saturday am by the end of warm-ups

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.

Swimmers competing in the 500 Free & 1000 Free must provide their own counter and timer. Swimmers competing in the 400 IM must provide their own timer.

\*\*\*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.\*\*\*

**FACILITY RULES:**      Coolers are not allowed in the facility. This will be strictly enforced by facility management.

No personal items should be left in the spectator area overnight (or when not in use). Anything left will be removed and placed in lost and found.

Entry to the building and pool area is through the side door directly into the pool

Release Statement: 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.

Signature on the entry summary and subsequent entry into this meet constitutes understanding and acceptance of the above release.

## **STAR Winter Invitational**

**January 14-16, 2010**

**ORDER OF EVENTS**

**Friday, January 14, 2010**

***Evening Session***

Warm-ups 4:30-5:20 PM/Meet starts at 5:30 PM

### **GIRLS**

1  
3  
5  
7

### **EVENTS**

12 & under 200 IM  
Senior 200 IM  
12 & under 500 Free #  
13 & Up 500 Free #

### **BOYS**

2  
4  
6  
8

# Requires positive check in by 5:20

**Saturday, September 18<sup>th</sup>, 2010**

***Morning Session***

Warm-ups 7:00-8:20 AM/Meet starts at 8:30 AM

Girls	Events	Boys
9	13 & Up 200 Free	10
11	11-12 200 Free	12
13	13 & Up 100 Butterfly	14
15	11-12 100 Butterfly	16
17	Senior 200 Backstroke	18
19	11-12 50 Backstroke	20
21	13 & Up 100 Breaststroke	22
23	11-12 100 Breaststroke	24
25	13 & Up 50 Freestyle	26
27	11-12 50 Freestyle	28
29	13 & Up 200 Medley Relay	30
31	11-12 200 Medley Relay	32
	***10 minutes break if needed***	
33	Senior 400 IM #	34

# Requires positive check in by 8:20

***Afternoon Session***

Warm-ups not before 12:30. Meet starts 1 hour after warm-ups begin.

Girls	Events	Boys
35	8 & Under 25 Free	36
37	10 & Under 200 free	38
39	8 & Under 50 Butterfly	40
41	9-10 50 Butterfly	42
43	8 & Under 25 Backstroke	44
45	10 & under 100 Backstroke	46
47	8 & Under 50 Free	48
49	9-10 50 Free	50
51	8 & Under 25 Breaststroke	52
53	10 & Under 100 Breaststroke	54
	***10 minutes break if needed***	
55	10 & under 200 Free Relay	56

**Sunday, September 19<sup>th</sup> , 2009**

***Morning Session***

Warm-ups 7:00-8:20 AM/Meet starts at 8:30 AM

Girls	Events	Boys
57	13 & Up 100 Free	58
59	11-12 100 Free	60
61	Senior 200 Butterfly	62
63	11-12 50 Butterfly	64
65	13 & Up 100 Backstroke	66
67	11-12 100 Backstroke	68
69	Senior 200 Breaststroke	70
71	11-12 50 Breaststroke	72
73	13 & Up 200 Free Relay	74
75	11-12 200 Free Relay	76
	***10 minutes break if needed***	
77	Senior 1000 Free #	78

# Requires positive check in by 8:20

***Afternoon Session***

Warm-ups not before 12:30. Meet starts 1 hour after warm-ups begin.

Girls	Events	Boys
79	8 & Under 100 Free	80
81	9-10 100 Free	82
83	8 & Under 50 Breaststroke	84
85	9-10 50 Breaststroke	86
87	8 & Under 25 Butterfly	88
89	10 & Under 100 Butterfly	90
91	8 & Under 50 Backstroke	92
93	9-10 50 Backstroke	94
95	8 & Under 100 IM	96
97	9-10 100 IM	98
99	12 & under 200 Medley Relay	100

**STAR Winter Invitational**  
**January 14-16, 2011**  
**MEET ENTRIES/ENTRY FEES SUMMARY FORM**

AGE GROUP	TOTAL # SWIMMERS	NCS TRAVEL FUND@ \$4 PER SWIMMER	FACILITY SURCHARGE @ \$11 PER SWIMMER	TOTAL INDIVIDUAL ENTRIES	INDIVIDUAL ENTRIES @ \$2.50	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 RELAY ENTRIES	\$ _____
TOTAL ENTERED	\$ _____

PLEASE RETURN THIS SUMMARY SHEET BY JANUARY 10<sup>TH</sup> WITH ENTRY FEES, DISK AND HARD COPY OF ENTRIES TO:

STAR AQUATICS  
P.O. BOX 16311  
High Point, NC. 27261

entries@staraquatics.net  
Jay Dodson: 336-337-0169 or Michele Hendrix: 336-847-2613  
MAKE CHECKS PAYABLE TO STAR AQUATICS

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC STAR AQUATICS, LLC. WSSU, 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 \_\_\_\_\_