RAC YMCA Red/Blue Intra-squad JF Hurley Family YMCA September 29, 2012

Sanction:

This is a closed YMCA meet. The meet will be USA Swimming approved and will be conducted in accordance with current USA Swimming Technical Rules.

Approval #NC12109AP

Facility Information: JF Hurley YMCA

828 Jake Alexander Blvd. NW

Salisbury, NC 28147 (704) 636-0111

The pool is an eight-lane, 25 yard pool with non-turbulent lane lines and stationary starting blocks. Pool is 7 feet deep on the start end and 4 feet deep on the turn end, with lane widths of just under 7 feet. Electronic timing/start and computer results will be used. Spectator seating is available. The competition course has not been certified in accordance with 104.2.2C(4).

There will be a warm up/cool down pool available during the meet.

Spectator seating is available on deck.

Parking:

Parking will be available in the main YMCA parking lot in front of the building.

Schedule: Saturday

Warm Up: 7:30 AM Meet Start: 8:00 AM

Eligibility:

This is a YMCA meet. All swimmers must be members of the RACY YMCA swim team. Swimmers ages will be determined as of September 29, 2012.

Swimmers with Disabilities

RACY 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 RACY ability to accommodate all requests.

Classification:

This is an Age Group/Senior meet with no minimum or maximum time standards.

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Format:

This meet will be conducted in accordance with current USA Swimming Rules & Regulations and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated.

- All events will be swum as timed finals.
- 2. Scratches and deck entries will be taken until 30 minutes prior to the start of the meet.
- 3. The referee and meet management reserve the right to combine heats.
- 4. Depending on entry numbers, we may include 5 or 10 minute (maximum) breaks in between events at the discretion of the Meet Referee and the Meet Director. All breaks will be discussed during the coaches meeting if they are needed.

Awards:

Individual Events: 1st . 8th place ribbons Relay Events: 1st . 3rd place ribbons

Entry Limit:

Four (4) individual entries and two (2) relay events per day. There is no limit on relay entries per team.

Entry Fees:

\$0.00 No Entry Fee Required since this is an Intra-squad meet

Warm Ups:

A Warm up schedule of all lane assignments, general and specific warm up procedures, will be assigned prior to the start of the meet and posted at the start end of the pool.

Warm-ups start @ 7:30: General Warm-up Lanes 3-8 RACY (feet 1st entry only)

Lanes 1-2 only – starts

Lanes 3-4 – pace

Coaches Meeting:

Coaches must check in at Clerk of Course and provide current coaching credentials to be allowed on deck. A coaches meeting will be held fifteen (15) minutes prior to the start of the session.

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Officials Meeting:

An officials meeting will conducted 30 minutes prior to the start of the meet on the pool deck.

Meet Referee:

Steve Frazell (<u>frazheels4@aol.com</u>)

Meet Director:

Jamie Knorr (swimmomof5@gmail.com)

Meet Marshall:

Sheri Rodenhuis

Concessions:

Concessions may be sold on the pool deck.

Release:

USA swimming, Inc., North Carolina Swimming, Inc., JF Hurley Family YMCA, Rowan Aquatic Club YMCA swim team (RACY), and the YMCA of Rowan County 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 this meet.

Safety:

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. In the event that a swimmer or others associated with a team are found to be violating posted rules for use of the JF Hurley Family YMCA or any other restrictions that are posted for the safety of the people in attendance or to protect JF Hurley Family YMCA property the individuals will be reported to the Meet Director or one of the Meet Marshals who will notify the coach. Any coach notified will be expected to take appropriate disciplinary action up to and including expulsion of the person from the meet. The Meet Director, Meet Marshal, or Referee may also take disciplinary action.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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 legal guardian to ensure compliance with this requirement.

Order of Events

Saturday, September 29, 2012 - Warm Ups: 7:30 AM, Meet Start: 8:00 AM

Girlos Event #	Age Group Distance & Stroke	Boyos Event #		
1	8 & Under 100 Medley Relay 2			
3	10 & Under 100 Medley Relay 4			
5	11-12 200 Medley Relay 6			
7	6 & Under 25 Back 8			
9	7-8 25 Back	10		
11	9-10 50 Back	12		
13	11-14 50 Back	14		
15	Senior 50 Back	16		
17	6 & Under 25 Breast	18		
19	7-8 25 Breast 20			
21	9-10 50 Breast	22		
23	11-14 50 Breast 24			
25	Senior 50 Breast	26		
27	6 & Under 100 IM	28		
29	7 & 8 100 IM	30		
31	9-10 200 IM	32		
33	11-14 200 IM 34			
35	Senior 200 IM 36			
37	6 & Under 25 Fly 38			
39	7-8 25 Fly 40			
41	9-10 50 Fly 42			
43	11-14 50 Fly	44		
45	Senior 50 Fly 46			
47	6 & Under 25 Free 48			
49	7-8 25 Free 50			
51	9-10 50 Free 52			
53	11-14 50 Free 54			
55	Senior 50 Free 56			
57	8U 100 Free Relay 58			
59	10 & Under 200 Free Relay 60			
61	11-12 200 Free Relay	62		

RACY Red/Blue Intra-Squad September 29, 2012 Financial Summary Sheet

	Individual Entries			Relay Entries		
Age Group	Total # of Swimmers @ \$0.00	Total Meet Surcharge	Total # of Individual Entries @ \$0.00	Total Individual Entry Fees	Total # of Relay Entries @ \$0.00	Total Relay Entry Fees
8 & Under Girls		N/A				
9 - 10 Girls		N/A				
11 ó 12 Girls		N/A				
13 ó 14 Girls		N/A				
15 & Over Girls		N/A				
8 & Under Boys		N/A				
9 - 10 Boys		N/A				
11 ó 12 Boys		N/A				
13 ó 14 Boys		N/A				
15 & Over Boys		N/A				

Total Entry Fee:

\$ 0.00

Coach:	Phone:
-Mail:	
lub: Rowan Aquatic Club ó YM	CA Club Code: RACY LSC: North Carolina
For Final Results)	
	Phone:
-Mail:	
Number of Coaches Attending Meet	:
Rowan Aquatic Club YMCA swim to County shall be held free and harm	a Swimming, Inc., JF Hurley Family YMCA, ream (RACY), and the YMCA of Rowan ess from any and all liabilities or claims for es to anyone during the conduct of this meet.

Coaches Signature: _____ Date: _____