

North Carolina Swimming Senior Championships January 29 – February 1, 2009



SANCTION: Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. Sanction # NC09026; Time Trial Sanction # NC09026TT.

HOST: New Wave Swim Team
P.O. Box 18012
Raleigh, NC 27619
(919) 981-0644

LOCATION: Triangle Aquatic Center
275 Convention Drive
Cary, NC 27511
(919) 459-4045

FACILITY: **Competition Pool:** The Triangle Aquatic Center facility features a 50-meter pool divided into two courses which include an 8-lane, 25-yard competition course and a 10-lane, 25-yard competition course, with a variable depth ranging from 7 to 12 feet. Both courses will be used for the preliminary session if swimmer numbers and timeline deem it necessary. An additional 10-lane, 25-yard pool is available for continuous warm-up/warm-down. The pool is equipped with state-of-the-art, anti-turbulent lane lines and Paragon starting blocks. The facility features a Daktronic Pro timing system and two digital matrix scoreboards. Stopwatches will also be used in each competition lane. Hy-Tek Meet Manager Pro software will be used. Locker rooms for changing are available.

Only meet volunteers, USA Swimming registered athletes, coaches and officials may be on deck.
NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME

Spectator Seating: The seating area is above the deck and designed for comfort and enjoyment for spectators. There is viewing for 1,000 people, bench seating with back support, a 12-foot wide walkway for easy access, and an integrated sound system. There are five 47" televisions with FM radio transmitters, and free wireless access to the internet to track live meet results on www.triangleaquatics.org.

Supporting Amenities:

Parking: There are 150 parking spaces directly in front of the facility available for early arrivals, coaches, officials and volunteers. There is additional parking at the Cary Towne Center Mall, directly adjacent & within easy walking distance of the facility. Athletes may be dropped off beside the facility before parking at the Mall.

Café Splash Down: A full service café located just inside the main entrance offering healthy meals, smoothies, coffees, drinks and snacks.

All American Swim Shop: The fully stocked swim shop is located beside the front desk and carries swimwear, apparel, swim supplies and accessories

Open Swim: During most meets, the Program pool and Instruction pool are open for recreation and fitness swimming. Check with the front desk for the cost of a day pass.

Facility Rules:

Please inform all families of the following pool rules.

- 1) **NO** smoking is allowed inside the facility.
- 2) **NO** outside food, drinks or coolers allowed inside the facility.
- 3) **NO** glass containers allowed inside the facility.
- 4) **NO** chairs allowed in the spectator level. Athletes and coaches may bring chairs on deck, but they must be removed each day.

CLASSIFICATION: Senior Championship meet in prelims/finals format with qualifying time standards as listed on the order of events.

ELIGIBILITY: Any NCS registered swimmer who has achieved the time standard in any event is eligible to compete in that event. Bonus swims are not offered at this meet.

INDIVIDUAL ENTRIES: A swimmer may enter a maximum of three events per day with a total entry of no more than seven events for the meet.

RELAY ENTRIES: Clubs may enter a maximum of two relays per event. If there are two entries, they will be designated A and B.

Swimmers designated as 'relay only' in the OME may ONLY swim relays. All relay swimmers, including alternates, must be listed on the Meet Entry Form and must pay the \$2.00 NCS surcharge.

Relay only swimmers may not swim time trials.

Any relay that does not have at least one swimmer in an individual event will be disqualified.

All relay events will be swum as timed final events slow to fast alternating first heat of women, first heat of men, etc. All relays will be swum during the evening finals session. Teams have a choice of AM or PM relays on Sunday. Relay cards are due to the admin referee at the beginning of finals on the night they will be swum. Relay cards for the Sunday AM relays are due to the admin referee by 10:00 AM Sunday.

There will be a 10 minute break prior to the start of relay events

ENTRIES/PROOF OF TIME/ENTRY DEADLINE: The OME system will be used for on-time entries, including relays. OME will close Monday at noon of the week that the meet is scheduled to begin. OME will open on the Monday four (4) weeks before the meet starts. If a time override is used in OME, proof must be submitted to the Meet Director by the beginning of warm-ups on the first day of the meet or the entry will be invalid. Proof of time consists of a copy of the final meet results proving the entry time from a USA sanctioned, approved or observed meet, including sanction numbers, date and location. Hy-Tek Team Manager results will not be accepted as proof. Prior to the deadline, proof of time may be faxed to 919-981-0112. Each fax will be followed by e-mail confirmation for receipt of proof.

Questions or problems with OME should be directed to USA Swimming, Susan Woessner swoessner@usaswimming.org

ENTRIES WILL ONLY BE ACCEPTED FROM OME. NO LATE ENTRIES WILL BE ACCEPTED.

SCHEDULE:

Warm-ups:

Thursday Preliminaries –	3:30 – 4:45 PM
Friday, Saturday and Sunday Preliminaries –	6:30 – 8:20 AM
Friday and Saturday Finals –	4:30 – 5:50 PM
Sunday Finals –	4:00 – 5:20 PM

Meet:

Thursday Finals –	5:15 PM
Friday, Saturday and Sunday Preliminaries –	8:30 AM
Friday and Saturday Finals –	6:00 PM
Sunday Finals –	5:30 PM

RULES:

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, NCS Official Handbook and the NCS Safety Program.

There is no penalty for a "No Show" in an individual preliminary heat but it does count toward the swimmer's total swims per day and for the entire meet.

FORMAT: Except for the relay events and the 1000 Free and 1650 Free, all events will be conducted on a preliminary and finals basis. During each finals session, there will be C, B and A (bonus, consolation and championship) final heats.
The C heat will proceed first followed by the B, then A heats in that order.
Alternates should be ready to swim and identify themselves to the starter.

In Sunday's finals, the Men's 200 Back will immediately follow the Women's 1650 Free and precede the Women's 200 Back in order to alternate women's and men's events throughout the evening's program.

READY ROOM: The top eight qualifiers for the A final should report to the ready room five minutes prior to their event for the parade of the final heat.

ELIGIBILITY AND TECHNICAL JURY: A Technical and Eligibility Jury will be appointed by NC Swimming consisting of one coach, one swimmer and one non-coach/non-athlete member of NC Swimming should an eligibility or technical protest arise.

QUALIFYING PERIOD: **Short Course Championship:** A swimmer must have achieved the qualifying time listed per event from September 1, 2007.

SEEDING: All times will be seeded by SCY first, then LCM for the short course championships and LCM first, then SCY for the long course championships. All events that are 400 yards and longer will be deck seeded. A positive check-in by the deadline indicated below is required to be seeded into the event. Failure to check in by the deadline will result in the swimmer not being able to swim the event.

<u>Event</u>	<u>Check In Deadline</u>
1000 Free	4:00 PM Thursday
800 Free Relay	5:30 PM Thursday
400 IM	9:30 AM Friday
400 Free Relay	9:30 AM Friday
500 Free	9:30 AM Saturday
1650 Free	9:30 AM Sunday
400 Medley Relay	9:30 AM Sunday

400 IM AND 500 FREE

The 400 IM and the 500 Free will be swum as prelim/final events. Each preliminary event will be swum fastest 4 heats of women, slowest to fastest, then the fastest 4 heats of men swum slowest to fastest. Any remaining of women and men will swim fastest to slowest, alternating women and men. In the event that two pools are used for the above races, there will be no alternation between men and women.

1000 AND 1650 FREE

The 1000 and 1650 Free are swum as timed final events. All heats of the 1000 will be swum alternating women and men, fast to slow. The fastest heat of men's and women's 1650 will be swum during the finals session on Sunday. All other heats will be swum at the conclusion of prelims, alternating women and men, fast to slow. Swimmers must provide their own timer for the 1000 and 1650 free. There will be NO AM/PM option for the 1650. In the event that two pools are used for the above races, there will be no alternation between men and women.

SCRATCHES: The North Carolina Scratch rule will be in effect. (NCS swimming Part 2 205.3)

While there is no penalty for not swimming in the non-deck seeded preliminary events, a "no show" or a "declared false start" are both considered disqualifications from an event and the swimmer is treated as having competed or participated in the event. **A swimmer wishing to scratch from preliminaries must scratch with the Admin Referee within 30 minutes after the beginning of Finals the previous day. Any swims scratched in this manner will not count toward a swimmers daily or meet total.**

HOSPITALITY: There will be a hospitality room available to coaches, officials and meet volunteers.

- LODGING:** (See attached information)
- MEET DIRECTOR:** Karen Garbarino and Lana Sanders
wavemeets@nc.rr.com
- Coaches with questions may call Lana Sanders at (919) 696-0642 or Karen Garbarino at (919) 247-4990.
- MEET REFEREE:** Mike Hoffer
- ADMIN REFEREE:** Wayne Shulby
- MEET MARSHAL:** Mila Mason
- REGISTRATION:** USA Swimming Registration is required of all swimmers and will be verified. On deck swimming registration WILL NOT BE PERMITTED.
- ENTRY FEES:**
- \$4.00 per event (\$4.50 out of LSC)
 - \$8.00 per relay event (\$9.00 out of LSC)
 - \$2.00 per swimmer NCS Travel Fund
 - \$10.00 per swimmer Facility Use Surcharge (excluding Relay only swimmers)
- All fees are non-refundable, except if entry is rejected for non-compliance.
- AWARDS:**
- Individual events: 1st – 8th place medals
 - Relays: 1st - 3rd place medals
 - Team Place Awards – 1st – 6th place
 - High Point Awards: Top scoring NCS-registered female and male.
 - Phillips Performance Award: Single highest FINA power point swim by female and male swimmer.
- Following the conclusion of each individual A Final Heat (Championship Final), there will be an immediate awards ceremony to present the top 5 finishers' awards.**
- SCORING:**
- Individual events: 20-17-16-15-14-13-12-11- 9-7-6-5-4-3-2-1
 - Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- Team scores and individual high point scores will be published in the heat sheet at each finals session. Only two relays per gender can score for each team.
- TIME TRIALS:** Entry fees for time trials will be \$10.00. Time trials count towards a swimmer's individual event total for each day, but not the meet total.
- Time Trial Event Order Each Day of the Meet:**
50 Freestyle, 100's, 200's, 400's, 500's
- The 800 and 1500 Freestyle will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the coaches Meeting.
 - Backstroke events should not be combined with forward starting events.
 - Time trials will be offered after Prelims and after Finals each day.
 - Entry deadline for Time Trials shall be two hours after the beginning of the session. Time trials will begin 15 minutes following the conclusion of all prelim and final races.
 - Relay only swimmers will not be allowed to swim Time Trials.
- COACHES:** A meeting for all coaches will be held at 4:45 pm on Thursday, January 29, and at other times as announced by the Meet Referee. Coaches are responsible for any information presented at the meeting.
- All coaches and Officials on deck must wear their current USA swimming membership card in a visible place. Those failing to do so could be barred from the deck. Coaches and Officials will

need to show their credentials when checking in.

TIMERS: **In accordance with the vote of the NCS House of Delegates, each club participating in this meet is required to provide timers during the conduct of this meet.** Lane assignments will be emailed to each team prior to the meet.

Swimmers in the 500 yd, 1000 yd, 1650 yd Free and 400 yd IM must provide their own timers and/or lap counters.

OFFICIALS: We welcome all certified officials on deck. Please indicate officials on the entry summary form who may be able to help. Please include name, phone number, e-mail (if available), certification level, and sessions available.

This meet is designed for USA Swimming Official Qualification Meet. (N2 All Levels/N3 S&T.) Briefing sessions will be held 45 minutes prior to the beginning of prelims and finals each day. Regardless of the numbers of sessions required for certification/re-certification, an official will need to serve a minimum of four sessions to be evaluated. Any official wishing to be observed, must complete the [evaluation request form](#) and e-mail it to the meet referee by January 24. All other considerations will be done at the discretion of the national evaluators assigned to the meet. Please see the [USA Swimming website](#) for additional information and certification requirements.

SAFETY: The North Carolina safety program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No spectators will be allowed on deck.

RELEASE: *USA Swimming, Inc., North Carolina Swimming, Inc., New Wave Swim Team, Inc., and Triangle Aquatic Center, Inc. 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.*

NCS Scratch Rule

205.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet information shall specify all mandatory check-in and scratch deadlines and procedures.

- .1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
- .2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes 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 the swimmer entered in the meet. Unless the meet information states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet information.
- .3 Preliminary and Finals Events
 - A Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck then 205.3.2 applies
 - B Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 205.3. For events occurring on the last day of a meet, a fine of \$100 per missed swim shall also be assessed to the club by the appropriate Division Chair for failure to compete.
 - C In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete
 - D When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim
 - E If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)
- .4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:
 - A The Referee is notified in the event of illness or injury and accepts the proof thereof.
 - B The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
 - C The swimmer was not named in any finals heat during the initial announcement of results
 - D It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

205.4. RELAY SCRATCH RULE

- .1 All Meets - Any relay or relay member, in a relay event that fails to compete in or report for that event shall not be penalized.

Order of Events

Thursday, January 29, 2009. Timed Finals start at 5 PM

Women	SCY	LCM	Event	LCM	SCY	Men
1	11:37.29	-	1000 Yard Freestyle	-	11:14.49	2
			10-minute break			
3	NQT	NQT	800 Yard Freestyle Relay	NQT	NQT	4

Friday, January 30, 2009. Prelims start at 9 AM, Finals start at 6 PM

5	2:03.29	2:19.39	200 Yard Freestyle	2:10.69	1:54.29	6
7	1:14.79	1:25.99	100 Yard Breaststroke	1:20.19	1:09.29	8
9	1:05.39	1:13.49	100 Yard Butterfly	1:09.39	1:01.39	10
11	4:55.89	5:34.39	400 Yard IM	5:29.19	4:46.39	12
			10-minute break			
13	NQT	NQT	400 Yard Free Relay	NQT	NQT	14

Saturday, January 31, 2009. Prelims start at 9 AM, Finals start at 6 PM

15	2:22.39	2:39.99	200 Yard Butterfly	2:36.79	2:16.39	16
17	26.39	29.99	50 Yard Freestyle	27.99	24.29	18
19	2:40.99	3:02.99	200 Yard Breaststroke	2:52.99	2:29.79	20
21	1:05.09	1:13.59	100 Yard Backstroke	1:10.29	1:01.09	22
23	5:26.99	4:51.99	500 Yard Freestyle	4:32.39	5:07.59	24

Sunday, February 1, 2009. Prelims start at 9 AM, Finals start at 5:30 PM

25	56.99	1:04.79	100 Yard Freestyle	1:00.19	52.29	26
27	19:21.69	20:15.69	1650 Yard Freestyle			
29	2:21.39	2:39.79	200 Yard Backstroke	2:33.69	2:13.69	28
			1650 Yard Freestyle	19:32.19	18:50.29	30
31	2:18.89	2:37.89	200 Yard IM	2:29.69	2:09.49	32
			10-minute break			
33	NQT	NQT	400 Yard Medley Relay	NQT	NQT	34

NORTH CAROLINA SWIMMING SENIOR CHAMPIONSHIPS

Entry Fee Summary Report

Official Entry Information:

Club Name _____ Club Code _____

Address _____

City _____ State NC Zip _____

Head Coach _____ Home Phone _____

Email Address _____ Work Phone _____

Assistant Coach _____

Assistant Coach _____

Assistant Coach _____

Assistant Coach _____

Assistant Coach _____

All coaches identified above are currently registered as coaches with USA Swimming, Inc. and are responsible for the swimmers entered in this meet and during the conduct of the event January 29 – February 1, 2009.

Signature _____ Date _____

Release Statement

USA Swimming, Inc., North Carolina Swimming, Inc., New Wave Swim Team, Inc., and Triangle Aquatic Center, Inc. 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.

Signature _____ Date _____

# of Individual Entries		X \$4.00 each entry	\$
# of Relay Team Entries		X \$8.00 each relay entered	\$
NCS Travel Fund (Total swimmers)		X \$2.00 each swimmer	\$
Facility Charge (Total swimmers minus Relay Only swimmers)		X \$10.00 each swimmer	\$
TOTALS			\$

**Holiday Inn Hotel
and Suites Cary**

5630 Dillard Drive • Cary, NC 27518
919-851-1220

www.holidayinn.com/raleigh/cary

New Wave Swim Team rates
\$79.00 standard room
\$89.00 two room suite

Please contact
Nikole Jasso
Director of Sales
for group reservations
919-851-1220 or
hicarysales@cmchotels.com

**Best Western Cary Inn
and Extended Stay Suites**

1722 Walnut Street • Cary, NC 27511
919-481-1200

www.bestwestern.com/caryinnsuites

New Wave Swim Team rates
\$75.00 standard room
\$85.00 two room suite

Please contact
Cynthia Ferguson
Director of Sales
for group reservations
919-795-4642 or
cferguson@cmchotels.com

HOTEL INFORMATION:

<http://www.triangleaquatics.org/Events/PreferredHotels/>

Also for your convenience, Macaroni Grill will provide catering to your hotel. For information please call Chris Nocera at 919-467-7727.