



North Carolina Swimming Senior Championships July 22-25, 2010



SANCTION:	Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. Sanction # NC10078; Time Trial Sanction # NC10078TT.
HOST:	Raleigh Swimming Association
LOCATION:	Triangle Aquatic Center. 275 Convention Drive Cary, North Carolina Phone: 919-459-4045
FACILITY:	<p>Competition Pool: The Triangle Aquatic Center (TAC) provides 3 indoor pools. The 50-meter competition pool with bulkhead offers a total of 8 50-meter competition lanes with a depth of seven to twelve feet that can be configured for separate 8-lane and 10-lane 25-yard competition courses. The 50 meter pool has a certification for USA Swimming. Paragon starting blocks will be used for the start of all events. Competition lanes are a minimum of 7 feet wide. The 25-yard program pool allows for 10 warm-up/swim-down lanes. The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. There is a Daktronics OmniSport 2000 Pro Swimming timing system with two matrix scoreboards. The aquatic facility is conveniently located just off I-40 at exit 291 and adjacent to Cary's largest mall, the Cary Towne Center.</p> <p>Only meet volunteers, USA Swimming registered athletes, coaches and officials may be on deck.</p> <p>NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME</p> <p>Spectator Seating: For 1,000 above deck offers bleacher seating with backs, tables and open seating.</p> <p>Supporting Amenities: Including a full-service café, a swim shop, classroom and wireless internet.</p> <p>Parking: Parking in the TAC lot is reserved for officials and meet volunteers only. Meet participant parking is available in the shopping mall lot adjacent to the pool. Illegally parked vehicles are liable to be ticketed or towed by the local Police Department at the owner's expense.</p>
CLASSIFICATION:	Senior Championship meet in prelims/finals format with qualifying time standards as listed on the order of events.
ELIGIBILITY:	<p>Any NCS and USA 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.</p> <p>Raleigh Swimming Association, Inc. welcomes all swimmers with disabilities as described in the USA Swimming Technical Rules, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice to the meet director by the entry deadline, including the names of any personal assistants required and/or registered service animals. Failure to provide advance notice may limit RSA's ability to accommodate all requests.</p>
INDIVIDUAL ENTRIES:	A swimmer may enter a maximum of three (3) events per day with a total entry of seven (7) events for the meet.

<p>RELAY ENTRIES:</p>	<p>Clubs may enter a maximum of two relays per event. If there are two entries, they will be designated A and B.</p> <p>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.</p> <p>Relay only swimmers may not swim time trials.</p> <p>Any relay that does not have at least one swimmer in an individual event will be disqualified.</p> <p>All relay events will be swum as timed final events. Relays will be swum during the evening finals session on Thursday and Friday. Teams have a choice of AM or PM 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.</p> <p>All relays will be swum slowest to fastest, all women, then all men.</p> <p>There will be a 10 minute break prior to the start of relay events</p>																
<p>ENTRIES/PROOF OF TIME/ENTRY DEADLINE:</p>	<p>The OME system will be used for on-time entries, including relays. OME will close Monday at 4 PM 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 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.</p> <p>Payment can be made by check payable to: Raleigh Swimming Association.</p> <p>Questions or problems with OME should be directed to USA Swimming, Susan Woessner swoessner@usaswimming.org</p> <p>ENTRIES WILL ONLY BE ACCEPTED FROM OME. NO LATE ENTRIES WILL BE ACCEPTED.</p>																
<p>SCHEDULE:</p>	<p>Warm-ups:</p> <table border="0"> <tr> <td>Thursday Preliminaries –</td> <td>4:00 – 5:20 PM</td> </tr> <tr> <td>Friday, Saturday and Sunday Preliminaries –</td> <td>7:00 – 8:50 AM</td> </tr> <tr> <td>Friday and Saturday Finals –</td> <td>4:30 – 5:50 PM</td> </tr> <tr> <td>Sunday Finals –</td> <td>4:00 – 5:20 PM</td> </tr> </table> <p>Meet:</p> <table border="0"> <tr> <td>Thursday Finals –</td> <td>5:30 PM</td> </tr> <tr> <td>Friday, Saturday and Sunday Preliminaries –</td> <td>9:00 AM</td> </tr> <tr> <td>Friday and Saturday Finals –</td> <td>6:00 PM</td> </tr> <tr> <td>Sunday Finals –</td> <td>5:30 PM</td> </tr> </table>	Thursday Preliminaries –	4:00 – 5:20 PM	Friday, Saturday and Sunday Preliminaries –	7:00 – 8:50 AM	Friday and Saturday Finals –	4:30 – 5:50 PM	Sunday Finals –	4:00 – 5:20 PM	Thursday Finals –	5:30 PM	Friday, Saturday and Sunday Preliminaries –	9:00 AM	Friday and Saturday Finals –	6:00 PM	Sunday Finals –	5:30 PM
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<p>RULES:</p>	<p>This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, NCS Official Handbook and the NCS Safety Program.</p>																

FORMAT:	<p>Except for relay events and the 800 Free and 1500 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.</p> <p>Alternates should be ready to swim and identify themselves to the starter.</p> <p>In Sunday's finals, the Men's 200 Back will immediately follow the Women's 1500 Free and precede the Women's 200 Back in order to alternate women's and men's events throughout the evening's program.</p>																				
READY ROOM:	<p>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.</p>																				
ELIGIBILITY AND TECHNICAL JURY:	<p>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.</p>																				
QUALIFYING PERIOD:	<p>Long Course Championship: A swimmer must have achieved the qualifying time listed per event from April 1, 2009.</p>																				
SEEDING:	<p>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 meters 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.</p> <table border="0" data-bbox="462 961 1258 1333"> <thead> <tr> <th data-bbox="462 961 950 997"><u>Event</u></th> <th data-bbox="950 961 1258 997"><u>Check In Deadline</u></th> </tr> </thead> <tbody> <tr> <td data-bbox="462 997 950 1033">800 Free</td> <td data-bbox="950 997 1258 1033">4:15 PM Thursday</td> </tr> <tr> <td data-bbox="462 1033 950 1068">800 Free Relay</td> <td data-bbox="950 1033 1258 1068">5:30 PM Thursday</td> </tr> <tr> <td data-bbox="462 1068 950 1104">400 IM</td> <td data-bbox="950 1068 1258 1104">9:30 AM Friday</td> </tr> <tr> <td data-bbox="462 1104 950 1140">400 Free Relay</td> <td data-bbox="950 1104 1258 1140">9:30 AM Friday</td> </tr> <tr> <td data-bbox="462 1140 950 1176">400 Free</td> <td data-bbox="950 1140 1258 1176">9:30 AM Saturday</td> </tr> <tr> <td data-bbox="462 1176 950 1211">1500 Free</td> <td data-bbox="950 1176 1258 1211">9:30 AM Sunday</td> </tr> <tr> <td data-bbox="462 1211 950 1247"></td> <td data-bbox="950 1211 1258 1247">9:30 AM Sunday for AM</td> </tr> <tr> <td data-bbox="462 1247 950 1283"></td> <td data-bbox="950 1247 1258 1283">relays, 9:30 AM Sunday</td> </tr> <tr> <td data-bbox="462 1283 950 1318">400 Medley Relay</td> <td data-bbox="950 1283 1258 1318">for PM relays</td> </tr> </tbody> </table> <p data-bbox="462 1354 738 1390"><i>400 IM AND 400 FREE</i></p> <p data-bbox="462 1390 1567 1537">The 400 IM and the 400 Free will be swum as prelim/final events. Each preliminary event will be swum fastest four (4) heats of women, swum slowest to fastest; then the fastest four (4) heats of men, swum slowest to fastest. Any remaining heats 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.</p> <p data-bbox="462 1564 722 1600"><i>800 AND 1500 FREE</i></p> <p data-bbox="462 1600 1567 1780">The 800 and 1500 Free will be swum as timed final events. All heats of the 800 Free will be swum alternating women and men, fast to slow. The fastest heat of women's and men's 1500 Free will be swum during the finals session on Sunday. All other heats of the 1500 Free will be swum at the conclusion of prelims, alternating women and men, fast to slow. Swimmers must provide their own timer for the 800 and 1500 free. There will be NO AM/PM option for the 1500.</p>	<u>Event</u>	<u>Check In Deadline</u>	800 Free	4:15 PM Thursday	800 Free Relay	5:30 PM Thursday	400 IM	9:30 AM Friday	400 Free Relay	9:30 AM Friday	400 Free	9:30 AM Saturday	1500 Free	9:30 AM Sunday		9:30 AM Sunday for AM		relays, 9:30 AM Sunday	400 Medley Relay	for PM relays
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SCRATCHES:	<p>The North Carolina Scratch rule will be in effect. (NCS swimming Part 2 205.3)</p> <p>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.</p> <p>A swimmer wishing to scratch from a preliminary event to make room for a time trial</p>																				

	may scratch with the Deck Referee anytime prior to the beginning of the event. Scratch forms will be available from the Administrative Referee. Any swims scratched in this manner will not count toward a swimmers daily total.
HOSPITALITY:	There will be a hospitality room available to coaches, officials and meet volunteers.
LODGING:	Hampton Inn and Suites 111 Hampton Woods Lane, Raleigh, NC 27607, (919) 233-1798. www.carysuites.hamptoninn.com Minutes from the Triangle Aquatics Center. Free Comp room for coach if team stays here.
MEET DIRECTOR:	Larry Godlewski lgodlewski@nc.rr.com 919-414-1261 (Cell) Coaches with questions may call Larry Godlewski 919-414-1261 or Ronnie Roach 252-207-0278
MEET REFEREE:	Ronnie Roach Ronnie.Roach@gmail.com 252-207-0278
ADMIN REFEREE:	Thornton Burnette thor8550@aol.com
MEET MARSHAL:	Margaret Bell
REGISTRATION:	USA Swimming Registration is required of all swimmers and will be verified. On deck registration WILL NOT BE PERMITTED.
ENTRY FEES:	- \$4.00 per event - \$8.00 per relay event - \$2.00 per swimmer NCS Travel Fund - \$15.00 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: 1 st – 8th place medals - Relays: 1 st - 3 rd place medals - Team Place Awards – 1 st – 6 th place - High Point Awards: Top scoring NCS-registered female and male. - Phillips Performance Award: Single highest FINA power-point swim by female and male. Following the conclusion of each individual A Final Heat (Championship Final), there will be an immediate awards ceremony to present the top five (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. <ul style="list-style-type: none"> • 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.

GENERAL MEETING:	A general meeting for all coaches will be held at 3:30 pm on Thursday, July 22, 2010, and at other times as announced by the Meet Referee. Coaches and swimmers are responsible for any information presented at the meeting.
CREDENTIALS:	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:	Swimmers in the 800 and 1500 Free must provide their own timers and lap counters.
OFFICIALS:	<p>There will be an officials meeting at 4:00 P.M. on Thursday afternoon and before each subsequent session. We welcome all certified officials on deck. If you plan to work any session during the meet at any position, please complete the application at the link below: Online Application Form</p> <p>This meet is designed for USA Swimming Official Qualification Meet. N2/N3 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 (insert deadline - forms must be submitted at least one week before the first day of the meet to be considered). 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.</p>
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:	<i>USA Swimming, Inc., North Carolina Swimming, Inc., Raleigh Swimming Association., and Triangle Aquatic Center. 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.</i>

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, July 22. Timed Finals start at 5 PM						
Women	SCY	LCM	Event	LCM	SCY	Men
1	11:08.59	9:56.49	800 Meter Freestyle	9:20.99	10:30.19	2
			10-minute break			
3	NQT	NQT	*800 Meter Freestyle Relay	NQT	NQT	4
Friday, July 23. Prelims start at 9 AM, Finals start at 6 PM						
5	2:01.19	2:17.69	200 Meter Freestyle	2:06.59	1:51.09	6
7	1:12.79	1:21.99	100 Meter Breaststroke	1:13.69	1:03.89	8
9	1:02.89	1:10.69	100 Meter Butterfly	1:02.49	55.79	10
11	4:52.19	5:31.19	400 Meter IM	5:06.79	4:25.79	12
			10-minute break			
13	NQT	NQT	*400 Meter Free Relay	NQT	NQT	14
Saturday, July 24. Prelims start at 9 AM, Finals start at 6 PM						
15	2:17.69	2:33.49	200 Meter Butterfly	2:20.49	2:04.39	16
17	26.19	29.69	50 Meter Freestyle	26.89	23.09	18
19	2:35.39	2:56.69	200 Meter Breaststroke	2:40.39	2:18.99	20
21	1:03.49	1:12.89	100 Meter Backstroke	1:05.99	56.69	22
23	5:21.99	4:48.79	400 Meter Freestyle	4:30.29	5:00.19	24
Sunday, July 25. Prelims start at 9 AM, Finals start at 5:30 PM						
25	56.39	1:03.99	100 Meter Freestyle	58.99	50.79	26
27	18:39.79	19:01.59	1500 Meter Freestyle			
29	2:16.79	2:36.49	200 Meter Backstroke	2:22.89	2:03.39	28
			1500 Meter Freestyle	17:54.39	17:30.19	30
31	2:17.39	2:37.39	200 Meter IM	2:23.99	2:04.09	32
			10-minute break			
33	NQT	NQT	**400 Meter Medley Relay	NQT	NQT	34

* Relays swum in finals

** Relays swum in prelims or finals according to team preference



**2010 North Carolina Swimming
Long Course Senior Championship Time Standards
Hosted by RSA at TAC, July 22-25, 2010**

	Women	Men
scy 50 Fr	26.19	23.09
lcm	29.69	26.89
scy 100 Fr	56.39	50.79
lcm	1:03.99	58.99
scy 200 Fr	2:01.19	1:51.09
lcm	2:17.69	2:06.59
scy 4-500 Fr	5:21.99	5:00.19
lcm	4:48.79	4:30.29
scy 800-1000 Fr	11:08.59	10:30.19
lcm	9:56.49	9:20.99
scy 1500-1650 Fr	18:39.79	17:30.19
lcm	19:01.59	17:54.89
scy 100 Bk	1:03.49	56.69
lcm	1:12.89	1:05.99
scy 200 Bk	2:16.79	2:03.39
lcm	2:36.49	2:22.89
scy 100 BR	1:12.79	1:03.89
lcm	1:21.99	1:13.69
scy 200 BR	2:35.39	2:18.99
lcm	2:56.69	2:40.39
scy 100 FI	1:02.89	55.79
lcm	1:10.69	1:02.49
scy 200 FI	2:17.69	2:04.39
lcm	2:33.49	2:20.49
scy 200 IM	2:17.39	2:04.09
lcm	2:37.39	2:23.99
scy 400 IM	4:52.19	4:25.79
lcm	5:31.19	5:06.79

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 July 22-25, 2010.

Signature _____ Date _____

Release Statement

USA Swimming, Inc., North Carolina Swimming, Inc., Raleigh Swimming Association, and Triangle Aquatic Center 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 \$15.00 each swimmer	\$
TOTALS			\$