



# 2011 NORTH CAROLINA AQUATIC CLUB TAR HEEL STATES INVITATIONAL "EAST"

Koury Natatorium, Chapel Hill, NC

July 29-31, 2011

- SANCTION:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC11093 and Time Trial Sanction # NC11093TT.
- HOST:** North Carolina Aquatic Club
- LOCATION:** Koury Natatorium  
UNC Campus  
Skipper Bowles Drive  
Chapel Hill NC
- FACILITY:** Koury Natatorium, UNC Campus, Skipper Bowles Drive, Chapel Hill NC. An eight-lane, 50m, USA Swimming certified pool with non-turbulent lane lines and deck anchored starting blocks. Colorado Timing System and full-color scoreboard will be used. Pool depth ranges from 7 to 14ft with starting blocks at both ends. Spectator seating is available in the balcony area.
- Only meet volunteers, USA Swimming registered athletes and USA Swimming registered officials may be on deck.
- All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification / registration. Coaches and officials shall prominently display their registration cards while on deck.
- NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME
- RULES:** This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, and the current North Carolina Swimming Rules and Regulations, and the current North Carolina Swimming Safety Program. These rules will serve as the official guide for technical and procedural rules, except wherein are optional and exceptions are herein stated.
- CLASSIFICATION:** This meet is an Age Group/Senior Meet.
- FORMAT:**
- (1) All 10 & Under and 11-12 events, the Senior 400 IM, 400 Free, Open 800 Free, and all relay events are timed final events. Swimmers participating in the 400 Free or 800 Free must provide their own timer and person to count lengths.
  - (2) All other Senior/13-14 events will be conducted on a preliminary/finals basis. These events will be swum with 13-14 and Senior swimmers seeded together in prelims. At finals, we will swim A & B finals for Seniors followed by A & B finals for 13-14s.
- Meet management may elect to run chase starts during preliminary and timed final events if they deem necessary based on the size of the meet. Coaches will be notified of the procedure at the coaches' meeting.

<b>SCHEDULE:</b>	FRIDAY:	13 & Over Warm-up	7:00AM
		13 & Over Preliminaries:	8:00AM
		12 & Under Warm-ups:	Not before 12:00 PM (NOON)
		12 & Under Timed Finals:	Not before 1:00 PM
		13 & Over Finals Warm-up:	5:00 PM
		13 & Over Finals:	6:00 PM
	SATURDAY:	13 & Over Warm-ups:	7:00AM
		13 & Over Preliminaries:	8:00AM
		12 & Under Warm-ups:	Not before 12:00 PM (NOON)
		12 & Under Timed Finals:	Not before 1:00 PM
		13 & Over Finals Warm-up:	5:00 PM
		13 & Over Finals:	6:00 PM
SUNDAY:	13 & Over Warm-ups:	7:00AM	
	13 & Over Preliminaries:	8:00AM	
	12 & Under Warm-ups:	Not before 12:00 PM (NOON)	
	12 & Under Timed Finals:	Not before 1:00 PM	
	13 & Over Finals Warm-up:	5:00 PM	
	13 & Over Finals:	6:00 PM	

Once entries have been received, a timeline with estimated start times for afternoon warm-ups will be published. In addition, warm ups for 13 & Over may be split into two sessions.

**ELIGIBILITY:** Current USA Swimming Registration is required for all swimmers. All swimmers entered will be checked against current LSC registration. This meet is open to swimmers who have met the following qualifying standards:

**14-Under Swimmers**

May NOT swim events they have qualified for NCS JO's. This includes swimming those events in the senior age group.

**15-Over Swimmers**

May NOT swim Senior Sectional events, unless they have **2** or less Senior Sectional cuts.

If swimmer has 2 or less Senior Sectional cuts then they can swim any event.

Swimmers with 3 or more Senior Sectional cuts can only swim non Senior Sectional events.

**TIME TRIALS:** Will be offered after finals on Friday only for those swimmers trying to make USA Junior Nationals or Senior National Qualifying Standards.

Must be within 1.5 sec/100 to be eligible to time trial

Time Trials must not exceed the per day limit of three events.

Time Trial ONLY swimmers will pay all associated fees for being entered in the meet. (i.e. Facility surcharge, NCS Travel Fee, Event Fee)

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.

NCAC 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 NCAC's ability to accommodate all requests.

**ENTRIES:**

Please email entries using Hy-Tek Team Manager. Entries may be sent via email and must include a Hy-Tek compatible entry file, team entry report and financial report.

**Please note the following entry rules will be strictly enforced by the Meet Directors:**

- (1) Payment must be received by the entry deadline in order to be seeded into the heat sheet.
- (2) Please list the swimmer's age as of July 29, 2011
- (3) There may be on-deck event entries taken at this meet at the discretion of the meet director, but in open lanes only, with double fees paid at time of entry. No new athletes will be accepted after the entry deadline.

**ENTRY LIMITS:**

Meet:

The meet may be limited to the first 530 swimmers to submit their entries. Teams are encouraged to submit their entries early.

Individuals:

10 & Under and 11-12 swimmers are limited to 8 (eight) events for the meet and no more than 5 (five) events per day.

13-14, and Senior swimmers are limited to 7 (seven) events for the meet and no more than 3 (three) events per day.

Relay: Each club may enter up to 2 (two) relay teams per relay event.

**FEES:**

Individual events:	\$2.50 per individual event
Relays:	\$8.00 per entry
Facility Fee:	\$10.00 per swimmer
NCS Travel Fund:	\$3.00 per swimmer

**ENTRY**

**DEADLINE:**

Entries must be received by 7:00 p.m., Saturday, July 16, 2011. No telephone entries will be accepted.

Double entry fees will be charged for late entries, if accepted. A late entry is any entry received after the above deadline. All fees are non-refundable. **A check made payable to the "North Carolina Aquatic Club" and a hard copy of the entries must be received by the entry deadline. If payment is not received by the entry deadline, those entries will not be seeded into the psych sheet.**

**SEND ENTRIES TO:** Sean Quinn  
P.O. Box 1138  
Carrboro, NC 27510  
odonnell.meetdir@gmail.com

E-mail is the preferred method for entry submission. E-mail entries to  
odonnell.meetdir@gmail.com  
Please ensure that a signature is not required upon delivery if using an express mail service.

A psych sheet will be posted to [www.ncacswim.org](http://www.ncacswim.org) by Thursday, July 21

**CHECK-IN  
PROCEDURES:**

A positive check-in will be required for the following deck seeded events.

<u>Event</u>	<u>Check In Closes</u>
Senior 400 IM	Friday at 8:00AM
Senior 400 Free	Saturday at 8:00AM
11-12 200 IM	Friday at 1:00PM
10 & U 200 IM	Friday at 1:00PM

<u>Event</u>	<u>Check In Closes</u>
Sr/13-14 200 Free Relay	Sunday at 8:00AM (Relay cards due at Timing Desk by 10:00AM)
11-12 200 Free Relay	Sunday at 1:00PM (Relay cards due at Timing Desk by 2:00PM)
10 & Under 200 Free Relay	Sunday at 1:00PM (Relay cards due at Timing Desk by 2:00PM)
Sr/13-14 200 MR	Friday at 9:00AM (Relays cards due at 5:00PM)
Open 800	Sunday at 8:00AM
11-12 200 MR	Friday at 1:00PM (Relay cards due at Timing Desk by 2:00PM)
10 & U 200 MR	Friday at 1:00PM (Relay cards due at Timing Desk by 2:00PM)

The listed events will be deck-seeded and swum as timed finals. Swimmers who fail to check in will not be permitted to swim and entry fees will not be refunded

**SEEDING:**

**800 Free**

The Open 800 Free will be swum during the Sunday morning session (alternating women and men fastest to slowest) with the fastest heat swum during the finals session. In order to maintain the time line, this event may be swum with two swimmers per lane. In addition, meet management reserves the right to limit the number of heats swum for this event.

**400 IM & 400 Free**

The Senior 400 IM and 400 Free will be swum as timed final events (alternating women and men fastest to slowest) with the top 8 seeded swimmers swimming with finals. Meet Management reserves the right to combine heats (men and women) and/or limit the number of heats swum. In addition, the 400 Free may be swum with two swimmers per lane. The fastest heat of the 400 free will be swum during the finals session.

### **Relays**

Relays will be swum as Timed Finals and will require positive check-in. Only swimmers listed on the entry form may swim on relays. Relay-only swimmers should be designated as such and must pay the NCS travel fee. All relays on Saturday will be swum in the finals session. All senior relays on Sunday will be swum in the morning session.

**SCRATCH RULE:** The NCS Scratch Rule will be in effect during the conduct of this meet for finals and deck seeded events (see attachment). Scratches from finals must be given to the Clerk of Course who will maintain the meet scratch book. Preliminary results will be posted around the facility and are for information only. Swimmers should check for scratches and listen to announcements. Coaches are asked to have alternates ready to swim. Alternates must identify themselves to the meet referee prior to the event.

**SCORING:** Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Relay events receive double these point values.

**AWARDS:** Individual Events: Ribbons 1st-8th Place  
Relays: Ribbons 1<sup>st</sup>-3<sup>rd</sup> Place  
High point awards will be given to the winner in each age group.

### **MEET**

**MANAGEMENT:** Director: Jack O'Donnell (919) 962-1604  
Meet Referee: Mike Hoffer  
Meet Marshall: Griff Helfrich

### **MEETINGS:**

#### **Coaches:**

There will be a coaches meeting Friday, July 29<sup>TH</sup> at 3:15 pm and as announced thereafter by the Meet Referee. **Coaches will be required to have their current USA Swimming card visible at all times while on deck. Coaches without proper credentials will be asked to leave the deck.**

#### **Officials:**

There will be an officials' meeting, Friday, July 29<sup>TH</sup> at 3:45 and one hour prior to the start of each of the other sessions. **Officials will be required to have their current USA Swimming card visible at all times while on deck.**

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

**WARM-UP:** Warm-ups will be held in accordance with the NCS Safety Program. Warm-up may be split into two sessions if meet management deems it necessary based on the number of entries. If the warm-up is split, teams will be notified via e-mail by Tuesday, July 26<sup>th</sup>.

**SAFETY:** The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Running and horseplay will not be allowed. Coaches must carry their coach certification cards at all times when on the pool deck and must hold current certifications and registration with USA Swimming.

**VOLUNTEERS:** Volunteer timers and officials are welcomed. Officials wishing to work at the meet please contact meet management. **Swimmers in the 400 Free and 800 Free must provide their own timers and lap counters.**

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., THE NORTH CAROLINA AQUATIC CLUB, THE TRIANGLE AQUATIC CENTER 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.

## NCS SCRATCH RULE

204.3. 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 he notifies the clerk of course before the seeding for that event has begun that he or she 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 204.3.2 applies.

B. Any swimmer qualifying for an A final, scored or unscored, or B scored final race in an individual event who fails to compete in said A or B final shall be barred from further competition for the remainder of the meet, except as noted in 204.3.4. A declared false start or a deliberate delay of meet under USA Swimming Rule 102.14 is not permitted and will be regarded as a failure to compete.

C. In the event of withdrawal or barring for 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 sufficiently 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 swim, 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 from an individual event if:

A. The Referee is notified in the event of illness or injury and accepts the proof thereof.

B. The swimmer qualifying for an A or B final race based upon the results of the preliminaries notified the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that he or she may not intend to compete also declares his or her final decision whether or not to scratch within thirty (30) minutes of his or her last individual preliminary heat, swim-off, or reswim.

C. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

204.4. RELAY SCRATCH RULE

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



# 2011 NORTH CAROLINA AQUATIC CLUB TAR HEEL STATES INVITATIONAL "EAST"

FRIDAY JULY 29, 2011

## Order Of Events

Session 1 – Senior and 13-14 Prelims		
Warm-ups: 7:00 AM	Friday, July 29, 2011	Prelims: 8:00 AM
GIRLS EVENT #	EVENT	BOYS EVENT #
1	13-14 200 Freestyle	2
3	Senior 200 Freestyle	4
5	13-14 100 Breaststroke	6
7	Senior 100 Breaststroke	8
9	13-14 100 Butterfly	10
11	Senior Butterfly	12
13	13-14 400 IM*	14
15	Senior 400 IM*	16
** 400 IM will swim as a timed final with the fastest heat swim at finals at night.		
Session 2 – 12&Under Timed Finals		
Warm-ups: Not before 12:00 PM	Friday, July 29, 2011	Timed Finals: Not before 1:00 PM
GIRLS EVENT #	EVENT	BOYS EVENT #
17	11-12 100 Freestyle	18
19	10&Under 100 Free	20
21	11-12 100 Breaststroke	22
23	10&Under 100 Breaststroke	24
25	11-12 50 Butterfly	26
27	10&Under 50 Butterfly	28
29	11-12 200 IM	30
31	10&Under 200 IM	31
33	11-12 200 Medley Relay	34
35	10&Under 200 Medley Relay	36
Session 3 – Senior and 13-14 Finals		
Warm-ups: 5:00 PM	Friday, July 29, 2011	Finals: 6:00 PM
GIRLS EVENT #	EVENT	BOYS EVENT #
1	13-14 200 Freestyle	2
3	Senior 200 Freestyle	4
5	13-14 100 Breaststroke	6
7	Senior 100 Breaststroke	8
9	13-14 100 Butterfly	10
11	Senior Butterfly	12
13	13-14 400 IM*	14
15	Senior 400 IM*	16
37	13-14 200 Medley Relay	38
39	Senior 200 Medley Relay	40



# 2011 NORTH CAROLINA AQUATIC CLUB TAR HEEL STATES INVITATIONAL "EAST"

**SATURDAY JULY 30, 2011**

## Order Of Events

<b>Session 4 – Senior and 13-14 Prelims</b>		
<b>Warm-ups: 7:00 AM</b>	<b>Saturday, July 30, 2011</b>	<b>Prelims Begin: 8:00 AM</b>
<b>GIRLS EVENT #</b>	<b>EVENT</b>	<b>BOYS EVENT #</b>
41	13-14 200 Butterfly	42
43	Senior 200 Butterfly	44
45	13-14 50 Freestyle	46
47	Senior 50 Freestyle	48
49	13-14 200 Breaststroke	50
51	Senior Breaststroke	52
53	13-14 100 Backstroke	54
55	Senior 100 Backstroke	56
57	13-14 400 Freestyle*	58
59	Senior 400 Freestyle*	60

<b>Session 5 – 12&amp;Under Timed Finals</b>		
<b>Warm-ups: Not before 12:00 PM</b>	<b>Saturday, July 30, 2011</b>	<b>Timed Finals: Not before 1:00 PM</b>
<b>GIRLS EVENT #</b>	<b>EVENT</b>	<b>BOYS EVENT #</b>
61	11-12 100 Butterfly	62
63	10&Under 100 Butterfly	64
65	11-12 200 Freestyle	66
67	10&Under Freestyle	68
69	11-12 50 Breaststroke	70
71	10&Under Breaststroke	72
73	11-12 50 Backstroke	74
75	10&Under 50 Backstroke	76

<b>Session 6 – Senior and 13-14 Finals</b>		
<b>Warm-ups: 5:00 PM</b>	<b>Saturday, July 30, 2011</b>	<b>Finals Begin: 6:00 PM</b>
<b>GIRLS EVENT #</b>	<b>EVENT</b>	<b>BOYS EVENT #</b>
41	13-14 200 Butterfly	42
43	Senior 200 Butterfly	44
45	13-14 50 Freestyle	46
47	Senior 50 Freestyle	48
49	13-14 200 Breaststroke	50
51	Senior Breaststroke	52
53	13-14 100 Backstroke	54
55	Senior 100 Backstroke	56
57	13-14 400 Freestyle*	58
59	Senior 400 Freestyle*	60



# 2011 NORTH CAROLINA AQUATIC CLUB TAR HEEL STATES INVITATIONAL "EAST"

SUNDAY JULY 31, 2011

## Order Of Events

Session 7 – Senior and 13 & 14 Prelims		
Warm-ups: 7:00 AM	Sunday, July 31, 2011	Prelims Begin: 8:00 AM
GIRLS EVENT #	EVENT	BOYS EVENT #
75	13-14 100 Freestyle	76
77	Senior Freestyle	78
81	13-14 200 Backstroke	82
83	Senior 200 Backstroke	84
85	13-14 200 IM	86
87	Senior 200 IM	88
89	13-14 200 Free Relay	90
91	Senior 200 Free Relay	92
79	Senior 800 Freestyle*	80

Session 8 – 12& Under Timed Finals		
Warm-ups: Not before noon	Sunday, July 31, 2011	Timed Finals: Not before 1:00 PM
GIRLS EVENT #	EVENT	BOYS EVENT #
93	11-12 50 Freestyle	94
95	10&Under 50 Freestyle	96
97	11-12 100 Backstroke	98
99	10 &Under 100 Backstroke	100
101	11-12 400 Freestyle	102
103	10&Under 200 Free Relay	104
105	11-12 200 Free Relay	106

Session 7 – Senior and 13 & 14 Finals		
Warm-ups: 5:00 PM	Sunday, July 31, 2011	Finals Begin: 6:00 PM
GIRLS EVENT #	EVENT	BOYS EVENT #
75	13-14 100 Freestyle	76
77	Senior Freestyle	78
79	Senior 800 Freestyle*	80
81	13-14 200 Backstroke	82
83	Senior 200 Backstroke	84
85	13-14 200 IM	86
87	Senior 200 IM	88

