



2011 HIGH POINT SWIM CLUB TAR HEEL STATES INVITATIONAL "WEST"

July 29-31, 2011

- SANCTION:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC11092.
- HOST:** High Point Swim Club, Inc. and the High Point Parks and Recreation Department
- LOCATION:** City Lake Park, 602 W. Main Street, Jamestown, NC 27282
- FACILITY:** High Point City Lake Park Pool is an 8-lane, 50 meter competition course with WaveEater non-turbulent lane ropes. Starting depths are 5 feet off permanently mounted Paragon starting blocks. There is an 8-lane 25-yard warm-up, warm-down area adjacent to the competition course. A gym and spectator seating overlook the pool. There is plenty of deck space for swimmers, coaches, and officials. Poolside team tent space may be arranged. The park has picnic areas, a playground, miniature golf, train ride, carousel, and a water slide so bring the entire family.
- This pool is NOT certified by USA-Swimming
- 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. For this meet a Senior is ages 15 and older.
- FORMAT:**
- (1) All 10 & Under and 11-12 events plus the 13-14 and Senior 400 IM, 400 Free, 800 Free, and all relay events are timed final events.
 - (2) All other Senior and 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 an A final for 13-14 and an A and B final for Seniors. Positive check-in will be required for prelims of the 400 IM, 400 Free, 800 Free and all relay events. Swimmers participating in the 400 Free or 800 Free must provide their own timer and person to count lengths.
 - (3) Meet management reserves the right to use chase starts should the time line dictate the use.
- SCHEDULE:**
- | | | |
|-----------|---------------------------|-----------------------|
| FRIDAY: | 13 & Over Warm-ups: | 7:00AM |
| | 13 & Over Preliminaries: | 8:00AM |
| | 12 & Under Warm-ups: | Not before 12:00 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 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 NOON |

12 & Under Timed Finals: Not before 1:00 PM

13 & Over Finals Warm-up: TBA

13 & Over Finals: TBA

Once entries have been received, a timeline with estimated start times for afternoon warm-ups will be published.

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 all currently registered swimmers except as noted here after.

- 14-U swimmers
 - May NOT swim events they have qualified for NCS JO's.
 - This includes swimming those events as Senior
 - Swimming over distance events as Senior.
- 15-Over swimmers
 - Must NOT have started college yet.
 - May NOT swim Sr. Sectional events, unless they have **2** or less Sr. Sectional cuts.
 - If they have 2 or less Sr. Sectional cuts then can swim any event.
 - Those with 3 or more Sr. Sectional cuts can only swim non Sr. Sectional events.

Time Trials:

- Will be offered after finals on Friday only for those swimmers trying to make USAS Junior 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 meet 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 Fees)

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. All deck-entered swimmers must be USA Swimming athlete members. Please bring proof of registration.

ENTRY LIMITS:

Meet:

The meet may be limited to the first 600 swimmers to submit their entries. Teams are encouraged to submit their entries early.

Individuals:

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

11-12, 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 two relay teams per relay event.

ENTRY

DEADLINE:

Entries must be received by 7:00 p.m., Tuesday, July 19, 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 on or after 7:00pm on Tuesday, July 19, 2011. All fees are non-refundable. **A check made**

payable to the "High Point Swim Club" 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.

FEES:

Individual Events:	\$2.50 per individual event for 10 and Under \$3.50 per individual event for 11 and Older
Time Trial Events:	\$10.00 per event
Relays:	\$8.00 per entry
Facility Fee:	\$15.00 per swimmer
NCS Travel Fund:	\$3.00 per swimmer

SEND ENTRIES TO: Aaron Reeves
PO Box 5815
High Point, NC 27262
Meetentries@polarbearswim.org

E-mail is the preferred method for entry submission. E-mail entries to Meetentries@polarbearswim.org and include "meet entries" in the subject line. Please ensure that a signature is not required upon delivery if using an express mail service.

A psych sheet will be posted to www.polarbearswim.org by Thursday, July 21.

CHECK-IN PROCEDURES:

A positive check-in will be required for the following deck seeded events 30 minutes prior to the start of the session each day. 13-14 and Senior 400 IM and 400 and 800 Free, 11-12 and 10 & Under 200 IM

The above 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 Senior 800 Free will be swum fastest to slowest alternating women and men with all heats but the fastest 8 men and women being swum during the Sunday morning session. Meet management reserves the right to limit the 800 Free to the fastest 3, 4, or 5 heats depending on time limitations.

400 IM & 400 Free

The 13-14 and Senior 400 IM and 400 Free will be swum as timed final events (3 fastest women's heats slowest to fastest, then 3 fastest men's heats going slowest to fastest, then alternating women and men fastest to slowest). Meet Management reserves the right to combine heats (men and women). Meet management reserves the right to limit the 400 IM and 400 Free to the fastest 3, 4, or 5 heats depending on time limitations.

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 \$3.00 NCS travel fee. Relay-only swimmers will be exempt from the facility fee. All relays on Saturday will be swum in the finals session. All 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).

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 st -3 rd Place

High point awards will be given to the winner in each age group.

MEET MANAGEMENT:

Director:	Stuart Nunn
Meet Referee:	Skip Queen
Meet Marshall:	Dick Cottam

MEETINGS:**Coaches:**

There will be a coaches meeting Friday, July 29TH at 6:45 am 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.**

Officials:

There will be an officials' meeting, Friday, July 29TH at 7:30 and 30 minutes 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 area 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 26th.

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 HIGH POINT SWIM CLUB, THE CITY OF HIGH POINT PARKS AND RECREATION 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.

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ORDER OF EVENTS

Friday Morning Session

Friday Warm-up: 7:00am Meet Starts: 8:00am

GIRLS		BOYS
Event#	Event	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 100 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 swum at finals at night.

Friday Afternoon Session

Friday Warm-up: 12:30pm Meet Starts: 1:30pm

GIRLS		BOYS
Event#	Event	Event #
17	11-12 100 Freestyle	18
19	10 and Under 100 Freestyle	20
21	11-12 100 Breaststroke	22
23	10 and under 100 Breaststroke	24
25	11-12 50 Butterfly	26
27	10 and under 50 Butterfly	28
29	11-12 200 IM	30
31	10 and under 200 IM	32
33	11-12 200 Med Relay	34
35	10 and under 200 Med Relay	36

Friday Finals Session

Friday Warm-up: 5:00pm Finals Starts: 6:00pm

GIRLS		BOYS
Event#	Event	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 100 Butterfly	12
13	13-14 400 IM*	14
15	Senior 400 IM*	16
37	13-14 200 Med Relay	38
39	Senior 200 Med Relay	40

Saturday Morning Session
Saturday Warm-ups: 7:00AM Meet Start: 8:00AM

GIRLS		BOYS
Event#	Event	Event #
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 200 Breaststroke	52
53	13-14 100 Backstroke	54
55	Senior 100 Backstroke	56
57	13-14 400 Freestyle*	58
59	Senior 400 Freestyle*	60

** 400 Free will swim as a timed final with the fastest heat swum at finals at night.

Saturday Afternoon Session
Saturday Warm-up: No earlier than 12:30PM Meet Start: No earlier than 1:30PM

GIRLS		BOYS
Event#	Event	Event #
61	11-12 100 Butterfly	63
63	10 and under 100 Butterfly	65
65	11-12 200 Freestyle	67
67	10 and under 200 Freestyle	69
69	11-12 50 Breaststroke	71
71	10 and under 50 Breaststroke	73
73	11-12 50 Backstroke	75
75	10 and under 50 Backstroke	76

Saturday Finals Session
Saturday Warm-ups: 5:00pm Finals Start: 6:00pm

GIRLS		BOYS
Event#	Event	Event #
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 200 Breaststroke	53
53	13-14 100 Backstroke	54
55	Senior 100 Backstroke	56
57	13-14 400 Freestyle*	58
59	Senior 400 Freestyle*	60

Sunday Morning Session
 Sunday Warm-ups: 7:00AM Meet Starts: 8:00AM

GIRLS		BOYS
Event#	Event	Event #
75	13-14 100 Freestyle	76
77	Senior 100 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
89	13-14 200 Free Relay	90
91	Senior 200 Free Relay	92

Sunday Afternoon Session
 Sunday Warm-up: No earlier than 12:30PM Meet Starts: No earlier than 1:30PM

GIRLS		BOYS
Event#	Event	Event #
93	11-12 50 Freestyle	94
95	10 and Under 50 Freestyle	96
97	11-12 100 Backstroke	98
99	10 and Under 100 Backstroke	100
101	11-12 400 Freestyle*	102
103	10 and under 200 Free Relay	104
105	11-12 200 Free Relay	106

Sunday Finals Session
 Sunday Warm-ups: TBA Finals Start: TBA

GIRLS		BOYS
Event#	Event	Event #
75	13-14 100 Freestyle	76
77	Senior 100 Freestyle	78
79	Senior 800 Freestyle*	80
81	13-14 200 Backstroke	82
83	Senior 200 Backstroke	84
85	13-14 200 Individual Medley	86
87	Senior 200 Individual Medley	88

* 400 IM, 400 Free, 800 Free will swim as a timed final event at the conclusion of prelims, fastest to slowest, with the fastest heat of men and women per age group at night. Swimmers must provide their own timer and counter for prelims only. These events may be limited to the fastest 3, 4, or 5 heats depending on time lines.

** The 800 Free will be swim alternating female then male heats.