

NCAC TAR HEEL INVITATIONAL

Friday, October 26TH, 2007

Koury Natatorium, Chapel Hill, NC

- SANCTION:** Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc..
Sanction # NC07084.
- SPONSOR:** North Carolina Aquatic Club
- FACILITY:** Koury Natatorium, UNC Campus, Skipper Bowles Dr., Chapel Hill, NC . Twenty-five yard, eight lanes, non-turbulent lane lines. Two courses will be run for the 400 IM and 1650. Colorado Timing System and scoreboard will be used. Pool depth ranges from 7 to 14 ft. Spectator seating is available in the balcony area, **NO SPECTATORS ARE PERMITTED ON THE POOL DECK.**
- RULES:** The meet will be conducted in accordance with the current USA Swimming Rules and Regulations and the NCS Official Handbook and NCS Safety Program, except where rules therein are optional and all exceptions are herein stated, and with NCS rules.
- CLASSIFICATION:** Senior meet.
- ELIGIBILITY:** Current USA Swimming Registration is required for all swimmers. All swimmers entered will be checked against current LSC registration.
- ENTRIES:** Hy-tek software will be used. Submit entries via e-mail or hy-tek disk and master entry sheet. You must include the USA club code and each swimmer's USA number along with first and last name and seed time for each event entered. Seed times must be in short course yards. All relay only swimmers including alternates must be included with the electronic entry and pay the entry fee.
- AWARDS:** None
- FEES:** \$2.00 per individual event
\$8.00 per relay event
\$2.00 per swimmer surcharge for NCS Travel Fund
\$2.00 per swimmer facility surcharge
Entry Fees are non-refundable and must accompany entries.
- ENTRY LIMIT:** 3 Individual events and 1 relay per swimmer.
- ENTRY DEADLINE:** All entries and fees must be received by the meet director no later than midnight of **Monday, October 15, 2007**. Late entries may be accepted at the discretion of the meet director. E-mail entries to ncacheadcoach@gmail.com and include "meet entries" in the subject line.
- SCORING:** This meet will not be scored.
- PSYCH SHEET:** A psych sheet will be available at www.ncacswim.org three days before the meet.
- SEND ENTRIES TO:** Ryan Woodruff
5008 Silhouette Drive
Durham, NC 27713
- Make checks payable to "North Carolina Aquatic Club." Please ensure that a signature is

not required upon delivery if using an express mail service.

MEET DIRECTORS: Ryan Woodruff & Sean Quinn
(919)933-4905
ncacheadcoach@gmail.com

MEET REFEREE: Mike Hoffer, E-mail: mike@carolinaclosetsplus.com

MEET MARSHALL: Abby Woodruff

SAFETY: The North Carolina Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No running or horseplay will be tolerated.

USA Swimming, Inc., North Carolina Swimming, Inc., and North Carolina Aquatic Club 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 event.

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**THREE EVENT & ONE RELAY LIMIT PER DAY **

Warm-up: 2:00PM-3:20PM: General Warm-up: In assigned lanes only. – No Diving

3:20PM-3:50PM: Lanes 2,7 will be used for dive starts/sprinting. Starts will be from the starting end of the pool only. General warm-up and pace work will be permitted in all other available lanes.

MEET STARTS AT 4:00 PM

ORDER OF EVENTS

WOMEN

MEN

1	SENIOR 200 FREE RELAY	2
3	SENIOR 400 IM*	4
5	SENIOR 50 FREE	6
7	SENIOR 200 MEDLEY RELAY	8
9	SENIOR 1650 FREE*	10

*The 1650 and the 400 IM will be deck seeded and swum in two courses. During these events, warm-up/warm-down will be available in two lanes between the bulkheads. You must make a positive confirmation of your intent to swim the 400 IM by 3:00PM and the 1650 free by 4:00 p.m. Entry will be limited to the top 64 women and the top 64 men in the 400 IM who have confirmed by the 3:00PM scratch deadline. All heats of the 1650 free will be swum.

Note: Due to time restrictions no additional heats of the 400 IM will be swum. The 400 IM will be swum slowest to fastest, the 1650 fastest to slowest.

**ENTRY SUMMARY SHEET
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Team Name: _____ Call Letters: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Coach: _____ LSC: _____ Phone: () _____
 E-mail Address: _____

Swimmer/Coach Registration

I certify that all individuals listed on the attached entry forms are currently registered members of USA Swimming and are eligible to compete in this meet. I further certify that one or more of the following coaches will be on deck supervising the activities of these individuals during all warm-up and competitive sessions at the meet.

Name of Coach	Team
_____	_____
_____	_____
_____	_____

I certify that the individuals listed above are currently registered USA Swimming Coach Members or Team Representatives, and that I am a current USA Swimming registered non-athlete member.

_____ Signature	_____ Team	_____ Date	_____ Phone
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Entry Deadline: Monday, October 15, 2007 @ Midnight

Mail Entries To:
 Ryan Woodruff
 5008 Silhouette Drive
 Durham, NC 27713

Please waive the signature requirement if using an express mail service

Financial Recap

# of Individual Events:	_____	@ \$ 2.00 each =	\$ _____
# of Relay Entries:	_____	@ \$ 8.00 each =	\$ _____
# of Swimmers (NCS Travel fund):	_____	@ \$ 2.00 each =	\$ _____
# of Swimmers (Facility surcharge):	_____	@ \$ 2.00 each =	\$ _____

TOTAL= \$ _____

Make checks payable to: North Carolina Aquatic Club