

**TAR HEEL AQUATIC TEAM'S
THANKSGIVING INVITATIONAL
TRIANGLE SPORTSPLEX
NOVEMBER 16-18, 2007**

Sanction: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction # NC07096

Sponsor: Triangle Sportsplex

Site: Triangle Sportsplex
One Dan Kidd Drive
Hillsborough, NC 27278
(919) 644-0339

Facility: The Competition pool is an 11-lane, 25-yard course with non-turbulent lane markers, deck-anchored starting blocks, and a 5-foot depth at the starting end. 10 lanes will be used for Competition. The Colorado Timing System will be used along with watches. A 10-lane digital scoreboard will also be used. In addition, a Warm-up/Warm-down Pool, adjacent to the competition pool, will be available for continuous warm-up/down. Spectator seating for approximately 400 people is available on one side of the pool. The facility also includes a snack bar. Boys' and girls' locker rooms are available.

Facility Rules: This facility forbids coolers, food or beverages to be brought into the building.

*No smoking is allowed inside the facility.

*No glass containers are allowed inside the facility.

*Shoes are required in the lobby due to ice skaters on the premises.

*Please observe all posted facility rules.

*All persons on-deck or behind the blocks must be certified coaches, officials, registered swimmers or meet volunteers.

Dates & Times: **Friday, November 16, 2007:**

Warm-ups: 4:00pm /Timed Finals: 5:00pm

Saturday, November 17, 2007:

13 & Over

Warm-ups: 6:45am /Timed Finals: 8:00am

12 & Under

Warm-ups not before 11:30am/ Timed Finals not before 12:30pm

Sunday, November 18, 2007:

13 & Over

Warm-ups: 6:45am /Timed Finals: 8:00am

12 & Under

Warm-ups not before 11:30am/ Timed Finals not before 12:30pm

Rules: The meet will be conducted in accordance with the current USA Swimming Rules and Regulations, the NCS Official Handbook, and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated.

(1) All events are timed finals.

(2) All those swimming the 200 IM, 500 Free, 1650 Free and/or 400 IM are required to check-in at the clerk of course no later than 30 minutes after the start of warm-ups for that event's session. Swimmers not checked in by this deadline will be scratched.

(3) The North Carolina Scratch Rules will be in effect for all deck seeded events. Any swimmer checked in for a deck seeded event and who has not scratched before the seeding of that event, who does not swim that event, shall be barred from his/her next individual event.

(4) The 500 Free, 1650 Free and 400 IM will be swum with the fastest two heats of girls swum slow to fast, then the fastest two heats of boys swum slow to fast, then all remaining heats swum fast to slow alternating girls and boys. Heats may be combined at the discretion of the Meet Referee.

(5) Meet management reserves the right to limit the 500 Free and/or 400 IM to the fastest four heats of girls and the fastest four heats of boys and the 1650 Free to the fastest three heats of girls and the fastest three heats of boys.

(6) The 13-14 and Senior individual events will be swum combined and awarded separately.

Classification: This is an Age Group/Senior meet with no minimum or maximum time standards.

Eligibility: All swimmers must be registered with USA Swimming, Inc.

Entries: Please submit entries using Hy-Tek Meet Manager compatible diskettes. Email entries will also be accepted however hard copies of all entries along with the summary form must also be submitted. List the swimmer's age as of November 16, 2007. Only properly completed entries with payment will be accepted.

(1) **Payment must accompany all entries.**

(2) Deck entries will be taken at this meet only for those swimmers already entered in the meet.

(3) Disks must be compatible with Hy-Tek's Meet Manager program and accompanied by hard copy documentation.

(4) Please send an email to thatinvite@yahoo.com indicating the approximate number of swimmers your team plans to bring to the meet by Tuesday, October 16. **This information is for planning purposes only and does not indicate acceptance into the meet.**

Entry Limit: Swimmers are limited to four individual events and one relay per day.
Team entries may be limited at the discretion of the meet management in order to manage the timeline. Affected teams will be notified by telephone or E-mail and entry fees refunded. These are the only fees that will be refunded.

Entry Deadline: All entries and fees must be received by 6pm Tuesday, November 6, 2007. Telephone entries and fax entries will not be accepted. Late entries may be accepted at the discretion of the Meet Director. If accepted, late entries will be charged double entry fees.

Entry Fees: \$2.00 per individual event (NCS registered swimmers)
\$2.25 per individual event (outside NCS-LSC swimmers)
\$8.00 per relay
\$5.00 per swimmer Facility Surcharge
\$2.00 per NCS Travel Fund
Double entry fees will be charged for all late entries, if accepted. Late entries are entries received after 6 pm on Tuesday, November 6, 2007. All fees are non-refundable. A check made payable to "Tar Heel Aquatic Team" must accompany all entries.

Mail Entries to: Jeannine Howard
106 Prescott Dr.
Durham, NC 27712
(919)382-0403
thatinvite@yahoo.com

Do not send entries in a manner that requires signature upon delivery. For verification of receipt of entries, please send a stamped self-addressed postcard with your entries. E-mail confirmation of entry receipt will also be provided if an e-mail address is provided.

Events: See attached order of events

Awards: 1st – 8th place ribbons will be awarded for individual events.
1st – 3rd place ribbons will be awarded for relays.

Warm-up Schedule: Specific warm-ups will be held in accordance with the NCS Safety Program. A warm-up schedule is attached. Lane assignments for warm-ups will be available in the coach's packet. Please begin warm-up procedures at the starting end of the pool only. Diving will not be allowed until the specific warm-up period is announced.

Coaches: Coaches must present a current USA membership card to the Clerk of Course to receive their entry package and must display their membership card at all times.

Officials: There will be an officials' meeting Friday, November 16, at 4:30pm and 30 minutes prior to the start of each of the other sessions.

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.

Meet Director: Jeannine Howard
106 Prescott Dr.
Durham, NC 27712
(919)382-0403

Meet Referee: Kathryn Martin

Meet Marshall: Terry Smith

Hospitality: A hospitality room will be provided for the coaches, officials, and meet workers.

Concessions: Concessions are available at the Triangle Sportsplex's snack bar for spectators and swimmers.

Volunteers: Volunteer timers and officials are welcomed. Those swimming the 500 Free and 1650 Free must provide their own volunteers to count for them. Those swimming the 500 Free, 400 IM, and 1650 Free may also be required to provide their own timers.

RELEASE

STATEMENT: USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., THE TAR HEEL AQUATIC SWIM TEAM, TRIANGLE SPORTSPLEX AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS 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.

TAR HEEL AQUATIC TEAM'S THANKSGIVING INVITATIONAL

ORDER OF EVENTS FRIDAY EVENING

Friday PM – November 16, 2007

Warm-up 4:00pm

Timed Finals 5:00pm

WOMEN	EVENT	MEN
1	Senior 200 IM	2
3	12 & under 200 IM	4
5	Senior 500 Free*	6
7	12 & under 500 Free*	8

In order to avoid empty lanes, allowing the Friday evening session to run as quickly as possible, all events Friday evening will be deck seeded. Those swimming the 200 IM and/or 500 Free are required to check-in at the clerk of course no later than 30 minutes after the start of warm-ups. Swimmers not checked in by this deadline will be scratched.

*The 500 Free will be swum with the fastest two heats of girls swum slow to fast, then the fastest two heats of boys swum slow to fast, then all remaining heats swum fast to slow alternating girls and boys. Heats may be combined at the discretion of the Meet Referee.

* Meet management reserves the right to limit the 500 Free to the fastest four heats of girls and the fastest four heats of boys.

ORDER OF EVENTS 13 & Over

Saturday AM – November 17, 2007

Warm-up: 6:45 am

Timed Finals: 8:00 am

WOMEN	EVENT	MEN
9	Senior 200 Free	10
11	Senior 100 Back	12
13	Senior 200 Fly	14
15	Senior 50 Free	16
17	Senior 100 Breast	18
19	13-14 200 Free Relay	20
21	Senior 200 Free Relay	22
	5 Minute Break	
23	Senior 400 IM*	24

Sunday AM—November 18, 2007

Warm-up 6:45 am

Timed Finals 8:00 am

WOMEN	EVENT	MEN
49	Senior 200 Breast	50
51	Senior 100 Free	52
53	Senior 200 Back	54
55	Senior 100 Fly	56
57	13-14 200 Medley Relay	58
59	Senior 200 Medley Relay	60
	5 Minute Break	
61	Senior 1650 Free*	62

* All those swimming the 400 IM and/or 1650 Free are required to check-in at the clerk of course no later than 30 minutes after the start of warm-ups for that event's session. Swimmers not checked in by this deadline will be scratched.

The 400 IM and 1650 Free will be swum with the fastest two heats of girls swum slow to fast, then the fastest two heats of boys swum slow to fast, then all remaining heats swum fast to slow alternating girls and boys. Heats may be combined at the discretion of the Meet Referee.

The 13-14 and Senior individual events will be swum combined and awarded separately.

Meet management reserves the right to limit the 400 IM to the fastest four heats of girls and the fastest four heats of boys and the 1650 Free to the fastest three heats of girls and the fastest three heats of boys.

ORDER OF EVENTS 12 & UNDER

Saturday PM - November 17, 2007

Warm-up: Not Before 11:30am

Timed Finals: Not Before 12:30pm

WOMEN	EVENT	MEN
25	10 & under 50 Back	26
27	11-12 50 Back	28
29	10 & under 100 Free	30
31	11-12 100 Free	32
33	10 & under 50 Breast	34
35	11-12 50 Breast	36
37	10 & under 100 Fly	38
39	11-12 100 Fly	40
41	10 & under 200 Free	42
43	11-12 200 Free	44
45	10 & under 200 Medley Relay	46
47	12 & under 200 Medley Relay	48

Sunday PM - November 18, 2007

Warm-up: Not Before 11:30am

Timed Finals: Not Before 12:30pm

WOMEN	EVENT	MEN
63	10 & under 100 IM	64
65	11-12 100 IM	66
67	10 & under 100 Back	68
69	11-12 100 Back	70
71	10 & under 50 Free	72
73	11-12 50 Free	74
75	10 & under 100 Breast	76
77	11-12 100 Breast	78
79	10 & under 50 Fly	80
81	11-12 50 Fly	82
83	10 & under 200 Free Relay	84
85	12 & under 200 Free Relay	86

TAR HEEL AQUATIC TEAM'S
THANKSGIVING INVITATIONAL

MEET ENTRIES/ENTRY FEES SUMMARY FORM

AGE GROUP	TOTAL # OF SWIMMERS	NCS TRAVEL FEE @ \$2 PER SWIMMER	FACILITY SURCHARGE @ \$5 PER SWIMMER	TOTAL INDIVIDUAL ENTRIES	INDIVIDUAL ENTRY FEES @ \$2.00 PER EVENT (\$2.25 OUT OF STATE)	TOTAL NUMBER OF RELAYS	RELAY FEES @ \$8 PER RELAY
10&UNDER GIRLS							
10&UNDER BOYS							
11-12 GIRLS							
11-12 BOYS							
13-14 GIRLS							
13-14 BOYS							
SENIOR GIRLS							
SENIOR BOYS							
TOTALS							

TOTAL NCS TRAVEL \$ _____
 TOTAL FACILITY SURCHARGE \$ _____
 TOTAL INDIVIDUAL ENTRY FEES \$ _____
 TOTAL RELAY ENTRY FEES \$ _____
 TOTAL FEES ENCLOSED \$ _____

Please submit one check with entries to cover your club's total fees. Please make checks payable to:
 Tar Heel Aquatic Team.

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., THE TAR HEEL AQUATIC SWIM TEAM, TRIANGLE SPORTSPLEX AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS 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.

Head Coach's Signature _____ Phone _____

Print Head Coach's Name _____ Email _____

Club Name _____ Club Code _____

Club Address _____

City _____ State _____ Zip Code _____

WARM-UP SCHEDULE

Friday pm

4:00pm -4:30pm -- All lanes General Warm-up. NO DIVING.

4:35pm-4:55pm -- Lanes 0, 1,9,10 will be for pace work. NO DIVING

Lanes 2, 3, 7, 8 will be used for Diving. Start from the touch pad end of the pool only.
Swim one length and exit the pool.

Lanes 4, 5, 6 and the warm-up pool will be for the continuation of general warm-up. NO DIVING

Saturday am and Sunday am

6:45am-7:30am --All lanes General Warm-up. NO DIVING

7:30am-7:55 am – Lanes 0, 1,9,10 will be for pace work. NO DIVING

Lanes 2, 3, 7, 8 will be used for Diving. Start from the touch pad end of the pool only. Swim one length and exit the pool.

Lanes 4, 5, 6 and the warm-up pool will be for the continuation of general warm-up. NO DIVING

Saturday pm and Sunday pm

First 30 Minutes -- All lanes General Warm-up. NO DIVING

Last 25 Minutes -- Lanes 0, 1 will be for pace work. NO DIVING

Lanes 2, 3, 7, 8, 9, 10 will be used for Diving. Start from the touch pad end of the pool only. Swim one length and exit the pool.

Lanes 4, 5, 6 and the warm-up pool will be for the continuation of general warm-up. NO DIVING

AREA HOTELS

Days Inn
(919)383-1551
3460 Hillsborough Rd.
Durham, NC 27705

Fairfield Inn
(919)382-3388
3710 Hillsborough Rd.
Durham, NC 27705

Hampton Inn
(919)471-6100
1816 Hillandale Rd.
Durham, NC 27705

Hilton
(919)383-8033
3800 Hillsborough Rd
Durham, NC 27705

Holiday Inn Express
(919)644-7977
202 Cardinal Dr.
Hillsborough, NC 27278

Microtel
(919)245-3102
120 Old Dogwood St.
Hillsborough, NC 27278