

# CHAPEL HILL YMCA SWIM CLUB HOLIDAY INVITATIONAL DECEMBER 14-15, 2007

**LOCATION:** Triangle SportsPlex  
One Dan Kidd Drive  
Hillsborough, NC 27278  
(919) 644-0339

**MEET HOST:** Chapel Hill YMCA Swim Club

**FACILITY:** The competition pool is an 11-lane, 25-yard course with non-turbulent lane markers, deck-anchored starting blocks, and a 6-foot depth at the starting end. A Colorado 5000 Timing System will be used with watches in each of 10 lanes for competition. The competition course will consist of 10 lanes. A 10 lane digital scoreboard is on site for use as well.

In addition to the competition pool, a separate 3 lane, 25-meter pool will be available for warm-up/warm-down use throughout the meet.

Spectator seating is available for approximately 400 on one side of the pool and there is deck space for additional folding chairs. Boys' and girls' locker rooms are available.

**FACILITY RULES:** This facility forbids coolers, and outside food or beverages from being brought into the building. **Please inform your families of this rule.** Also, please note the following additional rules:

- (1) No smoking is allowed inside the facility;
- (2) No glass containers are allowed inside the facility; and
- (3) Shoes are required in the lobby due to ice skaters on the premises.

**SCHEDULE:** *Friday Evening Session*

Warm-up: 4:30 - 5:20 PM

Meet Start: 5:30 PM

*Saturday Morning Session* (Swimmers 11 and older)

Warm-up: 7:00 - 7:50 AM

Meet Start: 8:00 AM

*Saturday Afternoon Session* (Swimmers 10 and under)

Warm-up: Not before 11:30 AM

Meet Start: 50 minutes after warm-up begins

**ELIGIBILITY:** This meet is open to all swimmers who have a full privilege membership at their YMCA. No qualifying times are required. Senior events are open to swimmers of all ages.

**USA SWIMMING APPROVAL:** Held under the approval of USA Swimming Inc. issued by North Carolina Swimming #NC07116AP

**MEET DIRECTOR: Gary Galbreath**  
Chapel Hill YMCA Swim Club  
980 Martin Luther King, Jr. Blvd  
Chapel Hill, NC 27514  
[garygalbreath@hotmail.com](mailto:garygalbreath@hotmail.com)  
(919) 442 – 9622, ext. 121  
**MEET REFEREE: Kathy Martyn**  
[kmartyn@nc.rr.com](mailto:kmartyn@nc.rr.com)

**RULES:** The 2007 USA Swimming Technical Rules will be applied.  
All events will be conducted as timed finals.  
All events will be pre-seeded except for the Senior 400 IM and Senior 500 Free.  
A positive check-in to swim will be required for these two events.  
The Meet Referee reserves the right to combine heats for any event.  
The Clerk-of-Course will accept at-meet adjustments to the heat sheet (scratches, deck entries, etc), however, these adjustments must be made at least 15 minutes prior to the start of a session. No additional heats will be created to accommodate deck entries.

**CHECK-INS:** Senior 400 IM 5:00 PM, Friday  
Senior 500 Free 5:45 PM, Friday  
Both the Senior 400 IM and the Senior 500 Free events will be swum slowest to fastest.

**SAFETY:**

**“The NCS 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.”**

**COACHES:** All Coaches who wish to be on the pool deck MUST HAVE the following CURRENT SAFETY CERTIFICATIONS: CPR, First Aid and Lifeguard Training (or Red Cross Coaches Safety Training).  
Coaches must include with their team entry one of the following items: (1) a copy of all three certifications, (2) a copy of their current USA SWIMMING Coaches Registration Card, or (3) a copy of their current USY Coaches Registration Card.

**ENTRIES:** The meet will be limited to the first 500 properly registered swimmers, not including the host team. More swimmers may be accepted provided we are able to maintain session timelines. Proper registration includes the submission of all of the following documentation:

- 1) Completed entries (submitted via email or on disk via US mail)
- 2) Completed entry summary form.
- 3) Copies of all coaches' certifications (CPR, First Aid, Lifeguard Training/Coaches Safety Training) or Current USA Swimming Coaches Registration Card or Current USY Coaches Card.

***Entry Fees must be paid in full prior to the start of the meet.***

Please indicate an entry time for each event entered, when possible. No Time (NT) entries will be accepted.

In using the HYV format, coaches are asked to please remove the USA SWIMMING ID from any NON USA Swimming registered participants.

**ENTRY LIMITS:** All swimmers may enter 4 individual events and 1 relay per day.  
Each team may enter an unlimited number of relay teams in each event.  
Age As of 12-14-07

**ENTRY FEES:** \$2.50 per Individual Event  
\$10.00 per Relay Event  
\$5.00 per swimmer, Facility Surcharge  
Make checks payable to **CHAPEL HILL-CARRBORO YMCA.**  
**ENTRY FEES ARE NON-REFUNDABLE**

#### **ENTRY**

**DEADLINE: 8:00 PM on Wednesday, DECEMBER 5, 2007.**

**E-MAIL ENTRIES:** Teams may e-mail their entries to Gary Galbreath at [garygalbreath@hotmail.com](mailto:garygalbreath@hotmail.com). A confirmation e-mail reply will be sent for all entries received by e-mail.

#### **MAILING**

**ENTRIES:** Mail Entries, Summary Form, Proof of Coaches' Certifications, and Fees to:  
Chapel Hill YMCA Swim Club  
Attn: Gary Galbreath  
980 MLK Jr. Blvd.  
Chapel Hill, NC 27514-2607

**AWARDS:** Individual events: Ribbons for 1st-10th place.  
Relay events: Ribbons for 1st-3rd place.

**SCORING:** This meet will not be scored.

**RELAYS:** *Coaches will need to put the names of relay swimmers on their cards.*  
Coaches  
are responsible for all of their relays reporting directly to the blocks.

**MISC:** All swimmers age 10 and Under will report to the Clerk of Course for individual events. Swimmers age 11 and Older will report to the blocks for individual events.

Each team is requested to provide timers and officials in order to assist in conducting the meet. Thanks in advance for your help!

A full-service concession stand will be open for spectators and swimmers.  
There will be a Meeting of Officials and Timers 20 minutes prior to the start of each session.

**“USA Swimming, Inc., North Carolina Swimming, Inc., and (your 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**

**Psych Sheet and Final Results will be posted on our club's website:**

[www.chapelhillymcaswimclub.org](http://www.chapelhillymcaswimclub.org)

Chapel Hill YMCA Holiday Invitational  
Triangle SportsPlex  
December 14, 2007  
Friday Evening Session  
Order of Events

Event #	Event Age Group Distance & Stroke
1	Mixed 9 - 10 100 IM
2	Mixed 11 - 12 100 IM
3	Mixed Senior 400 IM*
4	Girls 10 & Un 200 Medley Relay
5	Boys 10 & Un 200 Medley Relay
6	Girls 12 & Un 200 Medley Relay
7	Boys 12 & Un 200 Medley Relay
8	Girls 14 & Un 200 Medley Relay
9	Boys 14 & Un 200 Medley Relay
10	Girls Senior 200 Medley Relay
11	Boys Senior 200 Medley Relay
12	Mixed 10 & Un 200 Free
13	Mixed 11 - 12 200 Free
14	Mixed Senior 500 Free*

Chapel Hill YMCA Holiday Invitational  
Triangle SportsPlex  
December 15, 2007  
Saturday Morning Session  
Order of Events - 11 & Older

Event #	Event Age Group Distance & Stroke
15	Mixed Senior 200 IM*
16	Mixed 11-12 200 IM
17	Girls Senior 400 Free Relay
18	Boys Senior 400 Free Relay
19	Mixed 11-12 100 Breast
20	Mixed Senior 200 Breast*
21	Mixed 11-12 100 Back
22	Mixed Senior 200 Back*
23	Mixed 11-12 50 Free
24	Mixed Senior 50 Free*
25	Mixed 11-12 100 Fly
26	Mixed Senior 200 Fly*
27	Girls 12 & U 200 Free Relay
28	Boys 12 & U 200 Free Relay
29	Girls 14 & U 200 Free Relay
30	Boys 14 & U 200 Free Relay
31	Mixed Senior 100 Breast*
32	Mixed 11-12 50 Breast
33	Mixed Senior 200 Free*
34	Mixed 11-12 50 Back
35	Mixed Senior 100 Back*
36	Mixed 11-12 50 Fly
37	Mixed Senior 100 Fly*

38 Mixed 11-12 100 Free  
39 Mixed Senior 100 Free\*

December 15, 2007  
Order of Events - 11 & Older  
Saturday Afternoon Session  
Chapel Hill YMCA Holiday Invitational  
Triangle SportsPlex

Event #	Event Age Group Distance & Stroke
40	Mixed 8 & Un 100 IM
41	Mixed 10 & Un 200 IM
42	Mixed 8 & Un 25 Free
43	Mixed 9 - 10 50 Free
44	Mixed 8 & Un 50 Fly
45	Mixed 10 & Un 100 Fly
46	Mixed 8 & Un 25 Back
47	Mixed 9 - 10 50 Back
48	Mixed 8 & Un 50 Breast
49	Mixed 10 & Un 100 Breast
50	Girls 8 & Un 100 Free Relay
51	Boys 8 & Un 100 Free Relay
52	Girls 10 & Un 200 Free Relay
53	Boys 10 & Un 200 Free Relay
54	Mixed 8 & Un 25 Fly
55	Mixed 9 - 10 50 Fly
56	Mixed 8 & Un 50 Back
57	Mixed 10 & Un 100 Back
58	Mixed 8 & Un 25 Breast
59	Mixed 9 - 10 50 Breast
60	Mixed 8 & Un 50 Free
61	Mixed 10 & Un 100 Free