



NORTH CAROLINA SWIMMING SENIOR CHAMPIONSHIPS
February 14 - February 17, 2008

Sanction: Held under the sanction of USA Swimming, issued by North Carolina Swimming, Inc.
Sanction # NC08028 and time trial sanction#NC08028TT (**REVISED February, 6 2008**)

Hosts: Mecklenburg Aquatic Club in cooperation with the Huntersville Parks and Recreation Department.

Facility: Huntersville Family Fitness & Aquatics
11725 Verhoeff Road
Huntersville, NC 28078
(704) 766-2222

The Huntersville Family Fitness & Aquatics center has a 12,952 square-foot pool area featuring a 50-meter by 25-yard Paddock Pool Racing tank. The pool depth ranges from 6 feet at the starting end to 17 feet at the far end of the pool with eight 9 foot wide lanes. There will be at least 8 additional lanes available for warm up and warm down. The pool is equipped with Competitor 4” Racing Lanes and with single pedestal Paddock stainless steel starting platforms. The facility also features a Colorado 5000 timing system and an eight-lane scoreboard. Hy-Tek Meet Manager software will be used.

Warm-up/Warm-down lanes will be available for continuous warm-up/warm-down use throughout the meet.

Other site information: There is seating available for approximately 900 people. Women’s and Men’s locker rooms are available. Please use lockers located next to the H2O Café.

MEMBER PARKING HAS PRIORITY BUT GUESTS WILL BE PROVIDED AMPLE PARKING IN DESIGNATED AREAS IN AND AROUND THE POOL FACILITY.

Facility Rules: Please inform all families of the following rules:

1. No smoking is allowed inside the facility.
2. No glass containers are allowed inside the facility.
3. No coolers or outside food or drinks are allowed inside the facility.
4. Spectators may not film or watch from the bulkhead or from behind the blocks.
5. No bare feet beyond the main doors and in hallways. Please have swimmers wear shoes.
6. Violators will be removed or barred from further competition for failure to adhere to these rules.
7. Only card-carrying, certified coaches, officials, registered swimmers, and authorized meet personnel will be allowed on-deck.

Schedule:

Warm-Up

Thursday	Timed Finals	4:00-5:20PM
Friday, Saturday & Sunday	Preliminaries	6:30-8:20AM
Friday & Saturday	Finals	4:30-5:50PM
Sunday	Finals	4:00-5:20PM

Meet

Thursday	Timed Finals	5:30PM
Friday, Saturday & Sunday	Preliminaries	8:30AM
Friday & Saturday	Finals	6:00PM
Sunday	Finals	5:30PM

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, along with the current North Carolina Safety Program. These rules will serve as the official guide for technical and procedural rules, except wherein are optional and exceptions are herein stated.

Format: This meet is a Senior Championship meet. Except for the relay events, the 1000 and 1650 Free, all events will be conducted on a preliminary and finals basis. During each finals session, there will be C, B, and A (bonus, consolation, and championship) final heats. The order of final heats shall be B, A, and then C. Alternates should be ready to swim and standing by the starter.

In Sunday's finals, the Men's 200 Back, Event #30, will immediately follow the Women's 1650 Free, Event #27, and precede the Women's 200 Back, Event #29 in order to alternate women's and men's events throughout that evening's program.

In conjunction with the NCS Senior Chairman, meet management reserves the right to run two preliminary courses for the 400 IM and the 500, 1000, and 1650 Free and to combine preliminary heats (men & women) in these events whenever prudent.

Eligibility: All swimmers must be registered with USA Swimming and have achieved the 2008 Senior Championship qualifying time standards as listed on the order of events for each event entered in this meet.

- 1) Show age as of February, 14th, 2008
- 2) List best time SHORT COURSE YARDS. Long course entries must be noted as such and those entries will be seeded after the slowest short course time entered in that event. **Do not convert a long course time; use the actual long course cut and note that it is long course.**

Seeding: 400 IM & 500 Free
The 400 IM and 500 Free are swum as a prelim/final event in two separate courses with the fastest 4 heats, swum slowest to fastest, then the remaining heats fastest to slowest. Meet management will ensure a minimum 15-minute break for participants, both women and men, in the previous event and the start of the 400 IM and/or 500 Free.

1000 Free
The 1000 Free is swum as a timed final event in two separate courses with the fastest 3 heats, swum slowest to fastest, then the remaining heats fastest to slowest.

1650 Free
The 1650 Free is swum as a timed final event with the fastest heat of women and the fastest heat of men conducted in the finals session as shown in the order of events. All other heats will be swum at the conclusion of the prelims (following the relays and following a 10 minute break). It will be swam fastest to slowest alternating women, then men.

Relays
All relay events will be swum as timed final events with the fastest 2 heats of women, swum slowest to fastest, followed by the fastest 2 heats of men, swum slowest to fastest; then alternating women and men's heats, fastest to slowest.

The 800 and 400 Free relays will be swum at the end of the finals on Friday and Saturday respectively. On Sunday, teams will be given the option to swim the 400 Medley relay at the end of the prelims (before the 1650 Free) or at the end of the finals. There will be a 10-minute break prior to the start of relay events.

Check-in: All events that are 400 yards and longer will be deck seeded. A positive check-in by the deadline indicated below is required to be seeded into the event.

<u>Event</u>	<u>Check-in Deadline</u>
1000 Free	Thursday by 4:30 PM
400 IM	Friday by 8:45 AM
800 Free Relay	Friday by 8:45AM
500 Free	Saturday by 8:45 AM
400 Free Relay	Saturday by 8:45AM
1650 Free	Sunday by 8:45AM
400 Medley Relay	Relay Sunday by 8:45 AM (must declare AM or PM)
For Sunday Finals	In order to provide full heats and eliminate "no shows" during Sunday evening finals, coaches are asked to check-in and/or scratch swimmers finishing in the top-50 in individual events no later than 1:00PM or the start time of the 1650 Free (whichever is later). Please alert your swimmers to this effort.

Scratch Rule: The NCS Scratch Rule will be in effect through out this meet.

Relays: Relay entries are determined by the number of swimmers from that team who are entered in individual events as follows:

1-4 individual event swimmers:	Maximum of one relay.
5-8 individual event swimmers:	Maximum of two relays.
9-12 individual event swimmers:	Maximum of three relays.
13 or more individual event swimmers:	Maximum of four relays.

Only swimmers listed on the entry summary form may participate in relays. All relay swimmers, including alternates, must be listed on the Meet Entry Form and must pay the \$2.00 NCS surcharge in addition to the \$5.00 facility fee.

Entry Limit: Individual: Swimmers are limited to seven individual events for the meet and no more than three individual events per day (including time trials). Swimmers are also limited to three relay swims.

Relay: Each club may enter up to four relay teams in the 400 Free and 400 Medley Relay events. In the 800 Free Relay, the limit is two relay teams per club.

Entry Fees:	Individual events:	\$2.75 per event
	Relay events:	\$8.00 per relay
	NCS Travel Fund:	\$2.00 per swimmer
	Facility Surcharge:	\$5.00 per swimmer

All fees are non-refundable. This includes fees for unproven times entered. Entries will not be accepted unless accompanied by entry fees. If you cannot make payment by credit card through OME, please make checks payable to **Mecklenburg Aquatic Club**.

Entry: This meet is open to USA Swimming registered swimmers who have achieved the 2008 NCS Senior Championship Time standard in each event entered. **Note: Swimmers must qualify per event in the 1000 Fr and the 1650 Free.**

All entries will be submitted using the USA Swimming Online Meet (OME) system. All entries must be accessed on the USA Swimming website at www.usaswimming.org/ome. You will be required to create a free account with the website to submit your entry. OME will be available for this meet beginning on January 14, 2008. Entries will close on Monday February 11th, 2008 at 10:00 am. This entry would include times achieved in the NC Last Chance Meets held on February 8-10th, 2008. Meet Directors of these meets need to send the meet files to SWIMS ASAP following the conclusion of the meet.

There will be NO LATE ENTRIES to this meet.

The OME entry system is connected to the USA Swimming times membership database, (SWIMS) and will provide entry times. These times are proven. If you would like to enter a time that is not showing in the system, there is also a custom entry function in OME, **but these times are not proven. If a custom time is used, proof must be submitted to the Meet Entry Chairperson by Thursday February 14th by 5:00pm or the entry will be scratched. Proof of time consists of a copy of the final meet results proving the entry time from a USA sanctioned or observed meet, including sanction numbers, date and location. Hy-tek Team Manager results will not be accepted as proof. Prior to the deadline, proof of time may be faxed to (704)846-5835. Each fax will be followed by email confirmation for receipt of proof.**

OME is not an eligibility report. It is necessary to know what events are going to be entered before starting OME.

The OME system processes payment by credit card. It will accept Visa, MasterCard, American Express and Discover Card. Upon payment, a confirmation email providing a receipt and a summary of the events entered will be returned. For this meet, the entries are not in the meet until payment has been processed. If you cannot make payment by credit card, please contact Anne Raichle immediately after finishing entries to make other payment arrangements.

Questions or problems with OME should be directed to USA Swimming, Susan Woessner, swoessner@usaswimming.org.

Other Questions concerning the meet maybe made to the Meet Entry Chair:

Anne Raichle
Mecklenburg Aquatic Club
Charlotte NC
(704)849-8168

Entry Deadline: Entries must be in the OME system by 10:00 am on Monday, February 11th, 2008. Only entries for swimmers meeting the 2008 NCS Senior Championship Time Standards will be accepted.

Awards:

Individual events:	1 st -3 rd place medals; 4 th - 8 th place ribbons.
Relays:	1 st place medals.
Team Place Awards:	1 st – 6 th place.
High Point Awards:	Top scoring NCS-registered male and female.

Following the conclusion of each individual A Final Heat (Championship Final), there will be an immediate awards ceremony to acknowledge the top-3 finishers.

Scoring:

Individual events:	20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay events:	40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Team scores and individual high point scores will be published in the heat sheet at each finals session.

Time Trials: Time trials will be available to any swimmer entered in an individual event in the meet with a 2008 Senior Championship qualifying time standard in the event the swimmer wants to trial.

Entry fees for time trials will be \$5.00. Time trials count toward a swimmer's individual event total for each day, but not the meet total. Time trials will be conducted at the discretion of the Meet Referee. Time trial event order will be 50's first 100's second, 200's third, 400/500' fourth, 800+ last. Time trials will be offered after Prelims and after finals, but will not interfere with the meet (including warm-ups, breaks, and competition). Entry Deadline for time trials shall be determined by the referee and will be no earlier than the start of the meet session that the time trial is being requested to follow.

Release: USA Swimming, North Carolina Swimming, Inc., the City of Huntersville Parks and Recreation Department and the Mecklenburg Aquatic Club 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.

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 is permitted. Glass containers or bottles are not permitted in the Mecklenburg County Aquatic Center.

Meet Management: Meet Director- Kathryn Noftzger
Meet Referee- Dick van Halsema
Meet Marshall- Thad Schultz

Timers: Swimmers participating in the 1000 Free or 1650 Free must provide their own timer and person to count lengths.

Hospitality & Concessions: There will be a hospitality room open to all coaches and officials. Refreshments will be available at the concession stand (H2O Café).

Attachments: 1. Order of Events
2. Warm-up Guidelines
3. Hotel Information

Coaches' Meeting: **Coaches will be required to have their current USA Swimming card visible at all times while on the deck. This will be enforced.** Coaches will also need to show credentials when checking in at clerk of course. A meeting for all coaches will be held at 5:20PM on Thursday, February 14th, and at other times as announced by the Meet Referee.

Officials' Meeting: A meeting for all officials will be held 45 minutes prior to the start time for each session. Application as an Officials Qualifying Meet (OQM) [N2 All positions/N3-S&T] has been made to USA Swimming. Officials wishing to be evaluated, please submit a completed evaluation request form (attached) to the Meet Referee, [Dick Van Halsema](#). Evaluation requirements are found at [USA Swimming](#).

Please contact Thad Schultz(x 119) 704-766-1520 or tschultz@justswimmac.org for more information.

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Order of Events

Thursday Evening, February 14, 2008

Warm-up- 4:00pm, Meet Starts- 5:30pm

Timed Final Events- check-in deadline is 4:30pm

Women	SCY	LCM	Events	SCY	LCM	Men
1	11:37.29		1000yd. Freestyle	11:14.49		2

Friday, February 15, 2008

Prelim starts 8:30am; Finals start 6:00pm

Women	SCY	LCM	Events	SCY	LCM	Men
3	2:03.29	2:19.39	200yd. Freestyle	1:54.29	2:10.69	4
5	1:14.79	1:25.99	100yd. Breaststroke	1:09.29	1:20.19	6
7	1:05.39	1:13.49	100yd. Butterfly	1:01.39	1:09.39	8
9	4:55.89	5:34.39	400yd. IM	4:46.39	5:29.19	10
			**10 minute break			
11	NQT	NQT	800yd. Free Relay	NQT	NQT	12

Saturday, February 16, 2008

Prelim starts 8:30am; Finals start 6:00pm

Women	SCY	LCM	Events	SCY	LCM	Men
13	2:22.39	2:39.99	200yd. Butterfly	2:16.39	2:36.79	14
15	26.39	29.99	50yd. Freestyle	24.29	27.99	16
17	2:40.99	3:02.99	200yd. Breaststroke	2:29.79	2:52.99	18
19	1:05.09	1:13.59	100yd. Backstroke	1:01.09	1:10.29	20
21	5:26.99	4:51.99	500yd. Freestyle	5:07.59	4:32.39	22
			**10 minute break			
23	NQT	NQT	400yd. Free Relay	NQT	NQT	24

Sunday, February 17, 2008

Prelim starts 8:30am; Finals start 5:30pm

Women	SCY	LCM	Events	SCY	LCM	Men
25	56.99	1:04.79	100yd. Freestyle	52.29	1:00.19	26
27	19:21.69	20:15.69	1650yd. Freestyle			--
29	2:21.39	2:39.79	200yd. Backstroke	2:13.69	2:33.69	30
--			1650yd. Freestyle	18:50.29	19:32.19	28
31	2:18.89	2:37.89	200yd. IM	2:09.49	2:29.69	32
			**10 minute break			
33	NQT	NQT	400yd. Medley Relay	NQT	NQT	34

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Entry Fee Summary Report

Official Entry Information:

Club Name _____	Club Code _____
Address _____	
City _____ State <u>NC</u>	Zip _____
Head Coach _____	Home Phone _____
Email Address _____	Work Phone _____
Assistant Coach _____	
Assistant Coach _____	
Assistant Coach _____	
Assistant Coach _____	
Assistant Coach _____	

All coaches identified above are currently registered as coaches with USA Swimming, Inc. and are responsible for the swimmers entered in this meet entry during the conduct of the event February 14-17, 2008.

Signature _____ Date _____

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Warm-up Procedures and Safety Guidelines

Competition Course

1. General Warm-up Period	Thursday Timed Finals:	4:00-5:20pm
	All Preliminary Sessions:	6:30-7:55am
	Friday & Saturday Finals:	4:30-5:30pm
	Sunday Finals:	4:00-5:00pm

Lanes 1 through 8 in both courses: Circle swimming only, no racing starts or diving, no paddles permitted.

2. Specific Warm-up Period	All Preliminary Sessions	no earlier than 7:55am
	Friday & Saturday Finals:	no earlier than 5:30pm
	Sunday Finals:	no earlier than 5:00pm

Lanes 1 & 8: Pace Lanes- push off one or two lengths only from the start end.
Lanes 2, 3, 6 & 7: Sprint Lanes- racing starts from the block, swim one length only.
Lanes 4 & 5: General warm-up- Circle swimming only, no racing starts or diving, no paddles permitted.

*Referees need to be on deck to indicate when lanes will be available for pace and starts.

3. Assigned Lanes: Lanes will be assigned to clubs during preliminary sessions based on the total number of swimmers entered in that session. Lanes will be assigned such that each lane has approximately the same number of swimmers assigned to each. The pool accommodates 18 lanes in the main competition pool during warm-up sessions. Please note that during the Thursday warm-up, lanes will be assigned to clubs based on the number of participants in the 1000yd. freestyle. The warm-up teaching pool will be available for warm-up during the course of the meet.

Safety Guidelines:

Coach Responsibility:

1. Coach shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets.
2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
3. Coaches shall actively supervise their swimmers throughout the warm-up session.

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Hotel Listings



Hawthorn Suites, LTD
16905 Caldwell Creek Drive
Huntersville, NC 28078
Phone: 704-892-9487
Fax: 704-892-9402
\$89.00/night
Ask for the MAC Rate



Quality Inn
16825 Caldwell Creek Drive
Huntersville, NC 28078
Phone: 704-892-6597
Fax: 704-892-1628
\$79.00/night
Ask for the MAC Rate

North Carolina Swimming

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 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 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.

.3 Preliminary & Final 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 a scored B final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 204.3.4.
- C. In the event of withdrawal or barring of 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 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 swum, 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 an individual event if:

- A. The Referee is notified in the event of illness or injury and accepts proof thereof.
- B. The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within (30) minutes following his 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 compete in or report for that event shall not be penalized.

Time Trials

The purpose of Time Trials is to provide an opportunity for swimmers to achieve times. Time Trials are a race for time, not necessarily a competition between individuals. Time Trials are conducted as an accessory to championship meets and additional event opportunities are offered.

1. Time Trials may be offered at championship meets and other meets that are within 1 week of the entry deadline for USA Swimming Jrs./Srs./All Nationals Level Meets.
2. The championship meets where a Time Trial meet is offered will be determined when the meet bids are received, approved and placed on the approved NCS calendar, prior to the start of the season.
3. Additional Time Session may be offered at other meets, after the publishing of the calendar, but must be approved with a majority vote of the Technical Planning Board.
4. Time Trials entry time is the NC Sr Champs cut the Time Trials for efforts to qualify for USA Swimming Sr. Sectionals level meets and above.
5. Time Trials may have separate meet information and a separate meet sanction will be attained that clearly identify the meet as a time trials meet. The time trials meet may have a separate meet director and/or meet referee.
6. Daily or meet limits will be stated in the Time Trials meet information but cannot exceed the daily meet limits of the meet.
7. The events should be awum 50's first 100's second, 200's third, 400/500' fourth, 800+ last. Backstroke events should not be combined with forward starting events.
8. The time and place for the Time Trials will be stated in the meet information and must be planned so as to not interfere with the championship meet (including warm-ups, breaks, and competition).
9. All USA Swimming Rules will apply to Time Trials, including having at least the minimum number of certified officials.