

**WAVE SWIMMING'S  
TARHEEL STATES INVITATIONAL  
February 29, March 1 – 2, 2008**

**Sanction:** Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc., **SANCTION #NC08029**

**Host:** New Wave Swim Team  
P.O. Box 18012  
Raleigh, NC 27619  
(919) 981-0644

**Facility:** Triangle Aquatic Center  
275 Convention Drive  
Cary, NC 27511

**Competition Pool** The Triangle Aquatic Center facility features a 50-meter pool divided into two courses which include an 8-lane, 25-yard competition course and a 10-lane, 25-yard competition course, with a variable depth ranging from 7 to 12 feet. Both courses will be used if swimmer numbers and timeline deem it necessary. The evening finals sessions will be conducted in the 8-lane course. An additional 10-lane, 25-yard pool is available for continuous warm-up/warm-down. The pool is equipped with state-of-the-art, anti-turbulent lane lines and Paragon starting blocks. A fully electronic, Daktronic timing system, digital scoreboards and stopwatches will be used in each competition lane. Hy-Tek Meet Manager software will be used. Locker rooms for changing are available.

Only meet volunteers, USA Swimming registered athletes and USA Swimming registered officials may be on deck. **NO SPECTATORS** on deck.

**Other Site Information:** There is seating capacity for 1,000 spectators on the viewing level. There is ample parking available in the adjacent mall lot. A concession stand is available for drinks and snack items.

**Rules:** *Please inform all families of the following pool rules.*

- 1) No smoking is allowed inside the facility.
- 2) No food, drinks or coolers allowed inside the facility.
- 3) No glass containers are allowed inside the facility.
- 4) No chairs allowed in the spectator level. Swimmers may have a chair on deck.

**Schedule:** **Swimmers 13 & Older:**  
Fri Afternoon Warm-ups: 3:30PM  
Fri Afternoon Timed Finals: 4:30PM  
Sat. & Sun. Warm-ups: 8:00AM  
Sat. & Sun. Preliminaries: 9:00AM  
Sat. & Sun. Finals Warm-up: Not before 5 pm  
Sat. & Sun. Finals: Not before 6 pm

**Swimmers 12 & Under:**  
Friday Warm-ups: 3:30PM  
Friday Timed Finals: 4:30PM  
Sat & Sun Warm-up: Not earlier than 12:00PM  
Sat & Sun Timed Finals: Not earlier than 1:00PM

- Rules:** This meet will be conducted in accordance with the current USA Swimming Code and the NCS Official Handbook and NCS Safety Program, except where rules therein are optional and exceptions herein stated.
- Format:** This meet is an Age Group/Senior Meet. All 10 & Under events, the Senior 400 IM, 500 Free, 1650 Free, and all relay events are timed final events. All other events will be conducted on a preliminaries and finals basis. The 11-12, 13-14 and the Senior age groups will have an A and B final (fastest 16 swimmers). The order swum in finals will be the A heat followed by B. Meet management reserves the right to require positive check-in for the 400 Im, 500 Free, and 1650 Free events. Swimmers participating in the 400 IM, 500 Free, or 1650 Free must provide their own timer and/or person to count lengths.
- Eligibility:** This meet is open to swimmers who have met the following qualifying standards:
- 12 & Under Age Group**  
Participants must have at least one BB or better time standard in their age group but may not enter any event in their age group in which a 2008 Age Group Sectional Championship time standard has been achieved.
- 13/14 Age Group**  
Participants have no minimum qualifying standard. 13-14 swimmers may not enter any 13-14 event in their age group in which the 2008 Age Group Sectional Championship qualifying time standard has been achieved.
- Senior Age Group**  
Swimmers of any age may swim in the Senior age group regardless of time but cannot exceed the per day or per meet entry limits.
- Seeding:**
- 1650 Free**  
The Senior 1650 Free will be swum fastest to slowest alternating women and men with all heats being swum during the Sunday morning session. There will be a 10-minute break between the end of the Senior Men's 100 Fly on Sunday morning and the start of the 1650 Free. The 1650 Free may be limited to the fastest 24 seeded times in both women's and men's events (3 heats each).
- 400 IM & 500 Free**  
The Senior 400 IM and 500 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 500 Free to the fastest three heats depending on time limitations.
- Relays**  
Relays will be swum as Timed Finals. Only swimmers listed on the entry form may swim on relays. Relay-only swimmers should be designated as such and must pay the \$2.00 per swimmer travel fund charge and the \$15.00 per swimmer facility charge. Saturday's relays will be swum in the finals session. Teams with relays on Sunday may elect to swim their relays on Sunday prior to the 1650 Free or at the conclusion of Sunday's finals. Check-in for relays must be completed by the end of preliminary warm-ups each day.

**Check-in**

**Procedures:** A positive check-in is required for the following deck seeded events.

- 1) **Senior 500 Free and 400 IM:** by 4:00pm Friday
- 2) **Senior 1650 Free:** by 10:00am Sunday

The above events will be deck-seeded and swum as timed finals.

Check-in will be located at the announcer's table. **Swimmers who fail to check-in will be able to swim only if open lanes are available.**

**Scratch rule:** The NCS Scratch Rule will be in effect. Scratches from finals must be given to the Clerk of Course who will maintain the meet scratch book. Exact location of the scratch book will be announced at the coaches meeting on Friday, February 29th at 4:15pm. Posted preliminary results are for information only. Swimmers should check for scratches and listen to announcements. Coaches are asked to have alternates ready to swim.

**Entry limits:** Meet: The meet may be limited to the first 600 swimmers to submit their entries.

Individuals:

10 & Under swimmers are limited to 9 events for the meet and no more than 5 events per day.

11-12, 13-14, and Senior swimmers are limited to 9 events for the meet and no more than 3 events per day.

Relay: Each club may enter up to three relay teams per relay event.

**Fees:**

**10 & Under events:**

Individual events: \$2.00 per event  
 Relays: \$8.00 per event  
 Facility Fee: \$15.00 per swimmer  
 NCS Travel Fund: \$2.00 per swimmer

**11 & Over events:**

Individual events: \$2.25 per event  
 Relays: \$8.00 per event  
 Facility Fee: \$15.00 per swimmer  
 NCS Travel Fund: \$2.00 per swimmer

**Entry**

**Deadline:** Entries must be received by 7:00pm, Tuesday, February 19, 2008. No telephone entries will be accepted. No late entries will be accepted.

**Mail entries to:**

Attention: Tarheel States Meet Director  
 c/o Karen Garbarino  
 11913 Larka Court  
 Raleigh, NC 27613

**Entry:** Entries should be emailed to [wavemeets@nc.rr.com](mailto:wavemeets@nc.rr.com) and generated by Hy-Tek Team Manager. All entries must be accompanied by a hard copy of the entire entry along with a completed meet summary sheet. Please list each swimmer's age as of February 29, 2008. In summary, all entries must include the following:

1. Official Summary Sheet
2. Payment of fees
3. Computer disk with hard copy of entry

**Awards:** Individual Events: Ribbons 1st-8th Place  
Relays: Ribbons 1<sup>st</sup>-3<sup>rd</sup> Place

Only 14 & Under events will be given awards.

**Scoring:** No team or individual scoring will be kept.

#### Meet

**Management:** Directors: Karen Garbarino (919) 247-4990  
Lana Sanders (919) 696-6042

Meet Referee: Lisa Jackson

Meet Marshall: TBA

**Meetings:** **Coaches:**

There will be a coaches meeting Friday, February 29, at 3:15 pm 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. Coaches without proper credentials will be asked to leave the deck.**

**Officials:**

There will be an officials' meeting, Friday, February 29, at 5:15 pm and 30 minutes prior to the start of each of the other sessions.

#### Hospitality &

**Concessions:** There will be a hospitality room for all coaches, officials and volunteers. Refreshments will be available at the concession stand located in the lobby.

**Warm-up:** Guidelines will be published in coaches' packet. Packets will be at the Clerk of Course and should be picked up by a USA Swimming registered coach representing your club.

**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. No glass containers or bottles are permitted in the facility.

**Attachments:** Order of Events  
Entry Summary Sheet  
Entry Forms

**Information:** Contact Karen Garbarino at (919) 247-4990 or e-mail [wavemeets@nc.rr.com](mailto:wavemeets@nc.rr.com)

**Disclaimer:** In the event of low participation numbers, meet management reserves the right to combine the preliminary sessions of this meet into a single am session on Saturday and on Sunday.

**Release:** USA Swimming, Inc., North Carolina Swimming, Inc., the New Wave Swim Team, Inc., the Triangle Aquatic Center 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 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.

TARHEEL STATES MEET  
Friday February 29, 2008  
ORDER OF EVENTS

ALL AGES

Friday  
February 29, 2008  
Girls  
Event #

Warm-up: 3:30 PM  
Finals: 4:30 PM  
Boys  
Event #

Event #	EVENT	Event #
1	Senior 400 IM	2
3	11-12 200 IM	4
5	10 and under 200 IM	6
7	Senior 500 Freestyle	8

TARHEEL STATES MEET  
Saturday March 1, 2008  
ORDER OF EVENTS

13 AND OVER PRELIMINARIES

Saturday		Warm-up:	8:00 AM
March 1, 2008		Prelims:	9:00 AM
Girls			Boys
Event #	EVENT		Event #
9	13-14/Senior 200 Butterfly		10
13	13-14/Senior 100 Freestyle		14
17	13-14/Senior 200 Backstroke		18
21	13-14/Senior 100 Breaststroke		22
25	13-14/Senior 200 IM		26

\* All Saturday 13-14 and Senior relays will be swum in the finals session.

TARHEEL STATES MEET  
12 & UNDER (11-12 PRELIMS, 10&U FINALS)

Saturday		Warm-up: no earlier than 12 PM	
March 1, 2008		Meet: No earlier than 1:00 PM	
Girls			Boys
Event#	EVENT		Event #
33	10&U 50 Butterfly		34
11	11-12 50 Butterfly		12
35	10&U 100 Freestyle		36
15	11-12 100 Freestyle		16
37	10&U 50 Backstroke		38
19	11-12 50 Backstroke		20
39	10&U 100 Breaststroke		40
23	11-12 100 Breaststroke		24
41	10&U 100 IM		42
27	11-12 100IM		28
43	10&U 200 Free Relay		44
45	11-12 200 Free Relay		46

TARHEEL STATES MEET  
Saturday March 1, 2008  
ORDER OF EVENTS

11 AND OVER SATURDAY FINALS

Saturday  
March 1, 2008

Warm-up: 5 pm  
Finals: 6 pm

Girls

Boys

Event #	EVENT	Event #
9	13-14 200 Butterfly	10
	Senior 200 Butterfly	
11	11-12 50 Butterfly	12
13	13-14 100 Freestyle	14
	Senior 100 Freestyle	
15	11-12 100 Freestyle	16
17	13-14 200 Backstroke	18
	Senior 200 Backstroke	
19	11-12 50 Backstroke	20
21	13-14 100 Breaststroke	22
	Senior 100 Breaststroke	
23	11-12 100 Breaststroke	24
25	13-14 200 IM	26
	Senior 200 IM	
27	11-12 100 IM	28
29	13-14 200 Free Relay	30
31	Senior 200 Free Relay	32

**TARHEEL STATES MEET**  
**Sunday, March 2, 2008**  
**ORDER OF EVENTS**

Sunday  
 March 2, 2008

Warm-up: 8:00 AM  
 Prelims: 9:00 AM

**13 AND OVER PRELIMINARIES**

Girls Event #	EVENT	Boys Event #
47	13-14/Senior 200 Breaststroke	48
51	13-14/Senior 50 Freestyle	52
55	13-14/Senior 100 Backstroke	56
59	13-14/Senior 200 Freestyle	60
63	13-14/Senior 100 Butterfly	64
67*	13-14 200 Medley Relay	68*
69*	Senior 200 Medley Relay	70*
71	13-14/Senior 1650 Freestyle	72

\* Coaches have the option to have their 13-14/SR Sunday relays swim in the prelims or in finals (see meet info).

**12 & UNDER (11-12 PRELIMS, 10&U FINALS)**

Sunday  
 March 2, 2008

Warm-up: No earlier than 12 PM  
 Meet: No earlier than 1:00 PM

Girls Event #	EVENT	Boys Event #
49	11-12 50 Breaststroke	50
73	10&U 50 Breaststroke	74
53	11-12 50 Freestyle	54
75	10&U 50 Freestyle	76
57	11-12 100 Backstroke	58
77	10&U 100 Backstroke	78
61	11-12 200 Freestyle	62
79	10&U 200 Freestyle	80
65	11-12 100 Butterfly	66
81	10&U 100 Butterfly	82
83	11-12 200 Medley Relay	84
85	10&U 200 Medley Relay	86

TARHEEL STATES MEET  
 Sunday, March 2, 2008  
 ORDER OF EVENTS

11 & OVER (SUNDAY FINALS)

Sunday  
 March 2, 2008

Warm-up: 5 pm  
 Finals: 6 pm

Girls

Boys

Event #	EVENT	Event #
47	13-14 200 Breaststroke	48
	Senior 200 Breaststroke	
49	11-12 50 Breaststroke	50
51	13-14 50 Freestyle	52
	Senior 50 Freestyle	
53	11-12 50 Freestyle	54
55	13-14 100 Backstroke	56
	Senior 100 Backstroke	
57	11-12 100 Backstroke	58
59	13-14 200 Freestyle	60
	Senior 200 Freestyle	
61	11-12 200 Freestyle	62
63	13-14 100 Butterfly	64
	Senior 100 Butterfly	
65	11-12 100 Butterfly	66
67	13-14 200 Medley Relay	68
69	Senior 200 Medley Relay	70

**TARHEEL STATES MEET**  
**March 23- 25, 2007**  
**ENTRY SUMMARY FORM**

<b>CLUB:</b>	<b>CLUB CODE:</b>	
<b>ADDRESS:</b>		
<b>CITY:</b>	<b>STATE:</b>	<b>ZIP:</b>
<b>HEAD COACH:</b>	<b>E-MAIL:</b>	
<b>ASST. COACH:</b>		
<b>ASST. COACH:</b>		
<b>CLUB PHONE:</b>	<b>COACH PHONE:</b>	

All coaches identified above are currently registered as coaches with USA Swimming, Inc. USA Swimming, North Carolina Swimming Inc., the **New Wave Swim Team**, the **Pullen Aquatic Center** 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 meet.

Signature \_\_\_\_\_

Date \_\_\_\_\_

**Entry Deadline:** Received by 7:00pm on Tuesday, March 13, 2007

**Mail Entries to:** Karen Garbarino  
11913 Larka Court  
Raleigh, NC 27613

**ENTRY FEE SUMMARY**

<b># of 10&amp;U Individual Entries</b>		<b>X \$2.00 each entry</b>	<b>\$</b>
<b># of 11&amp;Over Individual Entries</b>		<b>X \$2.25 each entry</b>	<b>\$</b>
<b># of Relay Team Entries</b>		<b>X \$8.00 each relay entered</b>	<b>\$</b>
<b>NCS Travel Fund (Total swimmers)</b>		<b>X \$2.00 each swimmer</b>	<b>\$</b>
<b>Facility Charge (Total swimmers)</b>		<b>X \$15.00 each swimmer</b>	<b>\$</b>
<b>TOTALS</b>			<b>\$</b>

**Make checks payable to the "New Wave Swim Team"**

**TARHEEL STATES MEET**  
**March 23 – 25, 2007**  
**RELAY ENTRY SUMMARY FORM**

<b>Saturday, March 24, 2007</b>	<b># Relays</b>	<b>X \$8.00</b>	<b>Totals</b>
#29 13-14 Girls 200 Free Relay			
#30 13-14 Boys 200 Free Relay			
#31 Senior Girls 200 Free Relay			
#32 Senior Boys 200 Free Relay			
#43 10 & U Girls 200 Free Relay			
#44 10 & U Boys 200 Free Relay			
#45 11-12 Girls 200 Free Relay			
#46 11-12 Boys 200 Free Relay			
<b>Sunday, March 25, 2007</b>			
#67 13-14 Girls 200 Medley Relay			
#68 13-14 Boys 200 Medley Relay			
#69 Senior Girls 200 Medley Relay			
#70 Senior Boys 200 Medley Relay			
#83 10 & U Girls 200 Medley Relay			
#84 10 & U Boys 200 Medley Relay			
#85 11-12 Girls 200 Medley Relay			
#86 11-12 Boys 200 Medley Relay			
<b>TOTALS</b>			