

2008 TYR Upper Southeast Regional YMCA Short Course Championship Meet March 14-16, 2008

HOST: YMCA of the Triangle Area Swim Team
1600 Hillsborough Street
Raleigh, NC 27605
(919) 832-9088

LEAGUE SPONSOR: Greater YMCA Sunbelt Swimming Association

SANCTION: This meet is sanctioned by the YMCA Competitive Swimming and Diving Committee as a Championship level competition (National YMCA Sanction Number is pending). This competition will satisfy the Championship Meet Requirement for YMCA Nationals. In addition, this will be a USA Swimming Approved meet and run under USA Swimming technical rules and regulations. Approval #NC08035AP

FACILITY: Triangle Aquatic Center
275 Convention Drive
Cary, NC 27511
(919) 459-4045

COMPETITION POOL

The Triangle Aquatic Center facility features a 50-meter pool divided into two competitive courses – one that is 10 lanes, and one that is 8-lanes. An additional 10-lane, 25-yard pool is available for continuous warm-up and warm-down. The depth of the 50-meter pool ranges from 7 to 12 feet. The pool is equipped with state-of-the-art anti-turbulent lane lines, Paragon starting blocks, Daktronic timing system and digital scoreboard.

Only meet volunteers, athletes and coaches will be allowed on the pool deck. **NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME.**

OTHER SITE INFORMATION

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

FACILITY RULES

- 1) No smoking is allowed inside the facility.
- 2) No outside food, drinks or coolers allowed inside the facility.
- 3) No glass containers are allowed inside the facility.
- 4) No chairs allowed in the spectator area. Swimmers and coaches may bring chairs on deck.

DATES AND TIMES: *Friday, March 14 through Sunday, March 16*

13 & older

Preliminary Warm-up: 6:30 a.m.
Preliminaries: 8:00 a.m.
Finals Warm-up: 5:00 p.m.
Finals: 6:00 p.m.

12 & under

Warm-up: Not Before 12:00 noon
Timed Finals: Not Before 1:00 p.m.

CLASSIFICATION: This is a closed YMCA meet.

ELIGIBILITY: All participants must be a member of their local YMCA and must have full privilege annual membership at that YMCA to be eligible. Each participant must have competed in at least three (3) interassociation (closed YMCA) meets since Sept. 1, 2007 prior to the entry deadline and have achieved at least a BB time standard in each event entered. Swimmers entered in Senior events must have met the 15-16 BB time standard. Swimmers on YMCA club teams outside of the Upper Southeast Region must meet the A time standard in each event entered. All USRY clubs entering by the entry deadline will be accepted. Any teams not belonging to the Upper Southeast Region wishing to enter the meet may be accepted up to a 750 swimmer limit for the entire meet. The Upper Southeast Region and the YMCA of the Triangle Area Swim Team reserve the right to deny any entries from outside the Upper Southeast Region based on this limit.

FORMAT & RULES: The meet will be conducted in accordance with USA Swimming technical rules and regulations. For those teams that are both YMCA and USA Swimming members, you must submit USA Swimming ID numbers for each swimmer entered in the meet.

- 1) The competition will consist of a preliminary and finals session each day for the 13-14 and Senior age groups. During finals, a Consolation and Championship heat will be offered for both the 13-14 and Senior age groups. The top 8 swimmers from prelims will qualify for the Championship final, and swimmers placing 9th-16th will qualify for the Consolation final. For the 10 & under and 11-12 age groups, all events will be timed finals.
- 2) All preliminary and timed finals sessions will be swum in the 10-lane competitive course. All finals sessions will be swum in the 8-lane competitive course. The meet host reserves the right to run the Senior 1000- and 1650-yd Freestyle events in two courses depending on the number of swimmers entered.
- 3) Senior events are open to swimmers of any age. However, swimmers must choose to swim either as a Senior or in their respective age group entirely. Swimmers may not cross between age groups at this meet (i.e. a 12-year old who decides they want to swim Senior events may do so, but they must swim all their events in the Senior age group and will not be allowed to enter 11-12 events). The only exception is that 12 & under swimmers may be allowed to enter the 1000- and 1650-yd Freestyle provided that they meet the 15-16 BB time standard in those events.
- 4) The following events will be deck seeded and will require a positive check-in – 12 & Under 500-yd Freestyle, 11-12 400-yd Individual Medley, 13-14 and Senior 500-, 1000-, and 1650-yd Freestyle, and the 13-14 and Senior 400-yd Individual Medley. All other events will be pre-seeded.
- 5) For the 13-14 and Senior 400-yd Individual Medley and 500-yd Freestyle, the prelim heats will be swum in the following manner:
 - a. 4 fastest heats of girls swum slowest to fastest
 - b. 4 fastest heats of boys swum slowest to fastest
 - c. Alternating heats of girls and boys swum fastest to slowest
- 6) The Senior 1000- and 1650-yd Freestyle events will be limited to the fastest 40 girls and fastest 40 boys entered. Both events will be swum as timed finals events with the fastest 8 seeded girls and boys competing during finals on Friday and Sunday, respectively. The remaining heats of the 1000-yd Freestyle will be swum fastest to slowest following the completion of the morning heats of the 800-yd Freestyle Relay on Friday. The remaining heats of the 1650-yd Freestyle will be swum fastest to slowest following the completion of the morning heats of the 400-yd Freestyle Relay on Sunday. On Sunday, swimmers should indicate either AM or PM preference when checking in for the 1650-yd Freestyle. All preliminary heats of the 1000- and 1650-yd Freestyle events will be run in two courses.
- 7) **Relay entries will be limited to two per team per event.** All relays will be swum as timed finals. The fastest seeded heat of the Senior relays will be swum during the finals sessions on Friday and Saturday. All remaining heats will be swum during the prelim sessions. On Friday, prelim heats of the 800-yd Freestyle Relay will be swum prior to the prelim heats of the 1000-yd Freestyle. On Sunday, all heats of the 400-yd Freestyle Relay will be contested at the conclusion of the prelim session prior to the morning heats of the 1650-yd Freestyle.
- 8) There will be a 10-minute break at the completion of the Senior 200-yd Freestyle Relay and 200-yd Medley Relay during both the prelim and finals sessions on Friday and Saturday. Additional breaks may be added to best meet the needs of the swimmers and will be voted on by the coaches.

CHECK-IN

DEADLINES:

| | |
|-------------------------------|----------------------|
| Senior 1000-yd Freestyle | Friday @ 8:00 a.m. |
| 12 & Under 500-yd Freestyle | Friday @ 1:00 p.m. |
| 13-14/Senior 400-yd IM | Saturday @ 7:45 a.m. |
| 13-14/Senior 500-yd Freestyle | Saturday @ 7:45 a.m. |
| 11-12 400-yd IM | Sunday @ 1:00 p.m. |
| Senior 1650-yd Freestyle | Sunday @ 8:00 a.m. |

ENTRY LIMITS:

13 and older swimmers will be allowed to compete in a maximum of eight (8) individual events total for the meet, no more than three (3) individual events per day. 12 and under swimmers will be allowed to compete in a maximum of nine (9) individual events total for the meet but no more than four (4) individual events per day.

ENTRY DEADLINE:

Entries must be received no later than 6:00pm Tuesday, March 4th, 2008. **LATE ENTRIES MAY BE ACCEPTED AT THE DISCRETION OF THE MEET HOST AND DEPENDING ON SPACE**

AVAILABILITY. DOUBLE ENTRY FEES WILL BE CHARGED FOR ANY AND ALL LATE ENTRIES.

ENTRY PROCEDURE:

- 1) All entries MUST be submitted in HYTEK format. **NO HANDWRITTEN, FAX OR PHONE ENTRIES WILL BE ACCEPTED.**
- 2) All teams must submit a HYTEK entry file via email. Please enter best short-course yards times. HYTEK entry files should be emailed to chad.onken@ymcatriangle.org. The entry deadline is, Tuesday, March 4th, 2008. Late entries may be accepted, but double entry fees will be charged.
- 3) The following items MUST accompany all entry packets
 - a. HYTEK printout of team entries
 - b. Completed Entry Summary Form
 - c. Copies of coaches' certification cards
 - d. Payment in full of all entry fees – **make checks payable to YOTA Swim Team.**

*** All entry packets should be mailed to ***

YOTA Swim Team
c/o Chad Onken
1600 Hillsborough Street
Raleigh, NC 27605
Email: chad.onken@ymcatriangle.org
Phone: (919) 832-9088 ext. 2
Fax: (919) 828-6246

ENTRY FEES: Individual events: \$4.00
Relays: \$12.00
Facility Surcharge: \$15.00 per athlete

AWARDS: Teams: Top Five Combined Teams
Individuals: 1st – 3rd Medals
Relays: 1st – 3rd Medals

SCORING: All events will be scored from 1st through 8th place.

SCRATCH
RULE:

The North Carolina Scratch Rule will be in effect for this meet. Scratches for Consolation and Championship finals heats must be made at the Clerk of Course by no later than 30 minutes following the announcement of the preliminary results. **Failure to compete in a Championship or Consolation final shall result in disqualification from the remainder of the meet.** There will be no penalties for scratches from preliminary events or from timed finals events not requiring a positive check-in. **Failure to compete in a timed finals event that requires a positive check-in shall result in the individual swimmer being disqualified from his or her next event.** No penalty shall apply for failure to compete in a positive check-in event if (1) the Meet Referee is notified of an illness or injury and accepts the proof thereof, or (2) the failure to compete is caused by circumstances beyond the control of the swimmer.

TIME TRIALS: Time trials will be offered at the discretion of the Meet Referee at the conclusion of Friday, Saturday and Sunday's finals sessions. Time trials will cost \$10 per entry. **ONLY SWIMMERS ENTERED IN THE MEET ARE ELIGIBLE TO DO TIME TRIALS.** Time trial swims do not count toward an athlete's total swims allowed for the meet.

MEET
MANAGEMENT:

Meet Director – Jane Houchin
Meet Referees – Bob Probst
Meet Marshall – Chad Onken

SAFETY:

The NCS Safety Program is in effect for this meet. Coaches are advised to closely monitor their swimmers at all times. Running and horseplay will not be permitted. Coaches must carry their coach certification cards at all times when on the pool deck and all certifications must be current.

COACHES MEETING: There will be a coaches meeting on Friday morning at 7:40 a.m. in the hospitality room and as announced by the Meet Referee.

OFFICIALS MEETING: There will be an officials meeting on Friday morning at 7:30 a.m. in the hospitality room and 30 minutes prior to the start of each session.

VOLUNTEERS: Volunteer officials are welcome. If you have USA Swimming certified officials who will be in attendance and would like to work, please email their names to Jane Houchin at wolfpackjane@yahoo.com.

HOSPITALITY: Meals, snacks and drinks will be provided for all coaches, officials and volunteers.

CONCESSIONS: Concessions will be available for all in attendance on the spectator level.

PARKING: Parking is limited at the pool, but there is ample parking in the adjacent mall parking lot.

USA Swimming, Inc., North Carolina Swimming, Inc., the YMCA of the Triangle Area, Inc., the Triangle Aquatic Center and all employees of these organizations shall be held free and harmless from any and all liabilities on claims for damages arising by reason of injuries to anyone during the conduct of this meet.

2008 TYR Upper Southeast Regional YMCA Championships

Triangle Aquatic Center

Cary, NC

March 14-16, 2008

ORDER OF EVENTS

Friday, March 14

13 & Over Session

Preliminaries: 8:00 a.m. / Finals: 6:00 p.m.

| Girls | Event | Boys |
|--------------|---------------------------------|-------------|
| 1 | Senior 200-yd Medley Relay | 2 |
| | *** 10-Minute Break *** | |
| 3 | Senior 1000-yd Freestyle* | 4 |
| 5 | 13-14 100-yd Breaststroke | 6 |
| 7 | Senior 100-yd Breaststroke | 8 |
| 9 | 13-14 200-yd Freestyle | 10 |
| 11 | Senior 200-yd Freestyle | 12 |
| 13 | 13-14 100-yd Butterfly | 14 |
| 15 | Senior 100-yd Butterfly | 16 |
| 17 | 13-14 200-yd Individual Medley | 18 |
| 19 | Senior 200-yd Individual Medley | 20 |
| 21 | Senior 800-yd Freestyle Relay | 22 |

* The morning heats of the 1000-yd Freestyle will be swum immediately following the morning heats of the 800-yd Freestyle Relay.

12 & Under Session

Timed Finals: Not Before 1:00 p.m.

| Girls | Event | Boys |
|--------------|--------------------------------|-------------|
| 23 | 11-12 200-yd Medley Relay | 24 |
| 25 | 10 & Under 200-yd Medley Relay | 26 |
| 27 | 11-12 200-yd Butterfly | 28 |
| 29 | 11-12 50-yd Breaststroke | 30 |
| 31 | 10 & Under 50-yd Breaststroke | 32 |
| 33 | 11-12 100-yd Freestyle | 34 |
| 35 | 10 & Under 100-yd Freestyle | 36 |
| 37 | 11-12 100-yd Backstroke | 38 |
| 39 | 10 & Under 100-yd Backstroke | 40 |
| 41 | 12 & Under 500-yd Freestyle | 42 |

Saturday, March 15

13 & Over Session

Preliminaries: 8:00 a.m. / Finals: 6:00 p.m.

| Girls | Event | Boys |
|--------------|---------------------------------|-------------|
| 43 | Senior 200-yd Freestyle Relay | 44 |
| | *** 10-Minute Break *** | |
| 45 | 13-14 400-yd Individual Medley | 46 |
| 47 | Senior 400-yd Individual Medley | 48 |
| 49 | 13-14 50-yd Freestyle | 50 |
| 51 | Senior 50-yd Freestyle | 52 |
| 53 | 13-14 200-yd Breaststroke | 54 |
| 55 | Senior 200-yd Breaststroke | 56 |
| 57 | 13-14 100-yd Backstroke | 58 |
| 59 | Senior 100-yd Backstroke | 60 |
| 61 | 13-14 500-yd Freestyle | 62 |
| 63 | Senior 500-yd Freestyle | 64 |
| 65 | Senior 400-yd Medley Relay | 66 |

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ORDER OF EVENTS

Saturday, March 15

12 & Under Session

Timed Finals: Not Before 1:00 p.m.

| Girls | Event | Boys |
|--------------|-------------------------------------|-------------|
| 67 | 11-12 200-yd Freestyle Relay | 68 |
| 69 | 10 & Under 200-yd Freestyle Relay | 70 |
| 71 | 11-12 50-yd Backstroke | 72 |
| 73 | 10 & Under 50-yd Backstroke | 74 |
| 75 | 11-12 200-yd Individual Medley | 76 |
| 77 | 10 & Under 200-yd Individual Medley | 78 |
| 79 | 11-12 100-yd Butterfly | 80 |
| 81 | 10 & Under 100-yd Butterfly | 82 |
| 83 | 11-12 100-yd Breaststroke | 84 |
| 85 | 10 & Under 100-yd Breaststroke | 86 |
| 87 | 11-12 200-yd Freestyle | 88 |
| 89 | 10 & Under 200-yd Freestyle | 90 |

Sunday, March 16

13 & Over Session

Preliminaries: 8:00 a.m. / Finals: 6:00 p.m.

| Girls | Event | Boys |
|--------------|-------------------------------|-------------|
| 91 | Senior 1650-yd Freestyle* | 92 |
| 93 | 13-14 200-yd Backstroke | 94 |
| 95 | Senior 200-yd Backstroke | 96 |
| 97 | 13-14 100-yd Freestyle | 99 |
| 99 | Senior 100-yd Freestyle | 100 |
| 101 | 13-14 200-yd Butterfly | 102 |
| 103 | Senior 200-yd Butterfly | 104 |
| 105 | Senior 400-yd Freestyle Relay | 106 |

* The morning heats of the 1000-yd Freestyle will be swum immediately following the morning heats of the 400-yd Freestyle Relay

Sunday, March 16

12 & Under Session

Timed Finals: Not Before 1:00 p.m.

| Girls | Event | Boys |
|--------------|-------------------------------------|-------------|
| 107 | 11-12 100-yd Individual Medley | 108 |
| 109 | 10 & Under 100-yd Individual Medley | 110 |
| 111 | 11-12 200-yd Backstroke | 112 |
| 113 | 10 & Under 50-yd Freestyle | 114 |
| 115 | 11-12 50-yd Freestyle | 116 |
| 117 | 11-12 200-yd Breaststroke | 118 |
| 119 | 10 & Under 50-yd Butterfly | 120 |
| 121 | 11-12 100-yd Butterfly | 122 |
| 123 | 11-12 400-yd Individual Medley | 124 |
| 125 | 12 & Under 400-yd Freestyle Relay | 126 |

2008 TYR Upper Southeast Regional YMCA Short Course Championships

Entry Summary Form

| Age Group | Total # of Swimmers @ \$15.00 | Total Meet Surcharge | Total # of Entries @ \$4.00 | Total Individual Entry Fees | Total # Relay Entries @ \$12.00 | Total Relay Entry Fees |
|------------------|-------------------------------|----------------------|-----------------------------|-----------------------------|---------------------------------|------------------------|
| | | | | | | |
| 10 & under GIRLS | | | | | | |
| 11 – 12 GIRLS | | | | | | |
| 13 – 14 GIRLS | | | | | | |
| Senior GIRLS | | | | | | |
| | | | | | | |
| | | | | | | |
| 10 & under BOYS | | | | | | |
| 11 – 12 BOYS | | | | | | |
| 13 – 14 BOYS | | | | | | |
| Senior BOYS | | | | | | |
| TOTALS: | | \$ | | \$ | | \$ |

TOTAL _____

Please submit one check with entries to cover your team's total entry fees.
 Make check payable to **YOTA Swim Team**.

Head Coach's Name _____ Phone _____

Club Name _____ Club Code _____

Club Address _____ E-mail _____

The YMCA of the USA Competitive Swimming and Diving Committee, USA Swimming, Upper Southeast Region Y, North Carolina Swimming and the YMCA of the Triangle Area Swim Team, shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injury to anyone during the conduct of this event.

Head Coach's Signature: _____