

GOLDSBORO YMCA BB/B/C
LONG COURSE INVITATIONAL
MAY 9-11, 2008

SANCTION: Will be held under the sanction of USA Swimming Inc., issued by NC Swimming sanction #NC08050.

CLASSIFICATION: This is a BB/B/C standards meet only. Swimmers WILL NOT swim any event they have an "A" time in or better.

LOCATION: Goldsboro Family YMCA, Goldsboro, North Carolina

FACILITY: Raymond A. Bryan Pool, Family YMCA, Goldsboro, NC. An 8-lane 50M pool with non-turbulent lane lines, Colorado Timing System and scoreboard, and custom paragon starting blocks. A separate 5-lane 25YD pool is available for continuous warm-up. Ample spectator and swimmer seating is available.

RULES: This meet will be conducted in accordance with current USA and NCS rules as specified In the USA Rules and Regulations and NCS Official Handbook.

ELIGIBILITY: All qualified USA Swimming registered swimmers.

ENTRIES: Submit HY-TEK entry files by email attachment as well as hardcopy by mail. List swimmers age as of May 9. All events will be timed finals.

ENTRY LIMITS: Each swimmer is allowed to swim 4 individual events plus 1 relay a day. The 1500 Free will be limited to the fastest 24 swimmers in each gender.

ENTRY DEADLINE: **Entries must be received no later than 11:59pm Tuesday April 29, 2008. Only E-mail entries will be accepted.** The meet will be limited to the first 400 entries received with all necessary fees.

SEND ENTRIES TO: Alex Black
1105 Parkway Dr.
Goldsboro, NC 27532
E-Mail: alexwim74@hotmail.com
(w) 919 778-8557
(fax) 919 778-8645

ENTRY FEES: Individual events: \$2.00
Relays: \$8.00
NCS Surcharge: \$2.00
Pool Surcharge: \$5.00

AWARDS: Individual: Ribbons 1st – 8th place
Relays: Ribbons 1st – 3rd place

MEET DIRECTOR: Alex Black

MEET REFEREE: Joel Black (an officials meeting will be held 30 minutes prior to the start of each competition session)

MEET MARSHAL: Johnny Tsui

STARTING TIMES: Friday night warm-ups will begin at 5:00PM. Sat. & Sun. Warm-ups for the 12 & Under sessions will begin at 8:00AM. Warm-ups for the 13&Up Senior Sessions will not begin before 12:30PM.

- SAFETY: The NCS safety program is in effect at this meet. Coaches are required to closely Supervise their swimmers at all times. In the event that a swimmer or others associated with a team are found to be violating posted rules for use of the Family YMCA or any other restrictions that are posted for the safety of the people in attendance or to protect Family YMCA property the individuals will be reported to the Meet Director or one of the Meet Marshals who will notify the coach. Any coach notified will be expected to take appropriate disciplinary action up to and including expulsion of the person from the meet. The Meet Director, Meet Marshal, or Referee may also take disciplinary action. **NO PARENTS WILL BE ALLOWED ON THE DECK UNLESS THEY ARE WORKING AS AN OFFICIAL OR A TIMER. THERE WILL BE NO EXCEPTION.**
- WARM-UPS: General warm-ups will be for the first 35 minutes of each session. Specific warm-ups will be for the next 15 minutes. Lanes 1, 2, 3, 6, 7, 8 will be dive starts from the scoreboard end. Lanes 4 & 5 will be general warm-up lanes. Each coach will be provided a copy of warm-up lane assignments when they pick up their heat sheets, and a ten minute coaches meeting will be held following warm-ups, prior to the start of competition.
- TIMERS: **Each team needs to supply timers for each session of the meet.** The number of timers from each team should be commensurate with the number of swimmers competing from that team.
- RELEASE: United States Swimming, Inc., NC Swimming, Goldsboro Family YMCA and other governing bodies of the facilities shall be held harmless for any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

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May 9-11, 2008

Order of Events

Friday, May 9

Warm-up: 5:00pm

Timed Finals: 6:00pm

Girls		Boys
1	SR 400 IM	2
3	SR 400M FREE RELAY	4
5	SR 1500M FREE	6

Saturday, May 10

Warm-up: 8:00am

Timed Finals: 9:00am

Girls		Boys
7	10 & UN 200M FREE	8
9	12 & UN 200M FREE	10
11	8 & UN 50M BREAST	12
13	10 & UN 50M BREAST	14
15	12 & UN 50M BREAST	16
17	10 & UN 100M FLY	18
19	12 & UN 100M FLY	20
21	8 & UN 50M FREE	22
23	10 & UN 50M FREE	24
25	12 & UN 50M FREE	26
27	10 & UN 100M BACK	28
29	12 & UN 100M BACK	30
31	10 & UN 200M MEDLEY RELAY	32
33	12 & UN 200M MEDLEY RELAY	34

Warm-up: not before 12:30pm

Timed Finals: not before 1:30pm

Girls		Boys
35	SR 200M FREE	36
37	SR 100M BREAST	38
39	SR 200M FLY	40
41	SR 50M FREE	42
43	SR 100M BACK	44
45	SR 200 IM	46
47	SR 200M MEDLEY RELAY	48

**GOLDSBORO YMCA BB/B/C
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May 9-11, 2008

Order of Events (con't)

Sunday, May 11

Warm-ups: 8:00am

Timed Finals: 9:00am

Girls		Boys
49	10 & UN 100M FREE	50
51	12 & UN 100M FREE	52
53	8 & UN 50M BACK	54
55	10 & UN 50M BACK	56
57	12 & UN 50M BACK	58
59	10 & UN 100M BREAT	60
61	12 & UN 100M BREAST	62
63	8 & UN 50M FLY	64
65	10 & UN 50M FLY	66
67	12 & UN 50M FLY	68
69	10 & UN 200M IM	70
71	12 & UN 200M IM	72
73	10 & UN 200M FREE RELAY	74
75	12 & UN 200M FREE RELAY	76

Warm-up: not before 12:30pm

Timed Finals: not before 1:30pm

Girls		Boys
77	SR 100M FREE	78
79	SR 200M BACK	80
81	SR 100M FLY	82
83	SR 200M BREAST	84
85	SR 400M FREE	86
87	SR 200M FREE RELAY	88