

NEW SOUTH SWIMMING LONG COURSE "A" INVITATIONAL MAY 9-11, 2008

- SANCTION:** Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC 08052
- HOST:** NEW SOUTH SWIMMING
- CLASSIFICATION:** AGE GROUP & SENIOR "A", TIMED FINAL SWIM MEET
- LOCATION:** Mecklenburg County Aquatic Center
800 East Martin Luther King, Jr. Blvd. (formerly 2nd Street)
Charlotte, NC 28202-2874
704-336-3483
- SPONSORS:** New South Swimming & Mecklenburg County Aquatic Center
- DATES & TIMES:** **FRIDAY May 9, 2008**
Warm-up: 2:00 PM; Competition 3:30 PM.
- SATURDAY May 10, 2008**
Morning Session: Warm-up: 7 AM; Competition 8:30 AM.
Afternoon Session: Warm-up: no earlier than 12:30 PM;
Competition: 45 minutes after the start of the warm-up.
Evening Session. Warm-up: no earlier than 5:00 PM; Competition:
45 minutes after the start of warm-up (not before 6:00 PM).
- SUNDAY May 11, 2008**
Morning Session: Warm-up: 7 AM; Competition: 8:30 AM.
Afternoon Session: Warm-up no earlier than 12:30 PM; Competition:
45 minutes after the start of warm-up.
- RULES:** This meet will be conducted in accordance with the current USA Swimming Code and the NCS Official Handbook and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated. The North Carolina scratch rules will be in effect for all deck seeded events.
- FACILITY:** 8 lane 50 meter pool with non-turbulent lane lines and Paragon starting blocks. Colorado electronic timing system with an 8 lane

We reserve the right to limit the 12 & U 400 Free to the 16 fastest female and 16 fastest male entrants. Coaches will be notified by May 2, 2008 if the event will be limited.

ENTRIES:

1. Submit entries on Hy-tek software. The disk entries will take precedence over printed copy in case of discrepancies. Submit both disc and hard copy of team entries.
2. Show actual age of swimmer as of May 9, 2008.
3. Enter LONG COURSE METER times only.
4. Entry fees must be enclosed with entry. Make checks payable to NSS.
5. There will be no on deck registration available at this meet.

SEEDING:

All 50, 100 and 200 meter races will be pre-seeded. All events 400 meters and longer will be deck seeded with positive check-ins and scratches required. These scratches and check-ins must be completed one-half hour before each session is to begin.

The 800 free, 400 IM and 400 free will be swum with the three fastest heats of women and then the three fastest of men swimming slowest to fastest, then all remaining heats swimming fastest to slowest, alternating women and men.

ENTRY LIMIT:

Swimmers may enter a maximum of **five** events per day. This applies to total number of events for senior swimmers on Saturday. A maximum of 425 swimmers will be allowed to enter the meet.

ENTRY

DEADLINE:

Entries must be received by Tuesday, April 29, 2008. Telephone entries will not be accepted. Late entries may be accepted at the discretion of the Meet Director. Fax entries will **not** be accepted. Overnight mailing must be sent so as **NOT** to require a signature.

NOTE: We expect this meet to fill up quickly. Send entries early to avoid being closed out.

SCORING:

Individual events will be scored 9-7-6-5-4-3-2-1 for the top eight finishers; relays will be scored 18-14-12-10-8-6-4-2 for the top eight finishers.

AWARDS:

Individual events: Ribbons, 1st - 8th place

Relay events: ribbons 1st – 3rd places.

ENTRY FEES: \$2.50 per individual event for NC swimmers
\$3.00 per individual event for out of state swimmers
\$8.00 per relay event
\$2.00 per swimmer NCS Travel Fund
\$15.00 per swimmer Facility Use Surcharge

Double entry fees will be charged for late entries, if accepted. All fees are non-refundable, except if entry is rejected for non-compliance, or meet has reached the maximum entry limit of 425 swimmers.

MAIL HARD COPIES

AND CHECK TO: Jamie Thomas
9316 South Vicksburg Park Court
Charlotte, NC 28210
704-542-7017
Email Hy-tek file to: JThomas2146@carolina.rr.com

WARM-UPS: FIRST 30 MINUTES: General warm-up all lanes. There will be no diving during this period. LAST 20 MINUTES: Specific warm-up.

- Lanes 1 & 8 - Pace 50's from a push off
- Lanes 2 & 7 - Dive start sprints.
- Lanes 3-6 General warm-up only. No Diving.
- Absolutely no swimming under bulkheads!!!

RELEASE: USA Swimming, North Carolina Swimming Inc., the Mecklenburg County Parks and Recreation Department and New South Swimming 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.

TIMERS: **Teams will be asked to provide timers to keep the meet running smoothly.** We will swim all heats of the 800 free and 400 free but we need your help insuring timers for all heats & lanes.

COACHES'

VERIFICATION: All COACHES ON DECK MUST HAVE THEIR CURRENT USA SWIMMING COACH MEMBERSHIP CARD.

SAFETY:

THE NORTH CAROLINA SAFETY PROGRAM IS IN EFFECT FOR THIS MEET. COACHES ARE ADVISED TO CLOSELY SUPERVISE THEIR SWIMMERS AT ALL TIMES. NO HORSEPLAY WILL BE TOLERATED!

WE WELCOME ALL CERTIFIED OFFICIALS ON DECK.

PLEASE INDICATE OFFICIALS ON THE ENTRY SUMMARY FORM WHO MAY BE ABLE TO HELP.

PLEASE INCLUDE: NAME, PHONE NUMBER, EMAIL (If available), CERTIFICATION LEVEL, AND SESSIONS AVAILABLE.

THANK YOU

Jamie Thomas

NEW SOUTH SWIMMING

LONG COURSE “A” INVITATIONAL

ORDER OF EVENTS

FRIDAY MAY 9, 2008

Warm-up 2:00-3:20 PM. Timed Finals start at 3:30 PM

Women		Event	Men
1	Sr.	400m IM	2
3	Sr.	100m Free	4
There will be a 30 minute warm-up session following event 4.			
5	Sr.	800m Free	6

SATURDAY MAY 10, 2008 MORNING SESSION

Warm-up 7-8:20 AM. Timed Finals start at 8:30 AM

7	Sr.	100m Bk	8
9	Sr.	200m Fly	10
11	Sr.	100m Brst	12
13	Sr.	200m IM	14
SATURDAY PM**			
15	Sr.	50m Free	16
17	Sr.	400m Free	18

**Warm-ups no earlier than 5:00 PM. Finals no earlier than 6:00 PM. The 400m Free will be swum fastest to slowest; alternating Women, then Men.

SATURDAY MAY 10, 2008 AFTERNOON SESSION

Warm-ups begin immediately after event 18, but not before 12:30 PM. Timed finals begin 45 minutes later.

19	10 & U	100m Brst	20
21	11-12	100m Brst	22
23	10 & U	200m IM	24
25	11-12	200m IM	26
27	10 & U	100m Free	28
29	11-12	100m Free	30
31	10 & U	50m Bk	32
33	11-12	50m Bk	34
35	10 & U	50m Fly	36
37	11-12	50m Fly	38
39	12 & U	400m Free	40
41	10 & U	200m Medley Relay	42
43	11-12	200m Medley Relay	44

SUNDAY MAY 11, 2008
MORNING SESSION

Warm-up 7:00-8:20 AM. Timed finals begin at 8:30 AM.

95	Sr.	100m Fly	46
47	Sr.	200m Bk	48
49	Sr.	200m Fr	50
51	Sr.	200m Brst	52

SUNDAY MAY 11, 2008
AFTERNOON SESSION

Warm-ups begin immediately after event 52, but not before 12:30 PM. Timed Finals begin 45 minutes later.

53	10 & U	100m Fly	54
55	11-12	100m Fly	56
57	10 & U	200m Free	58
59	11-12	200m Free	60
61	10 & U	100m Bk	62
63	11-12	100m Bk	64
65	10 & U	50m Free	66
67	11-12	50m Free	68
69	10 & U	50m Brst	70
71	11-12	50m Brst	72
73	10 & U	200m Free Relay	74
75	11-12	200m Free Relay	76