



# JOSH WEAVER MEMORIAL "MEET ON THE HILL"

LONG COURSE "A" INVITATIONAL  
KOURY NATATORIUM, CHAPEL HILL, NC  
**MAY 16-18, 2008**

- SANCTION:** Held under the Sanction of United States Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction #NC08055
- LOCATION:** Koury Natatorium, UNC Campus, Skipper Bowles Dr, Chapel Hill, NC.
- HOST:** North Carolina Aquatic Club
- DATES & TIMES:** Friday, May 16 – Sunday, May 18, 2008  
*13-14 and Senior Session:*  
Prelims warm-ups 6:00 a.m.. Prelims start 8:00 a.m.  
Finals warm-ups begin 5:00 p.m. Finals begin 6:00 p.m.  
*10&U and 11-12 Session:*  
Warm-ups not before 1:00 p.m. Timed Finals begin not before 2:00 p.m..
- CLASSIFICATION:** 13-14, Senior Prelims and Finals; Age Group Timed Finals Swim Meet
- ELIGIBILITY:** Any current USA Swimming registered swimmer that meets the USA Swimming 2005-2008 Motivational Time standard for the "A" classification is eligible to compete. An "A" swimmer is one who has achieved an "A" time in two of the five different strokes (including IM) in their given age group. 15 & Over swimmers must have two 15-16 "A" times to be entered in the meet. Any 12 & under swimmers entered in Senior Events, must have the 15-16 "A" time in each Senior event entered. Any 10 & under swimmers entered in 12 & under events must have the 11-12 "A" time in each event entered. This includes 10 & unders entered in the 12& Under 400 Fr.
- FORMAT/RULES:** This meet will be conducted in accordance with the current USA Swimming Code, NCS Official Handbook and the NCS Safety Program, except where rules are optional and exceptions are herein stated.
- 13-14 and Senior Sessions:**  
All morning prelim sessions will be conducted using chase starts with women starting at the diving end and men starting at the main scoreboard end. All evening final sessions will be started at the main scoreboard end of the pool. Dive-overs will be used during prelims only.
- The competition will consist of a preliminary session and a finals session each day. During finals, a Championship heat followed by a Consolation heat will be swum based on results from preliminaries and will be contested in that order. The top 8 swimmers from preliminaries qualify for the Championship heat. Swimmers placing 9<sup>th</sup>-16<sup>th</sup> during preliminaries qualify for the Consolation heat. Alternates should be ready to swim and standing near the starter. Alternates will not be called.
- All events with the exception of all relay events and the 800 free will be conducted as prelims/finals.
- The **13-14 and Senior 800 freestyle** will be swum combined by age and scored separately. Only the fastest 40 swimmers per gender will be allowed to swim, with the fastest heat (according to preference) competing in the Finals session. Please indicate AM or PM preference during check in (Saturday evening). The remaining heats will be swum fastest to slowest, alternating women and men after the preliminaries of the 200 Bk. Due to time limitations, the meet referee may elect to swim two swimmers per lane starting swimmers from both ends of the pool simultaneously. Coaches will be advised about the procedure before the end of the first break of prelims on Sunday morning.
- The **400 IM and 400 freestyle** may be limited to the fastest 48 swimmers per gender per age group due to time limitations. The events will be swum fastest to slowest alternating women and men. See the psych sheet posting to determine initial placement of swimmers.



2. Entries must show swimmer's USA ID and actual age of swimmer as of May 16, 2008.
3. Enter LONG COURSE METER times only.
4. Entry fees must be enclosed with hard copy entry and must be received by the entry deadline. Make checks payable to **NCAC**.
5. This meet always fills to capacity VERY quickly. Send your entries in early to avoid being closed out.

- ENTRY LIMIT:** Swimmers may enter a maximum of **three** events per day. Each team may enter a maximum of **two** relays per event. Entries will close with the team that puts the total number of athletes over 550.
- ENTRY DEADLINE:** Entries must be received by Tuesday, May 6, 2008. Telephone entries will not be accepted. Late entries may be accepted on deck at the discretion of the Meet Referee, as long as empty lanes are available. Fax entries will **not** be accepted. Express mailing must be sent so as NOT to require a signature.
- SEND ENTRIES TO:** Ryan Woodruff  
5008 Silhouette Drive  
Durham, NC 27713  
E-mail: [ncacheadcoach@gmail.com](mailto:ncacheadcoach@gmail.com)
- SCORING:** Individual events will be scored 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. for the top 16 finishers; relays will be scored double the individual points for top 16 places.
- AWARDS:** Individual events: medals 1st - 3rd place; ribbons, 4th - 8th place.  
Relay events: ribbons 1st - 3rd places.  
Distinctive awards for high point scorers per each sex and age group.
- ENTRY FEES:** \$2.50 per individual event (all sessions)  
\$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 with this meet information, or meet has reached the maximum entry limit of 550 swimmers.
- WARM-UPS:** There will be split warm up times. Each coach will be e-mailed a warm up schedule by Wednesday, May 14<sup>th</sup>. General warm-up all lanes until the last 20 minutes of warm-ups. There will be no diving until then.  
**LAST 20 MINUTES:** Specific warm-up.
- Lanes 1 & 8- Pace 50's from a push off.
  - Lanes 2 & 7-Dive start sprints. Lane 2 start from shallow end; Lane 7 from the deep end of pool.
  - Lanes 3-6-General warm-up only. No Diving.
  - Absolutely No swimming under bulkheads!!!
- COACHES MEETING:** There will be a coaches meeting at 7:50 a.m. Friday morning in the hospitality room.
- OFFICIALS:** There will be an officials briefing at 7:30 a.m. Friday morning in the hospitality room. There will be briefings 45 minutes before the start of each session. Application as an Officials Qualifying Meet (OQM) (N2 all positions/N3 S&T/initial assigned positions) has been made to USA swimming. Officials wishing to be evaluated, please submit a completed [evaluation request form](#) to the Meet Referee, [Mike Hoffer](#) Evaluation requirements are found at [USA Swimming](#).
- TIMERS:** Teams may be asked to provide timers. Requests for timers will be e-mailed to teams in advance of the meet if necessary.
- COACHES VERIFICATION:** All coaches on deck must wear their current USA Swimming membership card in a visible place. Coaches failing to do so could be barred from the deck.
- SAFETY:** The North Carolina Safety Program is in effect for this meet. Coaches are advised to closely supervise these swimmers at all times. No horseplay will be tolerated! Other than volunteer meet workers, no parents will be allowed on the deck.

**USA Swimming, Inc., North Carolina Swimming, Inc., and North Carolina Aquatic Club 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.**



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# MAY 16-18, 2008

### ORDER OF EVENTS

WOMEN	FRIDAY MORNING PRELIMS	MEN
#	EVENT	#
1	SENIOR 200 FREE	2
3	13-14 200 FREE	4
	***	
5	SENIOR 100 BREAST	6
7	13-14 100 BREAST	8
	***	
9	SENIOR 100 FLY	10
11	13-14 100 FLY	12
	***	
13	SENIOR 400 IM	14
15	13-14 400 IM	16

WOMEN	SATURDAY MORNING PRELIMS	MEN
#	EVENT	#
37	SENIOR 200 IM	38
39	13-14 200 IM	40
	***	
41	SENIOR 50 FREE	42
43	13-14 50 FREE	44
	***	
45	SENIOR 100 BACK	46
47	13-14 100 BACK	48
	***	
49	SENIOR 400 FREE	50
51	13-14 400 FREE	52

WOMEN	FRIDAY AFTERNOON TIMED FINALS	MEN
#	EVENT	#
21	11-12 50 FREE	22
23	10 & UNDER 50 FREE	24
	***	
25	11-12 200 IM	26
27	10 & UNDER 200 IM	28
	***	
29	11-12 50 BACK	30
31	10 & UNDER 50 BACK	32
	***	
33	11-12 400 FREE	34
35	10 & UNDER 400 FREE	36

WOMEN	SAT. AFTERNOON TIMED FINALS	MEN
#	EVENT	#
57	11-12 50 FLY	58
59	10 & UNDER 50 FLY	60
	***	
61	11-12 200 FREE	62
63	10 & UNDER 200 FREE	64
	***	
65	11-12 50 BREAST	66
67	10 & UNDER 50 BREAST	68
	***	
69	11-12 50 100 BACK	70
71	10 & UNDER 100 BACK	72

WOMEN	FRIDAY NIGHT FINALS	MEN
#	EVENT	#
1	SENIOR 200 FREE	2
3	13-14 200 FREE	4
	***	
5	SENIOR 100 BREAST	6
7	13-14 100 BREAST	8
	***	
9	SENIOR 100 FLY	10
11	13-14 100 FLY	12
	***	
13	SENIOR 400 IM	14
15	13-14 400 IM	16
	***	
17	SENIOR 400 FREE RELAY	18
19	13-14 400 FREE RELAY	20

WOMEN	SATURDAY NIGHT FINALS	MEN
#	EVENT	#
37	SENIOR 200 IM	38
39	13-14 200 IM	40
	***	
41	SENIOR 50 FREE	42
43	13-14 50 FREE	44
	***	
45	SENIOR 100 BACK	46
47	13-14 100 BACK	48
	***	
49	SENIOR 400 FREE	50
51	13-14 400 FREE	52
	***	
53	SENIOR 400 MEDLEY RELAY	54
55	13-14 400 MEDLEY RELAY	56



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### ORDER OF EVENTS

<b>WOMEN</b>	<b>SUNDAY MORNING PRELIMS</b>	<b>MEN</b>
<b>#</b>	<b>EVENT</b>	<b>#</b>
77	SENIOR 100 FREE	78
79	13-14 100 FREE	80
	***	
81	SENIOR 200 BREAST	82
83	13-14 200 BREAST	84
	***	
85	SENIOR 200 FLY	86
87	13-14 200 FLY	88
	***	
89	SENIOR 200 BACK	90
91	13-14 200 BACK	92
	***	
73 & 75	13-14 & SENIOR 800 FREE	74 & 76

<b>WOMEN</b>	<b>SUN. AFTERNOON TIMED FINALS</b>	<b>MEN</b>
<b>#</b>	<b>EVENT</b>	<b>#</b>
93	11-12 100 FREE	94
95	10 & UNDER 100 FREE	96
	***	
97	11-12 100 FLY	98
99	10 & UNDER 100 FLY	100
	***	
101	11-12 100 BREAST	102
103	10 & UNDER 100 BREAST	104

<b>WOMEN</b>	<b>SUNDAY NIGHT FINALS</b>	<b>MEN</b>
<b>#</b>	<b>EVENT</b>	<b>#</b>
73	SENIOR 800 FREE	74
75	13-14 800 FREE	76
	***	
77	SENIOR 100 FREE	78
79	13-14 100 FREE	80
	***	
81	SENIOR 200 BREAST	82
83	13-14 200 BREAST	84
	***	
85	SENIOR 200 FLY	86
87	13-14 200 FLY	88
	***	
89	SENIOR 200 BACK	90
91	13-14 200 BACK	92

\*\*\* = A 10-minute warm-up break is scheduled in the competition pool provided the four-hour rule may still be met.



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### OFFICIAL ENTRY SUMMARY FORM

Club Name \_\_\_\_\_ Club Code \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State NC 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 May 16-18, 2008.

Signature \_\_\_\_\_ Date \_\_\_\_\_

#### Release Statement

USA Swimming, Inc., North Carolina Swimming, University of North Carolina, North Carolina Aquatic Club 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.

Signature \_\_\_\_\_ Date \_\_\_\_\_

<b># of Individual Entries</b>		<b>X \$2.50 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>