



WOW "COMMOTION AT THE OCEAN" AGE GROUP PENTATHLON 2008
Saturday, October 4, 2008
UNC-Wilmington
Wilmington, NC

- Sanction:** Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. Sanction #NC08085
- Host:** Waves of Wilmington Swim Team
- Site Info:** UNCW Natatorium, Wilmington, NC
8-lane 25-yard pool with non turbulent lane lines, Colorado electric timing, scoreboard, and starting blocks with a 5-lane 20-yard pool for continuous warm up and warm down
- Rules:** The meet will be conducted in accordance with USA Swimming Rules and Regulations, the NCS Official Handbook, and NCS Safety Program, except where rules therein are optional and exceptions must be stated.
- Classification:** **Age Group Events Only.** All sessions are timed final events.
- Eligibility:** All swimmers must be currently registered with USA Swimming
- Entries:** Submit entries in Hy-Tek Team Manager format. If you submit in TM format, please provide a hard copy of your entries. There will be no on deck registration.. List swimmers age as of the first day of the meet.
- Entry Limit:** Each swimmer may enter 5 individual events per day. Each session will be limited to 200 swimmers.
- Entry Fees:** Individual Events: \$2.50 per event
Facility Surcharge: \$8.00 per swimmer
NCS Travel Fee: \$2.00 per swimmer
- Entry Deadline:** Tuesday, September 23, 2008. Double entry fees will be charged for late entries, if accepted. A late entry is any entry received after 9:00 pm on Tuesday, September 23, 2008. All fees are non-refundable. A check made payable to the "Waves of Wilmington" must accompany entries. The meet director reserves the right to limit the meet to 200 swimmers per session, or a number that ensures a reasonable session length. Entries will be accepted in the order they are received up to the session limit.
- Meet Director:** Brian Benfer
4701 Wrightsville Ave. #B3
Wilmington, NC 28403
coachbrian@swimwow.org
- Awards:** Ribbons will be awarded for first through eighth place finishes in each event.
- Time Schedule:** Saturday October 4
11-12 Session: Warm-Ups: 8:00am Meet Start: 9am

10 & Under Session: *Warm-Ups:* not before 12:00pm *Meet Start:* 1 hour following Warm Up start

Coaches Meeting: Saturday at 8:45am at the Starter's Table

Officials Meeting: 20 minutes prior to start of each session at Starter's Table

- Warm-Ups: Guidelines will be published in coach's packet to be picked up at clerk of course upon arrival.
- Hospitality: Snacks and drinks will be provided for all sessions.
- Volunteers: Any volunteer officials and/or timers will be greatly appreciated.
- Meet Referee: Bill Luse
- Meet Marshall: Jeremy Huffman
- 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! **No parents will be allowed on the deck.** Coaches will not be allowed behind the starting blocks during competition. All coaches will be required to display current coach's credentials to the meet marshall to remain on deck.
- Release Statement: USA Swimming, Inc., North Carolina Swimming, University of North Carolina Wilmington, Waves of Wilmington, 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.

ORDER OF EVENTS

Saturday October 4, 2008

Session 1: 11-12's

WARM UP: 7:30am START: 9am

Women		Men
1	11-12 100 IM	2
3	11-12 50 Butterfly	4
5	11-12 100 Freestyle	6
7	11-12 50 Backstroke	8
9	11-12 100 Butterfly	10
11	11-12 50 Freestyle	12
13	11-12 100 Backstroke	14
15	11-12 50 Breaststroke	16
17	11-12 200 Freestyle	18
19	11-12 100 Breaststroke	20
21	11-12 200 IM	22

Session 2: 10 & Unders

WARM UP: not before 12:00pm START: not before 1:00pm

Women		Men
23	8 & Under 25 Butterfly	24
25	10 & Under 50 Butterfly	26
27	8 & Under 25 Backstroke	28
29	10 & Under 50 Backstroke	30
31	8 & Under 50 Freestyle	32
33	10 & Under 100 Freestyle	34
35	8 & Under 25 Breaststroke	36
37	10 & Under 50 Breaststroke	38
39	8 & Under 25 Freestyle	40
41	10 & Under 50 Freestyle	42
43	10 & Under 100 IM	44
45	9-10 200 IM	46