



WOW "COMMOTION AT THE OCEAN" SENIOR MEET 2008  
Friday, September 26, 2008 – Sunday, September 28, 2008  
UNC-Wilmington  
Wilmington, NC

- Sanction:** Held under the approval of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. Approval #NC08086AP
- 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:** Senior Events only. **All events 200 yards and longer require a 13-14 "BB" time.** All sessions are timed final events.
- Eligibility:** Collegiate and Senior Athletes. Non-collegiate 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. All relay only swimmers, including alternates, must be listed on the meet entry form and pay the "NCS" Travel Fund surcharge. List swimmers age as of the first day of the meet. **NO TIME ENTRIES** will not be accepted.
- Entry Limit:** Each swimmer may enter 3 individual events per day.
- The 400 IM and 500 Free will be positive check-in events limited to the top 32 swimmers for both women and men.
- The 1000 Free will be a positive check in event limited to the top 24 swimmers for both women and men.
- These events will be swum fastest to slowest alternating women and men.
- The referee will have the authority to combine the slowest two heats if possible.
- Entry Fees:** Individual Events: \$2.50 per event  
NCS Travel Fund: \$2.00 per swimmer  
Facility Surcharge: \$5.00 per swimmer
- Entry Deadline:** Tuesday, September 16, 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 27, 2008. All fees are non-refundable. A check made payable to the "Waves of Wilmington" must accompany all entries.

- Meet Director: Brian Benfer  
4701 Wrightsville Ave. #B3  
Wilmington, NC 28403  
[coachbrian@swimwow.org](mailto:coachbrian@swimwow.org)
- Awards: No Awards
- Time Schedule: Friday Warm-ups: 4:30pm / Finals begin at 5:45pm  
Saturday and Sunday Warm-ups: 8:30am / Finals begin at 9:45am
- Coaches Meeting: Friday at 5:35pm at the Starter's Table.  
Officials Meeting: 20 minutes prior to the start of each session at the 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 marshal 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

FRIDAY SEPT. 26, 2008  
WARM UP 4:30 PM START 5:45 PM

Women		Men
1	50 Freestyle	2
3	100 Breaststroke	4
5	200 Freestyle	6
7	400 Individual Medley	8

SATURDAY SEPT. 27, 2008  
WARM UP 8:30AM / START 9:45AM

Women		Men
9	100 Freestyle	10
11	200 Breaststroke	12
13	100 Butterfly	14
15	200 Backstroke	16
17	500 Freestyle	18

SUNDAY SEPT. 28, 2008  
WARM UP 8:30AM/ START 9:45AM

Women		Men
19	100 Backstroke	20
21	200 Butterfly	22
23	200 Individual Medley	24
25	1000 Freestyle	26