



2008 WAVE IMX Distance Day

September 28, 2008

SANCTION: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction #NC08091

HOST: New Wave Swim Team
P.O. Box 18012
Raleigh, NC 27619
(919) 981-0644

FACILITY: **Triangle Aquatic Center**
275 Convention Drive
Cary, NC 27511
(919) 459-4045

Competition Pool: The Triangle Aquatic Center facility features a 50-meter pool divided into two courses, which include an 8-lane, 25-yard competition course and a 10-lane, 25-yard competition course, with a variable depth ranging from 7 to 12 feet. Both courses will be used if swimmer numbers and timeline deem it necessary. An additional 10-lane, 25-yard pool is available for continuous warm-up/warm-down. The pool is equipped with state-of-the-art, anti-turbulent lane lines and Paragon starting blocks on both ends. The facility features a Daktronic Pro timing system, and two digital matrix scoreboards. Stopwatches will also be used in each competition lane. Hy-Tek Meet Manager Pro software will be used. Locker rooms for changing are available.

Only meet volunteers, USA Swimming registered athletes and USA Swimming registered officials may be on deck.

NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME

Spectator Seating:

The seating area is above the deck and designed for comfort and enjoyment for spectators. There is viewing for 1,000 people, bench seating with back support, a 12-foot wide walkway for easy access, and an integrated sound system. There are five 47" televisions with FM radio transmitters, and free wireless access to the Internet to track live meet results on www.triangleaquatics.org.

Supporting Amenities:

Parking: There are 150 parking spaces directly in front of the facility available for coaches, officials and volunteers. There is additional parking at the Cary Towne Center Mall, directly adjacent & within easy walking distance of the facility. Athletes may be dropped off beside the facility before parking at the Mall.

Café Splash Down: A full service café located just inside the main entrance offering healthy meals, smoothies, coffees, drinks and snacks.

All American Swim Shop: The fully stocked swim shop is located beside the front desk and carries swimwear, apparel, swim supplies and accessories.

Open Swim: During most meets, the Program pool and Instruction pool are open for recreation and fitness swimming. Check with the front desk for the cost of a day pass.

Facility Rules: *Please inform all families of the following pool rules.*

- 1) **NO** smoking is allowed inside the facility.
- 2) **NO** outside food, drinks or coolers allowed inside the facility.
- 3) **NO** glass containers allowed inside the facility.
- 4) **NO** chairs allowed in the spectator level. Athletes and coaches may bring chairs on deck, but they must be removed each day.

RULES: This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, and the current North Carolina Swimming Rules and Regulations, and the current North Carolina Swimming Safety Program. These rules will serve as the official guide for technical and procedural rules, except wherein are optional and exceptions are herein stated.

CLASSIFICATION: This will be a Timed Finals, Open meet.

FORMAT: **Timed Finals**
1) All events will be swum as timed finals.
2) The 500-yard Freestyle will be deck seeded. Check-in will be due by the end of the session warm-ups. The event will be swum slowest to fastest.
3) Meet management reserves the right to add a 10-minute break between the 200-yard Breaststroke and the 500-yard Freestyle if the timeline deems it necessary.

ELIGIBILITY: All participants must be registered athlete members of USA Swimming. List swimmers' ages as of **September 28, 2008**.

ENTRIES: Please email entries using Hy-Tek Team Manager for entries. Entries may be sent via email and must include the following: 1) a Hy-Tek compatible entry file 2) team entry report and 3) financial report.

Please note that the Meet Director will strictly enforce the following entry rules:

1. Payment must be received by the start of the meet in order to get coaches packet. No swimmer will compete until payment is received.
2. Please submit entries using Hy-Tek Team Manager.
3. All swimmers must be properly registered before September 28, 2008. The list of swimmers competing in the meet will be forwarded to the NCS Registration Chair for approval.
4. Please list all coaches that will be in attendance. The NCS Registration chair will be checking to ensure all coaches have current and proper documentation.

ENTRY LIMITS: All swimmers may enter up to five (5) individual events.

ENTRY DEADLINE: **ALL entries must be received no later than 8:00 pm, Thursday, September 18, 2008.**

ENTRY FEES:

Individual Event Fees	\$ 2.50 per event
Facility Surcharge:	\$ 10.00 per swimmer
NC Swimming Travel Fund:	\$ 2.00 per swimmer

MAIL ENTRIES TO: WAVE Swimming
P. O. Box 18012
Raleigh, NC 27619
919-981-0644

NOTE: All e-mail correspondence should be directed to:
Lana Sanders – wavemeets@nc.rr.com

A TM event file will be made available from the WAVE website at www.newwaveswimteam.org as well as the NCS website www.ncswim.org.

SCHEDULE: **Sunday, September 28, 2008**

Session I	8:00-8:35 am	General Warm-up
	8:35-8:50 am	Specific Warm-up
	9:00 am	Begin Session I
Session II	12:30-1:05 pm	General Warm-up
	1:05-1:20 pm	Specific Warm-up
	1:30 pm	Begin Session II

Meet management reserves the right to adjust meet session and warm-up times or combine sessions after reviewing the projected timeline. Coaches will be informed of any adjustments in the schedule.

WARM-UP**SCHEDULE:**

Guidelines will be published in the coach's packet. Packets will be available at the Clerk of Course upon presentation of current USA Swimming coach credentials. Lane assignments will be based on the number of participants from each club. Assignments will be posted and a copy available in the coach's packet. Specific warm-up procedures will be described in the coach's packet as well.

CHECK-IN:**Event**

11-12 Boys 500 Free
11-12 Girls/13 & Over 500 Free

Check-in Deadline

by 8:50 am
by 1:20 pm

SEEDING:

The 500 yard Freestyle will be deck-seeded with a **positive** check-in required. **Failure to check-in an athlete will result in the athlete being scratched from the event.**

1. **500 meter Freestyle:** This is a timed final event and will be swum slowest to fastest in event order. Meet management may swim a combined heat if desired. Each swimmer in this event must provide a person to time and to count laps.

ORDER OF EVENTS: Please see attached schedule.

AWARDS:

Individual events: 1st - 8th place - ribbons

SCORING:

This meet will not be scored.

SAFETY:

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Running and horseplay will not be allowed. As at any pool, the deck may be slippery and caution should be taken to prevent accidents. Coaches must carry their coach certification cards at all times when on the pool deck and must hold current certifications and registration with USA Swimming.

COACHES:

A coach's packet will be available for all clubs at the start of warm-ups on Friday. A current 2008 USA Swimming coach membership card will be required to obtain the packet and must be carried at all times on deck **by all coaches.**

There will be a coaches' meeting at 8:45 am Sunday morning, September 28, 2008.

OFFICIALS:

Officials will meet at 8:15 am Sunday morning, September 28, 2008 and as announced thereafter by the Meet Referee.

For Officials planning to work the meet, please notify the Meet Referee in advance.
kennethdclark@bellsouth.net or (cell) 919-630-7498

CONTACTS:

Meet Directors: Lana Sanders (919) 696-0642
Meet Referee: Ken Clark
Meet Marshall: Mila Mason

HOSPITALITY:

There will be a hospitality room available to all coaches, officials and meet staff.

VOLUNTEERS:

Volunteer workers and officials are welcome. Announcements for timers and officials will be made prior to the start of each session.
Swimmers in the 500-yard must provide a person to time and to count laps.

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., THE NEW WAVE SWIM TEAM, INC., THE TRIANGLE AQUATIC CENTER AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS SHALL BE HELD FREE AND HARMLESS FROM ANY AND ALL LIABILITIES ON CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

HOTEL INFORMATION:

<http://www.triangleaquatics.org/Events/PreferredHotels/>



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Sunday

Session I 10 & under and 11-12 boys

Warm-ups: 8:00 am

Meet start: 9:00 am

Girls	Event	Boys
1	10 & under 200 IM	2
	11-12 200 IM	4
5	10 & under 100 Fly	6
	11-12 200 Fly	8
9	10 & under 100 Back	10
	11-12 200 Back	12
13	10 & under 100 Breast	14
	11-12 200 Breast	16
17	10 & under 200 Free	18
	11-12 500 Free	20

Sunday

Session II 11-12 Girls and 13 & over

Warm-ups: 12:30 pm

Meet start: 1:30 pm

Girls	Event	Boys
21	13 & Over 400 IM	22
3	11-12 200 IM	
23	13 & Over 200 Fly	24
7	11-12 200 Fly	
25	13 & Over 200 Back	26
11	11-12 200 Back	
27	13 & Over 200 Breast	28
15	11-12 200 Breast	
29	13 & Over 500 Free	30
19	11-12 500 Free	