

GOLDSBORO YMCA BB/B/C
SHORT COURSE INVITATIONAL
OCTOBER 18-19, 2008

SANCTION: Will be held under the sanction of USA Swimming Inc., issued by NC Swimming, sanction # NC08106

CLASSIFICATION: This is a BB/B/C standards meet only. Swimmers WILL NOT swim any event they have an "A" time in or better.

LOCATION: Goldsboro Family YMCA, Goldsboro, North Carolina

FACILITY: Raymond A. Bryan Pool, Family YMCA, Goldsboro, NC. An 8-lane 25 YD pool with non-turbulent lane lines, Colorado Timing System and scoreboard, and custom paragon starting blocks. A separate 8-lane 25YD pool is available for continuous warm-up. Ample spectator and swimmer seating is available.

RULES: This meet will be conducted in accordance with current USA and NCS rules as specified In the USA Rules and Regulations and NCS Official Handbook.

ELIGIBILITY: All qualified USA Swimming registered swimmers.

ENTRIES: Submit HY-TEK entry files by email attachment as well as hardcopy by mail. List swimmers age as of October 18. All events will be timed finals.

ENTRY LIMITS: Each swimmer is allowed to swim 4 individual events plus 1 relay a day.

ENTRY DEADLINE: **Entries must be received no later than 11:59pm Tuesday October 7th, 2008. Only E-mail entries will be accepted.** The meet will be limited to the first 400 entries received with all necessary fees.

SEND ENTRIES TO: Alex Black
1105 Parkway Dr.
Goldsboro, NC 27532
E-Mail: alexwim74@hotmail.com
(w) 919 778-8557
(fax) 919 778-8645

ENTRY FEES: Individual events: \$2.00
Relays: \$8.00
NCS Surcharge: \$2.00
Pool Surcharge: \$5.00

AWARDS: Individual: Ribbons 1st – 8th place
Relays: Ribbons 1st – 3rd place

MEET DIRECTOR: Alex Black

MEET REFEREE: Mark Chenier

MEET MARSHAL: Johnny Tsui

STARTING TIMES: Sat. & Sun. Warm-ups for the 12 & Under sessions will begin at 8:00AM. Warm-ups for the 13&Up Senior Sessions will not begin before 12:30PM.

OFFICIALS MEETING An officials meeting will be held 30 minutes prior to the start of each competition session.

COACHES MEETING A coaches meeting will be held 10 minutes prior to the start of competition at the foot of the scoreboard.

- SAFETY:** The NCS safety program is in effect at this meet. Coaches are required to closely Supervise their swimmers at all times. In the event that a swimmer or others associated with a team are found to be violating posted rules for use of the Family YMCA or any other restrictions that are posted for the safety of the people in attendance or to protect Family YMCA property the individuals will be reported to the Meet Director or one of the Meet Marshals who will notify the coach. Any coach notified will be expected to take appropriate disciplinary action up to and including expulsion of the person from the meet. The Meet Director, Meet Marshal, or Referee may also take disciplinary action. **NO PARENTS WILL BE ALLOWED ON THE DECK UNLESS THEY ARE WORKING AS AN OFFICIAL OR A TIMER. THERE WILL BE NO EXCEPTION.**
- WARM-UPS:** General warm-ups will be for the first 35 minutes of each session. Specific warm-ups will be for the next 15 minutes. Lanes 1, 2, 3, 6, 7, 8 will be dive starts from the scoreboard end. Lanes 4 & 5 will be general warm-up lanes. Each coach will be provided a copy of warm-up lane assignments when they pick up their heat sheets, and a ten minute coaches meeting will be held following warm-ups, prior to the start of competition.
- TIMERS:** **Each team needs to supply timers for each session of the meet.** The number of timers from each team should be commensurate with the number of swimmers competing from that team.
- RELEASE:** USA Swimming, Inc., NC Swimming, Goldsboro Family YMCA 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.

October 18-19, 2008
Order of Events

Saturday, October 18

Warm-up: 8:00am
Timed Finals: 9:00am

	Girls	Boys
1	10 & UN 200Y FREE	2
3	12 & UN 200Y FREE	4
5	8 & UN 25Y BREAST	6
7	10 & UN 50Y BREAST	8
9	12 & UN 50Y BREAST	10
11	10 & UN 100Y FLY	12
13	12 & UN 100Y FLY	14
15	8 & UN 25Y FREE	16
17	10 & UN 50Y FREE	18
19	12 & UN 50Y FREE	20
21	10 & UN 100Y BACK	22
23	12 & UN 100Y BACK	24
25	10 & UN 200Y MEDLEY RELAY	26
27	12 & UN 200Y MEDLEY RELAY	28

Warm-up:		not before 12:30pm	
Timed Finals:		not before 1:30pm	
	Girls		Boys
	29	SR 200Y FREE	30
	31	SR 100Y BREAST	32
	33	SR 200Y FLY	34
	35	SR 50Y FREE	36
	37	SR 100Y BACK	38
	39	SR 200Y IM	40
	41	SR 200Y MEDLEY RELAY	42

Sunday, October 19

Warm-ups:		8:00am	
Timed Finals:		9:00am	
	Girls		Boys
	43	10 & UN 100Y FREE	44
	45	12 & UN 100Y FREE	46
	47	8 & UN 25Y BACK	48
	49	10 & UN 50Y BACK	50
	51	12 & UN 50Y BACK	52
	53	10 & UN 100Y BREAST	54
	55	12 & UN 100Y BREAST	56
	57	8 & UN 25Y FLY	58
	59	10 & UN 50Y FLY	60
	61	12 & UN 50Y FLY	62
	63	10 & UN 200Y IM	64
	65	12 & UN 200Y IM	66
	67	10 & UN 200Y FREE RELAY	68
	69	12 & UN 200Y FREE RELAY	70

Warm-up:		not before 12:30pm	
Timed Finals:		not before 1:30pm	
	Girls		Boys
	71	SR 100Y FREE	72
	73	SR 200Y BACK	74
	75	SR 100Y FLY	76
	77	SR 200Y BREAST	78
	79	SR 500Y FREE	80
	81	SR 200Y FREE RELAY	82