



NCAC QUAD MEET
Saturday, October 18, 2008
KOURY NATATORIUM, CHAPEL HILL, NC

- SANCTION:** Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.. Sanction #NC08112
- SPONSOR:** North Carolina Aquatic Club
- LOCATION:** Koury Natatorium on campus at the University of North Carolina, Chapel Hill, NC. See www.ncacswim.org for directions.
- FACILITY:** Two courses with a total of sixteen 25-yard lanes with non-turbulent lane lines. One course will be used for competition and the other for continuous warm-up. Colorado Timing System and full-color scoreboard with splits will be used. Pool depth ranges from 7 to 14 ft, with starting blocks at both ends. Spectator seating is available in the balcony area and has wireless internet access available for free. **NO SPECTATORS ARE PERMITTED ON THE POOL DECK.**
- PARKING:** Free parking will be available in the lot next to the Williams Athletic Center and across the street from the Koury Natatorium. A parking map is available upon request from meet management.
- SCHEDULE:** Senior Morning Session: Warm-up 7:30-8:50 a.m., Meet Starts 9:00 a.m.
Age Group Afternoon Session: Warm-up not before 1:00 p.m., Meet starts not before 2:00 p.m. Forty-five minutes of warm-up before afternoon session is guaranteed.
- RULES:** The meet will be conducted in accordance with the current USA Swimming Code and the NCS Official Handbook and NCS Safety Program, except where rules therein are optional and all exceptions are herein stated, and with NCS rules. All swimmers are allowed to represent their club in individual events and relays, even those swimmers still unattached.
- CLASSIFICATION:** Quad meet.
- ELIGIBILITY:** All swimmers from invited teams are eligible to compete. Current USA Swimming Registration is required for all swimmers. All swimmers entered will be checked against current LSC registration.
- AWARDS:** For all age group individual events: Medals for 1st through 3rd, ribbons for 4th through 8th. For all age group relay events: Medals for 1st through 3rd.
- SCORING:** Scoring will be:
Individual events: 9-7-6-5-4-3-2-1
Relay events: 7-0
- FEES:** \$5.00 Facility Fee per swimmer
\$2.00 NCS Travel Fee per swimmer
\$2.50 Entry fee per individual event
\$8.00 Entry fee per relay event

- ENTRIES: Hy-tek software will be used. Submit entries via e-mail or hy-tek disk and master entry sheet. You must include the USA club code and each swimmer's USA number along with first and last name and seed time for each event entered. Seed times must be in short course yards. All relay only swimmers including alternates must be included with the electronic entry and pay the entry fee. Relays will be seeded with each team assigned to two lanes, i.e. the A & B relay for each team will be in the last heat, the C & D relay in the next-to-last heat.
- ENTRY LIMIT: 3 individual & 1 relay for the meet.
- ENTRY DEADLINE: All entries must be received by the meet director no later than 5:00 pm on **Monday, October 13, 2008**. Late entries may be accepted at the discretion of the meet director. A psych sheet will be posted to www.ncacswim.org by Wednesday, October 15. All entry fees for the meet must be submitted prior the start of the meet.
- ENTRY SUBMISSION: E-mail is the preferred method for entry submission. E-mail entries to entries@ncacswim.org and include "meet entries" in the subject line.
- OR, mail a hard copy to:
- Ryan Woodruff
5008 Silhouette Drive
Durham, NC 27713
- Make checks payable to "North Carolina Aquatic Club." Please ensure that a signature is not required upon delivery if using an express mail service.
- COACHES: All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification / registration. Coaches and officials shall prominently display their registration cards while on deck. There will be a coaches' meeting at 8:50 am in the hospitality room adjacent to the pool deck.
- OFFICIALS: All interested officials from visiting teams should contact the meet referee. There will be an officials' meeting at 8:30 am in the hospitality room adjacent to the pool deck.
- MEET DIRECTOR: Ryan Woodruff and Griff Helfrich, entries@ncacswim.org, (919) 943-6420
- MEET REFEREE: Mike Hoffer, mike@carolinaclosetsplus.com
- MEET MARSHALL: Sean Quinn
- HOSPITALITY: Drinks, snacks, and lunch will be provided to coaches, officials, and meet workers.
- SAFETY: The North Carolina Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No running or horseplay will be tolerated.

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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****THREE EVENT & ONE RELAY LIMIT PER DAY ****

SENIOR SESSION ORDER OF EVENTS

Warm-ups: 7:30 a.m.

Timed Finals: 9:00 a.m.

<u>WOMEN</u>		<u>MEN</u>
1	SENIOR 500 FREE	2
3	SENIOR 100 BREAST	4
5	SENIOR 100 FLY	6
7	SENIOR 100 FREE	8
9	SENIOR 200 IM	10
11	SENIOR 100 BACK	12
13	SENIOR 200 FREE RELAY	14

AGE GROUP SESSION ORDER OF EVENTS

Warm-ups not before 1:00 p.m.

Timed Finals not before 2:00 p.m.

<u>GIRLS</u>		<u>BOYS</u>
15	12 & UNDER 200 FREE*	16
17	10 & UNDER 50 BREAST	18
19	11-12 100 BREAST	20
21	10 & UNDER 50 FLY	22
23	11-12 100 FLY	24
25	10 & UNDER 50 FREE	26
27	11-12 100 FREE	28
29	10 & UNDER 100 IM	30
31	11-12 100 IM	32
33	10 & UNDER 50 BACK	34
35	11-12 100 BACK	36
37	10 & UNDER 200 FREE RELAY	38
39	11-12 200 FREE RELAY	40

*The 12 & Under 200 Free will be scored separately for 10 & Under and 11-12.

WARM-UP PROCEDURES

Teams will be assigned to the following warm-up lanes for all times before and during the meet and are responsible for the conduct of warm-up in their lanes. Teams will be e-mailed warm-up assignments by Wednesday, October 15.