

**GOLDSBORO YMCA THANKSGIVING
SHORT COURSE OPEN AGE GROUP
November 22-23, 2008**

- SANCTION: Will be held under the sanction of USA Swimming Inc., issued by NC Swimming sanction #NC08114
- CLASSIFICATION: This meet is an OPEN TIME STANDARDS meet.
- 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. *"No Time"(NT's) entries will not be allowed!*
- 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 November 11th, 2008.** **Only E-mail entries will be accepted.** The meet will be limited to the first 450 entries received with all necessary fees. *"No Time" (NT's) entries will not be allowed!*
- 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: \$2.50
Relays: \$8.00
NCS Surcharge: \$2.00
Pool Surcharge: \$5.00
- AWARDS: Individual: Medals 1st – 3rd place; Ribbons 4th-8th
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. *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.

- 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.

November 22-23, 2008
Order of Events

Saturday, November 22

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

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

Warm-up:	not before 12:30pm	
Timed Finals:	not before 1:30pm	
Girls		Boys
25	14 & UN 200Y FREE	26
27	SR 200Y FREE	28
29	14 & UN 100Y BREAST	30
31	SR 100Y BREAST	32
33	14 & UN 200Y FLY	34
35	SR 200Y FLY	36
37	14 & UN 50Y FREE	38
39	SR 50Y FREE	40
41	14 & UN 100Y BACK	42
43	SR 100Y BACK	44
45	14 & UN 200Y IM	46
47	SR 200Y IM	48
49	14 & UN 200Y MEDLEY RELAY	50
51	SR 200Y MEDLEY RELAY	52

Sunday, November 23

Warm-ups:	8:00am	
Timed Finals:	9:00am	
Girls		Boys
53	10 & UN 100Y FREE	54
55	12 & UN 100Y FREE	56
57	10 & UN 50Y BACK	58
59	12 & UN 50Y BACK	60
61	10 & UN 100Y BREAST	62
63	12 & UN 100Y BREAST	64
65	10 & UN 50Y FLY	66
67	12 & UN 50Y FLY	68
69	10 & UN 200Y IM	70
71	12 & UN 200Y IM	72
73	10 & UN 200Y FREE RELAY	74
75	12 & UN 200Y FREE RELAY	76

Warm-up:	not before 12:30pm	
Timed Finals:	not before 1:30pm	
Girls		Boys
77	14 & UN 100Y FREE	78
79	SR 100Y FREE	80
81	14 & UN 200Y BACK	82
83	SR 200Y BACK	84
85	14 & UN 100Y FLY	86
87	SR 100Y FLY	88
89	14 & UN 200Y BREAST	90
91	SR 200Y BREAST	92
93	14 & UN 500Y FREE	94
95	SR 500Y FREE	96
97	14 & UN 200Y FREE RELAY	98
99	SR 200Y FREE RELAY	100