

# 4th Annual South-Eastern Interscholastic Swimming Championship (SEIC) December 20, 2008

Hosted by the GOLD Sharks Swim Team  
Held at the Family Y  
Goldsboro, North Carolina

**Meet** Alex Black  
**Director:** Phone: 919-778-8557  
Fax: 919-778-8645  
Email: [alexwim74@hotmail.com](mailto:alexwim74@hotmail.com)

**Facility:** The Raymond A. Bryan Pool, at the Goldsboro Family Y is an 8-lane 25yd 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 athlete seating is available.

**Sanction:** The SEIC is an interscholastic High School invitational meet and has observation status for USA Swimming, by North Carolina Swimming. #NC081300

**Rules:** The rules in effect for this meet are the Swimming Rules of the National Federation of State High Schools (NFHS), and the NCHSAA Handbook. The meet format will consist of morning preliminary heats and an evening session of Consolation (“B”) and Championship (“A”) Finals. Relays will swim Prelims and Finals. The 500yd Freestyle is a “Time Final” event with the fastest seeded heat of Girls and Boys swimming in evening finals, and all other heats swimming in preliminaries.

**Eligibility:** The Entry Form must bear certification of each athlete’s eligibility for participation. Each athlete must be a student in good standing at their school and meet the school’s rules for athletic eligibility. Each competitor must be an amateur. Each entry form must bear the signature of the Coach of the School verifying approval of the athletes entered and that their times have been posted in competition and satisfy the SEISC qualifying times in the 500 Freestyle. Each entry must bear the signature of the Athletic Director and the Head Master or Principal of the School verifying the eligibility of the athletes entered. **Any entry form without these signatures will not be accepted.**

**Entries:** The entry fee for each individual athlete is \$7.00. Unlimited team entries are permitted in individual events. Individual athletes are allowed a four event entry limit, with a maximum of two individual entries, per NFSHS Swimming rules. Teams are allowed TWO relay squad entries per event. Each relay entered must have a minimum of four (4) individuals entered.

**Entries are to be submitted via HyTek Team Manager.** Entries may be emailed or sent on a 3.5” floppy disc. Please include a HyTek hard copy report or a completed copy of the Excel Spread sheet included in the meet information. If a team does not have Team Manager, contact Hytek at [www.hy-tek.com](http://www.hy-tek.com) or contact Alex Black. Individual times for USA Swimming members swum in this meet will be entered into the SWIMS database through an electronic upload process. If athletes on your team are also USA Swimming registered members, please use their full names in you Team Manager files and include the correct USA Swimming ID numbers for registered

members. If entering on paper or unable to include the ID numbers in your TM file, please use the enclosed FORM C for High School Times and send it in with your entries or turn it in when you arrive at the meet.

**\*Entries & Fees Due: 12/10/08 no later than 11:59PM Eastern Standard Time**

**Scoring:**

\*Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

\*Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

**Awards:** Custom Designed Medals will be awarded to the top three finalists in each event, including relays. Team Trophies will be awarded to the Boys Team Champion and Runner-Up as well as Girls Team Champion and Runner-Up

**Concessions:** Meet T-Shirts, Meet Pins, and snacks will all be available for sale.

**Correspondence:** All Correspondences shall be sent to:

Alex Black  
Southeasterns Meet Director  
Family Y  
1105 Parkway Dr.  
Goldsboro, NC 27532

**Events:****Saturday, December 20, 2008**

Women			Men	
Event #	Qualifying Time	Event	Event #	Qualifying Time
1	----	200yd Med. Relay	2	----
3	3:38.58	200yd Freestyle	4	3:31.44
5	3:56.89	200yd Ind. Med.	6	3:41.55
7	----	50yd Freestyle	8	----
9	----	100yd Butterfly	10	----
11	----	100yd Freestyle	12	----
13	7:55.89	500yd Freestyle	14	7:15.79
15	----	200yd Free Relay	16	----
17	----	100yd Backstroke	18	----
19	----	100yd Breaststroke	20	----
21	----	400yd Free Relay	22	----

**Schedule:** The NCHSAA Warm-Up procedures will be in effect. The following times will be adhered to at each session:

Preliminaries Warm-Up	7:30-8:15 AM
Preliminaries	Start 8:30 AM
Finals Warm-Up	4:00-5:00 PM
Finals	Start 5:05 PM

**This meet is presented by the Goldsboro Family YMCA,  
with the support of the parents of GOLD Sharks Swim Team.**

# Official Girls Entry Form

School Name

		Name	Name	Name	Name	Name
		Last	First	Last	First	Last
Event #	Event Description	Time	Time	Time	Time	Time
1	200 yd Medley Relay					
3	200 yd Freestyle					
5	200 yd Individual Medley					
7	50 yd Freestyle					
9	100 yd Butterfly					
11	100 yd Freestyle					
13	500 yd Freestyle					
15	200 yd Freestyle Relay					
17	100 yd Backstroke					
19	100 yd Breaststroke					
21	400 yd Freestyle Relay					

Principal, A.D. & Coach Signatures: \_\_\_\_\_

# Official Boys Entry Form

School

Name

		Name	Name	Name	Name	Name
		Last				
		First				
Event #	Event Description	Time	Time	Time	Time	Time
2	200 yd Medley Relay					
4	200 yd Freestyle					
6	200 yd Individual Medley					
8	50 yd Freestyle					
10	100 yd Butterfly					
12	100 yd Freestyle					
14	500 yd Freestyle					
16	200 yd Freestyle Relay					
18	100 yd Backstroke					
20	100 yd Breaststroke					
22	400 yd Freestyle Relay					

Principal, A.D. & Coach Signatures: \_\_\_\_\_



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