

Frosty Invitational

January 17 and 18, 2009

- Host:** Aquatic Team of Mecklenburg (ATOM)
- Sanction:** Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming Inc., Sanction # NC09010
- Facility:** Mecklenburg County Aquatic Center (MCAC in downtown Charlotte)
800 East Martin Luther King, Jr. Blvd.
Charlotte, NC 28204
704/336-3483

The competition pool is an 8-lane, 25 yard course featuring nine-foot wide lanes separated by non-turbulent lane lines, paragon starting blocks and a minimum pool depth of six feet. A Colorado Electronic Timing System and an 8-lane scoreboard will be used. Warm-up and warm-down lanes will be available. There is ample seating for 1000 spectators and competitors.

- Rules:** The meet will be conducted in accordance with the current USA Swimming Rules and Regulation and the NCS Official Handbook and NCS Safety Program, except where rules therein are optional and exceptions are herein stated. The NCS Scratch Rule is in effect. There may be a combination of Boys and Girls Heats in the 500 Free, 400 IM and the 1000.

Classification: Closed League Meet. Age Group/Senior

Eligibility: Blue Ridge Swim League members properly registered with USA Swimming.

Entries: Submit entries in Team Manager by email to ssears@appliedcpu.com. List swimmers' age as of January 17, 2009. There will be no "on deck" registration available at the meet. All relay only swimmers including alternates must be listed on the Meet Entry Forms and pay the NCS Travel Fund Surcharge. Only properly completed entry forms with payment of all fees will be accepted.

Entry Limit: A swimmer may enter up to 4 events per day, plus relays.

Entry Deadline: All entries and forms must be received by January 7, 2009. Late entries accepted at the discretion of the meet director. Late entries charged double entry fees and will not be seeded. Entries may be limited at the discretion of the meet director to manage the timeline.

Entry Fees: Make checks payable to **Spearhead Booster Club**
\$2.50 per event
\$2.00 NCS Travel Fee
\$8.00 per relay
\$8.00 per swimmer-Facility Surcharge
Entry Fees are non-refundable

Mail checks to: Caroline Grubb
12525 Tanners Ct.
Charlotte, NC 28262

Awards: Medals 1st, 2nd, 3rd Individual, 1st Place Relay
Ribbons 4th-8th Individual and 2nd and 3rd Relay

Warm-ups: For all sessions, the schedule will be as follows:
The first 45 minutes will be general circle swim only.
The last 15 minutes: Lane 1 and 8 pace lanes. Lanes 2-7 race starts from the start end of the pool, one way swim only, exit from opposite end of pool. Team lanes will be assigned.

Time Schedule:	Saturday Morning	Warm-ups: 9:00
		Timed finals: 10:00
	Saturday Afternoon	Warm-ups: Not before 1:00
		Timed finals: Not before 2:00
	Sunday Morning	Warm-ups: 8:00
		Timed finals: 9:00
	Sunday Afternoon	Warm-ups: Not before 11:30
		Timed finals: Not before 12:30

Safety: The NCS safety program will be in effect. Coaches are advised to closely supervise their swimmers at all times. No running or horseplay will be tolerated.

Coaches' and Officials'

Meetings: Coaches' meetings will be held on the pool deck 10 minutes before the start of the meet on Saturday and Sunday. Officials' meetings will be held 30 minutes prior to the start of each session in the Hospitality Room.

Meet

Officials: **Meet Referee:** Bob Esch
Meet Director: Steve Sears 704/516-1440
Safety Marshall: Shaynah Kleber

Hospitality: Hospitality Room will be open to all Officials and Coaches.

Concessions: Concessions will be provided by ATOM Booster

Release

Statement: USA Swimming, Inc., North Carolina Swimming, Inc., Aquatic Team of Mecklenburg (ATOM) and MCAC 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.

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.

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Saturday Morning

Warm-ups: 9:00

Timed Finals: 10:00

Girls		Boys
Event #	Event Description	Event#
	8&U 100 Medley	
1	Relay	2
	10&U 200 Medley	
3	Relay	4
	11&12 200 Medley	
5	Relay	6
7	8&U 100 IM	8
9	10&U 200 IM	10
11	11&12 200 IM	12
13	8&U 25 Back	14
15	10&U 100 Back	16
17	11&12 100 Back	18
19	8&U 25 Fly	20
21	10&U 50 Fly	22
23	11&12 50 Fly	24
25	8&U 25 Breast	26
27	10&U 50 Breast	28
29	11&12 50 Breast	30
31	8&U 25 Free	32
33	10&U 100 Free	34
35	11&12 100 Free	36

Saturday Afternoon

Warm-ups: Not before 1:00

Timed Finals: Not before 2:00

Girls		Boys
Event#	Event Description	Event#
	13&14 400 Medley	
37	Relay	38
	Senior 400 Medley	
39	Relay	40
41	13&14 200 IM	42
43	Senior 200 IM	44
45	13&14 100 Breast	46
47	Senior 100 Breast	48
49	13&14 200 Back	50
51	Senior 200 Back	52
53	13&14 100 Free	54
55	Senior 100 Free	56
57	13&14 200 Fly	58
59	Senior 200 Fly	60
61	Senior 500 Free*	62

*Positive check-in required for 500 Free.

Positive check-in closes 30 minutes
after the start of warm-ups.

Bring Lap Counters

Sunday Morning
Warm-ups: 8:00
Timed Finals: 9:00

Girls		Boys
Event #	Event Description	Event#
	10&U 200 Free	
63	Relay	64
	11&12 200 Free	
65	Relay	66
67	10&U 100 IM	68
69	11&12 100 IM	70
71	10&U 200 Free	72
73	11&12 200 Free	74
75	10&U 100 Breast	76
77	11&12 100 Breast	78
79	10&U 50 Back	80
81	11&12 50 Back	82
83	10&U 50 Free	84
85	11&12 50 Free	86
87	10&U 100 Fly	88
89	11&12 100 Fly	90

Sunday Afternoon

Warm-ups: Not before 11:30

Timed Finals: Not before 12:30

Girls		Boys
Event#	Event Description	Event#
	13&14 400 Free	
91	Relay	92
	Senior 400 Free	
93	Relay	94
95	Senior 400 IM*	96
97	13&14 200 Free	98
99	Senior 200 Free	100
101	13&14 100 Back	102
103	Senior 100 Back	104
105	13&14 200 Breast	106
107	Senior 200 Breast	108
109	13&14 50 Free	110
111	Senior 50 Free	112
113	13&14 100 Fly	114
115	Senior 100 Fly	116
117	Senior 1000 Free*	118

*Positive check-in required for the 400 IM and 1000 Free.

*Positive check-in closes 30 minutes after the start of warm-ups.

Bring Lap Counters

Please import event file from ncswim.org website