

EAST CAROLINA SWIM LEAGUE

Goldsboro Family Y
NEW YEAR NICK O'TIME INVITATIONAL
January 10-11, 2009

SANCTION: Held under the sanction of USA Swimming Inc., issued by North Carolina Swimming, Inc. sanction #NC09019

CLASSIFICATION: This is an ECSL-Only meet.

LOCATION: Goldsboro Family YMCA, Goldsboro, North Carolina

FACILITY: Raymond A. Bryan Pool, Family YMCA, Goldsboro, NC. 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 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 swimmers must be registered with USA Swimming.

ENTRIES: Submit entries on attached entry forms or HY-TEK disks. List swimmers age as of January 10. 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 December 30, 2008. E-mail entries will be accepted. The meet will be limited to the first 300 entries received with all necessary forms and fees.

SEND ENTRIES TO: Alex Black
PO Box 10355
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
Pool Surcharge:	\$4.00 per swimmer
NC Travel Fund:	\$2.00 per swimmer

AWARDS:

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

MEET DIRECTOR: Alex Black

MEET REFEREE: Mark Chenier

MEET MARSHAL: Johnny Tsui

STARTING TIMES: Saturday & Sunday Warm-ups: 8:00am-8:50am / Timed Finals: 9:00am

- 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 any 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 2, 3, 6, 7 will be dive starts from the scoreboard end. Lanes 1 & 8 will be pace lanes. 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.
- OFFICIAL'S MEETING An official's meeting will be held in the hospitality area at 8:30am.
- 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.*
- 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.*

ECSL
NEW YEAR NICK O' TIME

Event Schedule

Saturday, January 10

1	Senior 500 Free	2
3	8 & Under 100 Med. Relay	4
5	10 & Under 200 Med. Relay	6
7	12 & Under 200 Med. Relay	8
9	14 & Under 200 Med. Relay	10
11	Senior 400 Med. Relay	12
13	6 & Under 25 Free	14
15	7 – 8 25 Free	16
17	9-10 100 Free	18
19	Senior 200 Free	20
21	11-12 50 Free	22
23	13-14 50 Free	24
25	Senior 50 Free	26
27	6 & Under 25 Back	28
29	7-8 25 Back	30
31	9-10 50 Back	32
	30 Minute Lunch Break	
33	Senior 200 Fly	34
35	11-12 50 Back	36
37	13-14 100 Back	38
39	Senior 100 Back	40
41	6 & Under 25 Breast	42
43	7-8 25 Breast	44
45	9-10 50 Breast	46
47	11-12 50 Breast	48
49	13-14 100 Breast	50
51	Senior 100 Breast	52

Sunday, January 11

53	Senior 400 IM	54
55	8 & Under 100 Free Relay	56
57	10 & Under 200 Free Relay	58
59	12 & Under 200 Free Relay	60
61	14 & Under 200 Free Relay	62
63	Senior 400 Free Relay	64
65	6 & Under 50 Free	66
67	7-8 50 Free	68
69	9-10 50 Free	70
71	Senior 200 Back	72
73	11-12 100 Free	74
75	13-14 100 Free	76
77	Senior 100 Free	78
79	6 & Under 25 Fly	80
81	7-8 25 Fly	82
83	9-10 50 Fly	84
	30 Minute Lunch Break	
85	Senior 200 Breast	86
87	11-12 50 Fly	88
89	13-14 100 Fly	90
91	Senior 100 Fly	92
93	6 & Under 100 IM	94
95	7-8 100 IM	96
97	9-10 100 IM	98
99	11-12 100 IM	100
101	13-14 200 IM	102
103	Senior 200 IM	104
	10 Minute Break	
105	Senior 1000 Free	106

East Carolina Swim League

ECSL Nick O' Time
Entry Summary

Age Group	Total # of Swimmers	NCS Travel Fee (@\$2/Swimmer)	Facility Surcharge (@\$3/Swimmer)	Total # of Individual Entries	Individual Entry Fees (@ \$2.00)	Total # of Relays	Total Relay Fee (@ \$8.00/Relay)	Total Entry Fee
Girls 6 & Under								
Boys 6 & Under								
Girls 7 - 8								
Boys 7 - 8								
Girls 9 - 10								
Boys 9 - 10								
Girls 11 - 12								
Boys 11 - 12								
Girls 13 - 14								
Boys 13 - 14								
Senior Girls								
Senior Boys								
Totals								

TOTAL NCS TRAVEL: \$ _____
 TOTAL FACILITY SURCHARGE \$ _____
 TOTAL INDIVIDUAL ENTRY FEES \$ _____
 TOTAL RELAY FEES \$ _____
TOTAL FEES \$ _____

Return this summary sheet with entry fees and entry forms to:
Attn. Coach Alex Black
Goldsboro Family Y
1105 Parkway Dr.
Goldsboro, N.C. 27532

Make your check payable to the "Goldsboro Family Y"

USA SWIMMING, INC, NORTH CAROLINA SWIMMING, INC., GOLDSBORO FAMILY Y, AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS SHALL BE HELD FREE AND HARMLESS FROM ANY AND ALL LIABILITIES ON CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

Head Coach's Signature _____ Phone # _____

Print Coach's Name _____ E-Mail Address _____

Total # of swimmers this page _____

Total # of events this page _____