

**YSST WINTER INVITATIONAL SWIM MEET**  
**February 7 – 8, 2009**

- Sanction:** Held under sanction of USA Swimming Inc., by North Carolina Swimming, Inc. Sanction No. NC09024
- Location:** Hickory Foundation YMCA, 701 1<sup>st</sup> St NW, Hickory, NC.
- Rules:** The meet will be conducted in accordance with the current USA Swimming Code, the NCS Official Handbook, and NCS Safety Program.
- Facility:** 25 yard, 8 lane pool, water depth from 3 ½ feet to 8 feet, with non-turbulent lane markers. Colorado timing system will be used with an eight line scoreboard.
- Classification:** 12 & Under Invitational
- Eligibility:** All swimmers must be registered with USA Swimming.
- Meet Format:** Saturday & Sunday AM Sessions (8 & U and 9/10 Girls):  
Warm-up 8:00 AM Start 9:00 AM  
Saturday & Sunday PM Sessions (9/10 Boys and 11/12):  
Warm-up 12:30 PM Start 1:30 PM

**PLEASE NOTE THAT THE MORNING SESSIONS WILL BE ALL 8 & UNDERS AND 9/10 GIRLS. THE AFTERNOON SESSIONS WILL BE 9/10 BOYS AND ALL 11/12.** All individual events will be pre-seeded with the exception of the 500 Freestyle. A positive check-in will be required for this event. Failure to check-in will be considered a scratch.

- Entries:** Entries should be submitted via email. The age up date for this meet is February 7, 2009. Entries will not be accepted without a check for all fees made payable to **YSST. THERE WILL BE NO ON DECK REGISTRATION AVAILABLE AT THIS MEET.** No telephone entries will be accepted. Late entries may be accepted at the discretion of the Meet Director at double the entry fees.
- Entry Limit:** Swimmers are limited to 4 individual events per day and one relay event per day. **Entries will be limited to 250 swimmers per session** and will be accepted in the order of receipt until the entry deadline. Entries not properly completed will be considered not received.

**Entry Deadline:** Entries must be received by Wednesday, January 28, 2009.

Mail entries to:  
Jon Jolley  
701 1<sup>st</sup> Street NW  
Hickory, NC 28601  
(828) 381-8806  
[jtjolley@twave.net](mailto:jtjolley@twave.net)

**Fees:** Individual Events: \$2.50  
Relay Events: \$8.00  
NCS Travel fund per swimmer: \$2.00  
Facility surcharge per swimmer: \$6.00  
**Make checks payable to YSST.**

**Meet Director:** Jon Jolley  
701 1<sup>st</sup> Street NW  
Hickory, NC 28601  
(828) 381-8806  
[jtjolley@twave.net](mailto:jtjolley@twave.net)

**Awards:** Individual Events: Ribbons will be given for 1<sup>st</sup> – 8<sup>th</sup> place for each age group.  
Relay Events: Ribbons will be given for 1<sup>st</sup> – 3<sup>rd</sup> place.

**Warm-ups:** Warm-ups will be as follows (with modifications on deck by the Meet Referee as conditions warrant):  
1<sup>st</sup> 30 minutes: General warm-up for all lanes. No Diving.  
2<sup>nd</sup> 30 minutes: Specific warm-up:  
Lanes 1 & 8: Push off beginning at the starting end of the pool.  
Circle swim. No Diving.  
Lanes 2,3,6, & 7: Racing start only. Swim one length only. All swimmers begin at the starting end of the pool.  
Lanes 4 & 5: General warm-up.

**Safety:** The NCS Safety Program is in effect for this meet and warm-up procedures will be in effect. Coaches are advised to closely supervise their swimmers at all times. No running or horseplay will be tolerated.

**Release:** USA Swimming, Inc., North Carolina Swimming, Inc., YMCA of Catawba Valley, and YSST 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.

**Officials Meeting:** There will be an officials meeting at 8:30 am on Saturday in the Hospitality room.

**Meet Referee:** Dick McDonald

**Meet Marshall:** Sally Lee

**Coaches**

**Meeting:** There will be a coaches meeting at 8:45 AM on Saturday. Other meetings may be called at the discretion of the Referee or Meet Director.

**Credentials:** 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.

**General**

**Information:** Lane assignments for timing will be posted at each lane. Concessions and lunches will be available. Shower and restroom facilities are available.

## ORDER OF EVENTS

SATURDAY AM SESSION (ALL 8 & U and **9/10 GIRLS**)  
STARTS 9:00 AM, WARM-UPS 8:00 AM

GIRLS		BOYS
1	10 & U 200 FREE RELAY	
2	8 & U 100 FREE RELAY	3
4	9/10 100 FREE	
5	8 & U 50 FREE	6
7	9/10 100 FLY	
8	8 & U 25 FLY	9
10	9/10 100 IM	
11	8 & U 50 BACK	12
13	9/10 100 BACK	
14	8 & U 25 BREAST	15
16	9/10 50 BREAST	
	**10 MINUTE BREAK**	
17	10 & U 200 FREE	

SATURDAY PM SESSION (**9/10 BOYS** and ALL 11/12)  
STARTS 1:30 PM, WARM-UPS 12:30 PM

GIRLS		BOYS
18	12 & U 200 FREE RELAY	19
	9/10 200 FREE RELAY	20
21	11/12 100 FREE	22
	9/10 100 FREE	23
24	11/12 100 FLY	25
	9/10 100 FLY	26
27	11/12 100 IM	28
	9/10 100 IM	29
30	11/12 100 BACK	31
	9/10 100 BACK	32
33	11/12 50 BREAST	34
	9/10 50 BREAST	35
36	12 & U 500 FREE	37
	9/10 200 FREE	38

## ORDER OF EVENTS

SUNDAY AM SESSION (ALL 8 & U and **9/10 GIRLS**)  
STARTS 9:00 AM, WARM-UPS 8:00 AM

GIRLS		BOYS
39	10 & U 200 MEDLEY RELAY	
40	8 & U 100 MEDLEY RELAY	41
42	9/10 200 IM	
43	8 & U 100 IM	44
45	9/10 50 FREE	
46	8 & U 25 FREE	47
48	9/10 100 BREAST	
49	8 & U 50 BREAST	50
51	9/10 50 BACK	
52	8 & U 25 BACK	53
54	9/10 50 FLY	
55	8 & U 50 FLY	56

SUNDAY PM SESSION (**9/10 BOYS** and ALL 11/12)  
STARTS 1:30 PM, WARM-UPS 12:30 PM

GIRLS		BOYS
57	12 & U 200 MEDLEY RELAY	58
	9/10 200 MEDLEY RELAY	59
60	11/12 200 IM	61
	9/10 200 IM	62
63	11/12 50 FREE	64
	9/10 50 FREE	65
66	11/12 100 BREAST	67
	9/10 100 BREAST	68
69	11/12 50 BACK	70
	9/10 50 BACK	71
72	11/12 50 FLY	73
	9/10 50 FLY	74
75	11/12 200 FREE	76