



Senior SwimMAC Intrasquad Meet January 17 & 18, 2009

Sanction: Held under sanction of USA Swimming issued by North Carolina Swimming, Inc.
Sanction #NC09028

Host: SwimMAC Carolina

Facility: Mecklenburg Aquatic Club
9850 Providence Road
Charlotte, NC 28277
(704)846-5335

The MAC Swim Center at Charlotte Latin School is a 30,000 square foot facility featuring a 50-meter by 25-yard Paddock Pools racing tank. In the 10 –lane competition course, pool depth ranges from 6 feet to 12 feet with lanes that are 8-feet wide. Up to 10 lanes will be used for continuous warm-up and warm-down. The facility also features a Colorado 6000 system and ten-lane scoreboard. There is bleacher seating for 600 competitors and spectators.

Schedule: Saturday & Sunday, January 17 & 18, 2009

Warm-up:	11:30AM
Timed Finals:	1:00PM

Format: All events will be conducted on a timed final basis.

Classification: This is an open Senior Meet.

Eligibility: This meet is open to all swimmers registered with SwimMAC.

Entry Limits: Swimmers may swim up to 6 events, no more than 3 per day.

Rules: This meet will be conducted in accordance with the current USA Swimming Code and the NCS Official Handbook and NCS Safety program, except wherein are optional and exceptions are stated.

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.

Warm-up: In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures.

During the competition there will be lanes available for continuous warm-up/warm-down. There is to be no diving or horseplay in this area.

Entry Forms: Entries can be e-mailed in a HY-TEK file. All computer entries must be accompanied by a hard copy of the entire meet entry. Please list each swimmer's age as of January 17, 2009. There will be no deck registration at this meet.

All entries, manual or computer generated must include the following forms:

1. Official Summary Sheet
2. Payment of Fees

Fees: \$10.00 per swimmer.
Please make checks payable to the Mecklenburg Aquatic Club.

Entry: Entries must be received by **Tuesday, January 6, 2008.**
No fax or phone entries. Late entries will be accepted at the discretion of the Meet Director.

Please mail entries to: The Mecklenburg Aquatic Club
 9850 Providence Road
 Charlotte, NC 28277
 Attention: Intrasquad Meet Director

Meet

Management: Meet Director: Sally Higgins jshiggins@windstream.net
 Meet Referee: Dick van Halsema officials@vanhalsema.com
 Meet Marshall: Russ Kasl rkasl@swimmaccarolina.org

Coaches'

Meeting: There will be a coaches' meeting at 12:30pm on Saturday.

Officials'

Meeting: There will be an officials' meeting at 12:00 noon on Saturday in the hospitality room.

Hospitality: There will be hospitality provided for all coaches, officials and volunteers.

Safety: The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No running or horseplay is permitted. Glass containers or bottles are not permitted in the MAC Swim Center.

Release: USA Swimming, North Carolina Swimming, Inc., Charlotte Latin School and The Mecklenburg Aquatic Club and all the employees and representatives of these organizations 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.

Scoring: There will be no scoring at this meet.

Awards: There will be no awards given at this meet.

Attachments: Order of events.

Information: For more information, contact Russ Kasl at 704-846-5335, ext. 106 or e-mail at rkasl@swimmaccarolina.org.

SwimMAC Senior Intrasquad Meet

January 17 & 18, 2009

Saturday Session- January 17, 2009

Girls	Event	Boys
1	400 yd. IM	2
3	200 yd. Freestyle	4
5	200 yd. Butterfly	6
7	200 yd. Backstroke	8
9	200 yd. Breaststroke	10
11	500 yd. Freestyle	12

Sunday Session- January 18, 2009

Girls	Event	Boys
13	200 yd. IM	14
15	100 yd. Freestyle	16
17	100 yd. Butterfly	18
19	100 yd. Backstroke	20
21	100 yd. Breaststroke	22
23	1000 yd. Freestyle	24