

**2009 TYR Upper Southeast Regional YMCA
Short Course Championship Meet
March 13-15, 2009**

HOST: YMCA of the Triangle Area Swim Team
1603 Hillsborough Street
Raleigh, NC 27605
(919) 832-9088

LEAGUE SPONSOR: Greater YMCA Sunbelt Swimming Association

SANCTION: This meet is sanctioned by the YMCA Competitive Swimming and Diving Committee as a Championship level competition (National YMCA Sanction Number is pending). This competition will satisfy the Championship Meet Requirement for YMCA Nationals. In addition, this will be a USA Swimming Approved meet and run under USA Swimming technical rules and regulations. North Carolina Approval #NC09033AP

FACILITY: Triangle Aquatic Center
275 Convention Drive
Cary, NC 27511
(919) 459-4045

COMPETITION POOL

The Triangle Aquatic Center facility features a 50-meter pool divided into two competitive courses – one that is 10 lanes, and one that is 8-lanes. An additional 10-lane, 25-yard pool is available for continuous warm-up and warm-down. The depth of the 50-meter pool ranges from 7 to 12 feet. The pool is equipped with state-of-the-art anti-turbulent lane lines, Paragon starting blocks, Daktronic timing system and digital scoreboard.

Only meet volunteers, athletes and coaches will be allowed on the pool deck. **NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME.**

OTHER SITE INFORMATION

There is seating capacity for 1,000 spectators on the viewing level. There is ample parking available adjacent to the pool in the mall parking lot. A concession stand is available for drinks and snack items.

FACILITY RULES

- 1) No smoking is allowed inside the facility.
- 2) No outside food, drinks or coolers allowed inside the facility.
- 3) No glass containers are allowed inside the facility.
- 4) No chairs allowed in the spectator area. Swimmers and coaches may bring chairs on deck.

DATES AND TIMES: *Friday, March 13 through Sunday, March 15*

13 & older

Preliminary Warm-up: 7:00 a.m.
Preliminaries: 8:30 a.m.
Finals Warm-up: 5:00 p.m.
Finals: 6:00 p.m.

12 & under

Warm-up: Not Before 12:00 noon
Timed Finals: Not Before 1:00 p.m.

CLASSIFICATION: This is a closed YMCA meet.

ELIGIBILITY: All participants must be a member of their local YMCA swim team and must have full privilege annual membership at that YMCA to be eligible. Each participant must have competed in at least three (3) interassociation (closed YMCA) meets since Sept. 1, 2008 prior to the entry deadline and have met the entry qualifying standards. Swimmers must have achieved the BB time standard in their age group in each event entered. **Swimmers on YMCA club teams outside of the Upper Southeast Region must meet the A time standard in each event entered.** All USRY clubs entering by the entry deadline will be accepted. The Upper Southeast Region and the meet host reserves the right to deny entry to any teams not belonging

to the Upper Southeast Region in order to limit the overall size of the meet to 950 swimmers. **Swimmers must compete at their age as of March 13, 2009.**

FORMAT & RULES: The meet will be conducted in accordance with USA Swimming technical rules and regulations. For those teams that are both YMCA and USA Swimming members, you must submit USA Swimming ID numbers for each swimmer entered in the meet.

- 1) The competition will consist of a preliminary and finals session each day for the 13-14 and Senior age groups. During finals, a Consolation and Championship heat will be offered for both the 13-14 and Senior age groups. The top 8 swimmers from prelims will qualify for the Championship final, and swimmers placing 9th-16th will qualify for the Consolation final. For the 10 & under and 11-12 age groups, all events will be timed finals.
- 2) All 13-14 and Senior prelim events will be run in two courses. The girls will be run in the 10-lane course, and the boys will be run in the 8-lane course. All timed final and finals sessions will be competed in the 8-lane course.
- 3) Senior events are open to swimmers of any age, but those swimmers must meet the Senior qualifying standard in each event. However, swimmers must choose to swim either as a Senior or in their respective age group entirely. **Swimmers may not cross between age groups at this meet (i.e. a 12-year old who decides they want to swim Senior events may do so, but they must swim all their events in the Senior age group and will not be allowed to enter 11-12 events).** The only exception is that 12 & under swimmers may be allowed to enter the 1000- and 1650-yd Freestyle provided that they meet the 15-16 A time standard in those events.
- 4) The following events will be deck seeded and will require a positive check-in – 12 & Under 500-yd Freestyle, 11-12 400-yd Individual Medley, 13-14 and Senior 500-, 1000-, and 1650-yd Freestyle, and the 13-14 and Senior 400-yd Individual Medley. All other events will be pre-seeded.
- 5) For the 13-14 and Senior 400-yd Individual Medley and 500-yd Freestyle, the prelim heats will be swum in the following manner:
 - a. 4 fastest circle-seeded heats swum slowest to fastest
 - b. All remaining heats swum fastest to slowest
- 6) The Senior 1000- and 1650-yd Freestyle events will be limited to the fastest 40 girls and fastest 40 boys entered. Both events will be swum as timed finals events with the fastest 8 seeded girls and boys competing during finals on Friday and Sunday, respectively. The remaining heats of the 1000-yd Freestyle will be swum fastest to slowest following the completion of the morning heats of the 800-yd Freestyle Relay on Friday. The remaining heats of the 1650-yd Freestyle will be swum fastest to slowest following the completion of the morning heats of the 400-yd Freestyle Relay on Sunday. On Sunday, there will be NO AM/PM option for the 1650-yd Freestyle. **All preliminary heats of the 1000- and 1650-yd Freestyle events will be run in two courses.**
- 7) **Relay entries will be limited to two per team per event.** All relays will be swum as timed finals. The fastest seeded heat of the Senior relays will be swum during the finals sessions on Friday and Saturday. All remaining heats will be swum during the prelim sessions. On Friday, prelim heats of the 800-yd Freestyle Relay will be swum prior to the prelim heats of the 1000-yd Freestyle. On Sunday, all heats of the 400-yd Freestyle Relay will be contested at the conclusion of the prelim session prior to the morning heats of the 1650-yd Freestyle.
- 8) There will be a 10-minute break at the completion of the Senior 200-yd Freestyle Relay and 200-yd Medley Relay during both the prelim and finals sessions on Friday and Saturday. Additional breaks may be added to best meet the needs of the swimmers and will be voted on by the coaches.

CHECK-IN
DEADLINES:

Senior 1000-yd Freestyle	Friday @ 8:30 a.m.
12 & Under 500-yd Freestyle	Friday @ 1:00 p.m.
13-14/Senior 400-yd IM	Saturday @ 8:15 a.m.
13-14/Senior 500-yd Freestyle	Saturday @ 8:15 a.m.
11-12 400-yd IM	Sunday @ 1:00 p.m.
Senior 1650-yd Freestyle	Sunday @ 8:30 a.m.

ENTRY LIMITS:

13 and older swimmers will be allowed to compete in a maximum of eight (8) individual events total for the meet and no more than three (3) individual events per day. 12 and under swimmers will be allowed to compete in a maximum of nine (9) individual events total for the meet and no more than four (4) individual events per day. 12 and under swimmers choosing to swim in the Senior division are allowed to compete in a maximum of eight (8) individual events total for the meet and no more than three (3) individual events per day.

ENTRY DEADLINE: Entries must be received no later than 6:00pm Tuesday, March 3rd, 2009. Entries from meets held the weekend of March 6-8 will be accepted but must be received by no later than 12:00 p.m. on Monday, March 9, 2009. **NO LATE ENTRIES WILL BE ACCEPTED.**

ENTRY PROCEDURE:

- 1) All entries MUST be submitted in HYTEK format. **NO HANDWRITTEN, FAX OR PHONE ENTRIES WILL BE ACCEPTED.**
- 2) All teams must submit a HYTEK entry file via email. Please enter best short-course yards times. HYTEK entry files should be emailed to chad.onken@ymcatriangle.org. The entry deadline is, Tuesday, March 3rd, 2009. Entries from meets the weekend of March 6-8 must be received by no later than 12:00 p.m. on Monday, March 9, 2009.
- 3) The following items MUST accompany all entry packets
 - a. HYTEK printout of team entries
 - b. Completed Entry Summary Form
 - c. Copies of coaches' certification cards
 - d. Payment in full of all entry fees – **make checks payable to YOTA Swim Team.**

*** All entry packets should be mailed to ***

YOTA Swim Team
c/o Chad Onken
1603 Hillsborough Street
Raleigh, NC 27605
Email: chad.onken@ymcatriangle.org
Phone: (919) 832-9088 ext. 2
Fax: (919) 828-6246

ENTRY FEES: Individual events: \$4.00
Relays: \$12.00
Facility Surcharge: \$15.00 per athlete

AWARDS: Teams: Top Three Combined Teams
Individuals: 1st – 3rd Medals (13 & Over)
4th – 8th Ribbons (12 & Under Only)
Relays: 1st – 3rd Medals (All Age Groups)

SCORING: All events will be scored from 1st through 8th place.

SCRATCH
RULE:

The North Carolina Scratch Rule will be in effect for this meet. Scratches for Consolation and Championship finals heats must be made at the Clerk of Course by no later than 30 minutes following the announcement of the preliminary results. **Failure to compete in a Championship or Consolation final shall result in disqualification from the remainder of the meet.** There will be no penalties for scratches from preliminary events or from timed finals events not requiring a positive check-in. **Failure to compete in a timed finals event that requires a positive check-in shall result in the individual swimmer being disqualified from his or her next event.** No penalty shall apply for failure to compete in a positive check-in event if (1) the Meet Referee is notified of an illness or injury and accepts the proof thereof, or (2) the failure to compete is caused by circumstances beyond the control of the swimmer.

TIME TRIALS: Time trials will be offered at the discretion of the Meet Referee at the conclusion of Friday, Saturday and Sunday's finals sessions. Time trials will cost \$10 per entry. **ONLY SWIMMERS ENTERED IN THE MEET ARE ELIGIBLE TO DO TIME TRIALS.** Time trial swims do not count toward an athlete's total swims allowed for the meet.

MEET
MANAGEMENT:

Meet Director – Jane Houchin
Meet Referees – Bob Probst
Meet Marshall – Chad Onken

SAFETY:

The NCS Safety Program is in effect for this meet. Coaches are advised to closely monitor their swimmers at all times. Running and horseplay will not be permitted. Coaches must carry their coach certification cards at all times when on the pool deck and all certifications must be current.

- COACHES MEETING: There will be a coaches meeting on Friday morning at 8:10 a.m. in the hospitality room and as announced by the Meet Referee.
- OFFICIALS MEETING: There will be an officials meeting on Friday morning at 8:10 a.m. in the hospitality room and 30 minutes prior to the start of each session.
- VOLUNTEERS: Volunteer officials are welcome. If you have USA Swimming certified officials who will be in attendance and would like to work, please email their names to Jane Houchin at wolfpackjane@yahoo.com.
- HOSPITALITY: Meals, snacks and drinks will be provided for all coaches, officials and volunteers.
- CONCESSIONS: Concessions will be available for all in attendance on the spectator level.
- PARKING: Parking at the pool is limited to coaches, officials and volunteers only. There is ample parking in the adjacent mall parking lot for swimmers and spectators.

USA Swimming, Inc., North Carolina Swimming, Inc., the YMCA of the Triangle Area, Inc., the Triangle Aquatic Center and all employees 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.

2009 TYR Upper Southeast Regional YMCA Championships

Triangle Aquatic Center

Cary, NC

March 13-15, 2009

ORDER OF EVENTS

Friday, March 13

13 & Over Session

Preliminaries: 8:30 a.m. / Finals: 6:00 p.m.

Girls	Event	Boys
1	Senior 200-yd Medley Relay	2
	*** 10-Minute Break ***	
3	Senior 1000-yd Freestyle*	4
5	13-14 100-yd Breaststroke	6
7	Senior 100-yd Breaststroke	8
9	13-14 200-yd Freestyle	10
11	Senior 200-yd Freestyle	12
13	13-14 100-yd Butterfly	14
15	Senior 100-yd Butterfly	16
17	13-14 200-yd Individual Medley	18
19	Senior 200-yd Individual Medley	20
21	Senior 800-yd Freestyle Relay	22

* The morning heats of the 1000-yd Freestyle will be swum immediately following the morning heats of the 800-yd Freestyle Relay.

12 & Under Session

Timed Finals: Not Before 1:00 p.m.

Girls	Event	Boys
23	11-12 200-yd Medley Relay	24
25	10 & Under 200-yd Medley Relay	26
27	11-12 200-yd Butterfly	28
29	11-12 50-yd Breaststroke	30
31	10 & Under 50-yd Breaststroke	32
33	11-12 100-yd Freestyle	34
35	10 & Under 100-yd Freestyle	36
37	11-12 100-yd Backstroke	38
39	10 & Under 100-yd Backstroke	40
41	12 & Under 500-yd Freestyle	42

Saturday, March 14

13 & Over Session

Preliminaries: 8:30 a.m. / Finals: 6:00 p.m.

Girls	Event	Boys
43	Senior 200-yd Freestyle Relay	44
	*** 10-Minute Break ***	
45	13-14 400-yd Individual Medley	46
47	Senior 400-yd Individual Medley	48
49	13-14 50-yd Freestyle	50
51	Senior 50-yd Freestyle	52
53	13-14 200-yd Breaststroke	54
55	Senior 200-yd Breaststroke	56
57	13-14 100-yd Backstroke	58
59	Senior 100-yd Backstroke	60
61	13-14 500-yd Freestyle	62
63	Senior 500-yd Freestyle	64
65	Senior 400-yd Medley Relay	66

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Saturday, March 14

12 & Under Session

Timed Finals: Not Before 1:00 p.m.

Girls	Event	Boys
67	11-12 200-yd Freestyle Relay	68
69	10 & Under 200-yd Freestyle Relay	70
71	11-12 50-yd Backstroke	72
73	10 & Under 50-yd Backstroke	74
75	11-12 200-yd Individual Medley	76
77	10 & Under 200-yd Individual Medley	78
79	11-12 100-yd Butterfly	80
81	10 & Under 100-yd Butterfly	82
83	11-12 100-yd Breaststroke	84
85	10 & Under 100-yd Breaststroke	86
87	11-12 200-yd Freestyle	88
89	10 & Under 200-yd Freestyle	90

Sunday, March 15

13 & Over Session

Preliminaries: 8:30 a.m. / Finals: 6:00 p.m.

Girls	Event	Boys
91	Senior 1650-yd Freestyle*	92
93	13-14 200-yd Backstroke	94
95	Senior 200-yd Backstroke	96
97	13-14 100-yd Freestyle	99
99	Senior 100-yd Freestyle	100
101	13-14 200-yd Butterfly	102
103	Senior 200-yd Butterfly	104
105	Senior 400-yd Freestyle Relay	106

* The morning heats of the 1650-yd Freestyle will be swum immediately following the morning heats of the 400-yd Freestyle Relay

Sunday, March 15

12 & Under Session

Timed Finals: Not Before 1:00 p.m.

Girls	Event	Boys
107	11-12 100-yd Individual Medley	108
109	10 & Under 100-yd Individual Medley	110
111	11-12 200-yd Backstroke	112
113	10 & Under 50-yd Freestyle	114
115	11-12 50-yd Freestyle	116
117	11-12 200-yd Breaststroke	118
119	10 & Under 50-yd Butterfly	120
121	11-12 50-yd Butterfly	122
123	11-12 400-yd Individual Medley	124
125	12 & Under 400-yd Freestyle Relay	126

2009 TYR Upper Southeast Regional YMCA Short Course Championships

Entry Summary Form

Age Group	Total # of Swimmers @ \$15.00	Total Meet Surcharge	Total # of Entries @ \$4.00	Total Individual Entry Fees	Total # Relay Entries @ \$12.00	Total Relay Entry Fees
10 & under GIRLS						
11 – 12 GIRLS						
13 – 14 GIRLS						
Senior GIRLS						
10 & under BOYS						
11 – 12 BOYS						
13 – 14 BOYS						
Senior BOYS						
TOTALS:		\$		\$		\$

TOTAL _____

Please submit one check with entries to cover your team's total entry fees.
Make check payable to **YOTA Swim Team**.

Head Coach's Name _____ Phone _____

Club Name _____ Club Code _____

Club Address _____ E-mail _____

The YMCA of the USA Competitive Swimming and Diving Committee, USA Swimming, Upper Southeast Region Y, North Carolina Swimming and the YMCA of the Triangle Area Swim Team, shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injury to anyone during the conduct of this event.

Head Coach's Signature: _____