

2009 BRSL SHORT COURSE CHAMPIONSHIPS
March 27-29, 2009

HOST: Aquatic Team of Mecklenburg

SANCTION: Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc., Sanction#NC09042

FACILITY: Mecklenburg County Aquatic Center (MCAC in downtown Charlotte)
800 East Martin Luther King, Jr. Blvd
Charlotte, NC 28204
704-336-3483

The competition pools are 8-lane, 25 yard course featuring nine foot lanes separated by non-turbulent lane lines, paragon starting blocks and a minimum pool depth of 6 feet. A Colorado Electronic Timing system and an 8-lane scoreboard will be used. Warm-up and warm-down lanes will be available. Seating for 1000 spectators.

RULES: The meet will be conducted in accordance with the 2008 USA Swimming Rules and Regulations, NCS Official Handbook and NCS Safety Program except where rules therein are optional and exceptions are herein stated. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay in any area of the facility will be tolerated. There may be combined heats in the events 400 yards and longer. The NCS Scratch Rule is in effect for prelims and finals events. Swimmers who are not positively checked in, will not be allowed to swim. Swimmers who positively check in and do not appear for that event will be scratched from their next scheduled event.

CLASSIFICATION: This is a closed league competition. Three day Invitational with timed finals for 12-unders and trials/finals for 13-14 and Senior.

ELIGIBILITY: This meet is open to BRSL members properly registered with USA Swimming.

ENTRIES: Submit entries in Team Manager by email to Steve Sears at ssears@appliedcpu.com. There will be no "on deck" registration available at the meet. All relay 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: Each swimmer may swim 3 individual events per day and relays. Late entries may be accepted at the discretion of the meet director and will not be seeded.

***Swimmers 19 and over may enter the meet. They may not score and may only swim in the bonus final heat.

RELAYS: Each team may enter as many relays as they wish with only the fastest relay for each team scoring.

ENTRY DEADLINE: Entries must be in by March 18th, 2009. Send entries via email using Hy-tek team manager files. Late entries may be charged **double**. Submit entries to Steve Sears at ssears@appliedcpu.com

FORMAT: This meet will be prelims/finals for 13-over and timed final for 12-unders. Relays and events 400 yards and longer will be timed finals.

COACHES AND OFFICIALS: A meeting will be held immediately after the warm-ups on Friday evening and as needed during the meet in the hospitality room.

ENTRY FEES: \$2.50 PER TIMED FINAL EVENT
\$3.50 PER TRIALS/FINALS EVENT
\$8.00 PER RELAY
\$2.00 NCS TRAVEL FEE
\$10.00 PER SWIMMER FACILITY SURCHARGE
\$5.00 PER TEAM BRSL MEMBERSHIP FEE

***All entries are non-refundable.

MAKE CHECKS PAYABLE TO: **SPEARHEAD BOSTER CLUB**
C/o Caroline Grubb
525 Tanners Ct.
Charlotte, NC 28262

EMAIL ENTRIES TO: ssears@appliedcpu.com, (704)516-1440

AWARDS: Medals will be awarded for 1st through 3rd in individual events and ribbons for 4th through 8th place. Relays will be awarded medals for 1st and ribbons for second and third. Only one relay team from each team may score. High Point Trophies will be given for each age group male and female. Team Awards will be given for 1st through 3rd combined.

SCORING: USA Swimming scoring system for 8 lane pools through 16th place.

WARM-UP: General warm-up for 45 minutes and specific warm-up the last 15 minutes. Warm-ups shall be conducted according to the NCS Safety Program and shall be supervised at all times. Coaches are advised to closely supervise their swimmers at all times.

MEET DIRECTOR: Tom Parrott (704)347-1056

MEET REFEREE: Richard Pockat

MEET MARSHALL: Shaynah Kleber

RELEASE STATEMENT: "USA Swimming, Inc., North Carolina Swimming, Inc., Aquatic Team of Mecklenburg 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."

ORDER OF EVENTS: See attached.

OFFICIALS: Officials' meetings will be held 30 minutes prior to the start of each session in the hospitality room.

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 will be required to provide timers for assigned lanes. The number of lanes assigned to each team will be determined by the number of swimmers each team enters. There will be a sign in table for volunteers from each team to be assigned their lanes.

TIME SCHEDULE:

Friday Evening	Warm-ups begin at 5:00 pm
Saturday and Sunday Morning	Warm-ups begin at 8:00 am
Saturday and Sunday Afternoon	Warm-ups begin not before 12:00 noon

Finals Warm-ups begin at 5:00 pm
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FRIDAY EVENING SESSION: Warm-ups at 5:00 pm (Timed Finals)

1	SR. 400 IM*	2
3	13-14 400 IM*	4
5	11-12 200 IM	6
7	10-UNDER 200 IM	8
9	SR. 500 FREE*	10
11	13-14 500 FREE*	12
13	11-12 500 FREE*	14
15	10-UNDER 200 FREE	16

*Positive check in required for the 400 IM & 500 Free. Check in will close 30 minutes prior to the start of the meet.

SATURDAY MORNING SESSION (TRIALS/FINALS) WARM-UPS 8:00 AM

17	13-14 200 IM	18
19	SR. 200 IM	20
21	13-14 100 BACK	22
23	SR. 100 BACK	24
25	13-14 200 BREAST	26
27	SR. 200 BREAST	28
29	13-14 100 FREE	30
31	SR. 100 FREE	32
33	13-14 200 FLY	34
35	SR. 200 FLY	36
37	13-14 400 MED REL	38
39	SR. 400 MED REL	40

SATURDAY AFTERNOON SESSION (TIMED FINALS) Warm-ups not before 12:00 noon

41	8-U 100 MED REL	42
43	10-U 50 BACK	44
45	11-12 50 BACK	46
47	8-U 25 BACK	48
49	10-U 100 FREE	50
51	11-12 100 FREE	52
53	8-U 25 FREE	54
55	10-U 100 IM	56
57	11-12 100 IM	58
59	8-U 25 BREAST	60
61	10-U 50 BREAST	62
63	11-12 50 BREAST	64
65	8-U 25 FLY	66
67	10-U 100 FLY	68
69	11-12 100 FLY	70
71	8-U 100 FREE REL	72
73	10-U 200 MED REL	74

75	11-12 200 MED REL	76
SUNDAY MORNING SESSION (TRIALS/FINALS) WARM-UPS AT 8:00 AM		
77	13-14 200 FREE	78
79	SR. 200 FREE	80
81	13-14 100 BREAST	82
83	SR. 100 BREAST	84
85	13-14 200 BACK	86
87	SR. 200 BACK	88
89	13-14 100 FLY	90
91	SR. 100 FLY	92
93	13-14 50 FREE	94
95	SR. 50 FREE	96
97	13-14 400 FR REL	98
99	SR 400 FR REL	100

**** 15 MINUTE BREAK****

101	13-14 1000 FREE	102
103	SR 1000 FREE	104
105	13-14 1650 FREE	106
107	SR 1650 FREE	108

*Positive check-in required for the 1000 Free and 1650 Free. Bring lap counters.

SUNDAY AFTERNOON SESSION (TIMED FINALS) WARM-UPS NOT BEFORE 12:00 PM

109	11-12 200 FREE	110
111	10-U 100 BACK	112
113	11-12 100 BACK	114
115	10-U 50 FREE	116
117	11-12 50 FREE	118
119	10-U 100 BREAST	120
121	11-12 100 BREAST	122
123	10-U 50 FLY	124
125	11-12 50 FLY	126
127	10-U 200 FR REL	128
129	11-12 200 FR REL	130

*Please import event file from www.ncswim.org website.