

B/C TRI-MEET

MARCH 7, 2009

SANCTION: Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction #NC09045

HOST: Mecklenburg Aquatic Club

FACILITY: MAC Swim Center at Charlotte Latin School
9850 Providence Road
Charlotte NC 28277
(704) 846-5335

The MAC Swim Center is a 30,000 square-foot facility featuring a 50-meter by 25-yard Paddock Pool racing tank. In the 10-lane 25 yard competition course, pool depth ranges from 6 to 12 feet with lanes that are 8-foot wide. Up to 11 lanes will be available for continuous warm-up and warm-down. The facility also features a Colorado 5000 system and 10-lane scoreboard. There is bleacher seating for 600 competitors and spectators.

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

ELIGIBILITY: All swimmers that are 12 & under, registered as United States Swimming athletes and swim with SwimMAC, Nu South Swimming or Stingray. Meet Management reserves the right to limit the number of participants in the meet.

SCHEDULE:

SATURDAY, MARCH 7TH

Warm-up: 12:00PM

Meet Start: 12:45PM

Sunday, MARCH 8TH

Warm-up: 8:00 AM

Meet Start: 8:45 AM

ENTRY LIMIT: Swimmers may enter 4 events each day of the meet.

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

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 will be tolerated.

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 warm-up/ warm-down.
There is to be no diving or horseplay in this area.

ENTRY FORM: Entries are asked to be emailed Amy Monroe. All computer entries must be accompanied by a complete hard copy. Please make sure swimmers are entered with their correct age as of March 7, 2009.

All entries must include the following items:

- 1.) Hard Copy of Meet Entries
- 2.) Official Hy-Tek Summary Sheet
- 3.) Payment of Fees

FEES: Individual Events: \$2.50 per event
NCS Travel Fund: \$2.00 per swimmer
Facility Surcharge: \$5.00 per swimmer

AWARDS: Ribbons 1st – 10th

ENTRY

DEADLINE: Entries must be received by Saturday February 28th. No fax or phone entries. Late entries will be accepted at the discretion of Meet Director. Please mail entries to:

Mecklenburg Aquatic Club
9850 Providence Road
Charlotte, NC 28277
Attention: 2009 B/C TRI MEET- Meet Director

E-Mail entries to Amy Monroe at amonroe@swimmaccarolina.org.

“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.”

OFFICIALS: MAC welcomes and encourages the assistance of certified officials from visiting teams. To volunteer, please contact the Meet Referee once you arrive. There will be an officials meeting at 12:30 pm in the hospitality room.

****THE WILL BE A COACHES MEETING AT 12:30PM SATURDAY AND 8:30AM SUNDAY IN THE HOSPITALITY ROOM***

MEET

MANAGEMENT: Meet Director: Stephanie Miller
Meet Referee: Richard Pockat
Safety Marshall: Amy Monroe

HOSPITALITY &

CONCESSIONS: There will be a hospitality room open to all coaches and officials.

RELEASE: USA Swimming, North Carolina Swimming Inc., Charlotte Latin School and Mecklenburg Aquatic Club and all 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..

INFORMATION: For more information, contact Amy Monroe, 704-846-5335 ext113
amonroe@swimmaccarolina.org

B/C TRI MEET

March 7-8, 2009

SATURDAY

		warm-up	12:00 PM
		start	12:45 PM
<u>GIRLS</u>	<u>Order of Events</u>	<u>BOYS</u>	
1	11-12 100 Freestyle	2	
3	9-10 100 Freestyle	4	
5	8 & under 50 Freestyle	6	
7	11-12 50 Fly	8	
9	9-10 50 Fly	10	
11	8 & under 25 Fly	12	
13	11-12 200 Free Relay	14	
15	9-10 200 Free Relay	16	
17	8 & under 100 Free Relay	18	
19	11-12 100 Back	20	
21	9-10 100 Back	22	
23	8 & under 50 Back	24	
25	11-12 50 Breast	26	
27	9 -10 50 Breast	28	
29	8 & under 25 Breast	30	
31	11-12 200 IM	32	
33	9-10 200 IM	34	
35	8 & under 100 IM	36	

SUNDAY

		warm-up	8:00
		start	8:45 AM
<u>GIRLS</u>		<u>BOYS</u>	
37	11-12 100 IM	38	
39	9-10 100 IM	40	
41	8 & under 25 Free	42	
43	11-12 50 Free	44	
45	9-10 50 Free	46	
47	8 & under 50 Fly	48	
49	11-12 100 Fly	50	
51	9-10 100 Fly	52	
53	8 & under 25 Back	54	
55	11-12 50 Back	56	
57	9-10 50 Back	58	
59	8 & under 100 Medley Relay	60	
61	11-12 200 Medley Relay	62	
63	9-10 200 Medley Relay	64	
65	8 & under 50 Breast	66	
67	11-12 100 Breast	68	

69	9-10 100 Breast	70
71	8 & under 100 Free	72
73	11-1-2 200 Free	74
75	9-10 200 Free	76