



JOSH WEAVER MEMORIAL "MEET ON THE HILL"

LONG COURSE "A" INVITATIONAL
KOURY NATATORIUM, CHAPEL HILL, NC

MAY 14-17, 2009

SANCTION: Held under the Sanction of United States Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction # NC09048

THIS MEET IS CURRENTLY FULL AND WE CANNOT ACCEPT ADDITIONAL ENTRIES FROM TEAMS THAT HAVE NOT ALREADY COMMUNICATED WITH MEET MANAGEMENT. IF YOU WOULD LIKE TO BE PLACED ON THE WAITING LIST, PLEASE LET US KNOW.

LOCATION: Koury Natatorium, UNC Campus, Skipper Bowles Dr, Chapel Hill, NC.

HOST: North Carolina Aquatic Club

DATES & TIMES: Thursday, May 14
Warm-up 5:00 p.m. Timed Finals begin 6:00 p.m.

Friday, May 15 – Sunday, May 17, 2009

13-14 and Senior Session:

Prelims warm-up Group 1: 6:00-6:45 a.m.. Group 2: 6:45-7:30 a.m.

Specific Warm-up 7:30-7:50 a.m. Prelims start 8:00 a.m.

Finals warm-ups begin 5:00 p.m. Finals begin 6:00 p.m.

10&U and 11-12 Session:

Warm-ups not before 1:00 p.m. Timed Finals begin not before 2:00 p.m.

CLASSIFICATION: 13-14, Senior Prelims and Finals; Age Group Timed Finals Swim Meet

ELIGIBILITY: Any current USA Swimming registered swimmer that meets the USA Swimming 2009-2012 Motivational Time standard for the "A" classification is eligible to compete. An "A" swimmer is one who has achieved an "A" time in two of the five different strokes (including IM) in their given age group. 15 & Over swimmers must have two 15-16 "A" times to be entered in the meet. Any 12 & under swimmers entered in Senior Events, must have the 15-16 "A" time in each Senior event entered. Any 10 & under swimmers entered in 12 & under events must have the 11-12 "A" time in each event entered. This includes 10 & unders entered in the 12& Under 400 Fr.

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

Meet management may elect to run chase starts during preliminary and timed final events if they deem necessary based on the size of the meet

13-14 and Senior Sessions:

All morning prelim sessions may be conducted using chase starts with women starting at the diving end and men starting at the main scoreboard end. All evening final sessions will be started at the main scoreboard end of the pool. Dive-over starts may be used during prelims only.

The competition will consist of a preliminary session and a finals session each day, with the exception of Thursday. During finals, a Championship heat followed by a Consolation heat will be swum based on results from preliminaries and will be contested in that order. The top 8 swimmers from preliminaries qualify for the Championship heat. Swimmers placing 9th-16th during preliminaries qualify for the Consolation heat. Alternates should be ready to swim and standing near the starter. Alternates will not be called.

All events with the exception of relays, and the 800 and 1500 free will be conducted as prelims/finals.

The **13-14 and Senior 800 freestyle** will be swum combined by age and scored separately. Only the fastest 20 swimmers per gender per age group (14 & Under and Senior) will be allowed to swim, with the

fastest heat (according to preference) competing in the Finals session. In the event that fewer than 20 swimmers in one gender in one age group enter the event, we will permit additional swimmers of the same gender in the other age group to swim until we have filled 5 heats of each gender. Please indicate AM or PM preference during check in (Saturday evening). The remaining heats will be swum fastest to slowest, alternating women and men after the preliminaries of the 200 Backstroke. Due to time limitations, the meet referee may elect to swim two swimmers per lane starting swimmers from both ends of the pool simultaneously. Coaches will be advised about the procedure before the end of the first break of prelims on Sunday morning.

The **Senior 1500 freestyle** will be timed finals. The 1500 will be conducted in 6 lanes with a single lane buffer and one lane open for continuous warm-up/warm-down. This lane is open ONLY to those swimmers competing in the 1500. The 1500 free will be swum with two swimmers in each lane (splitting the lane in half), starting from opposite ends. It will be swum fast to slow. This event may be limited to approximately the fastest 5 heats of each gender. The event will be cut off to allow the session to end by 9:00 p.m.

The **400 IM and 400 freestyle** may be limited to the fastest 48 swimmers per gender per age group due to time limitations. The events will be swum fastest to slowest alternating women and men. See the psych sheet posting to determine initial placement of swimmers.

Afternoon 10 & under and 11-12 Sessions:

All events will be pre-seeded. There will be no relay events due to time constraints. If deemed necessary to meet the 4-hour rule, afternoon sessions will be conducted using chase starts with boys starting at the diving end and girls starting at the main scoreboard end.

The **12 & under 400 freestyle** may be limited to the fastest 24 entrants of each gender dependent upon the time line. The 400 freestyle will be swum slowest to fastest in event order with all girls' heats followed by all boys' heats. See the psych sheet posting to determine initial placement of swimmers.

SEEDING:

A psych sheet will be posted by Tuesday, May 12th at www.ncacswim.org. All Friday prelim events will be deck seeded and will require positive check-in. Scratch deadlines for Friday prelims are due by 7:15 a.m. **Any swimmer not positively checked in by the scratch deadline will not be seeded for Friday preliminary events unless empty lanes are available.** Scratches for all remaining days' events are due no later than 30 minutes after the start of finals the night before the next day's events. Scratches will be made by depositing a signed scratch form in the scratch box located on the table next to the main scoreboard end. All individual events after Friday will be considered pre-seeded.

RELAYS:

All relays will be swum in the finals session only, slowest to fastest. Relay cards are due to the timing system operator by 6 p.m. on Friday and Saturday night.

SCRATCH RULES:

A swimmer qualifying for the Championship or Consolation Finals based upon the results of the preliminary session must notify the referee within 30 minutes after the announcement of the qualifiers of that race that they may not intend to compete. A scratch form must be filled out, signed and turned in to the Administrative Referee.

Failure to compete in an individual Championship or Consolation final shall result in disqualification from the remainder of the meet. Declared false starts will not be permitted during evening finals and will be regarded as a failure to compete. There will be no penalties for a failure to compete during preliminary heats. No penalty shall apply for failure to compete in a positive check-in individual event if (1) the Referee is notified of an illness or injury and accepts the proof thereof, or (2) the referee determines that the failure to compete is caused by circumstances beyond the control of the swimmer.

FACILITY:

8 lane 50 meter pool with non-turbulent lane lines. Colorado electronic timing system with an 8 lane scoreboard will be used. Pool depth ranges from 7 to 14 ft, with starting blocks at both ends. Koury Natatorium was the site of the 1992 Spring Masters Nationals, the 1989 short-course USS Nationals and the 1987 Olympic Festival. Spectator seating is available in the balcony area. Complementary wireless internet is available in the spectator seating area and live results will be posted at www.ncacswim.org. **NO SPECTATORS ARE PERMITTED ON THE POOL DECK.** No smoking inside the building!!!

- PARKING:** Parking map will be available upon request from meet management and will be posted to www.ncacswim.org.
- HOSPITALITY:** A light breakfast, lunch, dinner, drinks and snacks will be provided to coaches, officials and meet workers. **ABSOLUTELY NO GLASS BOTTLES ON POOL DECK.**
- MEET DIRECTOR:** Ryan Woodruff
entries@ncacswim.org
(919) 943-6420
- MEET REFEREE:** Mike Hoffer – mike@carolinaclosetsplus.com
- MEET MARSHAL:** Griff Helfrich
- ENTRIES:**
- 1. Entries must be submitted via e-mail using Hy-Tek Team Manager and manually using a Hy-Tek printout.** Electronic entries will take precedence over printed copy in case of discrepancies. Any e-mail entry received will be acknowledged by a confirmation e-mail. If you do not get a confirmation e-mail, your entry has not been processed.
 2. Entries must show swimmer's USA ID and actual age of swimmer as of May 14, 2009.
 3. Enter LONG COURSE METER times only.
 4. Entry fees must be enclosed with hard copy entry and must be received by the entry deadline. Make checks payable to **NCAC**. Entries received without payment will not appear in the psych sheet until payment is received.
 5. This meet always fills to capacity VERY quickly. Send your entries in early to avoid being closed out.
- ENTRY LIMIT:** Swimmers may enter a maximum of **three** events per day. Each team may enter a maximum of **two** relays per event. Entries will close with the team that puts the total number of athletes over 550.
- ENTRY DEADLINE:** Entries must be received by Tuesday, May 5, 2009. Telephone entries will not be accepted. Late entries may be accepted on deck at the discretion of the Meet Referee, as long as empty lanes are available. Fax entries will **not** be accepted. Express mailing must be sent so as NOT to require a signature.
- SEND ENTRIES TO:** Ryan Woodruff
5008 Silhouette Drive
Durham, NC 27713
E-mail: entries@ncacswim.org
- SCORING:** Individual events will be scored 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. for the top 16 finishers; relays will be scored double the individual points for top 16 places.
- AWARDS:** Individual events: medals 1st - 3rd place; ribbons, 4th - 8th place.
Relay events: ribbons 1st - 3rd places.
Distinctive awards for high point scorers per each sex and age group.
- ENTRY FEES:** \$2.50 per individual event (all sessions)
\$8.00 per relay event
\$2.00 per swimmer NCS Travel Fund
\$15.00 per swimmer Facility Use Surcharge
Double entry fees will be charged for late entries, if accepted. All fees are non-refundable, except if entry is rejected for non-compliance with this meet information, or meet has reached the maximum entry limit of 550 swimmers.
- WARM-UPS:** There will be split warm-up times. Each coach will be e-mailed a warm up schedule by Monday, May 11th. General warm-up all lanes until the last 20 minutes of warm-ups. There will be no diving until then.
LAST 20 MINUTES: Specific warm-up.
- Lanes 1 & 8- Pace 50's from a push off.
 - Lanes 2 & 7-Dive start sprints. Lane 2 start from shallow end; Lane 7 from the deep end of pool.
 - Lanes 3-6-General warm-up only. No Diving.
 - Absolutely No swimming under bulkheads!!!

COACHES MEETING: There will be a coaches meeting at 7:50 a.m. Friday morning in the hospitality room.

OFFICIALS: There will be an officials briefing at 7:30 a.m. Friday morning in the hospitality room. There will be briefings 45 minutes before the start of each session. Application as an Officials Qualifying Meet (OQM) (N2 all positions/N3 S&T/initial assigned positions) has been made to USA swimming. Officials wishing to be evaluated, please submit a completed [evaluation request form](#) to the Meet Referee, [Mike Hoffer](#). Evaluation requirements are found at [USA Swimming](#).

TIMERS: Teams may be asked to provide timers. Requests for timers will be e-mailed to teams in advance of the meet if necessary.

COACHES VERIFICATION: All coaches on deck must wear their current USA Swimming membership card in a visible place. **Coaches failing to do so will be barred from the deck.**

SAFETY: The North Carolina Safety Program is in effect for this meet. Coaches are advised to closely supervise these swimmers at all times. No horseplay will be tolerated! Other than volunteer meet workers, no parents will be allowed on the deck.

USA Swimming, Inc., North Carolina Swimming, Inc., and North Carolina Aquatic Club 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.



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ORDER OF EVENTS

WOMEN	THURSDAY EVENING TIMED FINALS	MEN
#	EVENT	#
1	SENIOR 1500 FREE	2
3	14 & UNDER 1500 FREE	4

*** A 10-minute warmup period is scheduled in the competition pool and the four 100m freestyle events met.

WOMEN	FRIDAY MORNING PRELIMS	MEN	WOMEN	FRIDAY NIGHT FINALS	MEN
#	EVENT	#	#	EVENT	#
5	SENIOR 200 FREE	6	5	SENIOR 200 FREE	6
7	13-14 200 FREE	8	7	13-14 200 FREE	8
	***			***	
9	SENIOR 100 BREAST	10	9	SENIOR 100 BREAST	10
11	13-14 100 BREAST	12	11	13-14 100 BREAST	12
	***			***	
13	SENIOR 100 FLY	14	13	SENIOR 100 FLY	14
15	13-14 100 FLY	16	15	13-14 100 FLY	16
	***			***	
17	SENIOR 400 IM	18	17	SENIOR 400 IM	18
19	13-14 400 IM	20	19	13-14 400 IM	20

			21	SENIOR 400 FREE RELAY	22
			23	13-14 400 FREE RELAY	24

WOMEN	FRIDAY AFTERNOON TIMED FINALS	MEN
#	EVENT	#
25	11-12 50 FREE	26
27	10 & UNDER 50 FREE	28

29	11-12 200 IM	30
31	10 & UNDER 200 IM	32

33	11-12 50 BACK	34
35	10 & UNDER 50 BACK	36

37	11-12 400 FREE	38
39	10 & UNDER 400 FREE	40



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WOMEN	SATURDAY MORNING PRELIMS	MEN		WOMEN	SATURDAY NIGHT FINALS	MEN
#	EVENT	#		#	EVENT	#
41	SENIOR 200 IM	42		41	SENIOR 200 IM	42
43	13-14 200 IM	44		43	13-14 200 IM	44
	***				***	
45	SENIOR 50 FREE	46		45	SENIOR 50 FREE	46
47	13-14 50 FREE	48		47	13-14 50 FREE	48
	***				***	
49	SENIOR 100 BACK	50		49	SENIOR 100 BACK	50
51	13-14 100 BACK	52		51	13-14 100 BACK	52
	***				***	
53	SENIOR 400 FREE	54		53	SENIOR 400 FREE	54
55	13-14 400 FREE	56		55	13-14 400 FREE	56

				57	SENIOR 400 MEDLEY RELAY	58
				59	13-14 400 MEDLEY RELAY	60

#	EVENT	#
61	11-12 50 FLY	62
63	10 & UNDER 50 FLY	64

65	11-12 200 FREE	66
67	10 & UNDER 200 FREE	68

69	11-12 50 BREAST	70
71	10 & UNDER 50 BREAST	72

73	11-12 100 BACK	74
75	10 & UNDER 100 BACK	76

*** = A 10-minute warm-up break is scheduled in the competition pool provided the four-hour rule may still be met.



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ORDER OF EVENTS

WOMEN		SUNDAY MORNING PRELIMS		MEN		WOMEN		SUNDAY NIGHT FINALS		MEN	
#	EVENT	#	EVENT	#	EVENT	#	EVENT	#	EVENT	#	EVENT
81	SENIOR 100 FREE	82	SENIOR 100 FREE	77	SENIOR 800 FREE	78	SENIOR 800 FREE	78	SENIOR 800 FREE	78	SENIOR 800 FREE
83	13-14 100 FREE	84	13-14 100 FREE	79	13-14 800 FREE	80	13-14 800 FREE	80	13-14 800 FREE	80	13-14 800 FREE
	***		***		***		***		***		***
85	SENIOR 200 BREAST	86	SENIOR 200 BREAST	81	SENIOR 100 FREE	82	SENIOR 100 FREE	82	SENIOR 100 FREE	82	SENIOR 100 FREE
87	13-14 200 BREAST	88	13-14 200 BREAST	83	13-14 100 FREE	84	13-14 100 FREE	84	13-14 100 FREE	84	13-14 100 FREE
	***		***		***		***		***		***
89	SENIOR 200 BACK	90	SENIOR 200 BACK	85	SENIOR 200 BREAST	86	SENIOR 200 BREAST	86	SENIOR 200 BREAST	86	SENIOR 200 BREAST
91	13-14 200 BACK	92	13-14 200 BACK	87	13-14 200 BREAST	88	13-14 200 BREAST	88	13-14 200 BREAST	88	13-14 200 BREAST
	***		***		***		***		***		***
93	SENIOR 200 FLY	94	SENIOR 200 FLY	89	SENIOR 200 BACK	90	SENIOR 200 BACK	90	SENIOR 200 BACK	90	SENIOR 200 BACK
95	13-14 200 FLY	96	13-14 200 FLY	91	13-14 200 BACK	92	13-14 200 BACK	92	13-14 200 BACK	92	13-14 200 BACK
	***		***		***		***		***		***
77	SENIOR 800 FREE	78	SENIOR 800 FREE	93	SENIOR 200 FLY	94	SENIOR 200 FLY	94	SENIOR 200 FLY	94	SENIOR 200 FLY
79	13-14 800 FREE	80	13-14 800 FREE	95	13-14 200 FLY	96	13-14 200 FLY	96	13-14 200 FLY	96	13-14 200 FLY

WOMEN		SUN. AFTERNOON TIMED FINALS		MEN	
#	EVENT	#	EVENT	#	EVENT
97	11-12 100 FREE	98	11-12 100 FREE	98	11-12 100 FREE
99	10 & UNDER 100 FREE	100	10 & UNDER 100 FREE	100	10 & UNDER 100 FREE
	***		***		***
101	11-12 100 FLY	102	11-12 100 FLY	102	11-12 100 FLY
103	10 & UNDER 100 FLY	104	10 & UNDER 100 FLY	104	10 & UNDER 100 FLY
	***		***		***
105	11-12 100 BREAST	106	11-12 100 BREAST	106	11-12 100 BREAST
107	10 & UNDER 100 BREAST	108	10 & UNDER 100 BREAST	108	10 & UNDER 100 BREAST

*** = A 10-minute warm-up break is scheduled in the competition pool provided the four-hour rule may still be met.



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OFFICIAL ENTRY SUMMARY FORM

Club Name _____ Club Code _____

Address _____

City _____ State NC Zip _____

Head Coach _____ Home Phone _____

Email Address _____ Work Phone _____

Assistant Coach _____

Assistant Coach _____

Assistant Coach _____

Assistant Coach _____

Assistant Coach _____

All coaches identified above are currently registered as coaches with USA Swimming, Inc. and are responsible for the swimmers entered in this meet entry during the conduct of the event May 14-17, 2009.

Signature _____ Date _____

Release Statement

USA Swimming, Inc., North Carolina Swimming, University of North Carolina, North Carolina Aquatic Club and other governing bodies of the facilities shall be held harmless for any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

Signature _____ Date _____

# of Individual Entries		X \$2.50 each entry	\$
# of Relay Team Entries		X \$8.00 each relay entered	\$
NCS Travel Fund (Total swimmers)		X \$2.00 each swimmer	\$
Facility Charge (Total swimmers)		X \$15.00 each swimmer	\$
TOTALS			\$