



**NCAC INTRASQUAD MEET**  
KOURY NATATORIUM, CHAPEL HILL, NC  
**Sunday, May 3, 2009**

- SANCTION:** Held under the Sanction of United States Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC09057 Rev 1
- LOCATION:** Koury Natatorium, UNC Campus, Skipper Bowles Dr, Chapel Hill, NC.
- HOST:** North Carolina Aquatic Club
- DATES & TIMES:** Sunday, May 3, 2009  
Warm-up begins at 1:00 p.m.  
Meet starts at 2:00 p.m.
- CLASSIFICATION:** Senior and Age Group Timed Finals Swim Meet
- ELIGIBILITY:** Any current USA Swimming registered swimmer who is a member of the North Carolina Aquatic Club may compete.
- 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.  
  
All events will be conducted as timed finals.
- SEEDING:** Swimmers will be seeded with long course times.
- SCRATCH RULES:** No penalty shall apply for failure to compete in any event.
- 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. Wireless internet is available in the spectator seating area and live results will be posted at [www.ncacswim.org](http://www.ncacswim.org). **NO SPECTATORS ARE PERMITTED ON THE POOL DECK.** No smoking inside the building!!!
- HOSPITALITY:** No hospitality will be provided at the meet.
- MEET DIRECTORS:** Ryan Woodruff and Sean Quinn  
info@ncacswim.org  
(919) 943-6420 Cell
- MEET REFEREE:** Mike Hoffer
- MEET MARSHAL:** Griff Helfrich
- ENTRIES:** Entries will be made by NCAC coaches for all swimmers who stated they wish to compete. All entries will be in LCM.
- ENTRY LIMIT:** Swimmers may enter a maximum of 5 events at the meet.
- 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:** There will be no awards at the meet
- ENTRY FEES:** No entry fees for all events.
- OFFICIALS BRIEFING:** There will be an officials briefing at 1:30 p.m. Sunday afternoon in the hospitality room.

COACHES  
VERIFICATION:

All coaches on deck must wear their current USA Swimming membership card in a visible place. Coaches failing to do so could 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

<b>GIRLS</b>	<b>TIMED FINALS</b>	<b>BOYS</b>
<b>#</b>	<b>EVENT</b>	<b>#</b>
1	SENIOR 200 FREE	2
3	12 & UNDER 100 FREE	4
5	12 & UNDER 50 FREE	6
7	SENIOR 200 BREAST	8
9	12 & UNDER 100 BREAST	10
11	12 & UNDER 50 BREAST	12
13	SENIOR 200 BACK	14
15	12 & UNDER 100 BACK	16
17	12 & UNDER 50 BACK	18
19	SENIOR 200 FLY	20
21	12 & UNDER 100 FLY	22
23	12 & UNDER 50 FLY	24
25	SENIOR 200 IM	26
27	12 & UNDER 200 IM	28
29	SENIOR 200 FREE RELAY	30