

**3<sup>RD</sup> ANNUAL BOB PRATT INVITATIONAL SWIM MEET**  
**June 12 - 14, 2009**

- Sanction:** Held under sanction of USA Swimming Inc., by North Carolina Swimming, Inc. Sanction No. NC09067.
- Location:** Hickory Foundation YMCA, 701 1<sup>st</sup> St NW, Hickory, NC.
- Rules:** The meet will be conducted in accordance with the current USA Swimming Rules, the NCS Official Handbook, and NCS Safety Program.
- Facility:** 50 meter, 8 lane pool, water depth from 3 ½ feet to 8 feet, with non-turbulent lane markers. Automatic timing system will be used. **There is an additional 9,000 square feet of deck space at the facility.** Spectators are encouraged to bring their own chairs.
- Classification:** Open Invitational
- Eligibility:** All swimmers must be registered with USA Swimming.
- Registration:** 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.
- Meet Format:** Friday PM Session (All Ages):  
Warm-up 4:00 PM Start 5:00 PM  
Saturday & Sunday AM Sessions (8-U, 9-10, and 11-12 boys):  
Warm-up 7:30 AM Start 8:30 AM  
Saturday & Sunday PM Sessions (11-12 girls, 13-14, and Senior):  
Warm-up not before 12:00 Noon, the meet will not start before 1:00 PM
- All individual events will be pre-seeded with the exception of the 1500 & 400 Freestyles and the 400 IM. A positive check-in will be required for these events. Failure to check-in will be considered a scratch.
- Please note that the 11-12 boys will swim in the AM session and the 11-12 girls will swim in the PM session.**
- Entries:** List swimmer's age as of June 12, 2009. No telephone entries will be accepted. Late entries may be accepted at the discretion of the Meet Director at double the entry fees. **HY-TEK'S MEET MANAGER SOFTWARE WILL BE USED AND YOUR ENTRIES SHOULD BE SUBMITTED ON A HY-TEK PRINTED REPORT AND ON DISKETTE. E-MAIL ENTRIES ARE ENCOURAGED.**
- Entry Limit:** Swimmers are limited to 4 individual events and one relay event per day. **Entries will be limited to 250 swimmers per session** and will be accepted in the order of receipt until the entry deadline. Entries not properly completed will be considered not received.

**Entry Deadline:** Entries must be received by **Tuesday, June 2, 2009**. **The only changes to meet entries after the entry deadline will be if there is an error by Meet Management.**

Mail entries to:  
Jon Jolley  
701 First Street NW  
Hickory, NC 28601  
(828) 381-8806  
[jtjolley@twave.net](mailto:jtjolley@twave.net)

**Fees:** Individual Events: \$2.50  
Relay Events: \$8.00  
NCS Travel fund per swimmer: \$2.00  
Facility surcharge per swimmer: \$5.00  
**Make checks payable to YSST.**

**Meet Director:** Jon Jolley  
701 First Street NW  
Hickory, NC 28601  
(828) 381-8806  
[jtjolley@twave.net](mailto:jtjolley@twave.net)

**Awards:** Individual Events: Ribbons will be given for 1<sup>st</sup> – 8<sup>th</sup> place for each age group.  
Relay Events: Ribbons will be given for 1<sup>st</sup> – 3<sup>rd</sup> place.

**Warm-ups:** Warm-ups will be as follows (with modifications on deck by the Meet Referee as conditions warrant):  
1<sup>st</sup> 30 minutes: General warm-up for all lanes. No Diving.  
2<sup>nd</sup> 30 minutes: Specific warm-up:  
Lanes 1 & 8: Push off beginning at the starting end of the pool.  
Circle swim. No Diving.  
Lanes 2,3,6, & 7: Racing start only. Swim one length only. All swimmers begin at the starting end of the pool.  
Lanes 4 & 5: General warm-up.

**Safety:** The NCS Safety Program is in effect for this meet and warm-up procedures will be in effect. Coaches are advised to closely supervise their swimmers at all times. No running or horseplay will be tolerated.

**Release:** USA Swimming, Inc., North Carolina Swimming, Inc., YMCA of Catawba Valley, and YSST 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.

**Officials & Workers:** A list of certified officials should be submitted with entries. Lane assignments for timers and workers will be made after the team entries are received. **There will be an officials briefing 45 minutes prior to each session in Hospitality.**

**Meet Referee:** Dick McDonald

**Meet Marshall:** David Weisgerber

**Coaches**

**Meeting:** There will be a coach's meeting at 4:45 PM on Friday. Other meetings may be called at the discretion of the Referee or Meet Director.

**General**

**Information:** Lane assignments for timing will be posted at each lane. Concessions and lunches will be available. Shower and restroom facilities are available.

## ORDER OF EVENTS

**FRIDAY EVENING SESSION:      WARM-UP 4:00 PM      START 5:00 PM**

| GIRLS |                  | BOYS |
|-------|------------------|------|
| 1     | SENIOR 400 IM    | 2    |
| 3     | 12 & U 400 FREE  | 4    |
| 5     | SENIOR 1500 FREE | 6    |

**SATURDAY AM SESSION:      WARM-UP 7:30 AM      START 8:30 AM**

| GIRLS |                      | BOYS |
|-------|----------------------|------|
| 7     | 10 & U 200 FREE      | 8    |
|       | 11-12 200 FREE       | 10   |
| 11    | 8 & U 100 FLY        | 12   |
| 13    | 9-10 100 FLY         | 14   |
|       | 11-12 100 FLY        | 16   |
| 17    | 8 & U 50 BREAST      | 18   |
| 19    | 9-10 50 BREAST       | 20   |
|       | 11-12 50 BREAST      | 22   |
| 23    | 8 & U 100 BACK       | 24   |
| 25    | 9-10 100 BACK        | 26   |
|       | 11-12 100 BACK       | 28   |
| 29    | 8 & U 50 FREE        | 30   |
| 31    | 9-10 50 FREE         | 32   |
|       | 11-12 50 FREE        | 34   |
| 35    | 8 & U 200 MED RELAY  | 36   |
| 37    | 10 & U 200 MED RELAY | 38   |
|       | 12 & U 200 MED RELAY | 40   |

**SATURDAY PM SESSION: WARM-UP NOT BEFORE 12:00 NOON  
START NOT BEFORE 1:00 PM**

| GIRLS |                      | BOYS |
|-------|----------------------|------|
| 41    | 11-12 200 FREE       |      |
| 43    | 13-14 400 FREE       | 44   |
| 45    | SENIOR 400 FREE      | 46   |
| 47    | 11-12 100 FLY        |      |
| 49    | 13-14 200 FLY        | 50   |
| 51    | SENIOR 200 FLY       | 52   |
| 53    | 11-12 50 BREAST      |      |
| 55    | 13-14 100 BREAST     | 56   |
| 57    | SENIOR 100 BREAST    | 58   |
| 59    | 11-12 100 BACK       |      |
| 61    | 13-14 200 BACK       | 62   |
| 63    | SENIOR 200 BACK      | 64   |
| 65    | 11-12 50 FREE        |      |
| 67    | 13-14 100 FREE       | 68   |
| 69    | SENIOR 100 FREE      | 70   |
| 71    | 11-12 200 MED RELAY  |      |
| 73    | 14 & U 200 MED RELAY | 74   |
| 75    | SENIOR 200 MED RELAY | 76   |

## ORDER OF EVENTS

**SUNDAY AM SESSION:      WARM-UP 7:30 AM      START 8:30 AM**

| GIRLS |                       | BOYS |
|-------|-----------------------|------|
| 77    | 10 & U 200 IM         | 78   |
|       | 11-12 200 IM          | 80   |
| 81    | 8 & U 100 BREAST      | 82   |
| 83    | 9-10 100 BREAST       | 84   |
|       | 11-12 100 BREAST      | 86   |
| 87    | 8 & U 50 BACK         | 88   |
| 89    | 9-10 50 BACK          | 90   |
|       | 11-12 50 BACK         | 92   |
| 93    | 8 & U 100 FREE        | 94   |
| 95    | 9-10 100 FREE         | 96   |
|       | 11-12 100 FREE        | 98   |
| 99    | 8 & U 50 FLY          | 100  |
| 101   | 9-10 50 FLY           | 102  |
|       | 11-12 50 FLY          | 104  |
| 105   | 8 & U 200 FREE RELAY  | 106  |
| 107   | 10 & U 200 FREE RELAY | 108  |
|       | 12 & U 200 FREE RELAY | 110  |

**SUNDAY PM SESSION:      WARM-UP NOT BEFORE 12:00 NOON  
START NOT BEFORE 1:00 PM**

| GIRLS |                       | BOYS |
|-------|-----------------------|------|
| 111   | 13-14 200 IM          | 112  |
| 113   | SENIOR 200 IM         | 114  |
| 115   | 11-12 200 IM          |      |
| 117   | 13-14 50 FREE         | 118  |
| 119   | SENIOR 50 FREE        | 120  |
| 121   | 11-12 100 BREAST      |      |
| 123   | 13-14 200 BREAST      | 124  |
| 125   | SENIOR 200 BREAST     | 126  |
| 127   | 11-12 50 BACK         |      |
| 129   | 13-14 100 BACK        | 130  |
| 131   | SENIOR 100 BACK       | 132  |
| 133   | 11-12 100 FREE        |      |
| 135   | 13-14 200 FREE        | 136  |
| 137   | SENIOR 200 FREE       | 138  |
| 139   | 11-12 50 FLY          |      |
| 141   | 13-14 100 FLY         | 142  |
| 143   | SENIOR 100 FLY        | 144  |
| 145   | 11-12 200 FREE RELAY  |      |
| 147   | 14 & U 200 FREE RELAY | 148  |
| 149   | SENIOR 200 FREE RELAY | 150  |