

SHARKS AQUATICS CLUB
2009 WCSA TRI AND QUAD MEET
JUNE 23, 2009
SHELBY CITY PARK, SUMTER STREET
SHELBY, NC 28150

Sanction: Held under the sanction of the United States Swimming Inc.
Issued by North Carolina Swimming Inc. Sanction#**NC09077**

Site Information: The ten lane outdoor competition pool has eight-foot wide lanes equipped with 6 inch Competitor "Wave Eater" lane lines. The pool itself is a deck level design that allows for turbulence reduction in all lanes. Pool depth ranges from 4 feet to 13 feet deep. An adjacent outdoor, 3 lane 25-yard warm down pool, located approximately 20 feet from lane 1, will be available during competition. Colorado Electronic timing system will be used in conjunction with a Daktronics 10-Lane scoreboard, bleacher seating for 150 spectators is available. A covered concession and vendor area will accommodate 120 as well. The pool has ample deck area for team tents and folding chairs. Dressing areas without lockers are available.

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

Classification: This is a closed WCSA meet.

Eligibility: Only WCSA swimmers that are registered with USA Swimming Inc. may participate.

Entries: Please list swimmers age as of the first day of the meet. Submit entries by email or on diskette using the Hy-tek program. Entries may also be submitted using entry forms. Late entries may be accepted at double the entry fee.

Entry limit: Swimmers may swim 3 individual events and two relays

Format: This meet will be timed finals

Entry Deadline: Five days prior to the meet at 5:00 PM. Entries must be submitted with fees and hard Copy.

Entry fee: \$10.00 per swimmer
Make checks payable to: Shark's Aquatics Club

Seeding: All events will be pre-seeded. Please enter swimmers with long course meter times only.

Mail entries to: David Messenger
802 Meadowbrook Road
Kings Mountain, NC 28086
Or Email: sharks_coachdave@yahoo.com

Awards: Ribbons will be awarded for 1st –8th places in individual events and 1st thru 3rd place in relay events.

Scoring individual events: 9-7-6-5-4-3-2-1 and double for relays

Warm up Schedule – General warm up will be for the first 30 minutes. Circle swims only, no diving. Team lane assignments will be posted at the starting end of pool. No diving from the side or the bocks during general warm-up. The next twenty minutes will be specific warm-up.

Lane 1 & 10 pace

Lanes 2, 8 & 9 circle swims general warm up

Lanes 3, 4, 6 & 7 will be one-way dive starts

Warm-up Time: 5:40 PM. Meet begins at 6:30 PM

Set-Up: Teams are welcome to enter the facility and set up after 5:30PM. Gates will be closed for public swim until this time.

Smoking: Is strictly prohibited on deck at the Shelby City Park during SAC events.

Warm-up Pool: Restricted to USA Swimmers. Only swimmers participating in the meet may enter the warm up pool.

Safety: The North Carolina Safety Program will be in effect. Coaches and parents must supervise their children. No horseplay will be tolerated. Glass containers are prohibited. Only properly registered swimmers participating in the meet may enter the competition or the warm down pool.

Coaches Meeting: At 6:30 in the hospitality room, if deemed necessary. 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 Meeting: There will be an officials meeting 30 minutes prior to the meet in hospitality.

Meet Director: David Messenger 704-907-1983

Meet Referee: Jim Riggs

Meet Marshall: Curtis Hopper

Hospitality: Will be provided for coaches and officials

Directions: Posted on www.sharksaquaticclub.com

Release: “USA Swimming, Inc., North Carolina Swimming, Inc., and Sharks Aquatics 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.”

WCSA Order of Events

GIRLS		BOYS
1	12 & UNDER 200 IM	2
3	SENIOR 200 IM	4
5	8 & UNDER 200 FREE REL	6
7	12 & UNDER 200 FREE REL	8
9	SENIOR 200 FREE REL	10
11	8 & UNDER 50 FREE	12
13	12 & Under 50 FREE	14
15	SENIOR 100 FREE	16
17	8 & UNDER 50 BR	18
19	12 & Under 50 BR	20
21	SENIOR 100 BR	22
23	8 & UNDER 50 BACK	24
25	12 & UNDER 50 BACK	26
27	SENIOR 100 BACK	28
29	8 & UNDER 50 FLY	30
31	12 & UNDER 50 FLY	32
33	SENIOR 100 FLY	34
35	8 & UNDER 200 MED RELAY	36
37	12 & UNDER 200 MED RELAY	38
39	SENIOR 200 MED RELAY	40