



WAVE Swimming's
AUTUMN SPLASH INVITATIONAL SWIM MEET
November 6-8, 2009

SANCTION: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction # NC09101

HOST: New Wave Swim Team
P.O. Box 18012
Raleigh, NC 27619
(919) 981-0644

FACILITY: Triangle Aquatic Center
275 Convention Drive
Cary, NC 27511
(919) 459-4045

Competition Pool: The Triangle Aquatic Center facility features a 50-meter pool divided into two courses, which include an 8-lane, 25-yard by 9-feet wide competition course and a 10-lane, 25-yard by 7-feet wide competition course, with a variable depth ranging from 7 to 12 feet. Both courses will be used if swimmer numbers and timeline deem it necessary. An additional 10-lane, 25-yard pool is available for continuous warm-up/warm-down. The pool is equipped with state-of-the-art, anti-turbulent lane lines and Paragon starting blocks on both ends. The facility features a Daktronic Pro timing system, and two digital matrix scoreboards. Stopwatches will also be used in each competition lane. Hy-Tek Meet Manager Pro software will be used. Locker rooms for changing are available.

Only meet volunteers, USA Swimming registered athletes and current USA Swimming registered officials and coaches may be on deck.

NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME

Spectator Seating:

The seating area is above the deck and designed for comfort and enjoyment for spectators. There is viewing for 1,000 people, bench seating with back support, a 12-foot wide walkway for easy access, and an integrated sound system. There are five 47" televisions with FM radio transmitters, and free wireless access to the internet to track live meet results on www.triangleaquatics.org.

Supporting Amenities:

Parking: There are 150 parking spaces directly in front of the facility available for early arrivals, coaches, officials and volunteers. There is additional parking at the Cary Towne Center Mall, directly adjacent & within easy walking distance of the facility. Athletes may be dropped off beside the facility before parking at the Mall.

Splash Café: A full service café located just inside the main entrance offering healthy meals, smoothies, coffees, drinks and snacks.

All American Swim Shop: The fully stocked swim shop is located beside the front desk and carries swimwear, apparel, swim supplies and accessories

Open Swim: During most meets, the Program pool and Instruction pool are open for recreation and fitness swimming. Check with the front desk for the cost of a day pass.

Facility Rules: Please inform all families of the following pool rules.

- 1) **NO** smoking is allowed inside the facility.
- 2) **NO** outside food, drinks or coolers allowed inside the facility.
- 3) **NO** glass containers allowed inside the facility.
- 4) **NO** chairs allowed in the spectator level. Athletes and coaches may bring chairs on deck, but they must be removed each day.

- RULES:** This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, and the current North Carolina Swimming Rules and Regulations, and the current North Carolina Swimming Safety Program. These rules will serve as the official guide for technical and procedural rules, except wherein are optional and exceptions are herein stated.
- CLASSIFICATION:** Senior Open/Age group Timed final meet
- FORMAT:**
- (1) All events are timed finals.
 - (2) Entrants in the 500 Free, the 1000 Free and the 400 IM are required to check in at the clerk of course per the attached schedule. Swimmers not checked in by these deadlines will be scratched from the events. They may swim at the discretion of the Meet Referee in open lanes only. Meet management may limit entries for the 500 Free, the 1000 Free, and the 400 IM to stay within the four-hour time limit for each session.
 - (3) The 500 Free and the 1000 Free will be swum fastest to slowest, alternating girls and boys. A combined heat of girls and boys may be swum at the discretion of the Meet Referee. In the event that the events are conducted in two courses, the same procedure will be followed except it will not be necessary to alternate women and men's heats. Meet management will ensure at least a 10 minute break for swimmers in the previous event.
 - (4) The 400 IM will be swum fastest to slowest, all girls and then all boys. A combined heat of girls and boys may be swum at the discretion of the Meet Referee.
 - (5) Swimmers may only enter one (1) 50 yard Free event.
- ELIGIBILITY:** All swimmers must be registered athlete members of USA SWIMMING, Inc. Please list the swimmer's age as of November 6, 2009.
- ENTRIES:** Please email entries using Hy-Tek Team Manager for entries. Entries may be sent via email and must include the following: 1) a Hy-Tek compatible entry file 2) team entry report and 3) financial report.
- Please note the following entry rules will be strictly enforced by the Meet Directors:**
- (1) Payment must be received by the start of the meet in order to get coaches packet. No swimmer will compete until payment is received.
 - (2) Please submit entries using Hy-Tek Team Manager or compatible software.
 - (3) All swimmers must be properly registered before November 6, 2009. The list of swimmers competing in the meet will be forwarded to the NCS Registration Chair for approval. **No on-deck registration will be permitted.** There may be on-deck event entries taken at this meet, but in open lanes only, with double fees paid at time of entry. All deck-entered swimmers must be USA Swimming athlete members.
 - (4) Please list all coaches that will be in attendance. The NCS Registration chair will provide meet management with a list of current coach certifications. Coaches who are not current in all required certifications will not be allowed on deck.
- ENTRY LIMIT:** All swimmers will be limited to a **maximum of five (5) individual events** per day and a total of ten (10) events for the meet plus **1 (one) relay**.
- ENTRY DEADLINE:** **Tuesday, October 27, 2009.** Entries will be accepted up to 7:00 pm that day. Telephone entries will not be accepted, although changes to entries will.
- ENTRY FEES:** \$2.50 per individual event (NCS registered swimmers)
\$8.00 per relay
\$10.00 per swimmer Facility Surcharge
\$2.00 per swimmer NCS Travel Fund

Double entry fees will be charged for late entries, if accepted. A late entry is any entry received on or after 7:00pm on Tuesday, October 27, 2009. All fees are non-refundable unless events are cancelled to maintain the four-hour time limit.

A check made payable to the "New Wave Swim Team" must accompany entries.

MAILENTRIES TO: WAVE Swimming
P. O. Box 18012
Raleigh, NC 27619
(919) 981-0644

***NOTE:** All e-mail correspondence should be directed to:
Karen Garbarino – wavemeets@nc.rr.com

A TM event file will be made available from the WAVE website at www.newwaveswimteam.org as well as the NCS website www.ncswim.org.

SCHEDULE: Friday, November 6, 2009

Afternoon Session: Open
Warm ups: 4:00 pm – 4:50 pm
Timed Finals Begin: 5:00 pm

Saturday, November 7, 2008 and Sunday, November 8, 2009

| | |
|-------------------------------------|--|
| Morning Session: 13 and Over | Afternoon Session: 12 and Under |
| Warm-ups: 7:00 am – 7:50 am | Warm-ups: 12:00 pm - 12:50 pm |
| Timed Finals Begin: 8:00 am | Timed Finals Begin: 1:00 pm |

Meet management reserves the right to adjust meet session and warm-up times or combine sessions after reviewing the projected timeline. Coaches will be informed of any adjustments in the schedule.

WARM-UP SCHEDULE:

Guidelines will be published in the coach's packet. Packets will be available at the Clerk of Course upon presentation of current USA Swimming coach credentials. Lane assignments will be based on the number of participants from each club. Assignments will be posted and a copy available in the coach's packet. Specific warm-up procedures will be described in the coach's packet as well.

| CHECK-IN: | Event | Check-in Deadline |
|------------------|-----------------------|--------------------------|
| | 400 IM | Friday by 4:20 pm |
| | 1000 Free | Friday by 5:20 pm |
| | 13 & Over - 500 Free | Sunday by 8:20 am |
| | 12 & Under – 500 Free | Sunday by 1:20 pm |

ORDER OF EVENTS: Please see attached schedule.

AWARDS: Individual Events: 1st – 8th place ribbons

Individual events will be awarded in three categories by times swum: A+, BB+, and B-

Relays: 1st – 3rd place ribbons

SCORING: This meet will not be scored.

SAFETY: The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Running and horseplay will not be allowed. As at any pool, the deck may be slippery and caution should be taken to prevent accidents. NO blocking of fire exits, which includes doorways and passages. Coaches must carry their coach certification cards at all times when on the pool deck and must hold current certifications and registration with USA Swimming.

COACHES: A coach's packet will be available for all clubs at the start of warm-ups on Friday. A current 2009 USA Swimming coach membership card will be required to obtain the packet and must be displayed prominently at all times on deck **by all coaches**.

There will be a coaches' meeting Friday, November 6th at 4:50 pm in the TAC hospitality room and as announced by the Meet Referee.

OFFICIALS: There will be an officials' meeting Friday, November 6 at 4:15 and 30 minutes prior to the start of each of the other sessions as needed.

We welcome all certified and apprentice officials. If you know in advance that you will be volunteering for this meet, please notify the Meet Referee Lisa Jackson (ljackson22@nc.rr.com).

"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

MANAGEMENT: Meet Directors: Karen Garbarino and Lana Sanders
Meet Referee: Lisa Jackson
Meet Marshals: Mila Mason

HOSPITALITY: There will be a hospitality room available to all coaches, officials and meet volunteers.

VOLUNTEERS: Volunteer timers and officials are welcomed. Announcements for timers and officials will be made prior to the start of each session.
Swimmers in the 500 Free and 1000 Free must provide their own timers and lap counters.

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., THE NEW WAVE SWIM TEAM, INC., TRIANGLE AQUATIC CENTER AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS SHALL BE HELD FREE AND HARMLESS FROM ANY AND ALL LIABILITIES ON CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

WAVE SWIMMING'S AUTUMN SPLASH INVITATIONAL SWIM MEET

Order of Events

Friday, November 6, 2009

Open session

Warm-ups: 4:00 pm Meet starts: 5:00 pm

| Women | Events | Men |
|-------|--------------------|-----|
| 1 | Senior 400yd IM | 2 |
| 3 | Senior 50yd Free | 4 |
| 5 | Senior 1000yd Free | 6 |

Saturday, November 7, 2009

13 and over session

Warm-ups: 7:00 am

Meet Starts: 8:00 am

| Women | Events | Men |
|-------|------------------------------|-----|
| 7 | 13 and over 100yd Free | 8 |
| 9 | 13 and over 200yd Back | 10 |
| 11 | 13 and over 100yd Breast | 12 |
| 13 | 13 and over 200yd Fly | 14 |
| 15 | 13 and over 200yd IM | 16 |
| 17 | 13 and over 200yd Free Relay | 18 |

Saturday, November 7, 2009

12 and under session

Warm-ups: 12:00 pm

Meet Starts: 1:00 pm

| Girls | Events | Boys |
|-------|-----------------------------|------|
| 19 | 9-10 50yd Backstroke | 20 |
| 21 | 11-12 100yd Backstroke | 22 |
| 23 | 9-10 50yd Breaststroke | 24 |
| 25 | 11-12 50yd Breaststroke | 26 |
| 27 | 11-12 200yd Breaststroke | 28 |
| 29 | 9-10 100yd Butterfly | 30 |
| 31 | 11-12 50yd Butterfly | 32 |
| 33 | 11-12 200yd Butterfly | 34 |
| 35 | 9-10 100yd Freestyle | 36 |
| 37 | 11-12 100yd Freestyle | 38 |
| 39 | 9-10 100yd IM | 40 |
| 41 | 11-12 100yd IM | 42 |
| 43 | 9-10 200yd Freestyle Relay | 44 |
| 45 | 11-12 200yd Freestyle Relay | 46 |

Sunday November 8, 2009

13 and over session

Warm-ups: 7:00 am

Meet Starts: 8:00 am

| Women | Events | Men |
|-------|--------------------------|-----|
| 47 | 13 and over 200yd Free | 48 |
| 49 | 13 and over 100yd Back | 50 |
| 51 | 13 and over 200yd Breast | 52 |
| 53 | 13 and over 100yd Fly | 54 |
| 55 | 13 and over 500yd Free | 56 |

Sunday, November 8, 2009

12 and under session

Warm-ups: 12:00 pm

Meet Starts: 1:00 pm

| Girls | Events | Boys |
|-------|----------------------------|------|
| 57 | 11-12 200yd Freestyle | 58 |
| 59 | 9-10 200yd Freestyle | 60 |
| 61 | 11-12 50yd Backstroke | 62 |
| 63 | 11-12 200yd Backstroke | 64 |
| 65 | 9-10 100yd Backstroke | 66 |
| 67 | 11-12 100yd Breaststroke | 68 |
| 69 | 9-10 100yd Breaststroke | 70 |
| 71 | 11-12 200yd IM | 72 |
| 73 | 9-10 200yd IM | 74 |
| 75 | 11-12 100yd Butterfly | 76 |
| 77 | 9-10 50yd Butterfly | 78 |
| 79 | 11-12 50yd Freestyle | 80 |
| 81 | 9-10 50yd Freestyle | 82 |
| 83 | 12 & Under 500yd Freestyle | 84 |