



**The Greensboro Swimming Association's
2010 Last Splash Open Swim Meet
February 13-14, 2010
Triangle Sportsplex
One Dan Kidd Drive
Hillsborough, NC 27278**



****REVISED to include 1650 Free****

SANCTION: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction No. NC10003.

HOST: The Greensboro Swimming Association. www.GSAswim.org

FACILITY: The Triangle Sportsplex pool is an 11-lane, 25-yard pool with non-turbulent lane markers and deck-anchored starting blocks. It is 6' deep at the starting end. The Colorado Timing system with horn and strobe start will be used along with watches in each of the 10 8' wide lanes used for competition. In addition to the competition pool, there is a separate warm-up/warm-down pool for continuous use throughout the meet. Industrial fans will be used to further improve air circulation. Locker rooms are available. The facility has seating for about 400 plus room for folding chairs. Spectators are not allowed on deck at any time.

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

CLASSIFICATION:
Age Group/Senior Timed Finals

ELIGIBILITY: All swimmers must be registered with USA Swimming.

ENTRIES: Entries must be submitted in Hy-Tek Team Manager format.

Entry file may be submitted by email (preferred) or by mail. Telephone entries will not be accepted. Complete entries will be accepted in order of receipt. Properly completed entry forms must be submitted along with all other requested information and payment of all fees for entries to be considered complete. The Meet Director will accept calls to correct or modify entries received prior to the entry deadline.

ENTRY SUBMISSIONS:
Email: GSAMeetDirector@GSAswim.org
Mail: Don Gilchrist
The Greensboro Swimming Association
P. O. Box 10085
Greensboro, N. C. 27404
Phone: 336-851-2848 (office)

ENTRY LIMIT: Swimmers are limited to five individual events per day. A swimmer entered in too many events will be dropped from the first event that is over the limit.

No breaks will be offered other than those published in the meet information. Please enter swimmers accordingly.

The Meet Director reserves the right to limit entries to comply with the NCS 4-Hour Rule.

ENTRY DEADLINE: Midnight, Wednesday, February 3, 2010.

LATE

ENTRIES: Late entries will be accepted only at the discretion of the Meet Director. Late entries may not be seeded. The Meet Director reserves the right to limit or suspend the addition of swimmers or heats to accommodate late entries. Late entries will be charged double fees.

ENTRY FEES: \$2.50 per Individual Event
\$2.00 per Swimmer - NCS Travel Fund
\$8.00 Facility Charge per swimmer

Make checks payable to: The Greensboro Swimming Association
Entry Fees are non-refundable.

**SEEDING AND
POSITIVE**

CHECK IN: All events with the exception of the 400 IM, 500 Free and 1650 Free will be deck seeded. In order to be deck seeded into the 400 IM, 500 Free and 1650 Free, swimmers must positively check in with the Clerk of Course. Clerk of Course will close for check in 30 minutes prior to the end of warm ups for each session.

The 400 IM and 500 Free will be swum in event order slowest to fastest. The 1650 Free will be swum fastest to slowest alternating women and men. If timeline permits, the option to swim the 1650 at the conclusion of the Saturday morning session may be offered.

All swimmers in 500 Free and 1650 Free must provide their own timers and counters.

**SCRATCH
PENALTIES:**

Swimmers failing to positively check in for deck seeded events will be scratched from the event. Swimmers who positively check in but do not swim will be scratched from their next event of the meet.

AWARDS: Individual Ribbons: 1st - 8th Place by age group

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. No running or horseplay will be tolerated. Anyone failing to comply with safety request may forfeit his or her privilege to participate.

MEMBERSHIP:

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.

**COACHES'
MEETING:**

A coaches' meeting may be held 10 minutes prior to the beginning of each Saturday warm up session at the referee's discretion.

**OFFICIALS'
MEETING:**

We welcome all certified USA Swimming officials on deck. Please indicate officials on the entry summary form. Please include name, phone number, e-mail (if available), certification level, and sessions available.

An officials' meeting will be held at 7:20 am and at 12:20 pm each day in the hospitality room.

MEET

DIRECTOR: Don Gilchrist
P. O. Box 10085
Greensboro, NC 27404
GSAMeetDirector@GSAswim.org

MEET

REFEREE: Trish Martin
pksmartin@bellsouth.net

MEET

MARSHAL: Kate Walker

We strongly recommend each team assign a marshal to monitor warm-up sessions in addition to host team marshal. Continuous warm-up will be monitored throughout meet.

CONCESSIONS:

Food and drinks will be available at the concession stand in the Sportsplex lobby. Outside food is prohibited in the facility.

HOSPITALITY:

Hospitality for officials, coaches, and meet workers will be located in the room immediately inside the pool entrance.

DIRECTIONS: Driving directions to the Sportsplex can be found at www.trianglesportsplex.com.

WARM UP

PROCEDURE: Warm-Up Procedure and Lane Assignments as follows:

First 25 Minutes - General warm-up. No diving. Lane assignments will be announced and posted.

Last 25 Minutes - Specific warm-up.

Lanes 1 and 10 - Push off beginning at start end of pool. Circle swim only. No diving.

Lanes 2 and 9- Dive start only. Swim on length only. Start from start end only.

Lanes 3, 4, 5, 6, 7, 8- General warm-up only. No diving.

Warm-Up Procedure may be modified on deck by the Referee to adjust for existing conditions.

SESSION SCHEDULE:

Saturday & Sunday Morning Sessions

Warm-Ups begin at 7:00 AM and end at 7:50 AM

Timed Finals begin at 8:00 AM

Saturday & Sunday Afternoon Sessions

Warm-Ups begin immediately after completion of the morning sessions but not before 12:00 Noon and end after 50 minutes

Timed Finals will not begin before 1:00 PM

RELEASE STATEMENT:

USA Swimming, North Carolina Swimming, The Greensboro Swimming Association and the Triangle Sportsplex 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.

Signature on the entry summary and subsequent entry into this meet constitutes understanding and acceptance of the above release.

**The Greensboro Swimming Association's
2010 Last Splash Open Swim Meet
Order of Events**

February, 13-- Saturday Morning Session

Warm-Up 7:00-7:50 AM

Timed Finals 8:00 AM

Girls	Event	Boys
*	11-12 200Y Backstroke	2
3	10-UN 200Y Freestyle	4
*	11-12 200 Y Freestyle	6
7	10-UN 50Y Backstroke	8
*	11-12 50Y Backstroke	10
11	10-UN 100Y Breaststroke	12
*	11-12 100Y Breaststroke	14
15	10-UN 50Y Butterfly	16
*	11-12 50Y Butterfly	18
** 5 MINUTE BREAK **		
*	11-12 200Y Butterfly	20
21	10-UN 200Y Individual Medley	22
*	11-12 200Y Individual Medley	24
25	10-UN 500Y Freestyle	26
*	11-12 500Y Freestyle	28

End of Morning Session

February 13-- Saturday Afternoon Session

Warm-Up Not Before 12:00 Noon

Timed Finals Not Before 1:00 PM

Girls	Event	Boys
29	11-12 200Y Backstroke	*
31	13-18 200Y Freestyle	32
33	11-12 200Y Freestyle	*
35	13-18 100Y Backstroke	36
37	11-12 50Y Backstroke	*
39	13-18 200Y Breaststroke	40
41	11-12 100Y Breaststroke	*
43	13-18 100Y Butterfly	44
45	11-12 50Y Butterfly	*
** 5 MINUTE BREAK **		
47	11-12 200Y Butterfly	*
49	13-18 200Y Individual Medley	50
51	11-12 200Y Individual Medley	*
53	13-18 500Y Freestyle	54
55	11-12 500Y Freestyle	*
10 MINUTE BREAK		
113	Open 1650 Freestyle	114

End of Afternoon Session

**The Greensboro Swimming Association's
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Order of Events**

February 14-- Sunday Morning Session

Warm-Up 7:00-7:50 AM

Timed Finals 8:00 AM

Girls		Event	Boys
*	11-12	200Y Breaststroke	58
59	10-UN	100Y Individual Medley	60
*	11-12	100Y Individual Medley	62
63	10-UN	100Y Freestyle	64
*	11-12	100Y Freestyle	66
67	10-UN	100Y Backstroke	68
*	11-12	100Y Backstroke	70
71	10-UN	50Y Breaststroke	72
*	11-12	50Y Breaststroke	74
75	10-UN	50Y Freestyle	76
*	11-12	50Y Freestyle	78
79	10-UN	100Y Butterfly	80
*	11-12	100Y Butterfly	82
** 5 MINUTE BREAK **			
*	11-12	400Y Individual Medley	84
End of Morning Session			

February 14-- Sunday Afternoon Session

Warm-Up Not Before 12:00 Noon

Timed Finals Not Before 1:00 PM

Girls		Event	Boys
85	11-12	100Y Individual Medley	*
87	13-18	100Y Freestyle	88
89	11-12	100Y Freestyle	*
91	13-18	200Y Backstroke	92
93	11-12	100Y Backstroke	*
95	13-18	100Y Breaststroke	96
97	11-12	200Y Breaststroke	*
** 5 MINUTE BREAK **			
99	11-12	50Y Breaststroke	*
101	13-18	50Y Freestyle	102
103	11-12	50Y Freestyle	*
105	13-18	200Y Butterfly	106
107	11-12	100Y Butterfly	*
109	13-18	400Y Individual Medley	110
111	11-12	400Y Individual Medley	*
End of Meet			

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at the Triangle Sportsplex in Hillsborough, NC**

Entry Summary Worksheet

Age Group	Total Number of Swimmers	Total Number of Entries		Entry Fee per Event	Total Entry Fee
Women 10-UN			X	\$2.50	
Men 10-UN			X	\$2.50	
Women 11-12			X	\$2.50	
Men 11-12			X	\$2.50	
Women 13-18			X	\$2.50	
Men 13-18			X	\$2.50	
			X	\$2.50	
Totals			X	\$10.00 (\$8 Facility Fee + \$2 NCS Swimming Fee per Swimmer)	
Total Fees Due With Entry					

Make Checks Payable to: The Greensboro Swimming Association

Return This Summary Sheet with
Entry Fees and Forms to:

Don Gilchrist
The Greensboro Swimming Association
P. O. Box 10085 336-851-2842
Greensboro, NC 27404 GSAmeeetdirector@GSAswim.org

Call Letters _____

Coach _____

Team Name _____

Street Address _____

City _____ State _____ Zip Code _____

Phone (Work) (____) ____ - _____

(Home) (____) ____ - _____

(Fax) (____) ____ - _____

email address _____

Release Statement

USA Swimming, Inc., North Carolina Swimming Inc., The Greensboro Swimming Association, Triangle Sportsplex, 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 _____

USA Swimming Application for Sanction

Date October 1, 2009

I, Don Gilchrist, apply on behalf of The Greensboro Swimming Association for a sanction to hold a Swimming Competition at the Triangle Sportsplex pool in Hillsborough, NC on the days of February 13-14, 2010.

Our sanction fee of \$10.00 has been paid via PayPal and a copy of the event information and event entry form are attached.

Also included is a complete schedule of lanes and times for all warm-up procedures which must be adhered to by all participants.

As a condition of obtaining such a sanction, I and the above organization, which I represent, agree to abide by and govern this event under the rules and regulations of USA Swimming, Inc. and North Carolina Swimming, Inc., and all other terms and conditions upon which this sanction may be granted. These terms specifically include all local rules and regulations and those set forth in Article 202 of the current edition of U.S.A. Swimming Rules and Regulations, specific reference to 202.2.6 thereof, which provides that:

In granting this sanction it is understood and agreed that the Corporation shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

OFFICIALS: Officials for this meet shall be qualified persons certified by USA Swimming and a list of such officials will be submitted one week prior to the above event, if requested.

Signed: _____, _____
CLUB VICE - PRESIDENT DATE

Signed: _____, _____
CLUB REPRESENTATIVE DATE

Return Sanction to: Don Gilchrist _____ 336-851-2848
Address P.O. Box 10085 _____ PHONE
City/State/Zip Greensboro, NC 27404 _____
Return Fax # _____

MAIL APPLICATION TO:

DO NOT WRITE BELOW THIS LINE

For LSC Use Only

Approved / Not Approved (circle one) Signed _____
Sanction Number _____ Issued _____