

2010 North Carolina Swimming Senior Championships

January 28th , 2010 – January 31st, 2010



SANCTION: Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. Sanction # NC10017; Time Trial Sanction # NC10017TT .

HOST: SwimMAC Carolina, in cooperation with the Huntersville Parks and Recreation Department

LOCATION: Huntersville Family Fitness and Aquatic

11725 Verhoeff Road

Huntersville, NC 28078

(704) 766-2222

FACILITY: Competition Pool

The Huntersville Family Fitness & Aquatics center has a 12,952 square-foot pool area featuring a 50-meter by 25-yard Paddock Pool Racing tank. The pool depth ranges from 6 feet at the starting end to 17 feet at the far end of the pool with eight 9 foot wide lanes. There will be at least 8 additional lanes available for warm up and warm down. The pool is equipped with Competitor 4" Racing Lanes and with single pedestal Paddock stainless steel starting platforms. The facility also features a Colorado 5000 timing system and an eight-lane scoreboard. Hy-Tek Meet Manager software will be used.

Other site information: There is seating available for approximately 900 people. Women's and Men's locker rooms are available. Please use lockers located next to the H2O Café. **Any inappropriate behavior, as determined by meet management, may result in eviction from the facility and further competition.**

MEMBER PARKING HAS PRIORITY BUT GUESTS WILL BE PROVIDED AMPLE PARKING IN DESIGNATED AREAS IN AND AROUND THE POOL FACILITY.

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

1. No smoking is allowed inside the facility.
2. No glass containers are allowed inside the facility.
3. No coolers or outside food or drinks are allowed inside the facility.
4. Spectators may not film or watch from the bulkhead or from behind the blocks.
5. No bare feet beyond the main doors and in hallways. Please have swimmers wear shoes.
6. **Violators will be removed or barred from further competition for failure to adhere to these rules.**
7. Only card-carrying, certified coaches, officials, registered swimmers, and authorized meet personnel will be allowed on-deck.

Of important note, all swimmers and patrons must be wearing shoes when not on the main pool deck at HFFA.

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

NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME

CLASSIFICATION: Senior Championship meet in prelims/finals format with qualifying time standards as listed on the order of events.

ELIGIBILITY: Any USA registered swimmer who has achieved the time standard in any event is eligible to compete in that event. Time Standards are listed on the NCS website under Locate/time Standards.

Bonus swims are not offered at this meet.

INDIVIDUAL ENTRIES:

A swimmer may enter a maximum of three events per day with a total entry of no more than seven events for the meet.

RELAY ENTRIES:

Clubs may enter a maximum of two relays per event. If there are two entries, they will be designated A and B.

Swimmers designated as 'relay only' in the OME may ONLY swim relays. All relay swimmers, including alternates, must be listed on the Meet Entry Form and must pay the \$2.00 NCS surcharge.

Relay only swimmers may not swim time trials.

Any relay that does not have at least one swimmer in an individual event will be disqualified.

All relay events will be swum as timed final events during the evening finals session. Teams have a choice of AM or PM relays on Sunday. Relay cards are due to the admin referee at the beginning of finals on the night they will be swum. Relay cards for the Sunday AM relays are due to the admin referee by 10:00 AM Sunday.

All relays will be swum slowest to fastest - all women, then all men.

There will be a 10 minute break prior to the start of relay events

ENTRIES/PROOF OF TIME/ENTRY DEADLINE:

The OME system will be used for on-time entries, including relays. **OME will close Monday JANUARY 25, 2010, at 12 PM.** OME will open on the Monday four (4) weeks before the meet starts. If a time override is used in OME, proof must be submitted to the Meet Director by the beginning of warm-ups on the first day of the meet or the entry will be invalid. Proof of time consists of a copy of the final meet results proving the entry time from a USA sanctioned, approved or observed meet, including sanction numbers, date and location. Hy-Tek Team Manager results will not be accepted as proof. Prior to the deadline, proof of time may be faxed to 704-846-5835. Each fax will be followed by e-mail confirmation for receipt of proof.

Questions or problems with OME should be directed to USA Swimming, Susan Woessner swoessner@usaswimming.org

ENTRIES WILL ONLY BE ACCEPTED FROM OME. NO LATE ENTRIES WILL BE ACCEPTED.

SCHEDULE:

Warm-ups:

Thursday Preliminaries –	4:00 – 5:20 PM
Friday Preliminaries –	6:30 – 8:20 AM
Saturday and Sunday Preliminaries –	6:30 – 8:20 AM
Friday and Saturday Finals –	4:30 – 5:50 PM
Sunday Finals –	4:00 – 5:20 PM

Meet:

Thursday Finals –	5:30 PM
Friday, Saturday and Sunday Preliminaries –	8:30 AM
Friday and Saturday Finals –	6:00 PM
Sunday Finals –	5:30 PM

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, NCS Official Handbook and the NCS Safety Program.

FORMAT: Except for the relay events and the 1000 Free and 1650 Free, all events will be conducted on a preliminary and finals basis. During each finals session, there will be C, B and A (bonus, consolation and championship) final heats. **The C heat will proceed first followed by the B, then A heats in that order.**

Alternates should be ready to swim and identify themselves to the starter.

In Sunday's finals, the Men's 200 Back will immediately follow the Women's 1650 Free and precede the Women's 200 Back in order to alternate women's and men's events throughout the evening's program.

READY ROOM: The top eight qualifiers for the A final should report to the ready room five minutes prior to their event for the parade of the final heat. The ready room will be in the hallway between the competition pool and the warm water pool.

ELIGIBILITY AND TECHNICAL JURY: A Technical and Eligibility Jury will be appointed by NC Swimming consisting of one coach, one swimmer and one non-coach/non-athlete member of NC Swimming should an eligibility or technical protest arise.

QUALIFYING PERIOD: **Short Course Championship:** A swimmer must have achieved the qualifying time listed per event from September 1, 2008.

SEEDING: All times will be seeded by SCY first, then LCM. All events that are 400 yards and longer will be deck seeded. A positive check-in by the deadline indicated below is required to be seeded into the event. Failure to check in by the deadline will result in the swimmer not being able to swim the event.

<u>Event</u>	<u>Check In Deadline</u>
1000 Free	4:15 PM Thursday
800 Free Relay	5:30 PM Thursday
400 IM	8:45 AM Friday
400 Free Relay	8:45 AM Friday
500 Free	8:45 AM Saturday
1650 Free	8:45 AM Sunday
400 Medley Relay For Sunday Finals	8:45 AM Sunday

In order to provide full heats and eliminate "no shows" during Sunday evening finals, coaches are asked to check-in and/or scratch swimmers finishing in the top-50 in individual events no later than 1:00PM or the start time of the 1650 Free (whichever is later). Please alert your swimmers to this effort.

400 IM AND 500 FREE

The 400 IM and the 500 Free will be swum as prelim/final events. Each preliminary event will be swum fastest 4 heats of women, slowest to fastest, then the fastest 4 heats of men swum slowest to fastest. Any remaining of women and men will swim fastest to slowest, alternating women and men. **In the event that two pools** are used for the above races, there will be no alternation between men and women.

1000 AND 1650 FREE

The 1000 and 1650 Free are swum as timed final events. All heats of the **1000 will be swum alternating women and men, fast to slow. The fastest heat of men's and women's 1650 will be swum during the finals session on Sunday. All other heats will be swum at the conclusion of prelims, alternating women and men, fast to slow.** Swimmers must provide their own timer for the 1000 and 1650 free. There will be NO AM/PM option for the 1650. In the event that two pools are used for the above races, there will be no alternation between men and women.

- SCRATCHES:** The North Carolina Scratch rule will be in effect. (NCS swimming Part 2 205.3)
While there is no penalty for not swimming in the non-deck seeded preliminary events, a "no show" or a "declared false start" are both considered disqualifications from an event and the swimmer is treated as having competed or participated in the event.
- A swimmer wishing to scratch from a preliminary event to make room for a time trial may scratch with the Deck Referee anytime prior to the beginning of the event. Scratch forms will be available from the Administrative Referee. Any swims scratched in this manner will not count toward a swimmers daily or meet total.**
- PARKING:** Swim meet participants shall use the East parking lot of HFFA. Other parking will be provided; information about that will be provided closer to the start of the meet.
- HOSPITALITY:** There will be a hospitality room available to coaches, officials and meet management.
- LODGING:** See Below
- MEET DIRECTOR:** Kathryn Noftzger
Holly Merritt
- MEET REFEREE:** Mike Hoffer
- MEET MARSHAL:** **Charlie Dragon**
cdragon@swimmaccarolina.org
917-328-1639 (cell)
- REGISTRATION:** USA Swimming Registration is required of all swimmers and will be verified. On deck swimming registration WILL NOT BE PERMITTED.
- All coaches and Officials on deck must wear their current USA swimming membership card in a visible place.** Those failing to do so could be barred from the deck. Coaches and Officials will need to show their credentials when checking in.
- ENTRY FEES:**
- \$4.00 per event (\$4.50 out of LSC)
 - \$8.00 per relay event (\$9.00 out of LSC)
 - \$2.00 per swimmer NCS Travel Fund
 - \$10.00 per swimmer Facility Use Surcharge (excluding Relay only swimmers)
- All fees are non-refundable, except if entry is rejected for non-compliance.
- AWARDS:**
- Individual events: 1st – 8th place medals
 - Relays: 1st - 3rd place medals
 - Team Place Awards – 1st – 6th place
 - High Point Awards: Top scoring NCS-registered female and male.
 - Phillips Performance Awards: Single highest HYTEK open power point swim in an individual event by female and male.
- Following the conclusion of each individual A Final Heat (Championship Final), there will be an immediate awards ceremony to present the top 5 finishers' awards.**
- SCORING:**
- Individual events: 20-17-16-15-14-13-12-11- 9-7-6-5-4-3-2-1
 - Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- Team scores and individual high point scores will be posted. Only two relays per gender can score for each team.
- TIME TRIALS:** Entry fees for time trials will be \$10.00. Time trials count towards a swimmer's individual event total for each day, but not the meet total.
- Time Trial Event Order Each Day of the Meet:**
50 Freestyle, 100's, 200's, 400's, 500's
- The 1000 and 1650 Freestyle will typically be offered on only one day of the meet. The

day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the general meeting.

- Backstroke events should not be combined with forward starting events.
- Time trials will be offered after Prelims and after Finals each day at the discretion of the meet referee as per USAS rules.
- Entry deadline for Time Trials shall be two hours after the beginning of the competition session. Time trials will begin 15 minutes following the conclusion of all prelim and final races.
- Relay only swimmers will not be allowed to swim Time Trials.

GENERAL MEETING:

The general meeting will be held at 3:30 PM on Thursday, January 28th, and at other times as announced by the Meet Referee. Coaches and swimmers are responsible for any information presented at the meeting.

CREDENTIALS:

All coaches and Officials on deck must wear their current USA swimming membership card in a visible place. Those failing to do so could be barred from the deck. Coaches and Officials will need to show their credentials when checking in.

TIMERS:

Swimmers in the 1000 yd and 1650 yd Free must provide their own timers and lap counters. A lap counter must also be provided for the 500Fr. Timers for all other events will be provided by the host team.

OFFICIALS:

We welcome all certified officials on deck. Please indicate officials on the entry summary form who may be able to help. Please include name, phone number, e-mail (if available), certification level, and sessions available.

This meet is designed for USA Swimming Official Qualification Meet. (N2 All Levels/N3 S&T.) Briefing sessions will be held 45 minutes prior to the beginning of prelims and finals each day. Regardless of the numbers of sessions required for certification/re-certification, an official will need to serve a minimum of four sessions to be evaluated. Any official wishing to be observed, must complete the evaluation request form and e-mail it to the meet referee by **January 14, 2010**. All other considerations will be done at the discretion of the national evaluators assigned to the meet. Please see the USA Swimming website for additional information and certification requirements.

SAFETY:

The North Carolina safety program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No spectators will be allowed on deck.

RELEASE:

*USA Swimming, Inc., North Carolina Swimming, Inc., **SwimMAC** Carolina and **Huntersville Family Fitness and Aquatic** 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 meet.*

2010 NCS Senior Championships

HOST HOTELS



SwimMAC, in order to provide our guest swimming families the best possible experience, recommends these hotel properties for all NCS Swimmers, Officials and families traveling to our area. We think that you will find them very accommodating.

Comfort Suites Northlake Exit 18/I-77 <i>Block Expires December 30, 2009</i>	\$74.95 per night 2.5 miles from pool Doubles available	Hot breakfast included Grab N Go Breakfasts available Welcome bags in each room 704.598.0478	Will open early for Breakfast 5 min from Northlake mall Restaurants nearby
Marriott Courtyard Lake Norman Exit 25/I-77 <i>Block Expires January 5, 2010</i>	\$89 per night/doubles 3.5 miles from pool Free high speed internet	Hot breakfast included Plenty of meeting space 704.949.4900	2 min from Birkdale shopping Restaurants nearby Indoor pool and whirlpool
Country Suites Lake Norman Exit 25/I-77 Meeting space available <i>Block Expires January 19, 2010</i>	\$87 per night/2 bedroom suite 3.5 miles from pool Free paper/mgr reception	Hot breakfast included Refrig/Mic Indoor pool/Free internet 704.895.6565	Will open early for Breakfast 5 min from Birkdale shopping Restaurants nearby
Drury Inn and Suites Exit 18/I-77 <i>Block Expires Sunday, Dec 27, 2009</i> Direct: http://www.druryhotels.com/Reservations.aspx?groupno=2076181	\$79.00 Standard room 3 miles from pool "Meet and Sleep" rooms for Coaches	\$99.00 per suite Huge Breakfast area Free wireless in rooms/ free softdrinks/popcorn in afternoons 704.599.8882	Full Hot Breakfast included Next door to Northlake Mall Restaurants nearby
Residence Inn Lake Norman Exit 25/I-77 <i>Block Expires January 5, 2010</i>	\$89.00 per night/ 1 bedroom studios Refrig/microwave 3.5 miles from pool	\$149 per night/5 bedroom suites Restaurants nearby 704.584.0000 Sports court/Billiards room	Buffet Hot Breakfast included Near Birkdale Shopping Quiet location
Hilton Garden Inn Exit 18/I-77 <i>Block expires December 28, 2009</i>	\$84.00 per night 2.5 miles from pool Group Code "NCS"	On site catering http://hiltongardeninn.hilton.com/en/gi/groups/personalized/CLTNHGI-NCS-20100128/index.jhtml 704.597.7655	Full Hot Breakfast included Near Northlake Mall Restaurants nearby
Hawthorne Suites Exit 25/I-77 <i>Block Expires December 29, 2009</i>	\$99.00 3 miles from pool Refrigerator/Kitchen facilities	\$99.00 per suite Newly renovated 704.892.9487	Full Hot Breakfast included Near Birkdale Shopping Restaurants nearby

NCS Scratch Rule

205.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet information shall specify all mandatory check-in and scratch deadlines and procedures.

- .1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
- .2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet information states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet information.
- .3 Preliminary and Finals Events
 - A Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck then 205.3.2 applies
 - B Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 205.3. For events occurring on the last day of a meet, a fine of \$100 per missed swim shall also be assessed to the club by the appropriate Division Chair for failure to compete.
 - C In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete
 - D When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim
 - E If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)
- .4 Exceptions for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:
 - A The Referee is notified in the event of illness or injury and accepts the proof thereof.
 - B The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
 - C The swimmer was not named in any finals heat during the initial announcement of results
 - D It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

205.4. RELAY SCRATCH RULE

- .1 All Meets - Any relay or relay member, in a relay event that fails to compete in or report for that event shall not be penalized.

Order of Events

Thursday - Timed Finals start at 5:30 PM

Women	Event	Men
1	1000 Yard Freestyle*	2
	10-minute break	
3	800 Yard Freestyle Relay	4

Friday - Prelims start at 8:30 AM, Finals start at 6 PM

5	200 Yard Freestyle	6
7	100 Yard Breaststroke	8
9	100 Yard Butterfly	10
11	400 Yard IM	12
	10-minute break	
13	**400 Yard Free Relay	14

Saturday - Prelims start at 8:30 AM, Finals start at 6 PM

15	200 Yard Butterfly	16
17	50 Yard Freestyle	18
19	200 Yard Breaststroke	20
21	100 Yard Backstroke	22
23	500 Yard Freestyle	24

Sunday - Prelims start at 8:30 AM, Finals start at 5:30 PM

25	100 Yard Freestyle	26
27	1650 Yard Freestyle*	
29	200 Yard Backstroke	28
	1650 Yard Freestyle*	30
31	200 Yard IM	32
	10-minute break	
33	***400 Yard Medley Relay	34

*Qualifying Stds - 800M for 1000 Yard; 1500M for 1650 Yard

** Swum only in finals

*** Swum at prelims and finals according to team preference

NORTH CAROLINA SWIMMING SENIOR CHAMPIONSHIPS

Entry Fee Summary Report

Official Entry Information:

Club Name _____ Club Code _____

Address _____

City _____ State NC Zip _____

Head Coach _____ Home Phone _____

Email Address _____ Work Phone _____

Assistant Coach _____

Assistant Coach _____

Assistant Coach _____

Assistant Coach _____

Assistant Coach _____

All coaches identified above are currently registered as coaches with USA Swimming, Inc. and are responsible for the swimmers entered in this meet and during the conduct of the event January 29 – February 1, 2009.

Signature _____ Date _____

Release Statement

*USA Swimming, Inc., North Carolina Swimming, Inc., **SwimMAC Carolina** and **Huntersville Family Fitness and Aquatic** 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 meet.*

Signature _____ Date _____

# of Individual Entries		X \$4.00 each entry	\$
# of Relay Team Entries		X \$8.00 each relay entered	\$
NCS Travel Fund (Total swimmers)		X \$2.00 each swimmer	\$
Facility Charge (Total swimmers minus Relay Only swimmers)		X \$10.00 each swimmer	\$
TOTALS			\$