



# **NCAC INTRASQUAD MEET**

KOURY NATATORIUM, CHAPEL HILL, NC

## **Sunday, October 3, 2010**

- SANCTION:** Held under the Sanction of United States Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC10092.
- LOCATION:** Koury Natatorium, UNC Campus
- HOST:** North Carolina Aquatic Club
- DATES & TIMES:** Sunday, October 3, 2010  
Warm-up begins at 1:00 p.m.  
Meet starts at 2:00 p.m.
- CLASSIFICATION:** Senior and Age Group Timed Finals Swim Meet
- ELIGIBILITY:** Any current USA Swimming registered swimmer who is a member of the North Carolina Aquatic Club may compete.
- FORMAT/RULES:** This meet will be conducted in accordance with the current USA Swimming Code, NCS Official Handbook and the NCS Safety Program, except where rules are optional and exceptions are herein stated.  
  
All events will be conducted as timed finals.
- SEEDING:** Swimmers will be seeded with short course times.
- SCRATCH RULES:** No penalty shall apply for failure to compete in any event.
- FACILITY:** The Koury Natatorium pool has been certified by USA Swimming. 8 lane 25 yard pool with non-turbulent lane lines. Competition lanes are 9 feet wide. Colorado electronic timing system with an 8 lane scoreboard will be used. Pool depth ranges from 7 to 14 ft, with starting blocks at both ends. Wireless internet is available in the spectator seating area and live results will be posted at [www.ncacswim.org](http://www.ncacswim.org). **NO SPECTATORS ARE PERMITTED ON THE POOL DECK.** No smoking inside the building!!!
- HOSPITALITY:** No hospitality will be provided at the meet.
- MEET DIRECTORS:** Jack O'Donnell  
entries@ncacswim.org
- MEET REFEREE:** Mike Hoffer
- MEET MARSHAL:** Meg McDaniels
- ENTRIES:** Entries will be made by NCAC coaches for all swimmers who stated they wish to compete. All entries will be in SCY.
- ENTRY LIMIT:** Swimmers may enter a maximum of 5 events at the meet.
- SCORING:** Individual events will be scored 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. for the top 16 finishers.
- AWARDS:** The "*IM TOUGH*" award will be given to a male and female in each age group of the swimmer with the fastest 600IM sum time for the Senior,13-14,11-12 age groups and the 300IM sum time for the 10 and Under.
- ENTRY FEES:** No entry fees for all events.
- OFFICIALS BRIEFING:** There will be an officials briefing at 1:30 p.m. Sunday afternoon in the hospitality room.

COACHES  
VERIFICATION: All coaches on deck must wear their current USA Swimming membership card in a visible place. Coaches failing to do so could be barred from the deck.

SAFETY: The North Carolina Safety Program is in effect for this meet. Coaches are advised to closely supervise these swimmers at all times. No horseplay will be tolerated! Other than volunteer meet workers, no parents will be allowed on the deck.

UNACCOMPANIED  
SWIMMERS: Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**USA Swimming, Inc., North Carolina Swimming, Inc., and North Carolina Aquatic 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.**



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ORDER OF EVENTS

- #1-2 Senior 100 Fly
- #3-4 13-14 100 Fly
- #5-6 11-12 100 Fly
- #7-8 10 &U 50 Fly
- #9-10 Senior 100 Back
- #11-12 13-14 100 Back
- #13-14 11-12 100 Back
- #15-16 10&U 50 Back
- #17-18 Senior 100 Breast
- #19-20 13-14 100 Breast
- #21-22 11-12 100 Breast
- #23-24 10&U 50 Breast
- #25-26 Senior 100 Free
- #27-28 13-14 100Free
- #29-30 11-12 100 Free
- #31-32 10&U 50 free
- #33-34 Senior 200 IM
- #35-36 13-14 200 IM
- #37-38 11-12 200 IM
- #39-40 10&U 100 IM