



**NCAC QUAD MEET**  
**October 23-24, 2010**  
**NCAC, GSA, WOW, DUKE**  
**KOURY NATATORIUM, CHAPEL HILL, NC**

- SANCTION:** Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.. Sanction # NC10093.
- SPONSOR:** North Carolina Aquatic Club
- LOCATION:** Koury Natatorium on campus at the University of North Carolina, Chapel Hill, NC. See [www.ncacswim.org](http://www.ncacswim.org) for directions.
- FACILITY:** The pool is certified by USA Swimming. Two courses with a total of sixteen 25-yard lanes (9 feet in width) with non-turbulent lane lines. One course will be used for competition and the other for continuous warm-up. Colorado Timing System and full-color scoreboard with splits will be used. Pool depth ranges from 7 to 14 ft, with starting blocks at both ends. Spectator seating is available in the balcony area and has wireless internet access available for free. **NO SPECTATORS ARE PERMITTED ON THE POOL DECK.**
- PARKING:** Free parking will be available in the Manning lot next to the Williams Athletic Center and across the street from the Koury Natatorium. A parking map is available upon request from meet management.
- SCHEDULE:** Saturday, October 23 and Sunday October 24:  
Warm-up 12:30-1:50 p.m., Meet Starts 2:00 p.m.
- RULES:** The meet will be conducted in accordance with the current USA Swimming Code and the NCS Official Handbook and NCS Safety Program, except where rules therein are optional and all exceptions are herein stated, and with NCS rules. All swimmers are allowed to represent their club in individual events and relays, even those swimmers still unattached.
- CLASSIFICATION:** Quad meet.
- ELIGIBILITY:** All swimmers from invited teams are eligible to compete. Current USA Swimming Registration is required for all swimmers. All swimmers entered will be checked against current LSC registration.
- AWARDS:** For all age group individual events: Medals for 1<sup>st</sup> through 3<sup>rd</sup>, ribbons for 4<sup>th</sup> through 8<sup>th</sup>. For all age group relay events: Medals for 1<sup>st</sup> through 3<sup>rd</sup>.
- SCORING:** Scoring will be:  
Individual events: 9-7-6-5-4-3-2-1  
Relay events: 7-0
- FEES:** \$10.00 Facility Fee per swimmer  
\$4.00 NCS Travel Fee per swimmer  
\$2.50 Entry fee per individual event  
\$8.00 Entry fee per relay event
- ENTRIES:** Hy-tek software will be used. Submit entries via e-mail or hy-tek disk and master entry sheet. You must include the USA club code and each swimmer's

USA number along with first and last name and seed time for each event entered. Seed times must be in short course yards. All relay only swimmers including alternates must be included with the electronic entry and pay the entry fee. Relays will be seeded with each team assigned to two lanes, i.e. the A & B relay for each team will be in the last heat, the C & D relay in the next-to-last heat.

ENTRY LIMIT: 4 individual & 1 relay per day, 7 individual & 1 relay for the meet.

ENTRY DEADLINE: All entries must be received by the meet director no later than 5:00 pm on **Wednesday, October 13, 2010**. Late entries may be accepted at the discretion of the meet director. All entry fees for the meet must be submitted prior the start of the meet.

ENTRY SUBMISSION: E-mail is the preferred method for entry submission. E-mail entries to [entries@ncacswim.org](mailto:entries@ncacswim.org) and include "meet entries" in the subject line.

OR, mail a hard copy to:

NCAC  
c/o Jack O'Donnell  
PO Box 1138  
Carrboro, NC 27510

Make checks payable to "North Carolina Aquatic Club." Please ensure that a signature is not required upon delivery if using an express mail service.
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COACHES: 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. There will be a coaches' meeting at 8:50 am on Saturday in the hospitality room adjacent to the pool deck.

OFFICIALS: All interested officials from visiting teams should contact the meet referee. There will be an officials' meeting at 8:30 am in the hospitality room adjacent to the pool deck.

MEET DIRECTOR: Jack O'Donnell, [entries@ncacswim.org](mailto:entries@ncacswim.org)

MEET REFEREE: Mike Hoffer, [mike@carolinaclosetsplus.com](mailto:mike@carolinaclosetsplus.com)

MEET MARSHALL: Meg McDaniels

HOSPITALITY: Drinks, snacks, and lunch will be provided to coaches, officials, and meet workers.

SAFETY: The North Carolina 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.

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.***

**NCAC QUAD  
MEET –  
ORDER OF  
EVENTS**

Girls	<b><u>Saturday, October 23</u></b>	Boys
1	SENIOR 200 FREE RELAY	2
3	11-12 200 FREE RELAY	4
5	10 & UNDER 200 FREE RELAY	6
7	SENIOR 200 BREAST	8
9	11-12 50 BREAST	10
11	10 & UNDER 100 BREAST	12
13	SENIOR 200 BACK	14
15	11-12 50 BACK	16
17	10 & UNDER 100 BACK	18
19	SENIOR 100 FREE	20
21	11-12 50 FREE	22
23	10 & UNDER 50 FREE	24
25	SENIOR 100 FLY	26
27	11-12 100 FLY	28
29	10 & UNDER 50 FLY	30
31	SENIOR 500 FREE*	32
 <b><u>Sunday, October 24</u></b>		
33	SENIOR 100 BREAST	34
35	11-12 100 BREAST	36
37	10 & UNDER 50 BREAST	38
39	SENIOR 50 FREE	40
41	11-12 100 FREE	42
43	10 & UNDER 100 FREE	44
45	SENIOR 200 FLY	46
47	11-12 50 FLY	48
49	10 & UNDER 100 FLY	50
51	SENIOR 100 BACK	52
53	11-12 100 BACK	54
55	10 & UNDER 50 BACK	56
57	SENIOR 200 IM	58
59	11-12 100 IM	60
61	10 & UNDER 100 IM	62
63	SENIOR 200 FREE*	64

Teams will be assigned to warm-up lanes and are responsible for the conduct of warm-up in their lanes. Teams will be e-mailed warm-up assignments by Wednesday, October 20. The deep end will be available for continuous warm-up during the meet.

\* Indicates that event will be scored separately for 13 & over, 11-12, and 10 & under age categories