



**NCAC "MILE MEET"**  
**Friday, October 29<sup>TH</sup>, 2010**  
**Koury Natatorium, Chapel Hill, NC**

- SANCTION:** Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.. Sanction # NC10094.
- 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:** Two courses with a total of sixteen 25-yard lanes (9 feet wide) with non-turbulent lane lines. 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. The pool has been certified by USA Swimming. Spectator seating is available in the balcony area and has wireless internet access available for free. **NO SPECTATORS ARE PERMITTED ON THE POOL DECK.**
- RULES:** The meet will be conducted in accordance with the current USA Swimming Rules and Regulations 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.
- CLASSIFICATION:** Senior meet.
- ELIGIBILITY:** Current USA Swimming Registration is required for all swimmers. All swimmers entered will be checked against current LSC registration.
- 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.
- AWARDS:** None.
- FEES:** \$2.50 per individual event  
\$8.00 per relay event  
\$4.00 per swimmer surcharge for NCS Travel Fund  
\$5.00 per swimmer facility surcharge
- ENTRY LIMIT:** 3 Individual events and 2 relays per swimmer.
- ENTRY DEADLINE:** All entries and fees must be received by the meet director no later than 5:00 p.m. on **Tuesday, October 19, 2010**. Late entries may be accepted at the discretion of the meet director. A psych sheet will be posted to [www.ncacswim.org](http://www.ncacswim.org) by Thursday, October 21. All entry fees for the meet must be submitted prior the start of the meet.
- SCORING:** This meet will not be scored.
- 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.

- 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 4:00 pm 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 5:00 pm 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 and snacks 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 TAR HEEL INVITATIONAL**  
**Friday, October 29<sup>TH</sup>, 2010**  
**Koury Natatorium, Chapel Hill, NC**

Warm-up: 4:15 PM-5:10 PM: General Warm-up: In assigned lanes only. – No Diving

5:10 PM-5:20PM: Lanes 2,7 will be used for dive starts/sprinting. Starts will be from the starting end of the pool only. General warm-up and pace work will be permitted in all other available lanes.

**MEET STARTS AT 5:30 PM**

**ORDER OF EVENTS**

**WOMEN**

**MEN**

<b>1</b>	<b>SENIOR 200 FREE RELAY</b>	<b>2</b>
<b>3</b>	<b>SENIOR 400 IM*</b>	<b>4</b>
<b>5</b>	<b>SENIOR 50 FREE</b>	<b>6</b>
<b>7</b>	<b>SENIOR 200 MEDLEY RELAY</b>	<b>8</b>
<b>9</b>	<b>SENIOR 1650 FREE*</b>	<b>10</b>

\*The 1650 and the 400 IM will be deck seeded and swum in two courses. During these events, warm-up/warm-down will be available in two lanes between the bulkheads. You must make a positive confirmation of your intent to swim the 400 IM and the 1650 free by 4:30 p.m. Entry will be limited to the top 64 women and the top 64 men in the 400 IM who have confirmed by the scratch deadline. All heats of the 1650 free will be swum.

Note: Additional heats of the 400 IM beyond the top 64 may be swum at the meet director's discretion. The 400 IM will be swum slowest to fastest. The 1650 will be swum with the three fastest heats of men and women swum slowest to fastest followed by all remaining heats swum fastest to slowest alternating genders.