



## SWIMMAC BLUE / ORANGE INTRASQUAD MEET

### Saturday, October 30, 2010

**Sanction:** Hold Under sanction of USA Swimming issued by North Carolina Swimming, Inc. Sanction # NC10107.

**Host:** SwimMAC Carolina

**Facility:** SwimMAC at Charlotte Latin Campus  
9850 Providence Road  
Charlotte, NC 28277  
(704)846-5335

The SwimMAC Swim Center at Charlotte Latin School is a 30,000 square foot facility featuring a 50-meter by 25-yard Paddock Pools racing tank. In the 10 –lane competition course, pool depth ranges from 6 feet to 12 feet with lanes that are 8-feet wide. Up to 10 lanes will be used for continuous warm-up and warm-down. The facility also features a Colorado 6000 system and ten-lane scoreboard. There is bleacher seating for 600 competitors and spectators. The MAC Swim Center is a USA Certified Pool.

**Schedule:** **Saturday October 30, 2010 Girls Meet**

Session I

Warm-up: 8:00AM

Timed Finals: 9:00AM

**Saturday October 30, 2010 Boys Meet**

Session II

Warm-up: Not Before 12:30PM

Timed Finals: Not Before 1:30PM

**Format:** This 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 exceptions herein stated.

**Eligibility:** This meet is open to all swimmers registered with SwimMAC. Session I is for female swimmers only. Session II will for male swimmers only. 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.

**Entry**

**Limits:** Swimmers may swim up to 4 events.

**Rules:** This meet will be conducted in accordance with the current USA Swimming Code and the NCS Official Handbook and NCS Safety program, except wherein are optional and exceptions are stated.

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.

**Warm-up:** In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures.

During the competition there will be lanes available for continuous warm-up/warm-down. There is to be no diving or horseplay in this area.

### **Entry**

**Forms:** Entries can be submitted on a 3.5" Disk generated by HY-TEK Team Manager OR the enclosed meet entry forms and summary sheet. All computer entries must be accompanied by a hard copy of the entire meet entry. Please list each swimmer's age as of October 30, 2010.

All entries, manual or computer generated must include the following forms:

1. Official Summary Sheet
2. Payment of Fees

**Fees:** \$6.00 Facility Surcharge (\$1 For Caps/ \$1 For Champ Shirts/\$4 For Facility)  
\$4.00 NCS Travel Fund  
\$1.25 Per Event

**Entry:** Entries must be received by Thursday, October 21<sup>st</sup>, 2010 by 7:30PM. No fax or phone entries. Late entries will be accepted at the discretion of the Meet Director.

Please mail entries to: SwimMAC Carolina  
9850 Providence Road  
Charlotte, NC 28277

### **Meet**

**Management:** Meet Director: Kathryn Noftzger  
Meet Referee: Chris Kitchens  
Meet Marshall: TBA

**Release:** USA Swimming, North Carolina Swimming, Inc., Charlotte Latin School and The Mecklenburg Aquatic Club and all the employees and representatives of these organizations 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.

**Scoring:** Events will be scored through 30<sup>th</sup> place each event. Relays are non-scoring and are for fun!

**Information:** Please contact MAC Coaching Staff @ 704-846-5335 for more information.

**SWIMMAC BLUE / ORANGE INTRASQUAD MEET**  
**SATURDAY OCTOBER 30, 2010**  
**ORDER OF EVENTS**

**Saturday: Session I**

Girls Meet  
October 30, 2010  
Girls

Warm-ups: 8:00AM  
Meet: 9:00AM

Event #

1	12 & Under 50 Fly
2	13 & Over 100 Fly
3	12 & Under 50 Back
4	13 & Over 100 Back
5	Open Mystery Relay #1
6	12 & Under 50 Breast
7	13 & Over 100 Breast
8	12 & Under 50 Free
9	13 & Over 100 Free
10	12 & Under 100 IM
11	13 & Over 100 IM
12	Open Mystery Relay #2

**Saturday: Session II**

Boys Meet  
October 30, 2010  
Boys

Warm-ups: 1:30PM  
Meet: 2:30PM

Event #

1	12 & Under 50 Fly
2	13 & Over 100 Fly
3	12 & Under 50 Back
4	13 & Over 100 Back
5	Open Mystery Relay #1
6	12 & Under 50 Breast
7	13 & Over 100 Breast
8	12 & Under 50 Free
9	13 & Over 100 Free
10	12 & Under 100 IM
11	13 & Over 100 IM
12	Open Mystery Relay #2