



**2010 NC SENIOR  
INTRASQUAD MEET  
OCTOBER 10, 2010**

**Sanction:** Held under sanction of USA Swimming, issued by North Carolina Swimming, Inc. Sanction # NC10108.

**Host:** SwimMAC Carolina

**Facility:** Mecklenburg Aquatic Club  
9850 Providence Road  
Charlotte, NC 28277  
(704) 846-5335

The MAC Swim Center is a 30,000 square-foot facility featuring a 50-meter by 25-yard Paddock Pool racing tank. In the 10-lane 25 yard competition course, pool depth ranges from 6 to 12 feet with lanes that are 8-foot wide. Up to 11 lanes will be available for continuous warm-up and warm-down. The facility also features a Colorado 5000 system and 10-lane scoreboard. There is bleacher seating for 600 competitors and spectators. The MAC Swim Center is a USA certified pool.

**Schedule:** SUNDAY, OCTOBER 10  
Warm-ups 2:00 PM  
Timed Finals 3:00 PM

**Classification:** Senior

**Format:** All events will be conducted on a timed final basis.

**Eligibility:** This meet is open to all swimmers registered with SwimMAC. All swimmers must be registered with USA Swimming, Inc.

SwimMAC welcomes all swimmers with disabilities as described in the USA Swimming Rules & Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit SwimMAC's ability to accommodate all requests.

**Entry Limits:** Swimmers are limited to 3 individual events per day.

**Rules:** 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 are stated.

**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 e-mailed in a HY-TEK file. All computer entries must be accompanied by a hard copy of the entire entry. Please list each swimmer's age as of October 10, 2010. There will be no on deck registration available at this meet.

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

1. Official Hy-Tek Summary Sheet
2. Payment of Fees

**Fees:** \$1.25 per each individual event.  
\$4.00 Facility surcharge  
\$4.00 NCS Travel Fund  
Please make check payable to the Mecklenburg Aquatic Club.

**Entries:** Send entries in by **Thursday, September 30, 2010**. Late entries may be accepted at the discretion of the meet director. No telephone or fax entries will be accepted.

Please mail hard copy and check to:

SwimMAC Carolina  
9850 Providence Road  
Charlotte, NC 28277  
Attention: Senior Meet Director

Email entries to Alan Pfau at [apfau@justswimmac.com](mailto:apfau@justswimmac.com)

**Scoring:** No scoring

**Awards:** There will be no awards given at this meet.

**Officials:** MAC welcomes and encourages the assistance of certified officials from visiting teams. To volunteer, please contact the Meet Referee once you arrive.

**Meet Management:**

Meet Director:	Stephanie Miller	<a href="mailto:smiller@milodgroup.com">smiller@milodgroup.com</a>
Meet Referee:	Richard Pockat	<a href="mailto:rpockat@carolina.rr.com">rpockat@carolina.rr.com</a>
Meet Marshall:	Alan Pfau	<a href="mailto:apfau@justswimmac.org">apfau@justswimmac.org</a>

**Coaches' Meeting:** There will be a coaches' meeting at 2:45 pm on Sunday in the Hospitality room.

**Officials' Meeting:** There will be an officials' meeting at 2:00 pm on Sunday in the Hospitality room.

**Hospitality & Concessions:** There will be a hospitality room open to all coaches, officials, and volunteers.

- Safety:** The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No running or horseplay is permitted. Glass containers or bottles are not permitted in the MAC Swim Center. 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.
- Release:** USA Swimming, North Carolina Swimming Inc., Charlotte Latin School and Mecklenburg Aquatic Club and all 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.
- Attachments:** Order of Events.
- Information:** For more information, contact Alan Pfau at 704-846-5335, ext. 108 or email at [apfau@justswimmac.org](mailto:apfau@justswimmac.org)

**Senior Dual Meet**  
**October 10, 2010**

Sunday Session- October 10, 2010  
Warm-up 2:00-2:45pm Start 3:00pm

Girls	Event	Boys
1	1000 Free	2
3	200 Free	4
5	100 Back	6
***	<b>5 Minute Break</b>	***
7	50 Free	8
9	100 Breast	10
11	200 Fly	12
***	<b>5 Minute Break</b>	***
13	200 Back	14
15	100 Free	16
17	200 Breast	18
***	<b>5 Minute Break</b>	***
19	200 IM	20
21	100 Fly	22
23	500 Free	24
***	<b>5 Minute Break</b>	***
25	400 IM	26