



2010 NC WAVE Swimming's
AUTUMN SPLASH INVITATIONAL SWIM MEET
November 5-7, 2010

SANCTION: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC10111.

HOST: New Wave Swim Team
P.O. Box 18012
Raleigh, NC 27619
(919) 981-0644

FACILITY: Triangle Aquatic Center
275 Convention Drive
Cary, NC 27511
(919) 459-4045

Competition Pool: The Triangle Aquatic Center facility features a 50-meter pool divided into two courses, which include an 8-lane, 25-yard by 9-feet wide competition course and a 10-lane, 25-yard by 7-feet wide competition course, with a variable depth ranging from 7 to 12 feet. Both courses will be used if swimmer numbers and timeline deem it necessary. An additional 10-lane, 25-yard pool is available for continuous warm-up/warm-down. The pool is equipped with state-of-the-art, anti-turbulent lane lines and Paragon starting blocks on both ends. The facility features a Daktronic Pro timing system, and two digital matrix scoreboards. Stopwatches will also be used in each competition lane. Hy-Tek Meet Manager Pro software will be used. Locker rooms for changing are available. This pool has been certified by USA Swimming.

Only meet volunteers, USA Swimming registered athletes and current USA Swimming registered officials and coaches may be on deck.

NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME

Triangle Aquatic Center will charge a session/daily/meet spectator fee.

Spectator Seating:

The seating area is above the deck and designed for comfort and enjoyment for spectators. There is viewing for 1,000 people, bench seating with back support, a 12-foot wide walkway for easy access, and an integrated sound system. There are five 47" televisions with FM radio transmitters, and free wireless access to the internet to track live meet results on www.triangleaquatics.org.

Supporting Amenities:

Parking: There is parking directly in front of the facility available for coaches, officials and volunteers. There is additional parking at the Cary Towne Center Mall, directly adjacent & within easy walking distance of the facility for swimmers and parents. Athletes may be dropped off beside the facility before parking at the Mall.

Splash Café: A full service café located just inside the main entrance offering healthy meals, smoothies, coffees, drinks and snacks.

All American Swim Shop: The fully stocked swim shop is located beside the front desk and carries swimwear, apparel, swim supplies and accessories

Open Swim: During most meets, the Program pool and Instruction pool are open for recreation and fitness swimming. Check with the front desk for the cost of a day pass.

Facility Rules: Please inform all families of the following pool rules.

- 1) **NO** smoking is allowed inside the facility.
- 2) **NO** outside food, drinks or coolers allowed inside the facility.
- 3) **NO** glass containers allowed inside the facility.
- 4) **NO** chairs allowed in the spectator level. Athletes and coaches may bring chairs on deck, but they must be removed each day.

RULES: This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, and the current North Carolina Swimming Rules and Regulations, and the current North Carolina Swimming Safety Program. These rules will serve as the official guide for technical and procedural rules, except wherein are optional and exceptions are herein stated.

CLASSIFICATION: Senior Open/Age group Timed final meet

- FORMAT:**
- (1) All events are timed finals.
 - (2) Entrants in the 500 Free, the 1000 Free and the 400 IM are required to check in at the clerk of course per the attached schedule. Swimmers not checked in by these deadlines will be scratched from the events. They may swim at the discretion of the Meet Referee in open lanes only. Meet management may limit entries for the 500 Free, the 1000 Free, and the 400 IM to stay within the four-hour time limit for each session.
 - (3) The 500 Free and the 1000 Free will be swum fastest to slowest, alternating girls and boys. A combined heat of girls and boys may be swum at the discretion of the Meet Referee. In the event that the events are conducted in two courses, the same procedure will be followed except it will not be necessary to alternate women and men's heats. Meet management will ensure at least a 10 minute break for swimmers in the previous event.
 - (4) The 400 IM will be swum fastest to slowest, alternating girls and boys. A combined heat of girls and boys may be swum at the discretion of the Meet Referee.
 - (5) Swimmers may only enter one (1) 50 yard Free event.

ELIGIBILITY: All swimmers must be registered athlete members of USA SWIMMING, Inc. Please list the swimmer's age as of November 5, 2010.

WAVE welcomes all swimmers with disabilities as described in the USA Swimming Rules and 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 WAVE's ability to accommodate all requests.

ENTRIES: Please email entries using Hy-Tek Team Manager for entries. Entries must include the following: 1) a Hy-Tek compatible entry file 2) team entry report and 3) financial report.

Please note the following entry rules will be strictly enforced by the Meet Directors:

- (1) Payment must be received by the start of the meet in order to get coaches packet. No swimmer will compete until payment is received.
- (2) Please submit entries using Hy-Tek Team Manager or compatible software.
- (3) All swimmers must be properly registered before November 5, 2010. The list of swimmers competing in the meet will be forwarded to the NCS Registration Chair for approval. **No on-deck registration will be permitted.** There may be on-deck event entries taken at this meet, but in open lanes only, with double fees paid at time of entry. All deck-entered swimmers must be USA Swimming athlete members.
- (4) Please list all coaches that will be in attendance. The NCS Registration chair will provide meet management with a list of current coach certifications. Coaches who are not current in all required certifications will not be allowed on deck.
- (5) 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 LIMIT: All swimmers will be limited to a **maximum of five (5) individual events** per day and a total of nine (9) events for the meet plus **1 (one) relay**.

ENTRY DEADLINE: **Tuesday, October 26, 2010.** Entries will be accepted up to 7:00 pm that day. Telephone entries will not be accepted, although changes to entries will.

ENTRY FEES: \$2.50 per individual event (NCS registered swimmers)
\$8.00 per relay
\$10.00 per swimmer Facility Surcharge
\$4.00 per swimmer NCS Travel Fund

Double entry fees will be charged for late entries, if accepted. A late entry is any entry received on or after 7:00pm on Tuesday, October 26, 2010. All fees are non-refundable unless events are cancelled to maintain the four-hour time limit.

A check made payable to the "New Wave Swim Team" must accompany entries.

MAILENTRIES TO: WAVE Swimming
P. O. Box 18012
Raleigh, NC 27619
(919) 981-0644

***NOTE:** All e-mail correspondence should be directed to:
Mark Hoppe – wavemeets@nc.rr.com

A TM event file will be made available from the WAVE website at www.newwaveswimteam.org as well as the NCS website www.ncswim.org.

SCHEDULE: Friday, November 5, 2010

Afternoon Session: Open
Warm ups: 4:00 pm – 4:50 pm
Timed Finals Begin: 5:00 pm

Saturday, November 6, 2010 and Sunday, November 7, 2010

Morning Session:	13 and Over	Afternoon Session:	12 and Under
Warm-ups:	7:00 am – 7:50 am	Warm-ups:	12:30 pm - 1:20 pm
Timed Finals Begin:	8:00 am	Timed Finals Begin:	1:30 pm

Meet management reserves the right to adjust meet session and warm-up times or combine sessions after reviewing the projected timeline. Coaches will be informed of any adjustments in the schedule.

**WARM-UP
SCHEDULE:**

Guidelines will be published in the coach's packet. Packets will be available at the Clerk of Course upon presentation of current USA Swimming coach credentials. Lane assignments will be based on the number of participants from each club. Assignments will be posted and a copy available in the coach's packet. Specific warm-up procedures will be described in the coach's packet as well.

CHECK-IN:	Event	Check-in Deadline
	400 IM	Friday by 4:20 pm
	1000 Free	Friday by 5:20 pm
	13 & Over - 500 Free	Sunday by 8:30 am
	12 & Under – 500 Free	Sunday by 2:00 pm

ORDER OF EVENTS: Please see attached schedule.

AWARDS: Individual Events: 1st – 8th place ribbons

Individual events will be awarded in three categories by **times entered:** A+, BB+, and B-

Relays: 1st – 3rd place ribbons

SCORING: This meet will not be scored.

SAFETY: The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Running and horseplay will not be allowed. As at any pool, the deck may be slippery and caution should be taken to prevent accidents. NO blocking of fire exits, which includes doorways and passages. Coaches must carry their coach certification cards at all times when on the pool deck and must hold current certifications and registration with USA Swimming.

COACHES: A coach's packet will be available for all clubs at the start of warm-ups on Friday. A current 2010 USA Swimming coach membership card will be required to obtain the packet and must be displayed prominently at all times on deck **by all coaches**.

There will be a coaches' meeting Friday, November 5th at 3:45 pm in the TAC hospitality room and as announced by the Meet Referee.

OFFICIALS: There will be an officials' meeting Friday, November 5th at 4:15 and 30 minutes prior to the start of each of the other sessions as needed.

We welcome all certified and apprentice officials. If you know in advance that you will be volunteering for this meet, please notify the Meet Referee Lisa Jackson: ljackson22@nc.rr.com

"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."

MEET

MANAGEMENT: Meet Director: Mark Hoppe
Meet Referee: Lisa Jackson
Meet Marshal: Brian Tobey

HOSPITALITY: There will be a hospitality room available to all coaches, officials and meet volunteers.

VOLUNTEERS: Volunteer timers and officials are welcomed. Announcements for timers and officials will be made prior to the start of each session.
Swimmers in the 500 Free and 1000 Free must provide their own timers and lap counters.

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., THE NEW WAVE SWIM TEAM, INC., TRIANGLE AQUATIC CENTER AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS SHALL BE HELD FREE AND HARMLESS FROM ANY AND ALL LIABILITIES ON CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

WAVE SWIMMING'S AUTUMN SPLASH INVITATIONAL SWIM MEET

Order of Events

Friday, November 5, 2010

Open session

Warm-ups: 4:00 pm Meet starts: 5:00 pm

Women	Events	Men
1	Senior 400yd IM	2
3	Senior 50yd Free	4
5	Senior 1000yd Free	6

Saturday, November 6, 2010

13 and over session

Warm-ups: 7:00 am

Meet Starts: 8:00 am

Women	Events	Men
7	13 and over 100yd Free	8
9	13 and over 200yd Back	10
11	13 and over 100yd Breast	12
13	13 and over 200yd Fly	14
15	13 and over 200yd IM	16
17	13 and over 200yd Free Relay	18

Saturday, November 6, 2010

12 and under session

Warm-ups: 12:30 pm

Meet Starts: 1:30 pm

Girls	Events	Boys
19	9-10 50yd Backstroke	20
21	11-12 100yd Backstroke	22
23	9-10 50yd Breaststroke	24
25	11-12 50yd Breaststroke	26
27	11-12 200yd Breaststroke	28
29	9-10 100yd Butterfly	30
31	11-12 50yd Butterfly	32
33	11-12 200yd Butterfly	34
35	9-10 100yd Freestyle	36
37	11-12 100yd Freestyle	38
39	9-10 100yd IM	40
41	11-12 100yd IM	42
43	9-10 200yd Freestyle Relay	44
45	11-12 200yd Freestyle Relay	46

Sunday November 7, 2010

13 and over session

Warm-ups: 7:00 am

Meet Starts: 8:00 am

Women	Events	Men
47	13 and over 200yd Free	48
49	13 and over 100yd Back	50
51	13 and over 200yd Breast	52
53	13 and over 100yd Fly	54
55	13 and over 500yd Free	56

Sunday, November 7, 2010

12 and under session

Warm-ups: 12:30 pm

Meet Starts: 1:30 pm

Girls	Events	Boys
57	11-12 200yd Freestyle	58
59	9-10 200yd Freestyle	60
61	11-12 50yd Backstroke	62
63	11-12 200yd Backstroke	64
65	9-10 100yd Backstroke	66
67	11-12 100yd Breaststroke	68
69	9-10 100yd Breaststroke	70
71	11-12 200yd IM	72
73	9-10 200yd IM	74
75	11-12 100yd Butterfly	76
77	9-10 50yd Butterfly	78
79	11-12 50yd Freestyle	80
81	9-10 50yd Freestyle	82
83	12 & Under 500yd Freestyle	84