



**2010 NC Age Group
National Dual Meet
SwimMAC vs. Dynamo
November 6-7, 2010**

Sanction: Held under sanction of USA Swimming, issued by North Carolina Swimming, Inc. Sanction # NC10114.

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. This is a USA Swimming certified facility. 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. Paragon competition blocks will be used. There is bleacher seating for 600 competitors and spectators.

Schedule:

<u>SATURDAY</u>	
Warm-up	12:00-1:00pm
Timed Finals	1:15PM
<u>SUNDAY</u>	
Warm-ups	8:30-9:30AM
Timed Finals	9:45AM

Classification: Age-Group (14 & under) for members of Dynamo Swim Club or SwimMAC Carolina.

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

Eligibility: All swimmers must be registered with USA Swimming, Inc.

SwimMAC 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 SwimMAC ability to accommodate all requests.

Entry Limits: Swimmers are limited to 4 individual events per day. A team may enter up to 3 relays but only 2 may score.

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 are to 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 November 6, 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: \$2.50 per each individual event.
\$8.00 per each relay.
\$4.00 per swimmer surcharge.
Please make check payable to the **Mecklenburg Aquatic Club**.

Entries: Send entries in by **Tuesday, October 26, 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: Age Group Dual Meet Director

Email entries to Alison Pick at apick@swimmaccarolina.org.

Scoring: Individual events: 11-9-8-7-6-5-4-3-2-1 points. Relays: 22-18-16-14 points.

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

Positive Check In: A positive check in will be required for the 400 IM, 500 Free, and all relays. Check-in must be completed by 1:15 pm on Saturday and 9:45 am on Sunday at the clerk of course.

Officials: SwimMAC 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	smiller@milodgroup.com
Meet Referee:	Chris Kitchens	kitchenscj@gmail.com
Meet Marshall:	Russ Kasl	rkasl@swimmaccarolina.org

Coaches' Meeting: There will be a coaches' meeting at 1:00 pm on Saturday and 9:30 am on Sunday.

Officials' Meeting: There will be an officials' meeting at 12:30 pm on Saturday and 9:00 am 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 Russ Kasl at 704-846-5335, ext. 2106 or email at rkasl@swimmacarolina.org.

**Age Group National Dual Meet
November 6-7, 2010**

Saturday Session- November 6, 2010
Warm-up 12:00-1:00pm Start 1:15pm

Girls	Event	Boys
1	13-14 200 IM	2
3	12 & Under 200 IM	4
5	13-14 100 FR	6
7	12 & Under 100 FR	8
9	13 -14 200 BR	10
11	11-12 200 BR	12
13	13-14 100 BK	14
15	12 & Under 100 BK	16
17	13-14 200 FLY	18
19	11-12 200 FLY	20
21	13-14 200 FR Relay	22
23	12 & Under 200 FR Relay	24
25	13-14 500 FR	26
27	12 & Under 500 FR	28

Sunday Session- November 7, 2010
Warm-up 8:30-9:30am Start 9:45am

Girls	Event	Boys
29	13-14 200 FR	30
31	12 & Under 200 FR	32
33	13-14 100 BR	34
35	12 & Under 100 BR	36
37	13-14 200 BK	38
39	11-12 200 BK	40
41	13-14 100 FLY	42
43	12 & Under 100 FLY	44
45	13-14 200 Medley Relay	46
47	12 & Under 200 Med Relay	48
49	13-14 400 IM	50
51	11-12 400 IM	52