

13-14/ SENIOR WINTER INVITATIONAL

HOSTED BY NEW SOUTH SWIMMING December 3-5, 2010

Sanction: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc., Sanction # NC 10126

Sponsor: New South Swimming & the Mecklenburg County Aquatic Center

Site Info: Mecklenburg County Aquatic Center
800 East Martin Luther King Jr. Boulevard
Charlotte, NC 28202-2874
704-336-3483

The competition pool is a 50-meter pool divided by 2 bulkheads for use of 2 8-lane 25 yd. pools. The pool is certified by USA Swimming. Non turbulent lane lines and Paragon starting blocks. Minimum depth is 6 ft. at scoreboard end and 13 ft. at the deep end. Lane width is 9 feet. Seating for 1000 people with ample parking areas within 100 yds. of facility. Colorado 5000 electronic timing system with scoreboard will be used.

Rules: The meet will be conducted in accordance with the current USA Swimming Rules and Regulations and the NCS Official Handbook and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated.

Classifications: 13-14 girls, 13-14 boys, Senior Women, Senior Men. The 2009-2012 NAG Time standards are in effect for this meet. Friday evening and Saturday and Sunday morning preliminary sessions (and related finals) will be Senior Circuit events; Saturday and Sunday afternoon sessions will be timed final 15 & over Senior Development sessions. Swimmers in the Senior Circuit events must have achieved a 13-14 "AA" time in two (2) different strokes to swim. A swimmer must have achieved the 13-14 "AA" time to enter the 1650 freestyle.

Eligibility: All swimmers must be registered members of USA Swimming Inc. 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.

Entries: Submit entries on Hy-tek or equivalent software. The electronic entries will take precedence over printed copy in case of discrepancies. All computer entries must be accompanied by a hard copy of the entire entry along with a completed entry summary sheet. Please list each swimmer's age as of December 3, 2010.

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

1. Official Summary Sheet
2. Payment of fees

There will be no on deck registration available at this meet. All Relay Only swimmers, including alternates, must be listed and pay the NCS Travel Fund Surcharge.

Entry Limit: Senior Circuit events: Eight (8) individual events and up to two (2) relays in the 3-day period. A swimmer may swim a maximum of only three (3) individual events in one (1) day. We reserve the right to limit the 1650 yd. Freestyle to the top 32 female and top 32 male swimmers. Coaches will be notified by November 26, 2010 if the 1650 yd. Freestyle will be limited.

Senior Development Events: Eight (8) individual events, not to exceed four (4) per day. We reserve the right to limit the number of entries in the 500 free. Coaches will be notified by November 26, 2010 if the 500 free will be limited.

Time Trials: Time trials will be held upon reasonable request at the discretion of the Meet Referee. Such swims are limited to one (1) individual event and one (1) relay event per swimmer per time trial session. Relay only swimmers may not time trial. Entry fees for time trial swims will be \$10.00 per individual event and \$15 per relay. The entry deadline for time trials is 11:00 AM if being held following the morning session and 1 hr after the start of finals if being held after the evening session. When held, time trials will start 15 min after the completion of the session.

Entry Deadline: **Entries must be received by Wednesday November 24, 2010.** Please return entries as soon as possible. Late entries may be accepted at the discretion of the Meet Director. Late entries will be charged **DOUBLE** the entry fee. **NO** telephone/fax entries will be accepted.

Entry Fees: \$3.50 per individual event in-state swimmers for Senior Circuit events
\$2.50 per individual event in-state swimmers for Senior Development events
\$4.00 per individual event out-of-state swimmers for Senior Circuit events
\$3.00 per individual event out-of-state swimmers for Senior Development events
\$4.00 per swimmer for the NCS Travel Fund (including relay only swimmers)
\$10.00 per swimmer Facility Surcharge
\$8.00 per relay
Make checks payable to New South Swimming. **Entries will not be accepted unless accompanied by the entry fee.** Entry fees are non-refundable.

Mail Entries to: Jamie Thomas
P O Box 32001
Charlotte, NC 28232
(704) 542 - 7017
JThomas2146@carolina.rr.com

Order of Events: See attachments. Friday's events will be timed finals with the exception of the 50 Freestyle. The 50 Freestyle will be a prelims/finals event with the finals being swum after the Senior Men's 500 Yd. Freestyle. Saturday and Sunday's Senior Circuit events will be swum as prelims/finals. All Senior Development events will be timed finals.

Format: Friday's events will be timed finals except for the 50 Freestyle (see above, Order of Events). Saturday and Sunday's Senior Circuit events will be swum as prelims in the morning and finals in the evening. All 13-14 and Senior Senior Circuit events will be combined during Saturday and Sunday prelims. The event finals will be separated out into the appropriate age group and gender. There will be a consolation (B) heat and a championship (A) heat swum in all events with the championship (A) heat swimming first. All relays will be swum as timed finals in the evening session, except that coaches may elect to swim the 400 yd freestyle relay at the end of Sunday's prelims session prior to the start of the 1650 yd. freestyle.

Scratches: The North Carolina scratch rule will be in effect for this meet. A swimmer qualifying to swim in the B or A (consolation final) final race based upon the results of the preliminaries must notify the referee within thirty (30) minutes after the announcement of the qualifiers for that race that they may not intend to compete. Failure of an individual to compete in the final race of the individual event will result in the competitor being barred from further competition for the remainder of the meet.

Time Schedule: Friday: Warm-up – 3:30 - 4:50 PM Swimming - 5:00 PM
Saturday: Circuit Prelims - Warm-up - 7:00 - 8:20 AM Swimming - 8:30 AM
Development Prelims - Warm-up 12:00-12:50 PM Swimming 1:00 PM
Finals - Warm-up - 5:00 – 5:50 PM Swimming – 6:00 PM
Sunday: Prelims - 7:00 - 8:20 AM Swimming - 8:30 AM
Development Prelims - Warm-up 12:00-12:50 PM Swimming 1:00 PM
Finals: - Warm-up will not begin before 4:00 PM

Warm-up: In accordance with USA Swimming guidelines, there will be a strict warm-up procedure. It will be followed by all swimmers and coaches attending the meet. The Meet Director will establish and announce the procedure prior to the start of warm-ups. All teams are expected to have at least one (1) certified coach on the deck to monitor their swimmers. The teaching pool will be available for warm-up and warm-down each session except during Saturday prelims when the lanes between the two courses will be available. Each coach is responsible for monitoring his/her team's activities in this area. There will be **NO DIVING OR HORSEPLAY IN THIS AREA.**

Check In Procedure: The 400 Yd. IM and the 1650 Yd. Freestyle will be positive check-in events. Failure to positively check-in may result in a swimmer being scratched from the event. In the 1650 Yd. Freestyle, the fastest eight (8) women and men will be swum during Sunday's finals. The remaining swimmers will swim at the conclusion of Sunday's prelims. Meet management reserves the right to adjust the number of swimmers in the 1650 depending on the time line of Sunday's prelims. Check in will be located in the Clerk of Course and should be completed 30 minutes prior to the conclusion of warm-up. Relay cards will be required for all relays, listing the swimmers' name and order of swimmers, and should be turned in to meet management on Saturday 30 minutes prior to the conclusion of event T8, Boys Senior 100 yd Backstroke, and on Sunday, 30 minutes prior to the conclusion of warm-up if the relay is being swum during morning preliminaries, and if the relay is being swum in the evening, prior to the start of the 1650 freestyle.

The Senior Development 500 yd Freestyle will be a positive check-in event. Failure to check-in may result in the swimmer being scratched from the event. Check in will be located in the Clerk of Course and should be completed 30 minutes prior to the conclusion of warm up.

Scoring: The Senior Circuit portion of the meet will be scored as follows:
A (final): 20-17-16-15-14-13-12-11
B (consolations): 9-7-6-5-4-3-2-1
Individual point values will be doubled for relays.

The Senior Development events will not be scored.

Awards: Plaques for 1st, 2nd and 3rd place teams.

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.”

Meet Director: Barb Frith
(704) 333-4705
pfrith@carolina.rr.com

Host Coach: Jamie Thomas
(704) 542-7017

Coaches Meeting A coaches meeting will be held on Friday afternoon 10 minutes prior to the start of warm-up.

Meet Referee: Richard Pockat

Officials' Meeting: An officials' briefing will be held in the hospitality suite 45 minutes prior to the start of each competition session.

Meet Marshall: Andy Casasanta

Safety: The NCS Safety Program is in effect for this meet. Coaches are advised to supervise their swimmers at **ALL** times. **NO** running or horseplay will be tolerated. Failure to comply with safety requests may result in expulsion from the meet.

- Hospitality:** Will be provided for coaches and officials in the classroom.
- Concessions:** Food and drink will be for sale in the MCAC snack bar.
- Coaches/Parents:** **NO** food or drink in the pool area. **NO COOLERS WILL BE ALLOWED IN THE POOL AREA. NO GLASS.**
- Maps, Motels and Restaurants:** See attached information. Reservations should be made as soon as possible.
- Disability Statement** NSS 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 NSS' ability to accommodate requests.
- Liability Release:** USA Swimming, Inc., North Carolina Swimming, Inc., New South Swimming and the Mecklenburg County Aquatic Center 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.
- Officials/Volunteers:** NSS welcomes the assistance of certified officials from the visiting teams. To volunteer, contact the Meet Director or Meet Referee in advance or when you arrive. It is also being asked that each team provide assistance with timing. SWIMMERS WILL NEED TO PROVIDE THEIR OWN TIMERS FOR THE 400 IM AND 1650 FREE SENIOR CIRCUIT EVENTS AND THE 500 FREE SENIOR DEVELOPMENT, AND COUNTERS, IF DESIRED, FOR THE 1650 FREE

ORDER OF EVENTS

13-14/Senior Winter Invitational Hosted by New South Swimming December 3-5, 2010

Friday PM Session

WARM-UP: 3:30 PM
START: 5:00 PM

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
1	13-14 50 Yd. Freestyle	2
3	Senior 50 Yd. Freestyle	4
5	* 13-14 200 Yd. Individual Medley	6
7	* Senior 200 Yd. Individual Medley	8
9	* 13-14 500 Yd. Freestyle	10
11	* Senior 500 Yd. Freestyle	12

*** TIMED FINALS EVENT**

Saturday AM Session

WARM-UP: 7:00 AM
START: 8:30 AM

T1	13-14 200 Yd. Freestyle Senior 200 Yd. Freestyle	T2
T3	13-14 100 Yd. Butterfly Senior 100 Yd. Butterfly	T4
T5	13-14 200 Yd. Breaststroke Senior 200 Yd. Breaststroke	T6
T7	13-14 100 Yd. Backstroke Senior 100 Yd. Backstroke	T8
T9	13-14 400 Yd. Individual Medley Senior 400 Yd. Individual Medley	T10

POSITIVE CHECK-IN REQUIRED FOR THE 400 YD. INDIVIDUAL MEDLEY

Saturday Afternoon Session

WARM-UP: 12:00 PM
START: 1:00 PM

61	*15 & Over 200 Yd. Freestyle	62
63	*15 & Over 100 Yd. Backstroke	64

65	*15 & Over 200 Yd. Breaststroke	66
67	*15 & Over 100 Yd. Butterfly	68
69	*15 & Over 50 Yd. Freestyle	70
71	*15 & Over 500 Yd. Freestyle	72

*** TIMED FINALS EVENT**

POSITIVE CHECK-IN REQUIRED FOR THE 500 YD. FREESTYLE

Saturday Evening Session

WARM-UP: 5:00 PM
START: 6:00 PM

13	13-14 200 Yd. Freestyle	14
15	Senior 200 Yd. Freestyle	16
17	13-14 100 Yd. Butterfly	18
19	Senior 100 Yd. Butterfly	20
21	13-14 200 Yd. Breaststroke	22
23	Senior 200 Yd. Breaststroke	24
25	13-14 100 Yd. Backstroke	26
27	Senior 100 Yd. Backstroke	28
29	13-14 400 Yd. Individual Medley	30
31	Senior 400 Yd. Individual Medley	32
33	13-14 400 Yd. Medley Relay	34
35	Senior 400 Yd. Medley Relay	36

Sunday AM Session

WARM-UP: 7:00 AM
START: 8:30 AM

T11	13-14 200 Yd. Butterfly Senior 200 Yd. Butterfly	T12
T13	13-14 100 Yd. Freestyle Senior 100 Yd. Freestyle	T14
T15	13-14 100 Yd. Breaststroke Senior 100 Yd. Breaststroke	T16
T17	13-14 200 Yd. Backstroke Senior 200 Yd. Backstroke	T18
4547	13-14/Senior 1650 Yd. Freestyle	4648

POSITIVE CHECK-IN REQUIRED FOR THE 1650 YD. FREESTYLE

The 1650 Yd. Freestyle will be swum at the end of Sunday's AM session and may be limited to the 32 fastest women and men. The 8 fastest women and men will swim during Sunday's finals. Meet management reserves the right to adjust the number of swimmers in the 1650 depending on the time line of Sunday's prelims.

Sunday Afternoon Session

WARM-UP: 12:00 PM
START: 1:00 PM

73	*15 & Over 200 Yd. IM	74
75	*15 & Over 200 Yd. Backstroke	76
77	*15 & Over 100 Yd. Breaststroke	78
79	*15 & Over 200 Yd. Butterfly	80
81	*15 & Over 100 Yd. Freestyle	82

*** TIMED FINALS EVENT**

Sunday Evening Session

WARM-UP: NOT BEFORE 4:00 PM
START: NOT BEFORE 5:00 PM

37	13-14 200 Yd. Butterfly	38
39	Senior 200 Yd. Butterfly	40
41	13-14 100 Yd. Freestyle	42
43	Senior 100 Yd. Freestyle	44
45/47	13-14/Senior 1650 Yd. Freestyle	23/24
49	13-14 100 Yd. Breaststroke	50
51	Senior 100 Yd. Breaststroke	52
53	13-14 200 Yd. Backstroke	54
55	Senior 200 Yd. Backstroke	56
57	13-14 400 Yd. Freestyle Relay	58
59	Senior 400 Yd. Freestyle Relay	60

Coaches may elect to swim 400 Yd. Freestyle Relay during Sunday Prelims, prior to the start of the 1650 Freestyle.

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HOSTED BY
NEW SOUTH SWIMMING**

DECEMBER 3-5, 2010

CLUB NAME _____ CLUB CODE _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

HEAD COACH _____ HOME NUMBER _____

WORK NUMBER _____

ASS'T COACH(ES) _____

All coaches identified above are currently registered as coaches with USA Swimming, Inc. and are responsible for the swimmers entered in this meet entry during the conduct of the meet.

Signature _____ Date _____

ENTRY DEADLINE: RECEIVED BY Wednesday, NOVEMBER 24, 2010

MAIL ENTRIES TO: NEW SOUTH SWIMMING
P.O. Box 32001
Charlotte, NC 28232

ENTRY FEE SUMMARY

# of Indiv Sr Circuit Entries (In-state)	_____	X \$3.50 ea. =	_____
# of Indiv Sr Devel Entries (In-state)	_____	X \$2.50 ea. =	_____
# of Indiv Sr Circuit Entries (Out-of-state)	_____	X \$4.00 ea. =	_____
# of Indiv Sr Devel Entries (Out-of-state)	_____	X \$3.00 ea. =	_____
Number of Relay Entries	_____	X \$8.00 ea. =	_____
Travel Fund (All Swimmers)	_____	X \$4.00 ea. =	_____
Facility Surcharge	_____	X \$10.00 ea. =	_____
Total	_____		_____

MAKE CHECKS PAYABLE TO NEW SOUTH SWIMMING

USA Swimming, Inc., North Carolina Swimming, Inc., New South Swimming, the Mecklenburg County Aquatic Center and the Mecklenburg County Parks and Recreation 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 the event.

Signature _____ Date _____

HOTEL INFORMATION