



**2010 NC Coca-Cola Winter Invite
December 3 - 5, 2010**

- Sanction:** Held under sanction of USA Swimming, issued by North Carolina Swimming, Inc. Sanction number NC10128.
- Host:** SwimMAC Carolina
- Facility:** Huntersville Family Fitness & Aquatics, 11725 Verhoeff Road, Huntersville, NC 28078 (704) 766-2222

The Huntersville Family Fitness & Aquatics center has a 12,952 square-foot pool area featuring a 50-meter by 25-yard Paddock Pool Racing tank. The pool depth ranges from 6 feet at the starting end to 17 feet at the far end of the pool with eight 9 foot wide lanes. Starting blocks will be used for competition in accordance with the USA Swimming diving depth guidelines. There will be at least 8 additional lanes available for warm up and warm down. The pool is equipped with Competitor 4" Racing Lanes and with single pedestal Paddock stainless steel starting platforms. The facility also features a Colorado 5000 timing system and an eight-lane scoreboard. Hy-Tek Meet Manager software will be used. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

- Format:** All events will be conducted on a timed final basis. The age groups will be as follows: 8-Under, 10 & Under, 11-12, 13-14, with the exception of the Friday evening distance events which will be listed as 11-14. 11-12 boys will swim in the morning session with the 9-10 year olds. 11-12 girls will swim in the afternoon with the 13-14 year olds.

- Schedule:** 8 & UNDER and 11-14 FRIDAY AFTERNOON SESSION
Warm-up 4:30 PM
Timed Finals 5:30 PM
10-UNDER & 11-12 BOYS MORNING SESSION (SATURDAY AND SUNDAY)
Warm-up 7:30 AM
Timed Finals 8:30 AM
11-12 GIRLS & 13-14 AFTERNOON SESSION (SATURDAY AND SUNDAY)
Warm-up NOT BEFORE 12:00 PM
Timed Finals NOT BEFORE 1:00 PM

- Eligibility:** All Swimmers must be registered with USA Swimming. The 2009-2012 NAG Time standards are in effect for this meet. These sessions are for 12 & Under swimmers with fewer than three "BB" times and 13-14 year olds with fewer than two 13-14 "AA" strokes. A 12 & under swimmer may not enter an event in which he/she has an "A" time standard. 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's ability to accommodate all requests.

Entry Limit: 13-14 swimmers are limited to 4 individual events a day and a total of 9 individual events for the meet. 12 & Under swimmers are limited to 4 individual events a day and 7 Individual events for the meet. Meet Management reserves the right to limit the meet to 250 swimmers per session and reserves the right to go over that number if in compliance with the Four Hour rule. Entries will be accepted in order of receipt. SWIMMAC ENTRIES WILL BE ENTERED FIRST AND THEN WE WILL ACCEPT TEAMS/ENTRIES FOR ALL SPOTS THEREAFTER AVAILABLE IN THE ORDER IN WHICH THEY'RE RECEIVED.

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

Scratch Rule: There will be no penalty for scratching pre-seeded events at the block. In the deck seeded events, a swimmer who has checked in, been seeded and fails to compete in said event, shall be barred from his or her next individual event. Check-in will be located at the Clerk of Course.

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. Meet management reserves the right to change warm-up times according to the number of entries. 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.

Seeding: All events will be pre-seeded except for 11-14 500 Free and 13-14 400 IM.

10 & under and 11-12 200 IM and Free: All swimmers entered in the 10 & under 200 Free or the 11-12 200 Free must have a 'B' time in their age- group for the 100 Free. All swimmers entered in the 10 & under 200 IM or the 11-12 200 IM must have a 'B' time in their age group for the 100 IM.

500 Free & 400 IM: We reserve the right to limit the 500 free to 7 heats of girls and 7 heats of boys. We reserve the right to limit the 400 IM to 7 heats of girls and 7 heats of boys. Meet management reserves the right to combine heats (men & women). All heats will be swum fastest to slowest, alternating women then men.

Timers will be provided for the 500 free and 400 IM. Swimmers will need to provide their own counters for the 500.

Positive Check-In: A positive check-in will be required for the following events:

11-14 **500 Free:** check in by 5:00 PM Friday

13-14 **400 IM:** check in by 5:00 PM Friday

In the deck seeded events, a swimmer who has checked in, been seeded and fails to compete in said event, shall be barred from his or her next individual event.

Entry Forms: Entries submitted in Hy-Tek Team Manager format require no hard copy entry forms. Email is preferred for electronic entries, but disks are also acceptable and fees must be received by the entry deadline. Show swimmer's age as of December 3, 2010.

Entry Deadline: Entries must be received by **Tuesday, November 23, 2010**. Late entries will be accepted at the discretion of Meet Director.

Please mail or email entries to:

SwimMAC Carolina

ATTN: Coca-Cola Winter Invite Meet Director

PO Box 3443

Huntersville, NC 28070

OR Alison Pick at apick@swimmaccarolina.org

Fees: Individual Events: \$2.50 per event
NCS Travel Fund: \$4.00 per swimmer
Facility Surcharge: \$10.00 per swimmer
Relay Fees: \$8.00 per relay
Please make checks payable to SwimMAC Carolina.

Relays: Meet Management reserves the right to scratch and/or add relays as needed.

Awards: Ribbons will be awarded to the top 8 finishers in each age group: 8 & under, 9-10, 11-12, and 13-14. For events that are swum 11-14 ribbons will be awarded to the top 8 finishers for the 11-12 age group and for the 13-14 age group.

Scoring: No team or individual scoring will be kept.

Coaches: All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification / registration. Coaches shall prominently display their registration cards while on deck. There will be a Coaches meeting Friday at 4:15pm, other meetings may be held at the meet director's discretion.

Officials: All officials on deck must be registered and certified with USA Swimming. SwimMAC welcomes and encourages the assistance of certified officials from other teams. Meet Management will require all officials to show proof of certification / registration. Officials shall prominently display their registration cards while on deck. To volunteer, please contact the Meet Director by telephone/email or the Meet Referee once you arrive. There will be an Official's meetings each session in hospitality one hour before the start of each session.

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 will be tolerated.

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.

Meet Management: Meet Directors: Tom Kotterer and Jerry Palladino
Meet Referee: Lisa Olack
Meet Marshalls: Ashley Grice and Preston Parrish

Entry Coordinator: Alison Pick

Hospitality & Concessions: There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.

Release: USA Swimming, North Carolina Swimming Inc., Huntersville Family Fitness and Aquatics Center, and SwimMAC Carolina, 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
Entry Summary Form

Information: Please contact Ashley Grice at 704-766-1520 x 3123 or agrice@swimmacarolina.org for more information.

Coca-Cola Winter Invite Order of Events

Friday PM December 3, 2010

Warm-up: 4:30 PM

Meet: 5:30 PM

Girls Event #		Boys Event #
1	8& Under 50 Free	2
3	8& Under 50 Back	4
5	11-12 200 IM	6
7	13-14 400 IM	8
9	8& Under 25 Breast	10
11	8 & Under 25 Fly	12
13	11-14 500 Free	14

Saturday AM December 4, 2010

10& Under (all) and 11-12 (Boys) Session

Warm-up: 7:30 AM

Meet: 8:30 AM

Girls Event #		Boys Event #
15	10 & Under 100 IM	16
	11-12 Boys 100 IM	18
19	10 & Under 50 Free	20
	11-12 Boys 50 Free	22
23	10 & Under 100 Back	24
	11-12 Boys 100 Back	26
27	10 & Under 50 Breast	28
	11-12 Boys 50 Breast	30
31	10 & Under 100 Fly	32
	11-12 Boys 100 Fly	34
35	10 & Under 200 Free	36
	11-12 Boys 200 Free	38

Saturday PM December 4, 2010

11-12 (girls) and 13-14 (all) Session

Warm-up: 12:00 PM

Meet: 1:00 PM

Girls Event #		Boys Event #
39	11-12 Girls 100 IM	
41	13-14 200 IM	42
43	11-12 Girls 50 Free	
45	13-14 50 Free	46
47	11-12 Girls 100 Back	
49	13-14 100 Back	50
51	11-12 Girls 50 Breast	
53	13-14 100 Breast	54
55	11-12 Girls 100 Fly	
57	13-14 200 Fly	58
59	11-12 Girls 200 Free	
61	13-14 200 Free	62

Coca-Cola Winter Invite Order of Events

Sunday AM December 5, 2010

10 & under (all) and 11-12 (boys) session

Warm-up: 7:30 AM

Meet: 8:30 AM

Girls Event #		Boys Event #
63	10 & Under 200 Free Relay	64
	11-12 Boys 200 Free Relay	66
67	10 & Under 50 Fly	68
	11-12 Boys 50 Fly	70
71	10 & Under 50 Back	72
	11-12 Boys 50 Back	74
75	10 & Under 100 Free	76
	11-12 Boys 100 Free	78
79	10 & Under 100 Breast	80
	11-12 Boys 100 Breast	82
83	10 & Under 200 IM	84

Sunday PM December 5, 2010

11-12 (girls) and 13-14 (all) session

Warm-up: 12:00 PM

Meet: 1:00 PM

Girls Event #		Boys Event #
85	11-12 Girls 200 Free Relay	
87	13-14 200 Free Relay	88
89	11-12 Girls 50 Fly	
91	13-14 100 Fly	92
93	11-12 Girls 50 Back	
95	13-14 200 Back	96
97	11-12 Girls 100 Free	
99	13-14 100 Free	100
101	11-12 Girls 100 Breast	
103	13-14 Girls 200 Breast	104

**2010 Coca Cola Winter Invite
Entry Summary Sheet**

Team Name _____

Official Abbreviation _____

Coach _____

E-mail _____

Team Address _____

	# of Swimmers Entered	# of Individual Events	# of Relays
Girls 10 & U	_____	_____	_____
Boys 10 & U	_____	_____	_____
Girls 11-12	_____	_____	_____
Boys 11-12	_____	_____	_____
Girls 13-14	_____	_____	_____
Boys 13-14	_____	_____	_____
Totals:	_____	_____	_____

Number of Coaches _____ **Number of Officials:** _____

Total Individual Entries _____ x **\$2.50 Entry Fee**

Total Relay Entries _____ x **\$8.00 Entry Fee**

Total Swimmers _____ x **\$14.00 (Facility Surcharge = \$10.00) + (NCS Travel Fund = \$4.00)**

TOTAL DUE = _____

Please make checks payable to: SwimMAC Carolina

Mail Payment to: SwimMAC Carolina
ATTN: Coca-Cola Winter Invite Meet Director
PO Box 3443
Huntersville, NC 28070

Entries by Hy-tek, compatible disk or e-mail must be received by November 23, 2010.

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the safety rules of USA Swimming and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. SwimMAC Carolina, Huntersville Family Fitness and Aquatics, North Carolina Swimming, Inc., and USA Swimming, their agents, employees and coaches shall be free from any liability or claim for damages rising by reason of illness or injury to anyone during the conduct of this

meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

Signature of coach or club official: _____

Club: _____

Date: _____ Title: _____