



2010 NC WOW v GSC Dual Meet  
Friday, November 19, 2010 – Sunday, November 21, 2010  
UNC-Wilmington  
Wilmington, NC

Sanction: Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. Sanction # NC10129.

Host: Waves of Wilmington Swim Team

Site Info: UNCW Natatorium, Wilmington, NC  
The UNCW Natatorium is a USA certified pool. The competition pool is an 8-lane 25-yard pool with non turbulent lane lines(7foot width), Colorado electric timing, scoreboard, and fixed starting blocks. There is an additional 5-lane 20-yard pool for continuous warm up and warm down

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

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.

Classification: Age Group and Senior Events. All sessions are timed final events. Greenville Swim Club will be in ODD lanes, Waves of Wilmington will be in EVEN lanes.

Eligibility: All swimmers must be currently registered with USA Swimming and registered with the Waves of Wilmington or Greenville Swim Club.

Entries: Submit entries in Hy-Tek Team Manager format. If you submit in TM format, please provide a hard copy of your entries. There will be no on deck registration. All relay only swimmers, including alternates, must be listed on the meet entry form and pay the "NCS" Travel Fund surcharge. List swimmers age as of the first day of the meet. NO TIME ENTRIES will not be accepted.

Entry Limit: Swimmers may enter up to 4 individual events and two relays per session. A team may enter up to four relays in an event but only two may score.

The 400 IM, 500 Free, 1000, and 1650 will be positive check-in and limited to the top 8 swimmers for both women and men from each team.

Entry Fees: Individual Events: \$2.50 per event  
NCS Travel Fund: \$4.00 per swimmer  
Facility Surcharge: \$5.00 per swimmer

Entry Deadline: Tuesday, November 9, 2010.  
Double entry fees will be charged for late entries, if accepted. A late entry is any entry received after 9:00 pm on Tuesday, November 9, 2010. All fees are non-refundable. A check made payable to the “Waves of Wilmington” must accompany all entries.

Meet Director: Brian Benfer  
4701 Wrightsville Ave. #B3  
Wilmington, NC 28403  
[coachbrian@swimwow.org](mailto:coachbrian@swimwow.org)

Scoring Individual Events 11-9-8-7-6-5-4-3-2-1 points. Relays: 22-18-16-14-12 points.

Time Schedule: Friday Warm-ups: 3:15pm / Timed Finals begin at 4:30pm  
Saturday and Sunday AM Warm-ups: 8:00am / Timed Finals begin at 9:15am  
Saturday PM Session: Warm-ups:4:30pm/ Timed Finals begin at 5:30pm

Coaches Meeting: Friday at 4:15pm at the Starter's Table.  
Officials Meeting: 30 minutes prior to the start of each session at the Starter's Table

Warm-Ups: Guidelines will be published in coach's packet to be picked up at clerk of course upon arrival.

Hospitality: Snacks and drinks will be provided for all sessions.

Volunteers: Any volunteer officials and/or timers will be greatly appreciated.

Meet Referee: Lisa Jackson

Meet Marshall: Scott Hannum

Safety:	The North Carolina Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No horseplay will be tolerated! <b>No parents will be allowed on the deck.</b> Coaches will not be allowed behind the starting blocks during competition. All coaches will be required to display current coach's credentials to the meet marshall to remain on deck.
Disability Statement	WOW 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 WOW's ability to accommodate all requests.
Release Statement:	USA Swimming Inc., North Carolina Swimming, University of North Carolina Wilmington, Waves of Wilmington, and other governing bodies of the facilities shall be held harmless for any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

*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.*

## ORDER OF EVENTS

Friday, November 19, 2010

WARM UP 3:30 PM START 4:30 PM

Women		Men
1	10 & Under 50 Free	2
3	11-12 50 Free	4
5	13-14 50 Free	6
7	Open 50 Free	8
9	10 & Under 100 IM	10
11	11-12 100 IM	12
13	13-14 200 IM	14
15	Open 200 IM	16
17	12 & Under 200 Breaststroke	18
19	13 & Over 500 Free	20
21	12 & Under 500 Free	22
23	Open 100 Medley Relay	24

Saturday, November 20, 2010  
WARM UP 8:00AM / START 9:15AM

Women		Men
25	10 & Under 100 Breaststroke	26
27	11-12 100 Breaststroke	28
29	13-14 200 Breaststroke	30
31	Open 200 Breaststroke	32
33	10 & Under 100 Free	34
35	11-12 100 Free	36
37	13-14 100 Free	38
39	Open 100 Free	40
41	10 & Under 100 Backstroke	42
43	11-12 100 Backstroke	44
45	13-14 200 Backstroke	46
47	Open 200 Backstroke	48
49	10 & Under 50 Butterfly	50
51	11-12 50 Butterfly	52
53	13-14 100 Butterfly	54
55	Open 100 Butterfly	56
57	10 & Under 200 IM	58
59	11-12 200 IM	60
61	13-14 400 IM	62
63	Open 400IM	64

Saturday, November 20, 2010  
WARM UP 4:30PM/ START 5:30PM

Women		Men
65	8 & Under 25 Fly	66
67	9-10 25 Fly	68
69	Women's Open 1650 Free	70
71	8 & Under 25 Backstroke	72
73	9-10 25 Backstroke	74
75	Men's Open 1650 Free	76
77	12 & Under 200 Backstroke	78
79	10 & Under 200 Free Relay	80
81	11-12 200 Free Relay	82
83	13-14 200 Free Relay	84
85	Open 200 Free Relay	86
87	8 & Under 25 Breaststroke	88
89	9-10 25 Breaststroke	90
91	12 & Under Girls 1000 Free	92
93	8 & Under 25 Free	94
95	9-10 25 Free	96
97	12 & Under Boys 1000 Free	98
99	10 & Under 100 Medley Relay	100
101	11-12 200 Medley Relay	102
103	13-14 200 Medley Relay	104
105	Open 200 Medley Relay	106

## ORDER OF EVENTS

Sunday November 21, 2010

WARM UP: 8:00AM/ START: 9:15AM

Women		Men
107	10 & Under 100 Butterfly	108
109	11-12 100 Butterfly	110
111	13-14 200 Butterfly	112
113	Open 200 Butterfly	114
115	10 & Under 50 Backstroke	116
117	11-12 50 Backstroke	118
119	13-14 100 Backstroke	120
121	Open 100 Backstroke	122
123	10 & Under 50 Breaststroke	124
125	11-12 50 Breaststroke	126
127	13-14 100 Breaststroke	128
129	Open 100 Breaststroke	130
131	10 & Under 200 Free	132
133	11-12 200 Free	134
135	13-14 200 Free	136
137	Open 200 Free	138
139	10 & Under 200 Free Relay	140
141	11-12 200 Free Relay	142
143	13-14 400 Free Relay	144
145	Open 400 Free Relay	146