

**NOMAD HOLIDAY INVITE
DECEMBER 10TH-12TH
2010**

**LOCATION : NOMAD AQUATICS AND FITNESS
11202 HARRIS RD.
HUNTERSVILLE, N.C. 28078**

DATE/TIME: Friday, December 10th – Sun. Dec. 12th, 2010.

Warm-ups begin Friday at 4 : 00pm – 5:00pm, and the meet starts at 5 : 00pm.
There will be a coaches meeting at 3:45 pm and officials meeting at 4:30 pm both will be held in the hospitality room located behind the warm pool.

HOSPITALITY WILL BE PROVIDED FOR COACHES AND OFFICIALS.

Teams invited to attend:

**ATOM,LENR,CVAC,GG,NOMAD,MSC,PAC,RCST,SAC,TEAM,WST,AQTC,
QCD, ISYS, BADFISH,GATEWAY Y AND VAC**

FACILITY: Competition Pool with 10 lanes, depth is 6 ft. equipped with non-turbulent 8' wide lane lines and permanent built-in starting blocks. An IST electronic timing system with ten-line scoreboard will be used. Stopwatches/backup buttons will be used for backup times. 1500 sq. ft locker rooms are provided for athletes. Spectator seating for 500. Spectators to bring their tents and chairs.

This pool is not certified by USA swimming

Visit www.nomadaquatic.com to view the facility.

WARM-UPS: Warm-ups begin at **4:00pm**. Warm-ups will be conducted according to the NCS Safety Program and shall be supervised.

Warm-up/team lanes will be provided at the pool.

First 30 min.will be circle swim only.

Lanes 1,10 pace lanes and lanes 2-9 race starts from start end of pool., one way swim only, exit from opposite end of pool.

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

"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."

SANCTION: Sanctioned Status: Held under the sanction of USA Swimming, Inc.
Issued by North Carolina Swimming, Inc. Sanctioned # NC10134.

CLASSIFICATION: Age Group closed league (Blue Ridge Swim League) meet.
USA swimming approved sanctioned meet. Three day invitational.
Timed finals for 12-under. Trials and finals for 13-up.

ELIGIBILITY: All swimmers must be current members in good standing of the Blue Ridge Swim League to be eligible to swim in this meet. All swimmers must be registered with NC Swimming and USA Swimming Inc.

Nomad Aquatics and Fitness 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 Nomad Aquatics and Fitness ability to accommodate all requests.

SAFETY: The North Carolina Swimming Safety Guidelines will be in effect for this meet. Coaches are advised to 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.

RELEASE STATEMENT: "USA Swimming, Inc., North Carolina Swimming, Inc., and Nomad Aquatics and Fitness 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 meet."

ENTRIES : Entries must be submitted using HY-TEK Team Manager.

List ages of swimmers as of December 10th, 2010

PLEASE DOWNLOAD EVENTS FILE .

Entries should be e-mailed to tqueen98423@roadrunner.com

ENTRY LIMIT: 12 and under may enter a maximum of **four (4)** individual events and two(2)relay events. These events are **timed finals**. 13 and up are prelims and final events and they may enter **(3) three** events a day plus relays.
NCS SCRATCH RULE IS IN EFFECT

Late Entries may be accepted at the discretion of the meet director and will not be seeded.

ENTRY DEADLINE: All entries must be received **no later than TUESDAY NOV.30TH @ 6:00 PM**. Late entries may be accepted at the discretion of the meet director. Late entry fees may be **double** the listed amount and at the Meet Director's discretion. **There will be no "on deck" registration.**

SEND ENTRIES TO : tqueen98423@roadrunner.com

ENTRY FEES: \$ 2.50 12-under
\$ 3.50 13-up
\$ 8.00 relay

\$5.00 per team BRSF Fee
\$ 8.00 per swimmer facility fee
\$4.00 NC Travel Fund

Make check payable to and mail all fees/paperwork:
13016 Eastfield Rd.
Suite 200

Hunttersville,NC 28078
Entry fees are non-refundable.

AWARDS : MEDALS/ INDIVIDUAL 1ST- 3RD
RIBBONS 4TH-8TH IND.AND RELAYS 1-3
HIGH POINT TROPHIES FOR TOP 3 FINISHERS IN EACH AGE GROUP.

SCORING - Meet will be scored. Top 20 individual finishes score and top 20 relays score with only 2 relays per team scoring.
Scores will be awarded according to USA rules.

MEET DIRECTOR: Missy Hubbard- 704-949-1543 or missy@nomadaquatic.com
FAX 704-949-1550

MEET REFEREE: Lou Mondelli/Bill Vey

MEET MARSHALL: MISSY HUBBARD

2010 Nomad Holiday Meet

Friday PM Session (Times Finals)

Warm-ups start at 4pm; Meet starts at 5pm

WOMEN			MEN
1	8 & UNDER	100 MR-REL	2
3	SEN.	400 IM	4
5	13-14	400IM	6
7	8-UNDER	100FR-R	8
9	11-12	200IM	10
11	10-UNDER	200IM	12
13	8 & UNDER	25 FR	14
15	SEN.	500 FR	16
17	8 & UNDER	25 BK	18
19	13-14	500 FR	20
21	8 & UNDER	25 BR.	22
23	11-12	500 FR	24
25	8-UNDER	25 FLY	26
27	10-UNDER	200 FR	28

Saturday AM Session Prelims

Warm-ups start at 8am; Meet starts at 9am

WOMEN			MEN
29	13-14	200 IM	30
31	SEN.	200 IM	32
33	13-14	100 BK	34
35	SEN.	100 BK	36
37	13-14	200 BR	38
39	SEN.	200 BR	40
41	13-14	100 FR	42
43	SEN.	100 FR	44
45	13-14	200 FLY	46
47	SEN.	200 FLY	48
49	13-14	400 MED-REL	50
51	SEN.	400 MED-REL	52

Final Warm-ups start at 5pm; meet starts at 6pm

Saturday noon session (Timed Finals)

Warm-ups start at 12pm; meet starts at 1pm

WOMEN			MEN
53	10 & U	50 BK	54
55	11-12	50 BK	56
57	10 & U	100 FR	58
59	11-12	100 FR	60
61	10 & U	100 IM	62
63	11-12	100 IM	64
65	10 & U	50 BR	66
67	11-12	50 BR	68
69	10 & U	100 FLY	70
71	11-12	100 FLY	72
73	10 & U	200 MED-REL	74
75	11-12	200 MED-REL	76

Sunday AM Prelim Session Warm-ups start at 8am; Meets starts at 9am

WOMEN			MEN
77	13-14	200 FREE	78
79	SEN.	200 FREE	80
81	13-14	100 BR	82
83	SEN.	100 BR	84
85	13-14	200 BK	86
87	SEN	200 BK	88
89	13-14	100 FLY	90
91	SEN.	100 FLY	92
93	13-14	50 FR	94
95	SEN.	50 FR	96
97	13-14	400 FR-REL	98
99	SEN.	400 FR-REL	100
101	13-14	1000 FR	102
103	SEN.	1000FR	104
105	13-14	1650 FR	106
107	SEN.	1650 FR	108

Positive check-in for events 101-108

BRING LAP COUNTERS!!!!

Finals warm-up are TBA

Sunday pm Session (Timed Finals)

Warm-ups start at 12pm; Meet starts at 1pm

WOMEN			MEN
109	11-12	200 FR	110
111	10 & U	100 BK	112
113	11-12	100 BK	114
115	10 & U	50 FR	116
117	11-12	50 FR	118
119	10 & U	100 BR	120
121	11-12	100 BR	122
123	10 & U	50 FLY	124
125	11-12	50 FLY	126
127	10 & U	200 FR-REL	128
129	11-12	200 FR-REL	130

PLEASE IMPORT EVENT FILE FROM

ncswim.org website

ALL ENTRIES TO: tqueen98423@roadrunner.com