

CHAPEL HILL YMCA SWIM CLUB

HOLIDAY INVITATIONAL

DECEMBER 10-12, 2010

LOCATION: Triangle SportsPlex
One Dan Kidd Drive
Hillsborough, NC 27278
(919) 644-0339

NCS Sanction #: NC10136AP

MEET HOST: Chapel Hill YMCA Swim Club

FACILITY: The competition pool is an 11-lane, 25-yard course with non-turbulent lane markers, deck-anchored starting blocks, and a 6-foot depth at the starting end. A Colorado 5000 Timing System will be used with watches in each of 10 lanes for competition. The competition course will consist of 10 lanes. A 10-lane digital scoreboard is on site for use as well. In addition to the competition pool, a separate 3-lane, 25-meter pool will be available for warm-up/warm-down use throughout the meet. Spectator seating is available for approximately 400 on one side of the pool and there is deck space for additional folding chairs. Boys' and girls' locker rooms are available. The pool is not certified by USA Swimming.

FACILITY RULES: This facility forbids coolers, and outside food or beverages from being brought into the building. **Please inform your families of this rule.** Also, please note the following additional rules:

- (1) No smoking is allowed inside the facility;
- (2) No glass containers are allowed inside the facility; and
- (3) Shoes are required in the lobby due to ice skaters on the premises.

SCHEDULE: *Friday Evening Session*

Warm-up: 4:00 PM

Meet Start: 5:00 PM

Saturday & Sunday Morning Sessions (Swimmers 11 and older)

Warm-up: 7:30 AM

Meet Start: 8:30 AM

Saturday & Sunday Afternoon Sessions (Swimmers 10 and under)

Warm-up: Not before 12:00 PM

Meet Start: 45 minutes after warm-up begins

ELIGIBILITY: This is a closed YMCA meet. This meet is open to all swimmers who have a full privilege membership at their YMCA. No qualifying times are required. Senior events are open to swimmers of all ages.

MEET DIRECTOR: Lori Riegler
Chapel Hill YMCA Swim Club
980 Martin Luther King, Jr. Blvd

Chapel Hill, NC 27514; (919) 442 – 9622, ext. 121

MEET REFEREE: Josh Rose

RULES: The meet will be conducted in accordance with current USA Swimming Rules and Regulations and the NCS Official Handbook and NCS Safety Program.

- (1) All events will be conducted as timed finals.
- (2) All events will be pre-seeded except for events requiring a positive check-in.
- (3) There will be positive check-in on Friday evening for the 400 IM, 500 free and 1000 free and on Saturday morning for the Open 500 free.
- (4) The Meet Referee reserves the right to combine heats for any event.
- (5) The Clerk-of-Course will accept at-meet adjustments to the heat sheet (scratches, deck entries, etc); however, these adjustments must be made at least 30 minutes prior to the start of a session. No additional heats will be created to accommodate deck entries.
- (6) Open 500 free on Saturday morning may be limited to a total of four heats (two girls and two boys).

POSITIVE CHECK-INS:

Friday events 400 IM, 500 free, 1000 Free by 4:30 P.M.

Saturday event: Open 500 free by 8:30 A.M.

*All Positive Check-In Events will be swum fastest to slowest, alternating girls and boys

Scratch Rules:

Failure to compete in an event that has been positively checked-in will result in the individual swimmer being disqualified from his or her next individual event. No penalty shall apply for failure to compete in a positive check-in individual event if (1) the Referee is notified of an illness or injury and accepts the proof thereof, or (2) the failure to compete is caused by circumstances beyond the control of the swimmer.

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.”

“USA Swimming, Inc., North Carolina Swimming, Inc., the Chapel Hill YMCA Swim Club, and the Triangle SportsPlex 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.”

“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.”

COACHES: All Coaches who wish to be on the pool deck **MUST HAVE CURRENT SAFETY CERTIFICATIONS:** CPR, First Aid and Lifeguard Training (or Red Cross Coaches Safety Training).

ENTRIES: Entries are due by *midnight, November 30, 2010*. The meet will be limited to the first 600 properly registered swimmers, not including the host team. More swimmers may be

accepted provided we are able to maintain session timelines. Entries shall be submitted electronically, using Hy-Tek Team Manager. You may e-mail entries but they must be followed by a hard copy, summary sheet and check. Fax entries will NOT be accepted.

Entry Fees must be paid in full prior to the start of the meet.

Please indicate an entry time for each event entered, when possible. No Time (NT) entries will be accepted.

Coaches are asked to please remove the USA SWIMMING ID from any NON-USA Swimming registered participants.

ENTRY LIMITS: All swimmers may enter 4 individual events and 1 relay per day. Each team may enter an unlimited number of relay teams in each event. Age as of **December 10, 2010**.

ENTRY FEES: \$2.50 per Individual Event

\$10.00 per Relay Event

\$10.00 per swimmer surcharge

Make checks payable to **CHAPEL HILL-CARRBORO YMCA.**

ENTRY FEES ARE NON-REFUNDABLE

ENTRY

DEADLINE: *Midnight, Tuesday, November 30, 2010.*

E-MAIL ENTRIES: E-mail entries to jkelly@chcymca.org

A confirmation e-mail reply will be sent for all entries received by e-mail.

MAILING

ENTRIES: Mail Entries, Summary Form, and Check to:

Chapel Hill YMCA Swim Club

Attn: Lori Riegler

980 MLK Jr. Blvd.

Chapel Hill, NC 27514-2607

AWARDS: 13 & Over events will be swum together but scored separately (13-14 and 15& Over)

Individual events: Ribbons for 1st-10th place.

Relay events: Ribbons for 1st-3rd place.

SCORING: This meet will not be scored.

RELAYS: *Coaches will need to put the names of relay swimmers on their relay sheets.* Coaches are responsible for all of their relays reporting directly to the blocks.

MISC: (1) All 8 & Under swimmers should report to the Clerk of Course for individual events. All 9 & Over swimmers should report directly to the blocks for individual events.

(2) All swimmers in the 500 free and 1000 free are asked to provide their own timers and counters.

(3) We welcome all parents who wish to time or officiate!

(4) There will be a Meeting of Officials 30 minutes prior to the start of each session. There will be a Timers meeting 15 minutes prior to the start of each session. A Coaches' Meeting will be held Friday evening after the conclusion of warm-ups, prior to the start of the session.

Order of Events

Friday Evening Session

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	10 & Under 200 IM	2
3	11-12 400 IM	4
5	Open 400 IM	6
7	12 & Under 500 Free	8
9	Open 1000 Free	10

Saturday Morning Session

	<u>Event</u>	
11	13 & Over 200 Free	12
13	11-12 200 Free	14
15	13 & Over 100 Breast	16
17	11-12 50 Breast	18
19	13 & Over 100 Back	20
21	11-12 50 Back	22
23	13 & Over 200 Fly	24
25	11-12 100 Fly	26
27	Open 400 Medley Relay	28
29	11-12 200 Medley Relay	30
31	Open 500 Free	32

Saturday Afternoon Session

	<u>Event</u>	
33	8 & Under 100 IM	34
35	9-10 100 IM	36
37	8 & Under 25 Free	38
39	9-10 50 Free	40
41	8 & Under 50 Fly	42
43	9-10 100 Fly	44
45	8 & Under 25 Breast	46
47	9-10 50 Breast	48
49	8 & Under 50 Back	50
51	9-10 100 Back	52
53	8 & Under 100 Free Relay	54
55	10 & Under 200 Free Relay	56

Sunday Morning Session

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
57	13 & Over 100 Free	58
59	11-12 100 Free	60
61	13 & Over 200 Breast	62
63	11-12 100 Breast	64
65	13 & Over 200 Back	66
67	11-12 100 Back	68
69	13 & Over 100 Fly	70
71	11-12 50 Fly	72
73	13 & Over 50 Free	74
75	11-12 50 Free	76
77	Open 400 Free Relay	78
79	11-12 200 Free Relay	80

Sunday Afternoon Session

	<u>Event</u>	
81	9-10 100 Free	82
83	8 & Under 50 Free	84
85	9-10 100 Breast	86
87	8 & Under 50 Breast	88
89	9-10 50 Back	90
91	8 & Under 25 Back	92
93	9-10 50 Fly	94
95	8 & Under 25 Fly	96
97	9-10 200 Free	98
99	8 & Under 100 Free	100
101	10 & Under 200 Medley Relay	102
103	8 & Under 100 Medley Relay	104

Psych Sheet and Final Results will be posted on our club's website:

Age Group	Total # of swimmers @ \$10.00	Total Meet Surcharge	Total #of Individual Entries @ \$2.50	Total Individual Entry Fees	Total # of Relay Entries @10.00	Total Relay Entry Fees
8 & Un Girls						
9-10 Girls						
11-12 Girls						
13 & O Girls						
8 & Un Boys						
9-10 Boys						
11-12 Boys						
13 & O Boys						
Totals:		\$		\$		\$

TOTAL _____

Please submit one check to cover your team's total entry fees. Make check payable to the **Chapel Hill-Carrboro YMCA**.

Head Coach Name _____

Phone _____

Club Name _____

Code _____

Club Address _____

E-mail _____

USA Swimming, Inc., North Carolina Swimming, Chapel Hill YMCA Swim Club and the Triangle SportsPlex 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.

Head Coach Signature:

Hotel Information

Holiday Inn Express

202 Cardinal Drive
Hillsborough, NC 27278
919-644-7997
www.hiexpress.com/hillsborough
Ask about Triangle SportsPlex rates

Quality Inn & Suites

3710 Hillsborough Rd
Durham, NC 27705
919-382-3388
www.duke85.com
Ask about Group Rates

Spring Hill Suites – Marriott

5310 McFarland Drive
Durham, NC 27707
919-403-1111
www.marriott.com/rdurl
Special Rate Code: S30