

VALSPAR POLAR BEAR SINGLE AGE INVITATIONAL
hosted by
HIGH POINT SWIM CLUB at the Kernersville YMCA
January 15-16, 2011

- SPONSOR:** VALSPAR Paint and Coatings
- SITE:** Kernersville YMCA
1113 W Mountain St
Kernersville, NC 27284
- SANCTION:** Conducted Under sanction of USA Swimming Inc., issued by North Carolina Swimming Inc. NCS Sanction # NC11000.
- CLASSIFICATION:** This is an Open meet.
HPSC 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 HPSC's ability to accommodate all requests.
- FACILITY:** The Kernersville YMCA has 8 – 8.5 feet wide lanes by 25 yards long pool, ranging from 3.5-6 feet deep at the start end, with stationary starting blocks. The Colorado System 6 timing system and two scrolling display scoreboard. Hy-Tek Meet Manager software will be used. This pool has not been certified by USA-Swimming.
- NOTE: NO FOOD OR DRINK ALLOWED ON DECK. HOWEVER SWIMMERS MAY HAVE A PLASTIC BOTTLE FOR WATER OR OTHER SPORTS BEVERAGE. NO TOBACCO USE ALLOWED IN ANY PART OF THE BUILDING**
- CONCESSION:** High Point Swim Club will provide a concession stand with basic food selections.
- PARKING:** Park in the main lot at the front of the YMCA. Enter the building at main entrance only.
- RULES:** Unless otherwise specified, the meet will be conducted in accordance with the current USA Swimming code and the NCS official handbook and the NCS safety program.
- ELIGIBILITY:** All swimmers must be registered with USA-Swimming, Inc.
- ENTRIES:** Complete the summary sheet and attached entry forms or computer generated forms, showing age as of January 15th, 2011.

Swimmers may enter 4 individual events per day. This meet will be limited to the first 300 SWIMMERS PER SESSION entered. You will be notified if the meet is closed.

NOTE: Sessions may be modified to accommodate better competition. Teams will be notified of any changes.

400 IM and 500 Free may be limited based on entries to accommodate the 4 hour rule. Swimmers that are bumped from these events will be able to enter another event. There will be no refunds for those bumped and that don't chose to add a new event.

NOTE: The sessions will be modified as needed to accommodate the 4-hour rule.

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.

Positive Check-in

All events 400 yards or longer will be deck seeded. Positive check-in for those events will be required 30 minutes after the START of warm-ups for that session. The NC Scratch Rule will be in effect for all events 400 or longer. Check-in must be complete 30 minutes after the start of warm-ups in any given session for that session. If a swimmer fails to check in for his/her event, meet management will make every effort to locate the team's coach to verify. If a coach is not located and the swimmer not checked in, they will be scratched from the event.

ENTRY DEADLINE:

The entry deadline is 8PM Tuesday, January 4th, 2011. Late entries MAY be accepted at the discretion of the meet director, but will not be seeded. No FAX entries will be accepted.

Do not send entries that require signature upon delivery.

Email entries in Hy-Tek format are preferred, summary sheet and fees shall be received by the entry deadline.

ENTRY FEES:

\$2.50 per individual event.
\$8.00 per relay event.
\$3.00 per Swimmer for the NSC travel fund surcharge.
\$12.00 per Swimmer Facility Surcharge.
Double fees if late entry.

Fees not paid by 7:30AM January 15th, 2011 will result in the team not being allowed to warm up and compete.

Make checks payable to: High Point Swim Club

MAIL ENTRIES TO: Aaron Reeves
PO Box 5815
High Point NC, 27262

EMAIL ENTRIES: meetentries@polarbearswim.org

AWARDS: Ribbons 1st – 8th place for individual events and 1st – 3rd for relays.
Events will be awarded as 8&Under, 9, 10, 11, 12, 13, 14 and 15&Over.

Coaches Meeting There will be a coaches meeting on Saturday Morning in Hospitality beginning at 7:15 AM.

Officials Meeting **There will be an officials meeting in Hospitality 30 minutes prior to the start of competition for each session.**

SAFETY: The NCS Safety program is in effect for this meet. Coaches are reminded to closely supervise their swimmers at all times. Failure to comply with safety requests can result in expulsion from the 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.**

WARM-UPS:

- Morning session (13 & O) - warm ups start 7:30; timed finals 8:30.
- Afternoon session (12 & U) - warm-ups starting no earlier than 12:00, timed finals start 60 minutes later

Teams will be assigned lanes for warm and will be notified by email and postings at the pool of lane assignments. Each team will be allowed to run warm up as they wish in their assigned lanes. Warm up must be monitored closely by certified coaches and the NCS warm up guidelines must be followed. Diving will happen from the 50 start end of the pool for all sessions. Diving will not be allowed for any lane during the first ½ of the warm up session.

MEET DIRECTOR: Stuart Nunn
MEET REFEREE: Skip Queen
MEET MARSHALL: Brad Procton

RELEASE STATEMENT: USA Swimming, Inc., VALSPAR, North Carolina Swimming, Inc., High Point Swim Club and Kernersville YMCA 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.

Questions may be directed to 336-887-4772 (club)

VALSPAR ORDER OF EVENTS

13 & O AM Session Saturday January 15, 2011
Warm-ups at 7:30 AM -- Timed Finals at 8:30 AM

Girls	Event	Boys
1	13 - Older 200yd Freestyle	2
3	13- Older 100yd Backstroke	4
5	13- Older 200yd Breaststroke	6
7	13 - Older 100yd Butterfly	8
9	13 - Older 50yd Freestyle	10
11	13-Older 400 IM	12

9-12YR/8&U Afternoon Session, Saturday January 15, 2011
Warm-ups not before 12:00 PM -- Timed Finals 1 Hour Later

Girls	Event	Boys
13	8 & Under 100yd Freestyle	14
15	9-12yr 200yd Freestyle	16
17	8 & Under 50yd Backstroke	18
19	9-12yr 100yd Backstroke	20
21	8 & Under 50yd Butterfly	22
23	9-12yr 100 Butterfly	24
25	8 & U 25yd Breaststroke	26
27	9-12yr 50yd Breaststroke	28
29	8 & Under 25yd Freestyle	30
31	11-12yr 200 Breaststroke	32
33	8 & Under 100 Medley Relay	34
35	9-12yr 50yd Freestyle	36
37	9-12yr 200 IM	38
39	12 & Under 200yd Medley Relay	40

13 & O AM Session Sunday January 16, 2011
Warm-ups at 7:30 AM -- Timed Finals at 8:30 AM

Girls	Event	Boys
41	13 – Older 200 IM	42
43	13 - Older 100yd Freestyle	44
45	13 - Older 200yd Butterfly	46
47	13 - Older 100yd Breaststroke	48
49	13 - Older 200yd Backstroke	50
51	13 - Older 500yd Freestyle	52

9-12YR/8&U Sunday January 16, 2011
Warm-ups not before 12:00 PM -- Timed Finals 1 Hour Later

Girls	Event	Boys
53	9-12yr 100yd Freestyle	54
55	8 & Under 50 Freestyle	56
57	9-12yr 50yd Butterfly	58
59	11-12yr 200yd Butterfly	60
61	8 & Under 25 Butterfly	62
63	9-12yr 100yd Breaststroke	64
65	8 & Under 50 Breaststroke	66
67	9-12yr 50yd Backstroke	68
69	11-12yr 200yd Backstroke	70
71	8 & Under 25 Backstroke	72
73	9-12yr 100yd IM	74
75	8 & Under 100 Freestyle Relay	76
77	12 & Under 200yd Free Relay	78
79	9-12yr 500yd Freestyle	80

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VALSPAR ENTRY SUMMARY WORKSHEET

Age Group	Total Number of Swimmers	Total Number of Entries		Entry Fee per Event	Total Entry Fee
12 & UN Girls -			X	\$2.50	
12 & UN Boys -			X	\$2.50	
13 & Older Girls			X	\$2.50	
13 & Older Boys			X	\$2.50	
Relay Only Swimmers					
Facility Surcharge/NCS Travel Fund			X	\$15.00	
Total Relays Entered			X	\$8.00	
Total Fees Due With Entry					

Make Checks Payable to: High Point Swim Club

Return This Summary Sheet to Aaron Reeves with Entry Fees and Forms to:
 High Point Swim Club
 PO Box 5815
 High Point, NC 27262

Call Letters _____ **E-mail Address:** _____

Coach _____

Team Name _____ Phone (Work) (____) ____ - _____

Street Address _____ (Home) (____) ____ - _____

City _____ State _____ Zip Code _____