

Triad Twitch & Monster Challenge
Hosted by TYDE
Kernersville Family YMCA
January 22-23, 2011

Sanction

Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc., **Sanction#: NC11005**

Facility Information

Kernersville Family YMCA
1113 W Mountain Street
Kernersville, NC 27284
(336) 996-2231

Pool is an eight-lane 25 yard course with non-turbulent lane lines and stationary starting blocks. Pool depth is 6 feet at the start end, 3.5 feet at the turn end and offers 6 foot lane width. Electronic timing will be used. Spectator seating is available. This pool is NOT certified by USA Swimming.

Schedule/Format/Awards

Triad Twitch

Saturday, January 22

Prelims Warm Up: 8:00 AM

Prelims Start: 9:00 AM

Finals Warm Up: not before 5:00 PM

Finals Warm Up: 60 minutes after the start of warm up, (not before 6:00 PM)

* The Triad Twitch is a sprint meet for swimmers of all ages. Events are timed finals for 10 & unders and prelims/finals for all 11 & over events. The top 8 swimmers from every 11 & over event will return at night for finals. Medals will be awarded for the top 8 finishers in all events.

Monster Challenge

Sunday, January 23

Warm Up: 12:00 PM

Meet: 1:00 PM

* The Monster Challenge is a distance meet for swimmers of all ages. All events are timed finals. Ribbons will be awarded for the top 8 finishers. Any swimmer who competes and legally finishes all five of the offered events will receive a Monster Challenge t-shirt.

Eligibility

All swimmers must be members of USA Swimming.

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.

TYDE 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 TYDE's ability to accommodate all requests.

Age for Meet

Age of January 22, 2011

Additional Format

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

1. Scratches and deck entries (only to fill empty lanes) will be taken until 30 minutes prior to the start of each session.
2. The North Carolina Scratch Rule will be in effect for all deck seeded events.
3. All Sunday events will be deck seeded, slowest to fastest. Positive check-in is required 30 minutes prior to the conclusion of warm up for these events. Swimmers not checked in by this deadline will be scratched.
4. Meet management reserves the right to limit any Sunday events to the fastest 40 girls and the fastest 40 boys.
5. The referee and meet management reserve the right to combine heats.

Entry Limit.

Five (5) individual events per day.

Entries

Entries will be accepted in HY-TEK format only and must be received no later than **midnight on Friday, January 14, 2011**. Entries must be submitted electronically. The meet may be limited to 225 swimmers per session and entries will be accepted on a first come first served basis. Deck entries will only be accepted to fill empty lanes.

Mail to: Mike Brady
775 West End Blvd
Winston-Salem, NC 27103
(336) 721-2100 ext. 2156
coachmike@swimtyde.org

Entry fees

- \$3.50 per prelims/finals event (Triad Twitch)
- \$2.50 per timed final individual event (Monster Challenge)
- \$3.00 NCS travel surcharge for each swimmer
- \$8.00 surcharge for each swimmer.

Warm Ups:

Warm up assignments will be handed out in the coach's packet prior to the start of the meet.

Coaches Meeting:

There will be a coaches meeting prior to the start of the Saturday morning session at 7:45am in the Hospitality Room.

Officials Meeting:

An officials meeting will be conducted prior to the start of each session in the Hospitality Room.

Meet Referee:

Jon Fox

Concessions:

Concessions will be sold in the lobby.

Vendors:

A vendor will be located on site on the patio.

Release

United States Swimming, Inc., North Carolina Swimming, Inc., Kernersville Family YMCA, Northwest NC YMCA Riptyde Swim Team (TYDE) and the YMCA of Northwest North Carolina 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.

Safety:

The NCS Safety Program is in effect for this meet. Coaches are required to closely supervise their swimmers at all times. In the event that a swimmer or others associated with a team are found to be violating posted rules for use of the Kernersville Family YMCA or any other restrictions that are posted for the safety of the people in attendance or to protect Kernersville Family YMCA property the individuals will be reported to the Meet Director or one of the Meet Marshals who will notify the coach. Any coach notified will be expected to take appropriate disciplinary action up to and including expulsion of the person from the meet. The Meet Director, Meet Marshal, or Referee may also take disciplinary action.

Triad Twitch Order of Events

Saturday Prelims: Warm-ups at 8:00 AM - Meet at 9:00 AM

Saturday Finals: Warm-ups at 5:00 PM – Meet at 6:00 PM

(timed finals for all 10 & Under individual events and prelims/finals for all 11 & Over individual events)

GIRLS		EVENT		MEN
1	10 & Under	50 Fly		2
3	11-12	50 Fly		4
5	13-14	50 Fly		6
7	15 & Over	50 Fly		8
9	10 & Under	50 Back		10
11	11-12	50 Back		12
13	13-14	50 Back		14
15	15 & Over	50 Back		16
17	10 & Under	50 Breast		18
19	11-12	50 Breast		20
21	13-14	50 Breast		22
23	15 & Over	50 Breast		24
25	10 & Under	25 Free		26
27	11-12	25 Free		28
29	13-14	25 Free		30
31	15 & Over	25 Free		32
33	10 & Under	100 IM		34
35	11-12	100 IM		36
37	13-14	100 IM		38
39	15 & Over	100 IM		40

Monster Challenge Order of Events

Sunday: Warm-ups at 12:00 PM – Timed Finals at 1:00 PM

GIRLS		EVENT		MEN
41	12 & Under	200 Fly		42
43	13-14	200 Fly		44
45	15 & Over	200 Fly		46
47	12 & Under	200 Back		48
49	13 -14	200 Back		50
51	15 & Over	200 Back		52
53	12 & Under	200 Breast		54
55	13-14	200 Breast		56
57	15 & Over	200 Breast		58
59	12 & Under	200 Free		60
61	13-14	200 Free		62
63	15 & Over	200 Free		64
65	12 & Under	400 IM		66
67	13-14	400 IM		68
69	15 & Over	400 IM		70