



**LARSON ALLEN INVITE
JANUARY 15-17, 2011**

Sanction: Held under sanction of USA Swimming, issued by North Carolina Swimming, Inc. Sanction # NC11013.

Host: SwimMAC Carolina

Sponsored by: Larson Allen

Facility: Mecklenburg Aquatic Club
9850 Providence Road
Charlotte, NC 28277
(704) 846-5335

The MAC Swim Center is a 30,000 square-foot facility featuring a 50-meter by 25-yard Paddock Pool racing tank. In the 10-lane 25 yard competition course, pool depth ranges from 6 to 12 feet with lanes that are 8-foot wide. Up to 11 lanes will be available for continuous warm-up and warm-down. The facility also features a Colorado 5000 system and 10-lane scoreboard. There is bleacher seating for 600 competitors and spectators. Paragon racing blocks will be used. The MAC Swim Center is a certified pool by USA Swimming.

Schedule:

SATURDAY AND SUNDAY

Prelim Warm-up: (13 & Older) 7:00 am – 8:20 am
Meet Starts: 8:30 am

Warm-up: (12 & Under) 12:00 pm – 12:50 pm
Meet Starts: 1:00 pm

Finals Warm-Up: (11 & Older) 5:00 pm – 5:50 pm
Meet Starts: 6:00 pm

MONDAY

Warm-up: (13 & Over and 12 & Under) 7:00 am - 8:20 am
Timed Finals 8:30 am

Classification: Senior and Age-Group

Eligibility: All swimmers must be registered with USA Swimming, Inc. or from other FINA Membership from the following teams listed below. Each team will be limited to two scoring teams with a maximum of 60 swimmers on each team. The host club reserves the right to add teams and entries from SwimMAC as long as it conforms to the NCS four hour rule.

Invited Clubs: North Baltimore Aquatic Club
Y-Spartaquatics
Etobicoke (Canada)
Tide (VA)

SwimMAC 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 SwimMAC's ability to accommodate all requests.

Format:

All 10 & Under events are Timed Finals. All 11-12, 13-14 and Senior individual events Saturday and Sunday will be conducted on a Preliminary and Final basis with the exception of the 11-12 500 Free and all relays. **All Monday events will be swum as Timed Finals for all ages.**

The top ten swimmers from the preliminaries will swim in the Finals at night in the 11-12 age group; with the exception of the 500 Free and Relays listed which are Timed Finals events.

Consolation and Championship Finals will be held for **13-14 and Senior Events Only with the exception of the 400 IM and 500 Free.**

The Championship Heat will be swum first.

Scratches:

The North Carolina Scratch Rule will be in effect for these meets. For example: 204.3. INDIVIDUAL SCRATCH RULE - Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet information shall specify all mandatory check-in and scratch deadlines and procedures.

204.3.2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless he notifies the clerk of course before the seeding for that event has begun that he wishes to scratch. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet information states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 yards or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet information.

204.3.4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:

A The Referee is notified in the event of illness or injury and accepts the proof thereof.

B The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.

C It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

400 IM / 500 Free: The 13-14 and Senior 400 IM and 500 Free will be prelim/final events with the fastest 10 swimmers returning to swim at finals. These events will be swum in the prelims fastest to slowest in event order. All 11-12 500 Free heats will swim in the morning with the heats going fastest to slowest in event order. **Since the 11-12 500 Free is a timed final event, there will be a 10-minute break between the Senior Boys 100 Backstroke and the 13-14 Girls 500 Free at finals.**

*The 11-12 500 Free will be limited to the fastest 40 seeded times in both boys and girls' events.

*The 13-14 and Senior 400 IM / 500 Free will be limited to the fastest 50 seeded times in both women's and men's events.

1000 Free: The 1000 Free will be limited to the fastest 40 seeded times of each gender. We will secure 20 spots for the 13-14 age group and 20 spots for Senior age group. If there are less than 20 swimmers for the 13-14 age group, the remainder of the slots will go to the Senior age group. The 13-14 and Senior age groups will swim together but will be scored separately. This will be a timed final event with all heats being swum slowest to fastest in event order. **Each swimmer will need to provide their own timer and counter for the event.**

Relays: All 13-14 and Senior relays will be swum as timed finals in the Finals Session. All 11-12 and 10 & Under relays will swim at the conclusion of the 12 & under session on Saturday and Sunday afternoon.

Seeding: The conforming standard for this meet is short course yards. Swimmers will be seeded and swim slowest to fastest unless otherwise indicated for all timed final events. Preliminary events will be circled seeded. All non-conforming times will be seeded in last rank order. All events 400 yards and longer will be deck-seeded. A positive check-in by the deadline indicated below is required to be seeded into the event.

Positive Check-In: In order to be seeded into the deck seeded events, swimmers and relay teams must check in with the Clerk of Course according to the following deadlines:

Saturday:	Events 29-32 (400 IM)	8:00 AM
	Events 33-36 (200 Free Relay)	1:00 PM
	Events 37-40 (400 Free Relay)	6:00 PM

Sunday:	Events 71-74 (500 Free)	8:00 AM
	Events 69-70 (500 Free)	1:00 PM
	Events 75-78 (200 Medley Relay)	1:00 PM
	Events 79-82 (400 Medley Relay)	6:00 PM

Monday:	Events 111-112 (1000 Free)	8:00 AM***
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*****Positive Check-In will be available on Sunday for early scratches.**

Entry Limits: Swimmers are limited to 8 individual for the meet and no more than three individual events per day. Each club may enter up to two teams per relay event.

Rules: This meet will be conducted in accordance with the current USA Swimming Code and the NCS Official Handbook and NCS Safety Program, except where Rules therein are optional and exceptions are 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.

Warm-up: In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures.

During the competition, there will be lanes available for continuous warm-up/warm-down. There is to be no diving or horseplay in this area.

Entry Forms: Entries can be e-mailed in a HY-TEK file. All computer entries must be accompanied by a hard copy of the entire entry. Please list each swimmer's age as of January 15, 2011. There will be no on deck registration available at this meet.

All entries, manual or computer generated, must include the following forms:

1. Official Hy-Tek Summary Sheet
2. Payment of Fees

Fees: \$2.50 per timed final event
\$3.50 per prelim/final event
\$8.00 per relay.
\$10.00 Facility Fee
\$3.00 NCS Surcharge
Please make check payable to the Mecklenburg Aquatic Club.

Entries: Send entries in by **Wednesday, January 5, 2011**. Late entries may be accepted at the discretion of the meet director. No telephone or fax entries will be accepted.

Please mail hard copy and check to:

SwimMAC Carolina
9850 Providence Road
Charlotte, NC 28277
Attention: Stacy Stranick

Email entries to Alison Pick at apick@swimmaccarolina.org

Scoring: Individual events: 22-20-19-18-17-16-15-14-13-12-10-9-8-7-6-5-4-3-2-1
Relay events: 44-40-38-36-34-32-30-28-26-24

Awards: We will award the first place team. Ribbons for 1st thru 10th for all 11-12 and 10 & individual events. Ribbons for 1st thru 3rd for all 11-12 and 10 & Under relay events.

Officials: There will be a need for officials. SwimMAC welcomes and encourages anyone willing to volunteer to contact the Meet Referee by e-mail prior to the meet or sign in once you arrive at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of certification and registration. Officials shall prominently display their registration cards at all times while on deck.

Meet

Management:

Meet Director:	Danen Murray	danenmurray@carolina.rr.com
Meet Referee:	Chris Kitchens	kitchenscj@gmail.com
Meet Marshall:	Alan Pfau	apfau@swimmaccarolina.org
Entry Coordinator:	Alison Pick	apick@swimmaccarolina.org

**Coaches'
Meeting:**

There will be a coaches meeting on Saturday, January 15 at 6:45 AM for 13 and older session and at 11:45 AM for the 12 & under session in the Hospitality room. Other meetings may be held at the Meet Referee's discretion. Meet management requests that least one coach representative from each team attend all coaches' meetings.

**Officials'
Meeting:**

There will be an officials' meeting 1 hour prior to the start of each session of the Meet or at the Meet Referee's discretion in the Hospitality room.

**Hospitality &
Concessions:**

There will be a hospitality room open to all coaches and officials.

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 is permitted. Glass containers or bottles are not permitted in the MAC Swim Center. 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:

USA Swimming, North Carolina Swimming Inc., Charlotte Latin School and Mecklenburg Aquatic Club and all employees and representatives of these organizations 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.

Foreign Teams:

The reciprocity rules regarding the Open Border Policy are currently being reviewed. We reserve the right to add or change the meet information to comply with those regulations once they have been determined.

**Breaks Between
Events:**

Meet Management reserves the right to add breaks between events if deemed necessary.

Attachments:

Order of Events.

Information:

For more information, contact Alan Pfau at 704-846-5335, ext. 2108 or email at apfau@swimmaccarolina.org

LARSON ALLEN INVITE
SCHEDULE OF EVENTS
SATURDAY

Saturday Prelims	Warm-up:	7:00 AM
January 15, 2011	Meet Starts:	8:30 AM

13-14 and Senior Preliminaries

Girls	Event	Boys
5	13-14 200y Freestyle	6
7	Senior 200y Freestyle	8
13	13-14 100y Breastroke	14
15	Senior 100y Breastroke	16
21	13 -14 100y Butterfly	22
23	Senior 100y Butterfly	24
29	13-14 400y IM*	30
31	Senior 400y IM*	32

Saturday Afternoon	Warm-up:	12:00 PM
January 15, 2011	Meet Starts:	1:00 PM

10 & Under Timed Finals / 11-12 Prelims

Girls	Event	Boys
1	10 & U 200y Freestyle	2
3	11-12 200y Freestyle	4
9	10 & U 50y Backstroke	10
11	11-12 50y Backstroke	12
17	10 & U 50y Butterfly	18
19	11-12 50y Butterfly	20
25	10 & U 100y IM	26
27	11-12 100y IM	28
33	10 & U 200 Free Relay	34
35	11-12 200 Free Relay	36

*400 IM:

The 400 IM is a prelim/final event with the fastest 10 swimmers returning to swim in finals. This event will be swum in the prelims fastest to slowest in event order.

LARSON ALLEN INVITE
SCHEDULE OF EVENTS
SATURDAY

Saturday Finals	Warm-up:	5:00 PM
January 15, 2011	Meet Starts:	6:00 PM

11-12, 13-14 and Senior Finals

Girls	Event	Boys
3	11-12 200y Freestyle	4
5	13-14 200y Freestyle	6
7	Senior 200y Freestyle	8
	<u>Break*</u>	
11	11-12 50y Backstroke	12
13	13-14 100y Breastroke	14
15	Senior 100y Breastroke	16
	<u>Break*</u>	
19	11-12 50y Butterfly	20
21	13 -14 100y Butterfly	22
23	Senior 100y Butterfly	24
	<u>Break*</u>	
27	11-12 100y IM	28
29	13-14 400y IM	30
31	Senior 400y IM	32
	<u>10 Minute Break</u>	
37	13-14 400y Free Relay	38
39	Senior 400y Free Relay	40

***Break duration will be established by meet management and announced prior to session.**

LARSON ALLEN INVITE
SCHEDULE OF EVENTS
SUNDAY

Sunday Prelims	Warm-up:	7:00 AM
January 16, 2011	Meet Starts:	8:30 AM

13-14 and Senior Preliminaries

Girls	Event	Boys
41	13-14 200y Butterfly	42
43	Senior 200y Butterfly	44
49	13-14 50y Freestyle	50
51	Senior 50y Freestyle	52
57	13 -14 200y Breastroke	58
59	Senior 200y Breastroke	60
65	13-14 100y Backstroke	66
67	Senior 100y Backstroke	68
71	13-14 500y Freestyle*	72
73	Senior 500y Freestyle*	74

Sunday Afternoon	Warm-up:	12:00 PM
January 16, 2011	Meet Starts:	1:00 PM

10 & Under Timed Finals / 11-12 Prelims

Girls	Event	Boys
45	11-12 100y Butterfly	46
47	10 & U 100y Butterfly	48
53	11-12 50y Freestyle	54
55	10 & U 50y Freestyle	56
61	11-12 100y Breastroke	62
63	10 & U 100y Breastroke	64
69	11-12 500y Freestyle	70
75	10 & U 200 Medley Relay	76
77	11-12 200 Medley Relay	78

*500 Free:

The 13-14 and Senior 500y Free are prelim / final events with the fastest 10 swimmers returning to swim in finals. These events will be swum in prelims fastest to slowest in event order. The 11-12 500y free is a timed final event. The heats will be swum fastest to slowest in event order.

LARSON ALLEN INVITE
SCHEDULE OF EVENTS
SUNDAY

Sunday Finals	Warm-up:	5:00 PM
January 16, 2011	Meet Starts:	6:00 PM

11-12, 13-14 and Senior Finals

Girls	Event	Boys
41	13-14 200y Butterfly	42
43	Senior 200y Butterfly	44
45	11-12 100y Butterfly	46
	<u>Break*</u>	
49	13-14 50y Freestyle	50
51	Senior 50y Freestyle	52
53	11-12 50y Freestyle	54
	<u>Break*</u>	
57	13-14 200y Breastroke	58
59	Senior 200y Breastroke	60
61	11-12 100y Breastroke	62
	<u>Break*</u>	
65	13-14 100y Backstroke	66
67	Senior 100y Backstroke	68
	<u>10 Minute Break</u>	
71	13-14 500y Freestyle	72
73	Senior 500y Freestyle	74
	<u>10 Minute Break</u>	
79	13-14 400y Medley Relay	80
81	Senior 400y Medley Relay	82

***Break duration will be established by meet management and announced prior to session.**

LARSON ALLEN INVITE
SCHEDULE OF EVENTS
MONDAY

Monday Timed Finals
January 17, 2011

Warm-up:
Meet Starts:

7:00 AM
8:30 AM

10 & Under, 11-12, 13-14 and Senior Timed Finals

Girls	Event	Boys
83	Senior 200y IM	84
85	13-14 200y IM	86
87	11-12 200y IM	88
89	10 & U 200y IM	90
91	Senior 100y Freestyle	92
93	13-14 100y Freestyle	94
95	11-12 100y Freestyle	96
97	10 & U 100y Freestyle	98
99	Senior 200y Backstroke	100
101	13-14 200y Backstroke	102
103	11-12 100y Backstroke	104
105	10 & U 100y Backstroke	106
107	11-12 50y Breaststroke	108
109	10 & U 50y Breaststroke	110
	<u>10 Minute Break</u>	
111	Senior 1000y Freestyle*	112

*1000 Free: This is a timed final event with all heats being swum slowest to fastest in event order. Swimmers will need to provide their own timer and counter.