

# 2011 NC ATOM Frosty Invitational

## January 15 and 16, 2011

**Host:** Aquatic Team of Mecklenburg (ATOM)

**Sanction:** Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming Inc., Sanction # NC11019.

**Facility:** Mecklenburg County Aquatic Center (MCAC in downtown Charlotte)  
800 East Martin Luther King, Jr. Blvd.  
Charlotte, NC 28204  
704/336-3483

The competition pool is an 8-lane, 25 yard course featuring nine-foot wide lanes separated by non-turbulent lane lines, Paragon starting blocks and a minimum pool depth of six feet. A Colorado Electronic Timing System and an 8-lane scoreboard will be used. Warm-up and warm-down lanes will be available. The pool is certified by USA Swimming. There is ample seating for 1000 spectators and competitors.

**Rules:** The meet will be conducted in accordance with the current USA Swimming Rules and Regulation and the NCS Official Handbook and NCS Safety Program, except where rules therein are optional and exceptions are herein stated. The NCS Scratch Rule is in effect. There may be a combination of Boys and Girls Heats in the 500 Free, 400 IM and the 1000.

**Check-in Procedures** The 500 Freestyle, 400 IM and 1000 Freestyle are positive check-in events. Failure to positively check-in may result in a swimmer being scratched from the event.

**Classification:** Closed League Meet. Age Group/Senior

**Eligibility:** Blue Ridge Swim League members properly registered with USA Swimming, Inc. 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.

**Entries:** Submit entries in Team Manager by email to [ssears@appliedcpu.com](mailto:ssears@appliedcpu.com). List swimmers' age as of January 15, 2011. There will be no "on deck" registration available at the meet. All relay only swimmers including

alternates must be listed on the Meet Entry Form. Only properly completed entry forms with payment of all fees will be accepted.

**Entry Limit:** A swimmer may enter up to 4 events per day.

**Entry Deadline:** All entries and forms must be received by January 5, 2011. Late entries accepted at the discretion of the Meet Director. Late entries charged double entry fees and will not be seeded. Entries may be limited at the discretion of the Meet Director to manage the timeline.

**Entry Fees:** Make checks payable to **Spearhead Booster Club**  
\$2.50 per event  
\$10.00 per swimmer-Facility Surcharge  
Entry Fees are non-refundable

Mail checks to: Caroline Grubb  
12525 Tanners Ct.  
Charlotte, NC 28262

**Awards:** Medals 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Individual  
Ribbons 4<sup>th</sup>-8<sup>th</sup> Individual

**Warm-ups:** For all sessions, the schedule will be as follows:  
The first 45 minutes will be general circle swim only.  
The last 15 minutes: Lane 1 and 8 pace lanes. Lanes 2-7 race starts from the start end of the pool, one way swim only, exit from opposite end of pool. Team lanes will be assigned.

<b>Time Schedule:</b>	Saturday Morning	Warm-ups:	8:30
		Timed finals:	9:30
	Saturday Afternoon	Warm-ups:	Not before 1:00
		Timed finals:	Not before 2:00
	Sunday Morning	Warm-ups:	8:00
		Timed finals:	9:00
	Sunday Afternoon	Warm-ups:	Not before 11:30
		Timed finals:	Not before 12:30

**Safety:** The NCS safety program will be in effect. Coaches are advised to closely supervise their swimmers at all times. No running or horseplay will be tolerated.

**Coaches' and Officials'**

**Meetings:** Coaches' meetings will be held on the pool deck 10 minutes before the start of the meet on Saturday and Sunday. Officials' meetings will be held 30 minutes prior to the start of each session in the Hospitality Room.

**Meet**

**Officials:** **Meet Referee:** Richard Pockat  
**Meet Director:** Steve Sears 704/516-1440  
**Safety Marshall:** Shaynah Kleber

**Hospitality:** Hospitality Room will be open to all Officials and Coaches.

**Concessions:** No concessions available. Please have swimmers plan accordingly.

**Coaches:** 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.

**Disability Statement:** Atom 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 Atom's ability to accommodate all requests.

**Release**

**Statement:** USA Swimming, Inc., North Carolina Swimming, Inc., Aquatic Team of Mecklenburg (ATOM) and MCAC 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.

**Coaches:** 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.

**Officials/  
Volunteers** Atom welcomes assistance of certified officials from visiting teams. Swimmers will need to provide their own timer and counter for the 500 free and 1000 free. Lap counters will be provided.

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## Saturday Morning

Warm-ups: 8:30

Timed Finals: 9:30

<b>Girls</b>		<b>Boys</b>
<b>Event #</b>	<b>Event Description</b>	<b>Event#</b>
1	8&U 100 IM	2
3	10&U 200 IM	4
5	11&12 200 IM	6
7	8&U 25 Back	8
9	10&U 100 Back	10
11	11&12 100 Back	12
13	8&U 25 Fly	14
15	10&U 50 Fly	16
17	11&12 50 Fly	18
19	8&U 25 Free	20
21	10&U 100 Free	22
23	11&12 100 Free	24
25	8&U 25 Breast	26
27	10&U 50 Breast	28
29	11&12 50 Breast	30

## Saturday Afternoon

Warm-ups: Not before 1:00

Timed Finals: Not before 2:00

<b>Girls</b>		<b>Boys</b>
<b>Event#</b>	<b>Event Description</b>	<b>Event#</b>
31	13&14 200 IM	32
33	Senior 200 IM	34
35	13&14 100 Breast	36
37	Senior 100 Breast	38
39	13&14 200 Back	40
41	Senior 200 Back	42
43	13&14 100 Free	44
45	Senior 100 Free	46
47	13&14 200 Fly	48
49	Senior 200 Fly	50
51	Senior 500 Free*	52

\*Positive check-in required for 500 Free.

Positive check-in closes 30 minutes after start of warm-ups

**Sunday Morning**  
Warm-ups: 8:00  
Timed Finals: 9:00

<b>Girls</b>		<b>Boys</b>
<b>Event #</b>	<b>Event Description</b>	<b>Event#</b>
53	10&U 100 IM	54
55	11&12 100 IM	56
57	10&U 200 Free	58
59	11&12 200 Free	60
61	10&U 100 Breast	62
63	11&12 100 Breast	64
65	10&U 50 Back	66
67	11&12 50 Back	68
69	10&U 100Fly	70
71	11&12 100 Fly	72
73	10&U 50 Free	74
75	11&12 50 Free	76

**Sunday Afternoon**  
Warm-ups: Not before 11:30  
Timed Finals: Not before 12:30

<b>Girls</b>		<b>Boys</b>
<b>Event#</b>	<b>Event Description</b>	<b>Event#</b>
77	Senior 400 IM*	78
79	13&14 200 Free	80
81	Senior 200 Free	82
83	13&14 100 Back	84
85	Senior 100 Back	86
87	13&14 200 Breast	88
89	Senior 200 Breast	90
91	13&14 50 Free	92
93	Senior 50 Free	94
95	13&14 100 Fly	96
97	Senior 100 Fly	98
99	Senior 1000 Free*	100

\*Positive check-in required for the 400 IM and 1000 Free

\*Positive check-in closes 30 minutes after start of warm-ups.

Please import event file from ncswim.org website.