



SwimMAC Rising Star Meet

Hosted by SwimMac Carolina

Sunday, January 9th, 2011

Held At SwimMAC @ Charlotte Latin

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC11022.

Meet Director	Meet Entry Coordinator	Meet Referee	Coach/Meet Marshall
Kristen Lyons jklyons@yahoo.com	Alison Pick (704) 846.5335 apick@Swimmaccarolina.org	Lisa Olack	Terry Fritch (704) 846.5335 Ext.2115 tfritch@swimmaccarolina.org

Facility:

The MAC Swim Center is a 30,000 square foot facility featuring a 50 meter by 25 yard Paddock Pool racing tank. In the 25 yard competition pool, the pool depth ranges from 6 feet at the starting end to 12 feet at the far end of the pool with ten, 8 foot wide lanes. Paragon racing blocks will be used for competition in accordance with the USA Swimming diving depth guidelines. There will be up to 11 additional lanes available for warm up and warm down. The pool is equipped with Competitor 4" Racing Lanes and the facility also features a Colorado 5000 timing system and a ten lane scoreboard. There is bleacher seating for 600 competitors and spectators. Hy-Tek Meet Manager software will be used. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Meet Format:

This is a timed final Age Group pre-seeded meet unless otherwise indicated.

Breaks Between Events: Meet Management reserves the right to add breaks between events if deemed necessary. Planned breaks will be presented at the meet's initial coaches' meeting and each break will be limited to 10 minutes. SwimMAC Team Elite reserves the option to offer short demonstrations to provide education and examples to all youngsters in the sport. Team Elite Coaches and the Referee will determine time of said demonstration.

<u>Session</u>	<u>Day</u>	<u>Warm-up</u>	<u>Meet Start</u>	<u>Age Group</u>
1	Sunday	12:30 PM	1:15PM	12 & Under

Rules:

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

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.

Eligibility: This is open to only SwimMAC registered swimmers. All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline. Entries listed as "Registration Applied For" will not be accepted. 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.

Swimmers with Disabilities: 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 Swim MAC's ability to accommodate all requests.

Entries: Entries submitted in Hy-Tek format require no hard copy entry forms. Email is preferred for electronic entries however, disks are also acceptable. A completed and signed Entry Summary Sheet (included in announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline. A swimmer's age on the first day of the meet will determine their age for the entire meet. SwimMAC entries will be entered first and then accept teams/entries in the order received, until the Four Hour rule is reached. Entries received thereafter will be returned immediately. Meet management reserves the right to scratch and/or add relays as needed. Also, Meet Management Reserves the right to limit the number of participants in the meet.

Entry Limitations: Swimmers may swim a maximum of 4 individual events and 1 relay.

Entry Verification: An email will be sent to the person submitting the entry confirming receipt of entry within 48 hours of receipt.

Entry Deadlines: The Entry Coordinator must receive entries by **Tuesday, December 28th, 2010**. Late entries will be accepted at the discretion of the Meet Director/Meet Referee. Please mail entries to:
SwimMAC 9850 Providence Road Charlotte, NC 28277
Attention: Terry Fritch

E-Mail entries to Terry Fritch at tfritch@swimmaccarolina.org.

Entry Fees:

Individual Event	\$1.50 per event
Relays	\$6.00 per relay
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$10.00 per swimmer
Late Entry Fee	None

- Seeding:** The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order.
- Awards:** For 8&U events, ribbons will be awarded to the top ten 7-year-olds and the top ten 8-year-olds. For 10&U events, ribbons will be awarded to the top ten 9-year-olds and the top ten 10-year-olds. For 11-12 events, ribbons will be awarded to the top ten 11-year-olds and the top ten 12-year-olds.
- Check-In** None
- Scratches:** There will be no penalty for scratching pre-seeded events at the block.
- Scoring:** No team or individual scoring will be kept.
- Results:** Results will be posted on SwimMAC's website within 24 hours of the meets conclusion. At the conclusion of the meet, teams may obtain Hy-Tek backups either on a memory stick or via email attachments.
- Coaches:** All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration and shall prominently display their registration cards at all times while on deck. A Coaches meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches meetings.
- Officials:** There will be a need for officials. SwimMACC welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email 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/registration. Officials shall prominently display their registration cards at all times while on deck. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held one hour prior to the start of each session in the hospitality area.
- Hospitality/
Concessions:** There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.
- 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. Meet Management reserves the right to change warm-up times according the number of entries. During the competition, there will be lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area.

**2011 SwimMAC Rising Star Meet
Order of Events**

**Sunday, January 9th
Warm-up: 12:30; Meet Start: 1:15**

<u>Girls/Women</u>	<u>Event</u>	<u>Boys/Men</u>
1	11-12 50 Back	2
3	10&Under 50 Back	4
5	8&Under 25 Back	6
7	11-12 100 IM	8
9	10&Under 100 IM	10
11	8&Under 100 IM	12
13	12 & Under 200 Free Relay	14
15	10 & Under 200 Free Relay	16
17	8 & Under 200 Free Relay	18
19	11-12 50 Breast	20
21	10&Under 50 Breast	22
23	8&Under 25 Breast	24
25	11-12 50 Fly	26
27	10&Under 50 Fly	28
29	8&Under 25 Fly	30
31	11-12 100 Free	32
33	10&Under 50 Free	34
35	8&Under 50 Free	36

**2011 SwimMAC Rising Star Meet
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to SwimMAC Carolina):
SwimMAC Carolina
ATTN: Kristen Lyons
9850 Providence Rd., Charlotte, NC 28277

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Cost per	Total
Total Individual Entries	\$1.50 per event	
Total Relay Entries	\$6.00 per relay	
Total Swimmers (Travel Fund & Facility Surcharge)	\$13 per swimmer	
Late Fees	No Late Fees	
Total Fees Due		

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. SwimMAC Carolina, Charlotte Latin @ SwimMAC, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative)

CLUB

