

Y-States Swimming Championships January 14-16, 2011

HOST: Chapel Hill YMCA Swim Club

CLASSIFICATION: This meet is a closed YMCA Invitational. No Qualifying Times are required to participate. NC11034AP.

LOCATION: Triangle SportsPlex (919) 644-0339
One Dan Kidd Drive
Hillsborough, North Carolina 27278

SCHEDULE:

Friday, January 14, 2011

Evening Session: 11 & Older

Warm-up: 4:00- 5:20 PM

Meet: 5:30 PM

Saturday, January 15 & Sunday, January 16, 2011

Morning Sessions: Senior/8 & Under

Warm-up: 6:30 – 7:50 AM

Meet: 8:00 AM

Afternoon Sessions: 9-10/11-12

Warm-up: Not Before 12:15 PM

Timed Finals: Not Before 1:30 PM

FACILITY: The Triangle SportsPlex has a 25 yard pool with 11 lanes that are 6 feet wide with non-turbulent lane markers, deck-anchored custom starting blocks with a 6-foot depth at the starting end. The racing course will consist of 10 lanes. A separate 3-lane pool will be available for continuous warm-up and warm-down. A Colorado Timing System will be used and a full 10-lane scoreboard will be on display. Bleacher spectator seating is available. Only swimmers, coaches and officials will be permitted in designated areas on the pool deck during competition. The facility also includes a snack bar with seating, and an ice skating rink.

FACILITY RULES: This facility forbids coolers, and outside food or beverages from being brought into the building.

Please inform your families of this rule. Also, please note the following additional rules:

- (1) No smoking is allowed inside the facility;
- (2) No glass containers are allowed inside the facility; and

(3) Shoes are required in the lobby, due to ice skaters on the premises.

ELIGIBILITY: Participants must be a member of a YMCA and must have a full-privilege annual membership at that YMCA to be eligible to participate. **Swimmers' ages shall be determined as of January 14, 2011.**

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.

“USA Swimming, Inc., North Carolina Swimming, Inc., the Chapel Hill YMCA Swim Club, and the Triangle SportsPlex 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.”

RULES: This meet will be conducted in accordance with current USA Swimming Technical Rules, National YMCA Championship Meet Rules, and Rules that Govern YMCA Competitive Sports.

1. All events will be conducted as timed finals.
2. All events will be pre-seeded except for the 800 Free Relay, 500 Free, 1650 Free and 400 IM. A positive check-in will be required for each of these events. ***Failure to compete in an event that has been positively checked-in will result in the individual swimmer being disqualified from his or her next individual event.*** No penalty shall apply for failure to compete in a positive check-in individual event if (1) the Referee is notified of an illness or injury and accepts proof thereof, or (2) the failure to compete is caused by circumstances beyond the control of the swimmer. A declared false start will count as participation in the event. ***The North Carolina Scratch Rule will be in effect for this meet.***
3. The Meet Referee reserves the right to combine heats for any event.
4. Positive check-in events will be swum fastest to slowest, alternating girls and boys, with the exception of the 800 Free Relay on Friday evening.

CHECK-INS:

All Friday Evening Events -- 4:45 PM

Saturday: Open 500 Free -- 7:45 AM

Sunday: Open 400 IM -- 7:45 AM

ENTRY LIMITS: All swimmers may enter a maximum of 8 total individual events for the meet, not to exceed a maximum of 3 individual events per day. *The Open 1650 Freestyle will be limited to the fastest 20 male and fastest 20 female entrants. If numbers permit, more than 20 of either gender may participate, provided that the 4 heat maximum is not exceeded. The 11-12 & Open 500 Freestyle and Open 400 IM will be limited to the fastest 40 male and fastest 40 female entrants. If numbers permit, more than 40 of either gender may participate, provided that the 8 heat maximum is not exceeded.*

RELAYS: Each team may enter 2 relay teams for distances 400 yards or longer, and unlimited number of relay teams for distances 200 yards or lower. However, each team's highest-placing relay in each event will be eligible to score points. Upon check-in, Coaches will

be given relay sheets for entering the names of swimmers competing on relays. **All relay sheets are to be turned in 15 minutes prior to the start of each session.**

AWARDS:

Team Awards

Team Awards will be distributed to the 1st – 3rd Place Teams (Overall). In addition, the 1st and 2nd Place “Small Team” will also receive an award.

For Team Award purposes, a “Small” Team is defined as a team with 40 or fewer swimmers entered in the meet.

Individual & Relay Awards

Individual Events: 1st-3rd place – Medals; 4th-16th place - Ribbons

Relay Events: 1st place – Medals; 2nd-8th place - Ribbons

Heat Winners: Special Prizes

Age Group High Point Awards will be given (8 & Under, 9-10, 11-12, 13-14, 15 & Over)

SCORING:

Individual Events: 1st – 16th 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay Events: 1st-8th 40-34-32-30-28-26-24-22

ENTRY FEES:

\$2.50 per individual event

\$10.00 per relay event

\$10.00 per swimmer facility surcharge

Make Checks payable to the *Chapel Hill-Carrboro YMCA*.

Entry Fees are Non-Refundable.

COACHES: All Coaches on deck at the meet must have the following CURRENT SAFETY CERTIFICATIONS: C.P.R., First Aid and Lifeguard Training (or Coaches Safety Training).

ENTRY PROCESS: Please contact Jim Kelly (jkelly@chcymca.org) to declare your intentions of attending the meet. Please specify the number of potential swimmers to be represented by your team (by age group—10 & Under and 11 & Up).

This meet will be limited to the first 700 properly registered swimmers, not including the host team.

All entries MUST be submitted in HYTEK (HYV) format. **NO HANDWRITTEN, FAX, OR PHONE ENTRIES WILL BE ACCEPTED.**

Entries may be submitted via email or on a floppy disk (via snail mail).

Proper registration includes the submission of **all** of the following documentation:

- 1.) Completed entries – on disk or entry forms (via mail, or e-mail).
- 2.) Printout of entries (individual and relay)
- 3.) Completed Entry Summary Form.

Entry Fees must be paid in full, prior to the start of the meet.

MAIL ENTRIES: Y- States Swimming Championships

Attn: Lori Riegler
980 MLK Jr. Blvd
Chapel Hill, NC 27514-2607

E-MAIL ENTRIES: Entries (HYV file, Team Manager Entry Reports, and Entry Summary Forms) may be e-mailed to Jim Kelly at: jkelly@chcymca.org. All teams submitting entries via e-mail must also mail a hard copy of their entries with their team's summary form and payment to the above mailing address in order to be properly registered in the meet.

RESULTS: Results may be found on the CHYSC website, www.swimchy.org, as well as the North Carolina Swimming website, www.ncswim.org.

ENTRY DEADLINE: Midnight, TUESDAY, JANUARY 3, 2011

Allow sufficient time for mail delivery. **NO Telephone or FAX entries will be accepted.** Late entries may be accepted at the discretion of the Meet Director. On-deck entries will be placed in open lanes only, with double entry fees to be paid at the time of entry. No extra heats will be created to accommodate deck entries. Any available deck entries must be received by the Clerk-of-Course prior to the start of each session.

MEET REFEREE: Josh Rose

MEET DIRECTOR: Lori Riegler, Chapel Hill YMCA Swim Club

OFFICIALS' MEETING: There will be an officials' meeting on Friday, January 14th at 5:00 PM, and 30 minutes prior to the start of each of the other sessions.

COACHES' MEETING: There will be a coaches meeting on Friday, January 14th at 5:20 PM, after the completion of warm-ups, in the hospitality room.

HOSPITALITY: Drinks, meals and snacks will be provided to the Coaches, Officials and full-time meet volunteers.

CONCESSIONS: A full-service concession stand will be open for spectators and swimmers.

MEET T-SHIRTS: Special custom-designed "Y States" T-Shirts will be sold at the meet.

TIMERS: Announcements for timers will be made prior to the start of each session. Swimmers will be required to provide their own timer for the 400 IM, 500 Freestyle, and 1650 Freestyle events.

Friday Evening
Warm-Ups 4:00-5:20PM
Timed Finals 5:30PM

Women**Order of Events****Men**

1	<i>Open 800 Free Relay</i>	2
3	<i>11-12 500 Free</i>	4
5	<i>Open 1650 Free</i>	6

Saturday Morning Session**Warm-Ups 6:30-7:50 AM****Timed Finals 8:00 AM****Order of Events**

7	<i>Open 200 Medley Relay</i>	8
9	<i>13-14 200 Medley Relay</i>	10
11	<i>8 & Under 100 Medley Relay</i>	12
13	<i>Open 200 Free</i>	14
15	<i>8 & Under 100 Free</i>	16
17	<i>Open 200 Breast</i>	18
19	<i>8 & Under 50 Breast</i>	20
21	<i>Open 100 Back</i>	22
23	<i>8 & Under 25 Back</i>	24
25	<i>Open 100 Fly</i>	26
27	<i>8 & Under 25 Fly</i>	28
29	<i>Open 50 Free</i>	30
31	<i>8 & Under 50 Free</i>	32
33	<i>Open 400 Free Relay</i>	34
35	<i>13-14 400 Free Relay</i>	36
	* 10 minute break*	
37	<i>Open 400 IM</i>	38

Saturday Afternoon Session**Warm-ups not before 12:15 PM****Timed Finals not before 1:30 PM**

Women	<u>Order of Events</u>	Men
39	<i>11-12 200 Free Relay</i>	40
41	<i>9-10 200 Free Relay</i>	42
43	<i>11-12 200 Free</i>	44
45	<i>9-10 200 Free</i>	46
47	<i>11-12 100 IM</i>	48
49	<i>9-10 100 IM</i>	50
51	<i>11-12 50 Free</i>	52
53	<i>9-10 50 Free</i>	54
55	<i>11-12 100 Fly</i>	56
57	<i>9-10 100 Fly</i>	58
59	<i>11-12 50 Breast</i>	60
61	<i>9-10 50 Breast</i>	62
63	<i>11-12 100 Back</i>	64
65	<i>9-10 100 Back</i>	66
67	<i>11-12 400 Medley Relay</i>	68

Sunday Morning Session
Warm-ups 6:30-7:50 AM
Timed Finals 8:00 AM

Order of Events

69	<i>Open 200 Free Relay</i>	70
71	<i>13-14 200 Free Relay</i>	72
73	<i>8 & Under 100 Free Relay</i>	74
75	<i>Open 200 IM</i>	76
77	<i>8 & Under 50 Fly</i>	78
79	<i>Open 200 Fly</i>	80
81	<i>8 & Under 25 Breast</i>	82
83	<i>Open 100 Breast</i>	84
85	<i>8 & Under 50 Back</i>	86
87	<i>Open 200 Back</i>	88
89	<i>8 & Under 25 Free</i>	90
91	<i>Open 100 Free</i>	92
93	<i>8 & Under 100 IM</i>	94
95	<i>13-14 400 Medley Relay</i>	96
97	<i>Open 400 Medley Relay</i>	98
	*10 minute break *	
99	<i>Open 500 Free</i>	100

Sunday Afternoon Session
Warm-ups not before 12:15 PM
Timed Finals not before 1:30 PM

Women**Order of Events****Men**

101	<i>11-12 400 Free Relay</i>	102
103	<i>9-10 100 Free</i>	104
105	<i>11-12 100 Free</i>	106
107	<i>9-10 100 Breast</i>	108
109	<i>11-12 100 Breast</i>	110
111	<i>9-10 200 IM</i>	112
113	<i>11-12 200 IM</i>	114
115	<i>9-10 50 Back</i>	116
117	<i>11-12 50 Back</i>	118
119	<i>9-10 50 Fly</i>	120
121	<i>11-12 50 Fly</i>	122
123	<i>9-10 200 Medley Relay</i>	124
125	<i>11-12 200 Medley Relay</i>	126

Age Group	Total # of swimmers @ \$10.00	Total Meet Surcharge	Total #of Individual Entries @ \$2.50	Total Individual Entry Fees	Total # of Relay Entries @10.00	Total Relay Entry Fees
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8 & Un Girls						
9-10 Girls						
11-12 Girls						
13-14 Girls						
15 & O Girls						
8 & Un Boys						
9-10 Boys						
11-12 Boys						
13-14 Boys						
15 & O Boys						
Totals:		\$		\$		\$

TOTAL _____

Please submit one check to cover your team's total entry fees. Make check payable to the **Chapel Hill-Carrboro YMCA**.

Head Coach Name _____ Phone _____

Club Name _____ Code _____

Club Address _____ E-mail _____

USA Swimming, Inc., North Carolina Swimming, Chapel Hill YMCA Swim Club and the Triangle SportsPlex 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.

Head Coach Signature: _____