



## 18<sup>th</sup> Annual TarHeel State Meet

Hosted by SwimMac Carolina

Friday-Sunday, March 18<sup>th</sup>-20<sup>th</sup>, 2011

Held At Huntersville Family Fitness & Aquatics

11725 Verhoeff Road Huntersville, NC 28078 (704) 766-2222

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction NC11035

Meet Director	Meet Entry Coordinator	Meet Referee	Coach/Meet Marshall
Tom Kotterer, Gretchen & Paul Burkhardt, Scott & Paula Ayscue Tom.Kotterer@Microban.com	Alison Pick (704) 766.1520 Ext. apick@Swimmaccarolina.org	Cathy Rudolph clrtarheel@yahoo.com	Kirsten Allen (704) 766.1520 Ext.3102 kallen@swimmaccarolina.org

**Facility:** The Huntersville Family Fitness & Aquatics center has a 12,952 square-foot pool area featuring a 50-meter by 25-yard Paddock Pool Racing tank. The pool depth ranges from 6 feet at the starting end to 17 feet at the far end of the pool with eight 9-foot wide lanes. There will be at least 2 additional lanes available for warm up and warm down. The pool is equipped with Competitor 4" Racing Lanes and with single pedestal Paddock stainless steel starting platforms. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. The facility also features a Colorado 5000 timing system and an eight-lane scoreboard. Hy-Tek Meet Manager software will be used.

**Meet Format:** This meet is an Age Group and Senior Championship Meet. All 10 & Under events, 11-12 500 Free, 13-14 and Senior 400 IM, 500 Free, 1650 Free are timed final events. All other events will be conducted on a preliminaries and finals basis. Meet management reserves the right to run 2 courses dependent on number of entries.

Senior will have an A, B, C and D final (swum combined in prelims and finals) and the 13-14 Age Group will have an A and B final (16 swimmers). The 500 Free, 1650 Free, and 400 IM will be timed final events with an A Final (Top 8 swimmers) swum at night. The 11-12 events will have an A final (8 swimmers).

**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.

<u>Session</u>	<u>Day</u>	<u>Warm-up</u>	<u>Meet Start</u>	<u>Age Group</u>
1	Friday	7:15 am	8:30 am	13 & Older
2	Friday*	not before 12:30 pm	1:30 pm	12 & Under
3	Friday Finals	Not before 5 pm	6 pm	12 & Older
4	Saturday	7:15 am	8:30 am	13 & Older
5	Saturday*	not before 12:30 pm	1:30 pm	12 & Under
6	Saturday Finals	Not before 5 pm	6 pm	12 & Older
7	Sunday	7:15 am	8:30 am	13 & Older
8	Sunday*	not before 12:30 pm	1:30 pm	12 & Under
9	Sunday Finals	Not before 5 pm	6 pm	12 & Older

\*12 & unders will be allowed at least 30 minutes in the competition course for Warm-Up.

\*\*Times are subject to change.

**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. NCS Scratch Rule is in effect.

**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:** 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. This meet is open to all registered NCS swimmers that have met the following qualifying standards:

**12 & Under:** All must be a NCS recognized "BB" swimmers. 10 & under can swim any event they do not swim at Age Group Sectionals. 11 & 12s having a maximum of two 2011 Age Group Sectional Championships time standard can swim any events. Swimmers with more than two 2011 Age Group Sectional Championships time standards can only swim events where the standards have not been achieved. All 11-12 swimmers in the 500 Free must have achieved a time faster than 7:00.00 (7 minutes), regardless of age & sex. Each swimmer must provide proof of time at the time of entry.

**13/14:** All must be NCS recognized "BB" swimmers. 13 & 14s having a maximum of two 2011 Age Group Sectional Championships time standard can swim any events. Swimmers with more than two 2011 Age Group Sectional Championships time standards can only swim events where the standards have not been achieved. Swimmers wanting to swim the 1650 must provide proof of a time faster than 21:30.00 to swim the event at the time of entry.

**Senior:** The 1650 Freestyle will be limited to the fastest 24 seeded times in both women's and men's events (3 heats each). Swimmers wanting to swim the 1650 must provide proof of a time faster than 21:30.00 to swim the event at the time of entry. The top heat of 8 will swim at night in finals.

**Swimmers w/**

**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/Ten 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 9 individual events with a maximum of 3 events per day.

**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 12 pm Monday, March 7<sup>th</sup>, 2011**. 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 ATTN: Alison Pick  
E-Mail entries to Alison Pick at [apick@swimmaccarolina.org](mailto:apick@swimmaccarolina.org).

**Entry Fees:**

Individual Event	10 & Under: \$2.50 11 & Over: \$3.00
NCS Travel Fund	\$4.00 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. The Meet Management reserves the right to run the meet using positive check-in for any events it deems necessary.

400 IM, 500 Free & 1650 Free

*The Senior and 13-14 400IM and Senior, 13-14, and 11-12 500 Freestyle, and the Senior 1650 Free will be swum as a timed final event, fastest to slowest, **in two courses**, with the fastest seeded heat for each age group and gender swimming at night. Meet Management reserves the right to combine heats (men and women). The 11-12 500 freestyle will be swum fastest to slowest with all girl's heats then all boy's heats. Each swimmer will be required to provide a timer and lap counter for prelims only.*

**Awards:** Individual Events- Medals 1<sup>st</sup>-3<sup>rd</sup> place and Ribbons 4<sup>th</sup>-8<sup>th</sup> Place. Awards will be given to all age groups: 9-10, 11-12, 13-14, Senior

**Check-In** A positive check-in is required for the following deck seeded events including the 1650 Free, 500 Free, 400 IM. Check-in must be completed by 8:00 AM on all three days. The NCS Scratch Rule will be in effect, please see NC Scratch Rule attachment. Swimmers who fail to check in for deck seeded events will be scratched from that event. **Check-in will be located on the pool deck.**

**Scratches:** The NCS Scratch Rule will be in effect. Scratches from finals must be given to the Clerk of Course who will maintain the meet scratch book. Posted prelim results are for information only. **Swimmers should listen for announcements and check for scratches at the Clerk of Course desk on the pool deck.** Coaches are asked to have alternates ready to swim. Please see NC Scratch Rule attachment.

**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. **There will be a coaches' meeting at 6:45 AM on Friday, then 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. SwimMAC 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. Guidelines will be published in coaches' packet. Packets will be at the Clerk of Course and should be picked up by the Head Coach upon arrival. 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.

TARHEEL STATE MEET  
ORDER OF EVENTS

Friday Morning Session

Friday Warm-up: 7:15am Meet Starts: 8:30am

GIRLS Event#	Event	BOYS Event#
1	13-14 200 Freestyle	2
3	Senior 200 Freestyle	4
5	13-14 100 Breaststroke	6
7	Senior 100 Breaststroke	8
9	13-14 100 Butterfly	10
11	Senior 100 Butterfly	12
13	13-14 400 IM*	14
15	Senior 400 IM*	16

\*\* 400 IM will swim as a timed final with the fastest heat swum at finals at night.

Friday Afternoon Session

Friday Warm-up: 12:30pm Meet Starts: 1:30pm

GIRLS Event #	Event	BOYS Event #
17	11-12 100 Freestyle	18
19	10 and Under 100 Freestyle	20
21	11-12 100 Breaststroke	22
23	10 and under 100 Breaststroke	24
25	11-12 50 Butterfly	26
27	10 and under 50 Butterfly	28
29	11-12 200 Individual Medley	30
31	10 and under 200 Individual Medley	32

Friday Finals Session

Friday Warm-up: 5:00pm Finals Starts: 6:00pm

GIRLS Event #	EVENT	BOYS Event #
17	11-12 100 Freestyle	18
1	13-14 200 Freestyle	2
3	Senior 200 Freestyle	4
21	11-12 100 Breaststroke	22
5	13-14 100 Breaststroke	6
7	Senior 100 Breaststroke	8
25	11-12 50 Butterfly	26
9	13-14 100 Butterfly	10
11	Senior 100 Butterfly	12
29	11-12 200 Individual Medley	30
13	13-14 400 IM*	14
15	Senior 400 IM*	16

Saturday Morning Session

Saturday Warm-ups: 7:15AM Meet Start: 8:30AM

GIRLS Event#	EVENT	BOYS Event#
33	13-14 200 Butterfly	34
35	Senior 200 Butterfly	36
37	13-14 50 Freestyle	38
39	Senior 50 Freestyle	40
41	13-14 200 Breaststroke	42
43	Senior 200 Breaststroke	44
45	13-14 100 Backstroke	46
47	Senior 100 Backstroke	48
49	13-14 500 Freestyle*	50
51	Senior 500 Freestyle*	52

Saturday Afternoon Session

Saturday Warm-up: No earlier than 12:30PM Meet Start: No earlier than 1:30PM

GIRLS Event #	EVENT	BOYS Event #
53	11-12 100 Butterfly	54
55	10 and under 100 Butterfly	56
57	11-12 200 Freestyle	58
59	10 and under 200 Freestyle	60
61	11-12 50 Breaststroke	62
63	10 and under 50 Breaststroke	64
65	11-12 50 Backstroke	66
67	10 and under 50 Backstroke	68

Saturday Finals Session

Saturday Warm-ups: 5:00pm Finals Start: 6:00pm

GIRLS Event#	EVENT	BOYS Event#
53	11-12 100 Butterfly	54
33	13-14 200 Butterfly	34
35	Senior 200 Butterfly	36
57	11-12 200 Freestyle	58
37	13-14 50 Freestyle	38
39	Senior 50 Freestyle	40
61	11-12 50 Breaststroke	62
41	13-14 200 Breaststroke	42
43	Senior 200 Breaststroke	44
65	11-12 50 Backstroke	66
45	13-14 100 Backstroke	46
47	Senior 100 Backstroke	48
49	13-14 500 Freestyle*	50
51	Senior 500 Freestyle*	52

### Sunday Morning Session

Sunday Warm-ups: 7:15AM Meet Starts: 8:30AM

GIRLS		BOYS
Event#	EVENT	Event#
69	13-14 100 Freestyle	70
71	Senior 100 Freestyle	72
73	Senior 1650 Freestyle*	74
75	13-14 200 Backstroke	76
77	Senior 200 Backstroke	78
79	13-14 200 Individual Medley	80
81	Senior 200 Individual Medley	82

### Sunday Afternoon Session

Sunday Warm-up: No earlier than 12:30PM Meet Starts: No earlier than 1:30PM

GIRLS		BOYS
Event #	EVENT	Event #
83	11-12 50 Freestyle	84
85	10 and Under 50 Freestyle	86
87	11-12 100 Backstroke	88
89	10 and Under 100 Backstroke	90
91	11-12 100 Individual Medley	92
93	10 and Under 100 Individual Medley	94
95	11-12 500 Freestyle*	96

### Sunday Finals Session

Sunday Warm-ups: TBA Finals Start: TBA

GIRLS		BOYS
Event#	EVENT	Event#
83	11-12 50 Freestyle	84
69	13-14 100 Freestyle	70
71	Senior 100 Freestyle	72
95	11-12 500 Freestyle*	96
73	Senior 1650 Freestyle*	74
87	11-12 100 Backstroke	88
75	13-14 200 Backstroke	76
77	Senior 200 Backstroke	78
91	11-12 100 Individual Medley	92
79	13-14 200 Individual Medley	80
81	Senior 200 Individual Medley	82

\* 400 IM, 500 Free, 1650 Free will swim as a timed final event at the conclusion of prelims, fastest to slowest, with the fastest heat of men and women per age group at night. Swimmers must provide their own timer and counter for prelims only.

**18<sup>th</sup> Annual TarHeel State  
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: Alison Pick  
PO Box 3443  
Huntersville, NC 28070  
Email to: apick@swimmaccarolina.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Cost per	Total
Total Individual Entries	\$2.50 per event or \$3.00	
Total Swimmers (Travel Fund & Facility Surcharge)	\$14 per swimmer	
<b>Total Fees Due</b>		

**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, Huntersville Family Fitness & Aquatics, 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

\_\_\_\_\_  
TITLE DATE

## North Carolina Swimming Scratch Rule

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.

.1 Pre-Seeded Meets – Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.

.2 Events Seeded on 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.

.3 Preliminary & Final Events

- A. Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck, then 204.3.2 applies.
- B. Any swimmer qualifying for an A final, scored or unscored, or a scored B final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 204.3.4.
- C. In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete.
- D. When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim.
- E. If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s).

.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 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 (30) minutes following his last individual preliminary heat, swim-off, or reswim.
- C. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.