

**SPEEDO CHAMPIONS SERIES**  
**Southern Zone Eastern Section Senior Championships**  
**March 3-6, 2011**



- SANCTION:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC11038. Time Trials Sanction # NC11038TT.
- HOST:** New Wave Swim Team  
P.O. Box 18012  
Raleigh, NC 27619  
(919) 981-0644
- LOCATION:** Triangle Aquatic Center  
275 Convention Drive  
Cary, NC 27511  
(919) 459-4045
- FACILITY:** **Competition Pool:** The Triangle Aquatic Center facility features a 50-meter pool divided into two courses, which include an 8-lane, 25-yard by 9-feet wide competition course and a 10-lane, 25-yard by 7-feet wide competition course, with a variable depth ranging from 7 to 12 feet. Both courses will be used if swimmer numbers and timeline deem it necessary. An additional 10-lane, 25-yard pool is available. At least 4 lanes will be available throughout the meet for continuous warm-up/warm-down. The pool is equipped with state-of-the-art, anti-turbulent lane lines and Paragon starting blocks on both ends. The facility features a Daktronic Pro timing system, and two digital matrix scoreboards. Stopwatches will also be used in each competition lane. Hy-Tek Meet Manager Pro software will be used. Locker rooms for changing are available. This pool has been certified by USA Swimming.

Only meet volunteers, USA Swimming registered athletes and current USA Swimming registered officials and coaches may be on deck.

**NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME**

**Spectator Seating:**

The seating area is above the deck and designed for comfort and enjoyment for spectators. There is viewing for 1,000 people, bench seating with back support, a 12-foot wide walkway for easy access, and an integrated sound system. There are five 47" televisions with FM radio transmitters, and free wireless access to the internet to track live meet results on [www.triangleaquatics.org](http://www.triangleaquatics.org).

**Supporting Amenities:**

**Parking:** There are 150 parking spaces directly in front of the facility available for coaches, officials and volunteers. There is additional parking at the Cary Towne Center Mall, directly adjacent & within easy walking distance of the facility. Athletes may be dropped off beside the facility before parking at the Mall. All buses must park at the Mall.

**Splash Café:** A full service café located just inside the main entrance offering healthy meals, smoothies, coffees, drinks and snacks.

**All American Swim Shop:** The fully stocked swim shop is located beside the front desk and carries swimwear, apparel, swim supplies and accessories.

**Open Swim:** During most meets, the Program pool and Instruction pool are open for recreation and fitness swimming. Check with the front desk for the cost of a day pass.

**Facility Rules: Please inform all families of the following pool rules.**

- 1) **NO** smoking is allowed inside the facility.
- 2) **NO** outside food, drinks or coolers allowed inside the facility.
- 3) **NO** glass containers allowed inside the facility.
- 4) **NO** chairs allowed in the spectator level. Athletes and coaches may bring chairs on deck, but they must be removed each day.

<b>SCHEDULE:</b>	Thursday, March 3:	Timed Finals	5:30 p.m.
	Friday – Sunday, March 4-6:	Preliminaries	9:30 a.m.
	Friday & Saturday, March 4-5:	Finals	6:00 p.m.
	Sunday, March 6:	Finals	5:30 p.m.

<b>WARM-UP TIMES:</b>	Wednesday, March 2:	7:00 – 9:00 p.m.
	Thursday, March 3:	7:00 – 11:00 a.m. & 3:45 – 5:20 p.m.
	Friday & Saturday, March 4-5:	6:00 – 9:20 a.m. & 3:30 – 5:50 p.m.
	Sunday, March 6:	6:00 – 9:20 a.m. & 3:00 – 5:20 p.m.

**ELIGIBILITY:** Open to members of the Eastern Section of the Southern Zone, its clubs and swimmers registered with USA Swimming that are in good standing with the Eastern Section. All USA Swimming registered clubs in the following LSC's are eligible to join the Eastern Section: Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Southeastern and West Virginia.

Swimmers and clubs from outside these LSC boundaries are eligible to participate in the Spring Championship meet provided they meet the non-section qualifying standards and become registered club members of the Eastern Section.

There will be on-deck registration for teams wishing to join the section. Entries from swimmers from a non-member club may be accepted into the meet, but prior to competing, must pay the \$45 club registration fee to become an Eastern Section registered team. Please include a separate check made payable to North Carolina Swimming Region Fund with your meet entry fees.

**RULES:** The current USA Swimming Rules will govern the conduct of the meet unless noted otherwise herein. Athlete registration will be confirmed using the SWIMS registration database. A swimmer not previously entered wishing to late enter the meet via deck entry must present proof of USA Swimming membership.

**TIME STANDARDS:** All swimmers must have met the Spring Sectional time standard in either short course or long course in EACH event entered. **Swimmers entering with a long course qualifying time shall ENTER WITH AND BE SEEDED WITH the short course qualifying time standard.** *Times for all events must have been achieved by the due date of the entry. Times are only good from the 2009 Summer Sectional meet and forward. Any times achieved prior to that cannot count toward qualifying or for proofs. (See 'Proof of Time' below)*

**Swimmers from outside the LSC boundaries of the Eastern Section must have achieved the current USA Swimming Junior National time standard in each event entered.**

**PROOF OF TIME:** Swimmers or relays who do not equal or better the applicable Southern Zone Eastern Sectional time standards in any event at the championship meet must be able to prove that they have previously achieved the qualifying time. Swimmers unable to provide proof-of-time will be assessed a \$25 fine for each event they cannot prove. The deadline to prove times and seek US National Reimbursement funds is May 1<sup>st</sup>. After May 1<sup>st</sup>, fines are doubled to \$50 per occurrence regardless of provability. The only acceptable proof-of-time will be official meet results or times from the SWIMS database, from a USA Swimming sanctioned or approved competition. In the event a swimmer does not pay this fine, neither the swimmer nor the swimmer's team will be eligible to enter future Southern Zone Eastern Section Championships until such time as the fine is paid. Come prepared to pay outstanding fines before your team can participate in the meet. Fines will be deposited with no further need of proofs from those previous meets. All fines collected go to the Southern Zone Eastern Section Travel Fund.

**FORMAT:** All individual events, except the 1000 and 1650 Free, will be conducted on a preliminary and final basis. Eight (8) swimmers each, women and men, will qualify for a Championship, Consolation, Bonus and "D" heat in each event in the finals. The 1650 Free will be conducted as a time final event on Sunday. Swimmers may opt to swim during the AM or the PM session. The fastest eight (8) seeded women and men that opt for the PM session will swim during the finals on Sunday evening.

**ALL Sunday evening finals will be conducted on a positive check-in basis.** Any swimmer making the Bonus, Consolation or Championship heat on Sunday, March 8, will have 30 minutes to positive check-in after the preliminary results are announced or the swimmer will be scratched from the Finals. **On Sunday, any swimmer checked in for a championship or consolation final in an individual event who fails to compete in said event will be barred from further competition and also fined \$25.00 for each event not swum.**

Relays on Friday will be swum in prelims except for the fastest two (2) heats. On Sunday, relays may opt to swim during the AM or PM session. The fastest two (2) heats choosing PM will swim in finals.

All relays and individual events 400 yards or longer will be deck seeded. Swimmers must check in for these events at the Clerk of Course by 8:45 a.m. on the day of the event. Participants in the 1000 Free must check in by 4:45 p.m. on Thursday evening. Participants in the 1650 Free must check in by 7:00 p.m. on Saturday evening. The 1000 Free will be swum with the fastest three (3) heats of women slowest to fastest, then the fastest three (3) heats of men slowest to fastest, then alternating women and men fastest to slowest, following the positive check-in\*. The seeding for the preliminary heats of the 400 IM and the 500 Free will be swum in the following order: the four (4) fastest women's heats then the four (4) fastest men's heats swum slowest to fastest (the fastest three (3) heats will be circle seeded), then the remainder of the heats will be swum fastest to slowest, alternating women and men\*. The fastest heat of the 1650 Free will be swum in the order on the event sheet. The remaining swimmers will swim the 1650 fastest to slowest alternating women and men 10 minutes following preliminaries\*.

Swimmers entered in the 1650 Free will be expected to provide a person to count laps and a person to time. Men and women will swim in separate pools for this event. All events 200 yards or shorter will be pre-seeded. It is not necessary to check in for these events, although scratches will be appreciated.

\*Meet Management reserves the right to conduct preliminary events in two racing courses, if needed, depending upon the timeline and the entries. If the events are swum in two courses, women and men need not alternate.

**SCRATCH RULE:** Any swimmer not planning to swim at night in the finals must scratch with the Admin Referee. The penalty for failure to compete in a final or consolation final is disqualification from the remainder of the meet (USA Swimming Rule 207.12.6). The penalty for swimmers checking in but missing a deck seeded event will result in being barred from the swimmer's next individual event. While there is no penalty for not swimming in the non-deck seeded preliminary events, a "no show" or a "declared false start" are both considered disqualifications from an event and the swimmer is treated as having competed or participated in the event. **There will be a scratch deadline one (1) hour after the start of the evening finals sessions for a swimmer to scratch an event the following morning to allow them to swim a time trial.**

**TIME TRIALS:** Time trials to meet national qualifying times may be held upon reasonable request at the discretion of the Meet Referee. Such swims must fall within the three (3) events per day limit. Entry fees for time trial swims will be \$10.00 per individual event. The entry deadline for time trials is 11:00 AM and 1 hr after the start of finals. When held, time trials will start 30 min after the completion of the session. The order in which time trial events will be conducted will follow national event order (i.e. - that day's events, followed by next day, etc... finishing up with the previous day's events)

**ENTRY LIMIT:** Swimmers may swim three (3) individual events per day, excluding relays. A swimmer may enter any number of events, but may only swim three (3) individual events per day. Swimmers failing to scratch down to (3) individual events for the day by the scratch deadline will be dropped from their last event. Swimmers participating on relay teams only must be listed on the entry forms. Each team is limited to a maximum of two (2) relays in each relay event.

**ENTRY FEES:** \$5.50 per individual event and \$10.00 per relay  
Late fees are double - \$11.00 per individual event and \$20.00 per relay  
Southern Zone Eastern Section surcharge is \$20.00  
North Carolina Swimming surcharge is \$3.00 per swimmer  
Please make checks payable to: **New Wave Swim Team**

**ENTRY FORMS:** Preferred method of submitting entries is by email of a Hy-Tek or compatible file. If you do not have the Team Manager program to make a Hy-Tek entry, but would like to make an electronic entry, you can download a copy of Team Manager II Lite at no charge from the Hy-Tek website: [www.hy-tek.com](http://www.hy-tek.com).

Please send printed copies of entries for verification. Entries must include each swimmer's USA Swimming number, first and last name, age and seeding time to the 100<sup>th</sup> of a second and event number for each event entered. The enclosed team summary sheet as well as fees must be included with entry. Please see [www.newwaveswimteam.org](http://www.newwaveswimteam.org) for order of events in Hy-Tek format.

**ENTRY DEADLINE:** All entries must be received by **7:30 p.m. (Eastern Time) Tuesday, February 22, 2011.**

Please mail to:  
Senior Sectional Meet Entry  
c/o New Wave Swim Team  
P. O. Box 18012  
Raleigh, NC 27619

Or, email to:  
[wavemeets@nc.rr.com](mailto:wavemeets@nc.rr.com)  
Web Site: [www.newwaveswimteam.org](http://www.newwaveswimteam.org)

The preferred method of submitting entries is by email of a Hy-Tek or compatible file. Standard hard copy entries will also be accepted; e-mailed entries **must** be followed by hard copy. **All materials (hard copy, fees and e-mails) must be received by the deadline. Please include summary totals in the body of your e-mail; this helps us check for errors.**

**SCORING:** Individual Events: 20 - 17 - 16 - 15 - 14 - 13 - 12 - 11 - 9 - 7 - 6 - 5 - 4 - 3 - 2 - 1  
Relays: 40 - 34 - 32 - 30 - 28 - 26 - 24 - 22 - 18 - 14 - 12 - 10 - 8 - 6 - 4 - 2

Swimmers competing in the finals or consolation finals must **achieve the Southern Zone Eastern Sectional time standard to score team or individual points.** No team points will be scored for the bonus heat.

**READY ROOM:** The top eight (8) qualifiers for finals should report to the ready room to be marched to the blocks prior to their event.

**AWARDS:** Plaques will be awarded to the top six (6) combined teams. The top combined team will also receive a banner. Medals will be awarded to the top eight (8) individual finishers and top three (3) relay teams. Immediately following the race, the top three (3) places will be announced and given out at a designated place. Male and female high point and runner-up swimmers will receive awards.

**ELIGIBILITY AND TECHNICAL JURY:** A meet committee will be formed consisting of two (2) coaches and two (2) swimmers selected at random, plus the Meet Referee, the Meet Director and Southern Zone Eastern Chairman or their designee.

**MEET MANAGEMENT:** Meet Directors: Lana Sanders and Karen Garbarino [wavemeets@nc.rr.com](mailto:wavemeets@nc.rr.com)  
Meet Referee: Mike Hoffer [mike@carolinaclosetsplus.com](mailto:mike@carolinaclosetsplus.com)

**OFFICIALS:** WAVE Swimming welcomes and encourages the assistance of certified officials from visiting teams. Official's dress is white collared shirts over navy with white shoes. Shorts are fine for prelims. Slacks or skirts for finals. No crocks on the deck. Briefing sessions will be 45 minutes prior to the beginning of Prelims and Finals each day.

Application as an Officials Qualifying Meet (OQM) [N2 /N3] has been requested. Officials wishing to be evaluated, please email a completed evaluation request form (click here) to the Meet Referee, [Mike Hoffer](mailto:Mike Hoffer). Evaluation requirements are found at [USA Swimming](http://USA Swimming). N3 evaluations require observation over 4 sessions in the position. N2 Evaluations require observation over 3 sessions in the position. Recertification evaluations require observation over 2 sessions.

Note: you must work at least 4 sessions at the meet for any evaluation to be valid

**GENERAL MEETING:** The general meeting will be held at 3:15 PM on Thursday, March 3rd, and at other times as announced by the Meet Referee. Coaches and swimmers are responsible for any information presented at the meeting.

**SECTIONAL MEETING:** Meeting will be held 30 minutes after the preliminary session on Saturday, March 5th.

**CREDENTIALS:** All coaches and Officials on deck must wear their current USA swimming membership card in a visible place. Those failing to do so could be barred from the deck. All Coaches and Officials will need to show their credentials when checking in.

**LIABILITY RELEASE:** USA Swimming, Inc., North Carolina Swimming, Inc., The New Wave Swim Team, Inc., the Triangle Aquatic Center and all employees and representatives of these organizations shall be held free and harmless from any and all liabilities on claims for damages arising by reason of injuries to anyone during the conduct of this meet.

**SAFETY:** The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Running and horseplay will not be allowed. As at any pool, the deck may be slippery and caution should be taken to prevent accidents. NO blocking of fire exits, which includes doorways and passages. Glass containers or bottles are not permitted in the Triangle Aquatic Center.

**HOSPITALITY:** There will be a hospitality room available to all coaches, officials and meet volunteers.

The Triangle Aquatic Center asks that no outside food or drink be brought into the building. No food or drink, with the exception of water bottles, may be brought into the pool area. No coolers may be brought into the building.

**ATTACHMENTS:** Hotel Information  
Order of Events  
Entry Summary Sheet  
Waiver, Acknowledgement and Liability Release  
Application for Membership  
Directions to the Triangle Aquatic Center (a map may be found on the WAVE Swimming web page at [www.newwaveswimteam.org](http://www.newwaveswimteam.org))

**INFORMATION;** For more information, please contact Lana Sanders by phone at (919) 696-0642 or Karen Garbarino by phone at (919) 247-4990 or by email at [wavemeets@nc.rr.com](mailto:wavemeets@nc.rr.com)

**COMMENTS:** Please send any comments, suggestions, or evaluations concerning the meet to:  
Wayne Shulby, General Chairman, NCS  
[wayne.a.shulby@gsk.com](mailto:wayne.a.shulby@gsk.com)  
508 Lyndenbury Drive  
Apex, NC 27502

## **Recommended Accommodations:**

### **The Wingate by Wyndham Raleigh/Cary**

6115 Corporate Ridge Road

Raleigh, NC 27607

919-809-8520

[www.ncraleighhotel.com](http://www.ncraleighhotel.com)

Ninety nine modern rooms with large, ergonomic work area

- Forty rooms with two queen beds.
- FREE Deluxe Continental Breakfast Daily with hot items available
- FREE Wired and Wireless Internet
- FREE Shuttle in a 5 mile radius of the hotel
- FREE Airport shuttle
- FREE Manager's Social with Beer, Wine and hors d'oeuvres Monday through Thursday from 5 - 7 p.m.
- On-site business center
- Spacious, modern guest rooms designed for the business traveler with in-room safes
- Refrigerators and Microwaves in every room
- 24 hour fitness center with PreCor equipment and free weights
- Indoor pool with Whirlpool
- And much more.

### **Comfort Suites of Cary**

350 Ashville Avenue

Cary, NC 27518

(919) 852-4318

### **HOTEL INFORMATION:**

<http://www.triangleaquatics.org/Events/PreferredHotels/>

Also for your convenience, Macaroni Grill will provide catering to your hotel. For information please call Chris Nocera at 919-467-7727.

# SPEEDO CHAMPIONS SERIES

## Southern Zone Eastern Section Senior Championships

### Order of Events

WOMEN	METERS	YARDS	EVENT	YARDS	METERS	MEN
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**Thursday, March 3, 2011**

**Timed Finals: 5:30 p.m.**

1	9:39.19	10:49.19	1000 Freestyle	10:14.29	9:04.79	2
3	NQT	NQT	800 Freestyle Relay	NQT	NQT	4

**Friday, March 4, 2011**

**Prelims: 9:30 a.m.**

**Finals: 6:00 p.m.**

5	2:13.89	1:57.89	200 Freestyle	1:48.29	2:03.29	6
7	1:19.59	1:09.99	100 Breaststroke	1:02.49	1:11.49	8
9	1:08.49	1:00.99	100 Butterfly	54.39	1:01.29	10
11	5:21.59	4:43.69	400 IM	4:19.09	4:57.69	12
13	NQT	NQT	400 Freestyle Relay	NQT	NQT	14

**Saturday, March 5, 2011**

**Prelims: 9:30 a.m.**

**Finals: 6:00 p.m.**

15	2:28.99	2:13.69	200 Butterfly	2:01.29	2:16.39	16
17	28.69	25.39	50 Freestyle	22.39	26.09	18
19	2:51.59	2:31.29	200 Breaststroke	2:16.09	2:35.69	20
21	1:10.99	1:01.79	100 Backstroke	55.29	1:03.99	22
23	4:40.49	5:12.69	500 Freestyle	4:52.59	4:22.49	24

**Sunday, March 6, 2011**

**Prelims: 9:30 a.m.**

**Finals: 5:30 p.m.**

25	1:02.09	54.69	100 Freestyle	49.19	57.19	26
27	18:28.69	18:07.49	1650 Freestyle			
29	2:31.89	2:13.09	200 Backstroke	2:00.29	2:18.69	28
			1650 Freestyle	17:03.89	17:23.89	30
31	2:32.79	2:13.39	200 IM	2:00.99	2:19.79	32
33	NQT	NQT	400 Medley Relay	NQT	NQT	34

The 1000 and 1650 yard Freestyles are timed final events. The seeding procedures for these events are outlined in the meet information.

Relays on Friday will be swim in prelims except the fastest two (2) heats. On Sunday, an AM or PM option will be available. Relays must be checked in by 11:00 a.m.

NOTE: All individual events 400 yards or longer will be deck-seeded. Swimmers must check-in for these events at the Clerk of Course by 8:45 a.m. on the day the event is scheduled to be swum. The check-in time for the 1000 Freestyle is 4:45 p.m. Thursday evening, March 3rd. Check-in time for the 1650 Freestyle is 7:00 pm Saturday evening, March 5th.

Qualifying times must have been achieved in sanctioned or approved meets from the 2009 Summer Sectional Meet forward. Any times achieved prior to that cannot count towards qualifying or for proof.

## Eastern Section Southern Zone Time Standards

WOMEN						MEN			
2011	2011	2011	2011			2011	2011	2011	2011
SUM NAT	SUM JR	Summer	Spring			Spring	Summer	SUM JR	SUM NAT
00:22.99	00:23.39	00:24.69	<b>00:25.39</b>	50 Fr	sc	<b>00:22.39</b>	00:22.29	00:20.89	00:20.29
00:26.59	00:26.99	00:28.49	<b>00:28.69</b>		lc	<b>00:26.09</b>	00:25.89	00:24.29	00:23.59
00:50.19	00:51.09	00:53.79	<b>00:54.69</b>	100 Fr	sc	<b>00:49.19</b>	00:48.79	00:45.89	00:44.49
00:57.29	00:58.59	01:01.29	<b>01:02.09</b>		lc	<b>00:57.19</b>	00:56.69	00:53.09	00:51.79
01:48.29	01:50.09	01:55.89	<b>01:57.89</b>	200 Fr	sc	<b>01:48.29</b>	01:47.29	01:40.69	01:38.09
02:03.69	02:06.19	02:12.29	<b>02:13.89</b>		lc	<b>02:03.29</b>	02:02.09	01:55.89	01:53.39
04:47.79	04:52.99	05:07.79	<b>05:12.69</b>	400 - 500 Fr	sc	<b>04:52.59</b>	04:49.69	04:33.69	04:25.29
04:19.49	04:24.09	04:37.49	<b>04:40.49</b>		lc	<b>04:22.49</b>	04:19.89	04:07.09	04:01.29
09:58.89	10:05.99	10:42.49	<b>10:49.19</b>	800 - 1000 Fr	sc	<b>10:14.29</b>	10:08.19	09:26.09	09:16.89
08:55.19	09:03.49	09:32.39	<b>09:39.19</b>		lc	<b>09:04.79</b>	08:59.39	08:35.59	08:23.09
16:30.59	16:48.49	17:38.49	<b>18:07.49</b>	1500 - 1650 Fr	sc	<b>17:03.89</b>	16:53.69	15:51.49	15:30.69
17:06.69	17:20.49	18:17.69	<b>18:28.69</b>		lc	<b>17:23.89</b>	17:13.49	16:15.49	16:02.49
00:55.79	00:56.19	01:00.29	<b>01:01.79</b>	100 Bk	sc	<b>00:55.29</b>	00:54.79	00:51.39	00:49.59
01:04.69	01:05.69	01:09.89	<b>01:10.99</b>		lc	<b>01:03.99</b>	01:03.39	01:00.09	00:58.29
02:00.09	02:01.19	02:09.69	<b>02:13.09</b>	200 Bk	sc	<b>02:00.29</b>	01:59.09	01:51.39	01:47.89
02:19.09	02:20.99	02:30.19	<b>02:31.89</b>		lc	<b>02:18.69</b>	02:17.39	02:09.59	02:06.29
01:03.19	01:04.29	01:08.29	<b>01:09.99</b>	100 BR	sc	<b>01:02.49</b>	01:01.89	00:57.89	00:55.89
01:12.79	01:14.29	01:18.69	<b>01:19.59</b>		lc	<b>01:11.49</b>	01:10.79	01:07.79	01:05.29
02:16.69	02:17.99	02:27.69	<b>02:31.29</b>	200 BR	sc	<b>02:16.09</b>	02:14.79	02:06.29	02:01.69
02:37.19	02:39.99	02:49.69	<b>02:51.59</b>		lc	<b>02:35.69</b>	02:34.19	02:27.59	02:22.09
00:54.99	00:55.59	00:59.39	<b>01:00.99</b>	100 FI	sc	<b>00:54.39</b>	00:53.89	00:50.29	00:48.59
01:02.49	01:03.59	01:07.59	<b>01:08.49</b>		lc	<b>01:01.29</b>	01:00.69	00:57.39	00:55.69
02:00.69	02:02.49	02:10.29	<b>02:13.69</b>	200 FI	sc	<b>02:01.29</b>	02:00.09	01:51.99	01:48.59
02:16.89	02:19.69	02:27.89	<b>02:28.99</b>		lc	<b>02:16.39</b>	02:15.09	02:08.39	02:04.09
02:01.79	02:03.49	02:11.49	<b>02:13.39</b>	200 IM	sc	<b>02:00.99</b>	01:59.79	01:52.79	01:49.69
02:20.69	02:23.09	02:30.49	<b>02:32.79</b>		lc	<b>02:19.79</b>	02:18.39	02:11.39	02:07.99
04:19.79	04:20.79	04:37.79	<b>04:43.69</b>	400 IM	sc	<b>04:19.09</b>	04:16.59	03:59.89	03:58.29
04:56.99	05:02.09	05:17.59	<b>05:21.59</b>		lc	<b>04:57.69</b>	04:54.79	04:38.99	04:33.09

Based on National Time Standard 2011  
Effective 2011 Championships

**SPEEDO CHAMPIONS SERIES**  
**Southern Zone Eastern Section Senior Championships**  
**Entry Summary Sheet**

Team Name \_\_\_\_\_

Official Abbreviation \_\_\_\_\_

Coach \_\_\_\_\_

Team Address \_\_\_\_\_

\_\_\_\_\_

E-mail \_\_\_\_\_

	# of Swimmers Entered	# of Individual Events
<b>WOMEN</b>		
<b>MEN</b>		

Total Individual Entries: \_\_\_\_\_ x \$ 5.50 = \$ \_\_\_\_\_

Total Relay Entries: \_\_\_\_\_ x \$ 10.00 = \$ \_\_\_\_\_

Total Swimmers: \_\_\_\_\_ x \$ 20.00 (surcharge) = \$ \_\_\_\_\_

Total Swimmers: \_\_\_\_\_ x \$ 3.00 (NCS fee) = \$ \_\_\_\_\_

**TOTAL ENTRY FEES DUE**      \$ \_\_\_\_\_  
 (Make checks payable to New Wave Swim Team)

Non-Sectional Member Club Registration: \$ 45.00  
 Separate check payable to: North Carolina Swimming Region Fund

Please mail to:  
 Senior Sectional Meet Entry  
 c/o New Wave Swim Team  
 P. O. Box 18012  
 Raleigh, NC 27619

**ENTRIES MUST BE RECEIVED BY:  
 TUESDAY, FEBRUARY 22, 2011**

**SPEEDO CHAMPIONS SERIES**  
**Southern Zone Eastern Section Senior Championships**

**WAIVER, ACKNOWLEDGEMENT AND LIABILITY RELEASE**

Undersigned coach, the team or I representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I also acknowledge that I am familiar with the rules of USA Swimming and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my team's swimmers with those rules during this meet. WAVE Swimming, Triangle Aquatic Center, North Carolina Swimming, Inc. and USA Swimming, their agents, officers, representatives, employees and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from 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 of coach or club official \_\_\_\_\_

Club: \_\_\_\_\_

Date: \_\_\_\_\_ Title: \_\_\_\_\_

Please list all USA Swimming Certified Coaches who will be attending this meet:

_____	_____
_____	_____
_____	_____

SPEEDO CHAMPIONS SERIES  
Southern Zone Eastern Section Senior Championships

# ESSZ 2011 MEMBERSHIP

Membership to the ESSZ is for the calendar year. **The cost of a membership paid before December 31, 2010 is \$25 per USA Swimming member club** in the LSC's of North Carolina, South Carolina, Georgia, Kentucky, West Virginia, Southeastern, and Mississippi. **Club memberships for 2011 paid after December 31, 2010 are available at \$45 per club.** Membership in the ESSZ will entitle clubs to:

- ◆ Participation in the March 3-6, 2011 short course Senior Sectional Championship Meet (Cary, NC)
- ◆ Participation in the March 10-13, 2011 short course AG Sectional Championship Meet (Nashville, TN)
- ◆ Participation in the 2011 long course Senior Sectional Championship Meet (Site TBD)
- ◆ Receipt of By-Laws and Minutes from ESSZ Meetings
- ◆ Travel Supplement (\$100) for ESSZ athletes attending Summer Nationals who also attend either the Spring or Summer ESSZ Senior Championship meets prior to Nationals
- ◆ Communications from the ESSZ officers including membership roster

The Chairman of the Eastern Section of the Southern Zone is **Jeff Rout** who can be reached at [gasswim@wctel.net](mailto:gasswim@wctel.net) with any questions.

If you wish to register your club with the ESSZ for January 1-December 31, 2011, please print this application and submit the following information with a \$25 **check payable to "NCS-Regional Account"** to:

**ESSZ Membership**  
**c/o Jonathan Watson. Treasurer**  
**6766 Chauncey Drive**  
**Raleigh, NC 27615**

**\*\*PLEASE PRINT NEATLY\*\***

CLUB NAME	HEAD COACH NAME (first, last)
CLUB CODE (LSC code given)	HEAD COACH E-MAIL (PLEASE PRINT NEATLY) 1- 2- 3-
LSC (circle one) NC SC GA SE KY WV MS Other: _____	HEAD COACH HOME PHONE (    )    -
CLUB MAILING ADDRESS (for meet info) Street	HEAD COACH WORK PHONE (    )    -
City/State/Zip	CLUB PHONE (if different than above) (    )    -