

Southeastern Age Group Championships

March 10-13, 2011

Hosted by



SANCTION: Held under the sanction of USA Swimming issued by North Carolina Swimming, Inc. Sanction # NC11043

HOST: New South Swimming in cooperation with the Mecklenburg County Aquatic Center

FACILITIES: Mecklenburg County Aquatic Center
800 East Martin Luther King Jr. Boulevard
Charlotte, NC 28202-2874
(704) 336-3483

The competition pool is a 50-meter pool divided by 2 bulkheads for use of two 8-lane 25 yd pools. Lane width is 9 ft. The pool has non-turbulent lane lines and Paragon starting blocks. Minimum depth is 6 feet at the scoreboard end and 13 feet at the diving board end. The pool has been certified by USA Swimming. The facility has seating to accommodate 1000 spectators. There are ample parking areas within 100 yards of the facility. Colorado 6000 electronic timing system with scoreboard will be used.

TIME SCHEDULE

	<u>Warm Up</u>	<u>Meet Start</u>
Thursday Timed Final	4:00 PM	5:30 PM
Fri/Sat/Sun Prelims (11 & Over)	7:00 AM	8:30 AM
Fri/Sat/Sun Timed Finals (10 & Under)	1:00 PM	1:45 PM
Fri/Sat Finals	4:30 PM	5:30 PM
Sun Finals	4:00 PM	5:00 PM

ELIGIBILITY: All swimmers must be registered members of 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.

RULES: The current USA Swimming Rules will govern the conduct of the meet unless noted otherwise herein. Out-of-State teams should be prepared to submit proof of current USA Swimming membership of each swimmer entered. 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 meet time standards either short course

or long course in EACH event entered. **Swimmers entering with a long course qualifying time shall be ENTERED WITH AND SEEDED WITH the short course qualifying time standard. Times for all events must have been achieved by the due date of the entry.**

FORMAT:

All distance events (400 IM, 500, 1000, 1650 Free) may be run in two pools.

All **10 & under** age group events will be conducted as timed finals and swum in the afternoon each day.

All **11-12** events with the exception of the 200 Back, 200 Breast, 200 Fly, 400 IM, and 500, 1000, 1650 Freestyle events are prelim/finals format. The 200 Back, 200 Breast, and 200 Fly for 11-12 Girls and Boys will be timed finals with the fastest heat of girls and boys swimming at night.

All individual events in the **13-14** age group will be prelim/final events with the exception of the 1000 and 1650 Freestyle events as described below. All relays will be conducted as timed final events and will be swum in the prelim sessions. There will be an A Final and B Final for all prelim/final events.

500 Free: The 10 & under 500 Free will be swum fastest to slowest alternating girls and boys. The 11-12 500 Freestyle will be timed finals swum fastest to slowest during prelims, except for the fastest heat of girls and boys who will swim at during finals. The 13-14 500 Freestyle events will be conducted as a prelim/finals events. Preliminaries will be swum with the fastest four heats of girls swimming slow to fast, the fastest four heats of boys swimming slow to fast, then all remaining heats. The Meet Referee will determine which pool each event is held based on the entries. All 500 Free events will be deck-seeded after positive check-in.

400 IM: All heats of the 11-12 400 IM will be contested as timed finals events on Thursday evening, fastest to slowest. The 13-14 events will be conducted as prelim/finals events. Preliminaries will be swum with the fastest four heats of girls swimming slow to fast, then the fastest four heats of boys swimming slow to fast. All remaining heats will be swum fast to slow. The Meet Referee will determine which pool each event is held based on entries. All 400 IM events will be deck-seeded after positive check-in.

1000 Free: These events will be swum as 11-14, timed final events. All Heats will be contested during the Thursday evening session. They will be swum fastest to slowest. These events will be scored 11-12 and 13-14. The Meet Referee will determine which pool each event is held based on the entries. All 1000 Free events will be deck-seeded after positive check-in.

1650 Free: These events will be swum 11-14, timed final events. The fastest deck-seeded heat of these events will swim during finals. All other heats will swim during prelims, fastest to slowest. These events will be scored 11-12 and 13-14. The meet referee will determine which pool each event is held based on the entries. All 1650 Free events will be deck-seeded after positive check-in.

CHECK-IN:

Individual Events

Check-In Deadline

11-12 400 IM	Thursday, Mar 10	4:45pm
11-14 1000 Free	Thursday, Mar 10	4:45pm

13-14 400 IM	Friday, Mar 11	8:00am
11-12 200 Back	Friday, Mar 11	8:00am
11-12 500 Free	Saturday, Mar 12	8:00am
13-14 500 Free	Saturday, Mar 12	8:00am
10 & Under 500 Free	Saturday, Mar 12	1:30pm
11-12 200 Fly	Sunday, Mar 13	7:30am
11-12 200 Breast	Sunday, Mar 13	7:30am
11-14 1650 Free	Sunday, Mar 13	8:00am

BAD WEATHER: In case of an “Act of God” or bad weather scenario which cancels a session, meet management will make the final decision how the meet will proceed.

COURSES: Depending on the number of entries, the meet may be run in one or two courses; the distance events may be run in two courses. Changes in course assignments will be e-mailed to all teams. Meet Management reserves the right to run the preliminary sessions in two courses if needed.

SCRATCH RULE: Any swimmer not planning to swim at night in finals must scratch with the Admin Referee within 30 minutes after the results are announced so those swimmers who would like to swim again may do so. The penalty for failure to show in a final or consolation final is disqualification from the remainder of the meet (USA Swimming Rule 206.5.9). Swimmers who have indicated that they may scratch must confirm the scratch within 30 minutes after the conclusion of their last individual event of the day. Any positively checked-in swimmer missing a deck-seeded event will be barred from their next individual event. There is no penalty for not swimming in a non deck-seeded preliminary event. **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.**

LATE ENTRIES: Late entries will be accepted at the discretion of the Meet Referee on a first come/first serve basis only if open lanes are available and will be seeded with NT. No additional heats will be created for pre-seeded events. Late entries will be accepted at the meet up until the time that the clerk of course closes before each session (see schedule under “Check-In”). Late entry fees will be doubled for individual and relay events, that is \$7.00 per individual event and \$16.00 per relay. Late entries must provide proof of current membership in USA Swimming if the swimmer is not already entered in the meet.

ENTRY LIMIT: Swimmers may compete in no more than three (3) individual events per day. Swimmers whose entries exceed the daily limit will need to be scratched in order to adhere to the 3 per day limit. Each team will be limited to one (1) scoring relay team per event, but may enter as many relay teams as desired.

ENTRY FEES: Individual Event - \$3.50 for NCS 11 & over swimmers
\$4.00 for Non-NCS 11 & over swimmers
\$2.50 for NCS 10 & under swimmers
\$3.00 for Non-NCS 10 & under swimmers
Relay Event - \$8.00 per relay
Late fees are double - \$7.00 per individual event for NCS 11 & over swimmers;
\$8.00 per individual event for non-NCS 11 & over swimmers; \$5.00 for NCS
10 & under swimmers; \$6.00 for non-NCS 10 & under swimmers; \$16 for
relays. .

Facility Surcharge is \$10.00 per swimmer.
NCS Travel Fund surcharge is \$3.00 per swimmer.
Please make checks payable to: New South Swimming.

**ENTRY FORMS/
DEADLINE:**

The OME system is the preferred method for on-time entries, including relays.

OME will close Monday (March 7) at noon of the week that the meet is scheduled to begin. OME will open on the Monday four weeks before the meet starts. If a time override is used in OME, proof must be submitted to the Meet Director by the beginning of warm-ups on the first day of the meet or the entry will be invalid. Proof of time consists of a copy of the final meet results proving the entry time from a USA sanctioned or observed meet, including sanction numbers, date and location. Hy- Tek Team Manager results will not be accepted as proof. Prior to the deadline, proof of time may be faxed to (704) 334-2145. Each fax will be followed by e- mail confirmation for receipt of proof. PLEASE BE AWARE OF THE EVENTS PER DAY LIMITS FOR EACH AGE GROUP

Questions or problems with OME should be directed to USA Swimming, Susan Woessner swoessner@usaswimming.org

Entries may also be submitted by Hy-Tek or compatible software. E-mail will also be accepted provided that the fees and hard copy are received by the deadline. Entries submitted by email should be sent to drpockat@mac.com.

ENTRIES RECEIVED BY HY-TEK OR COMPATIBLE DISK OR E-MAIL MUST BE RECEIVED BY MIDNIGHT, MONDAY, FEBRUARY 28, 2011. A times recon will be run on all email entries.

Please send printed copies of entries for verification. Entries must include each swimmer's USA Swimming number, first and last name, age, seeding time to the 100th of a second and event number for each event entered. The enclosed team summary sheet as well as fees must be included with the entry disk. Please see www.ncswim.org for Team Manager event file suitable for download.

ENTRIES AFTER THE OME DEADLINE WILL ONLY BE ACCEPTED FOR AVAILABLE OPEN LANES AS DESCRIBED ABOVE UNDER "LATE ENTRIES."

PAYMENT OF ENTRY FEES MUST BE BY CHECK TO "NEW SOUTH SWIMMING" PRIOR TO COMPETITION.

ANY TEAM PAYING BY CREDIT CARD THROUGH OME WILL BE CHARGED 4.5% TO COVER THE TRANSACTION COST WHICH MUST BE PAID BY CHECK TO "NEW SOUTH SWIMMING" PRIOR TO COMPETITION.

SCORING:

Individual Events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2

Individual and Relay Events will be scored out to eight places.

Swimmers competing in the A Final must achieve the Southeastern Age-Group time standard to score team or individual points. No team points will be scored for the B Final.

AWARDS:

Team Awards:	Plaques for First through Six Place teams.
Individual & Relay Awards:	Medals for First through Third place, ribbons for Fourth through Eighth place for individuals; First through Third for relay events.
Individual High Point:	Plaques for highest scoring girl and boy in each age group.

MEET MANAGEMENT:

Meet Director:	Barb Frith (barbfrith@carolina.rr.com)
Meet Referee:	Richard Pockat (drpockat@mac.com)
Meet Marshall:	Andy Casasanta (acasasan@uncc.edu)

COACHES AND OFFICIALS

MEETING: There will be a coaches meeting on Thursday, March 10 beginning at 3:30 pm in the Hospitality Room. Officials will meet 45 minutes prior to the start of each session in the Hospitality Room.

OFFICIALS: New South Swimming welcomes and encourages the assistance of certified officials from visiting teams. A meeting for all officials will be held thirty minutes prior to the start of each session in the Hospitality Room.

DISABILITY STATEMENT

NSS 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 NSS' ability to accommodate requests.

LIABILITY RELEASE:

USA Swimming, North Carolina Swimming, Mecklenburg County Aquatic Center, and New South Swimming shall be free from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the meet.

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 is permitted. Glass containers or bottles are not permitted in the Mecklenburg County Aquatic Center.

HOSPITALITY & CONCESSIONS:

There will be a Hospitality Room open to all coaches and officials. Refreshments will be available at the concession stand.

INFORMATION: For more information, please contact Barb Frith by telephone at 704-333-4705, or by e-mail at barbfrith@carolina.rr.com.

Please list all USA Swimming Certified Coaches who will be attending this meet. Coaches and Officials will need to show current 2011 USA Swimming Membership.

**Order of Events
2011 Southeastern Age-Group Championships
March 10-13, 2011**

Thursday, March 10, 2011 – Warm-up: 4:00 pm Start: 5:30 pm

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
1	11-12 400 IM ¹	2
3	11-12 1000 Free ²	4
	13-14 1000 Free ²	

¹Deck Seeded Event. Positive Check-In Required.

²These events are run as 11-14 events but scored out as 11-12 and 13-14. They are listed separately for the purpose of displaying the qualifying standard.

Friday Morning, March 11, 2011 – Warm-up: 7:00 am Start: 8:30 am

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
7	11-12 200 Free	8
9	13-14 200 Free	10
13	11-12 100 Breast	14
15	13-14 100 Breast	16
19	11-12 50 Fly	20
21	13-14 100 Fly	22
25	11-12 100 IM	26
27	13-14 400 IM ¹	28
29	11-12 200 Back ¹	30
31	13-14 400 Free Relay	32
33	11-12 200 Free Relay	34

¹Deck Seeded Event. Positive Check-In Required.

Friday Evening, March 11, 2011 – Warm-up: 4:30 pm Start: 5:30 pm

<u>GIRLS</u>		<u>EVENT</u>		<u>BOYS</u>
7	FINALS	11-12 200 Free	FINALS	8
9	FINALS	13-14 200 Free	FINALS	10
13	FINALS	11-12 100 Breast	FINALS	14
15	FINALS	13-14 100 Breast	FINALS	16
19	FINALS	11-12 50 Fly	FINALS	20
21	FINALS	13-14 100 Fly	FINALS	22
25	FINALS	11-12 100 IM	FINALS	26
27	FINALS	13-14 400 IM	FINALS	28
29	FASTEST HEAT	11-12 200 Back	FASTEST HEAT	30

Saturday Morning, March 12, 2011 – Warm-up: 7:00 am Start: 8:30 am

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
37	11-12 100 Fly	38
39	13-14 200 Fly	40
43	11-12 100 Free	44
45	13-14 50 Free	46
47	11-12 50 Breast	48
49	13-14 200 Breast	50
53	11-12 50 Back	54
55	13-14 100 Back	56
59	11-12 500 Free ¹	60
61	13-14 500 Free ¹	62
65	11-12 200 Medley Relay	66
67	13-14 400 Medley Relay	68

¹Deck Seeded Event. Positive Check-In Required.

Saturday Evening, March 12, 2011 – Warm-up: 4:30 pm Start: 5:30 pm

<u>GIRLS</u>		<u>EVENT</u>		<u>BOYS</u>
37	FINALS	11-12 100 Fly	FINALS	38
39	FINALS	13-14 200 Fly	FINALS	40
43	FINALS	11-12 100 Free	FINALS	44
45	FINALS	13-14 50 Free	FINALS	46
47	FINALS	11-12 50 Breast	FINALS	48
49	FINALS	13-14 200 Breast	FINALS	50
53	FINALS	11-12 50 Back	FINALS	54
55	FINALS	13-14 100 Back	FINALS	56
59	FASTEST HEAT	11-12 500 Free	FASTEST HEAT	60
61	FINALS	13-14 500 Free	FINALS	62

Sunday Morning, March 13, 2011 – Warm-up: 7:00 am Start: 8:30 am

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
69	11-12 200 Fly ¹	70
71	13-14 100 Free	72
75	11-12 50 Free	76
80	11-12 200 Breast ¹	81
82	13-14 200 Back	83
86	11-12 100 Back	87
91	13-14 200 IM	92
93	11-12 200 IM	94
77	11-12 1650 Free ^{1, 2}	88
	13-14 1650 Free	

¹Deck Seeded Event. Positive Check-In Required.

²These events are run as an 11-14 event but scored out at 11-12 and 13-14. They are listed separately for the purpose of displaying the qualifying standard.

Sunday Evening, March 13, 2011 – Warm-up: 4:00 pm Start: 5:00 pm

<u>GIRLS</u>		<u>EVENT</u>		<u>BOYS</u>
69	FASTEST HEAT	11-12 200 Fly	FASTEST HEAT	70
71	FINALS	13-14 100 Free	FINALS	72
75	FINALS	11-12 50 Free	FINALS	76
77	FASTEST HEAT	11-14 1650 Free*		
80	FASTEST HEAT	11-12 200 Breast	FASTEST HEAT	81
82	FINALS	13-14 200 Back	FINALS	83
86	FINALS	11-12 100 Back	FINALS	87
		11-14 1650 Free	FASTEST HEAT	88
91	FINALS	13-14 200 IM	FINALS	92
93	FINALS	11-12 200 IM	FINALS	94

Order of Events
2010 Southern Zone Eastern Age Championships
March 10-13, 2011

Friday Afternoon, March 11, 2011 – Warm-up: 1:00 pm Start: 1:45 pm

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
5	10 & Under 200 Free	6
11	10 & Under 100 Breast	12
17	10 & Under 50 Fly	18
23	10 & Under 100 IM	24

Saturday Afternoon, March 12, 2011 – Warm-up: 1:00 pm Start: 1:45 pm

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
35	10 & Under 100 Fly	36
41	10 & Under 100 Free	42
51	10 & Under 50 Back	52
57	10 & Under 500 Free ¹	58
63	10 & Under 200 Medley Relay	64

¹Deck Seeded Event. Positive Check-In Required.

Sunday Afternoon, March 13, 2011 – Warm-up: 1:00 pm Start: 1:45 pm

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
73	10 & Under 50 Free	74
78	10 & Under 50 Breast	79
84	10 & Under 100 Back	85
89	10 & Under 200 IM	90
95	10 & Under 200 Free Relay	96

**2011 Southeastern Age Group Championships
Entry Summary Sheet**

Team Name _____

Official Abbreviation _____

Coach _____

E-mail _____

Team Address _____

	# of Swimmers Entered	# of Individual Events	# of Relays
Girls 10 & U	_____	_____	_____
Boys 10 & U	_____	_____	_____
Girls 11-12	_____	_____	_____
Boys 11-12	_____	_____	_____
Girls 13-14	_____	_____	_____
Boys 13-14	_____	_____	_____
Totals:	_____	_____	_____

Number of Coaches _____

Number of Officials: _____

Total Individual Entries _____ x **\$3.50 Entry Fee**

Total Relay Entries _____ x **\$8.00 Entry Fee**

Total Swimmers _____ x **\$13.00 (Facility Surcharge = \$10.00) + (NCS Travel Fund = \$3.00)**

TOTAL DUE = _____

Please make checks payable to: New South Swimming

Mail Payment to: Barb Frith
 New South Swimming - AG Sectionals
 412 East Park Ave.
 Charlotte, NC 28203

Entries by Hy-tek, compatible disk or e-mail must be received by Monday, February 28, 2011 by 12:00 midnight. OME will close at 12:00 noon on Monday, March, 7, 2011.

WAIVER, ACKNOWLEDGMENT 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 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. New South Swimming, Mecklenburg County Aquatic Center, North Carolina Swimming, Inc., and USA Swimming, their agents, employees and coaches shall be free from any liability or claim for damages rising 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 of coach or club official: _____

Club: _____

Date: _____ Title: _____

2011 SOUTHEASTERN AGE GROUP CHAMPIONSHIPS TIME STANDARDS

10 & Under Girls			10 & Under Boys	
Long Course	Short Course	Events	Short Course	Long Course
35.49	31.49	50 Free	31.29	35.39
1:18.89	1:09.89	100 Free	1:08.99	1:18.09
2:52.59	2:32.99	200 Free	2:29.29	2:47.29
5:54.44	6:37.89	400/500 Free	6:42.29	5:59.69
41.29	36.99	50 Back	37.39	42.09
1:29.29	1:19.29	100 Back	1:20.19	1:29.89
46.39	41.09	50 Breast	41.79	47.29
1:41.39	1:30.49	100 Breast	1:30.79	1:42.59
40.29	35.69	50 Fly	35.69	39.79
1:33.99	1:23.59	100 Fly	1:29.19	1:33.49
	1:20.09	100 IM	1:20.09	
3:12.89	2:51.29	200 IM	2:50.69	3:12.49
11/12 Girls			11/12 Boys	
Long Course	Short Course	Events	Short Course	Long Course
31.89	27.99	50 Free	27.89	31.89
1:08.89	1:00.69	100 Free	1:00.59	1:08.99
2:29.59	2:11.99	200 Free	2:11.99	2:29.29
5:11.09	5:47.99	400/500 Free	5:49.79	5:12.69
10:59.69	12:18.39	800/1000 Free	12:38.99	11:19.19
21:56.99	21:31.19	1500/1650 Free	21:24.49	22:10.09
36.39	32.29	50 Back	32.49	36.69
1:18.59	1:09.79	100 Back	1:10.29	1:19.39
2:51.49	2:30.99	200 Back	2:30.99	2:51.49
41.59	36.59	50 Breast	36.39	41.39
1:29.79	1:19.09	100 Breast	1:18.89	1:29.59
3:16.79	2:53.29	200 Breast	2:51.79	3:14.49
35.09	30.99	50 Fly	31.29	35.39
1:18.79	1:09.79	100 Fly	1:09.79	1:18.79
3:00.19	2:38.99	200 Fly	2:36.89	2:57.19
	1:09.49	100 IM	1:09.99	
2:48.09	2:28.99	200 IM	2:31.09	2:50.79
5:51.79	5:15.39	400 IM	5:26.19	6:14.89

2011 SOUTHEASTERN AGE GROUP CHAMPIONSHIPS TIME STANDARDS

13/14 Girls		13/14 Boys		
Long Course	Short Course	Events	Short Course	Long Course
30.79	26.39	50 Free	25.09	28.99
1:05.79	57.69	100 Free	54.29	1:02.39
2:21.19	2:03.89	200 Free	1:58.19	2:14.29
4:50.39	5:27.99	400/500 Free	5:15.09	4:41.99
10:06.99	11:19.59	800/1000 Free	10:52.59	9:42.89
19:25.59	19:05.69	1500/1650 Free	18:31.09	18:53.29
1:14.49	1:05.39	100 Back	1:02.49	1:10.99
2:38.99	2:19.99	200 Back	2:12.39	2:32.39
1:25.39	1:14.79	100 Breast	1:10.09	1:21.09
3:03.39	2:40.19	200 Breast	2:31.09	2:54.69
1:13.29	1:04.39	100 Fly	1:01.49	1:09.39
2:43.59	2:23.69	200 Fly	2:17.69	2:35.49
2:39.39	2:20.29	200 IM	2:14.19	2:33.39
5:32.09	4:54.89	400 IM	4:43.19	5:22.99