

# SwimMAC Quad Championship Meet

## MARCH 5-6, 2011

**Sanction:** Held under sanction of USA Swimming issued by North Carolina Swimming, Inc.  
Sanction # NC11045.

**Host:** SwimMAC

**Facility:** MAC Swim Center at Charlotte Latin School  
9850 Providence Road  
Charlotte NC 28277  
(704) 846-5335

The MAC Swim Center is a 30,000 square-foot facility featuring a 50-meter by 25-yard Paddock Pool racing tank. In the 10-lane 25 yard competition course, pool depth ranges from 6 to 12 feet with lanes that are 8-foot wide. Up to 11 lanes will be available for continuous warm-up and warm-down. The facility also features a Colorado 5000 system and 10-lane scoreboard. There are bleacher seating for 600 competitors and spectators. Paragon competition blocks will be used. The MAC Swim Center is a USA Swimming certified pool - see link below:

(<http://www.usaswimming.org/USASWeb/Rainbow/Documents/0575df36-97d9-440d-9a4f-5d957a9393c8/Pool%20Certifications%20for%20Web.pdf>)

**Format:** All events will be conducted on a timed final basis. Meet management reserves the right to run the meet in 8 lanes rather than 10 depending upon the timeline. Events will be seeded in the following age groupings: Open (defined as swimmers ages 15 and below), 12&U, 10&U, and 8&U. Swimmers will be considered the age that they are as of Saturday, March 5, 2011. Meet management reserves the right to combine heats. The 12&U 500 Free and the Open 500 Free will be swum fastest to slowest, with all girl heats going first, followed by all boys heats.  
**Swimmers competing in the 500 Free must provide their own timers and counters.**

### Positive

**Check-in:** A positive check-in will be required for the 12&U 500 Free and the Open 500 Free by 1:15 PM on Sunday.

**Eligibility:** All 12 & Under B/C swimmers and all Senior Development swimmers between the ages of 13-15, all of whom are registered USA Swimming athletes. Swimmers must be members of SwimMAC, NSS, Stingray, High Point, YSST, or YWNC. Meet Management Reserves the right to limit the number of participants in the meet. 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 SwimMAC's ability to accommodate all requests.

### **Schedule:** SATURDAY AND SUNDAY AM SESSIONS – 8 & UNDER AND 10 & UNDER

Warm-up: 8:00 AM  
Meet starts: 9:00 AM

### SATURDAY AND SUNDAY PM SESSIONS – 12 & UNDER AND OPEN

Warm up: 12:30 PM  
Meet starts: 1:30 PM

**Coaches**

**Meeting:** Coaches meetings will be held at 8:45 AM and at 1:15 PM in the Hospitality Room.

**Officials**

**Meeting:** Officials meeting will be held 45 minutes prior to the start of each session.

**Entry Limit:** All swimmers may enter a maximum of 4 events per day, with a maximum of 8 events for the meet.

**Rules:** This meet will be conducted in accordance with the current USA Swimming Code and the NCS Official Handbook and NCS Safety Program, except where Rules therein are optional and exceptions are herein stated. *All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification / registration. Coaches and officials shall prominently display their registration cards while on deck.*

**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. 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.

**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. During the competition, there will be lanes available for warm-up / warm-down. There is to be no diving or horseplay in this area.

**Entry form:** Entries are to be emailed to Alison Pick at [apick@swimmaccarolina.org](mailto:apick@swimmaccarolina.org). All computer entries must be accompanied by a complete hard copy. Please make sure swimmers are entered with their correct age as of Saturday, March 5, 2011.

All entries must include the following items:

- 1.) Hard Copy of Meet Entries
- 2.) Official Hy-Tek Summary Sheet
- 3.) Payment of Fees

**Fees:** Individual Events: \$2.50 per event  
NCS Travel Fund: \$3.00 per swimmer  
Facility Surcharge: \$10.00 per swimmer  
Relay Fees: \$8.00 per relay  
Please make checks payable to SwimMAC Carolina.

**Awards:** **8&U events** - ribbons will be awarded to the top eight 7-year-olds and the top eight 8-year-olds per individual event  
**10&U events** - ribbons will be awarded to the top eight 9-year-olds and the top eight 10-year-olds per individual event  
**12&U events** - ribbons will be awarded to the top eight 11-year-olds and the top eight 12-year-olds per individual event  
**Open events** - ribbons will be awarded to the top eight 13-year-olds, the top eight 14-year-olds, and the top eight 15-year-olds per individual event  
**Relay events** – ribbons will be awarded to the top three relays in each relay event.

**Entry**

**Deadline:** Entries must be received by **Wednesday, February 23, 2011**. No fax or phone entries. Late

entries will be accepted at the discretion of Meet Director. Please mail entries to:

SwimMAC  
9850 Providence Road  
Charlotte, NC 28277  
Attn: Joe Piscitelli, Meet Director

**E-Mail entries to Allison Pick at [apick@swimmaccarolina.org](mailto:apick@swimmaccarolina.org)**

**Officials:** All officials interested in officiating are asked to contact Chris Kitchens at least one week prior to the meet to indicate your interest. Chris Kitchens' email address is [kitchenscj@gmail.com](mailto:kitchenscj@gmail.com).

#### **Meet**

**Management:** Meet Director: Joe Piscitelli  
Meet Referee: Lisa Olack  
Safety Marshall: Larry Lee

#### **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.

**Hospitality:** There will be a hospitality room open to all coaches and officials.

**Release:** USA Swimming, North Carolina Swimming Inc., Charlotte Latin School and Mecklenburg Aquatic Club and all employees and representatives of these organizations 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.

**Information:** For more information, please contact Larry Lee at 704-340-8586, or [LLee@swimmaccarolina.org](mailto:LLee@swimmaccarolina.org)

#### **Event**

**Listing:** See following pages.

**SwimMAC Quad Championship  
Meet**

March 5-6, 2011

***SATURDAY AM SESSION***

Warm-up: 8:00 AM, Meet Start: 9:00 AM  
8 & Under and 10 & Under

March 5, 2011

**Order of Events**

<u>GIRLS</u>		<u>BOYS</u>
1	10&U 200 Free Relay	2
3	8&U 200 Free Relay	4
5	10&U 100 Freestyle	6
7	8&U 50 Freestyle	8
9	10&U 50 Fly	10
11	8&U 25 Fly	12
13	10&U 100 Back	14
15	8&U 50 Back	16
17	10&U 50 Breast	18
19	8&U 25 Breast	20
21	10&U 200 IM	22
23	8&U 100 IM	24

***SATURDAY PM SESSION***

Warm-up: 12:30 PM, Meet Start: 1:30 PM  
12 & Under and Open

March 5, 2011

**Order of Events**

<u>GIRLS</u>		<u>BOYS</u>
25	Open 200 Free Relay	26
27	12&U 200 Free Relay	28
29	Open 200 Free	30
31	12&U 100 Free	32
33	Open 100 Back	34
35	12&U 50 Fly	36
37	Open 200 Fly	38
39	12&U 100 Back	40
41	Open 100 Free	42
43	12&U 50 Breast	44
45	Open 200 Breast	46
47	12&U 200 IM	48

### **SUNDAY AM SESSION**

Warm-up: 8:00 AM, Meet Start: 9:00 AM

8 & Under and 10 & Under

**March 6, 2011**

#### **Order of Events**

<u>GIRLS</u>		<u>BOYS</u>
49	10&U 100 IM	50
51	8&U 25 Free	52
53	10&U 50 Free	54
55	8&U 50 Breast	56
57	10&U 100 Breast	58
59	8&U 25 Back	60
61	10&U 50 Back	62
63	8&U 50 Fly	64
65	10&U 100 Fly	66
67	8&U 100 Free	68
69	10&U 200 Free	70

### **SUNDAY PM SESSION**

Warm-up: 12:30 PM, Meet Start: 1:30 PM

12 & Under and Open

**March 6, 2011**

#### **Order of Events**

<u>GIRLS</u>		<u>BOYS</u>
71	12&U 100 IM	72
73	Open 200 IM	74
75	12&U 50 Free	76
77	Open 50 Free	78
79	12&U 100 Breast	80
81	Open 100 Breast	82
83	12&U 50 Back	84
85	Open 200 Back	86
87	12&U 100 Fly	88
89	Open 100 Fly	90
91	12&U 200 Free	92
93	12&U 500 Free	94
95	Open 500 Free	96