



2011 YOTA SPRING FLING IMR / IMX CHALLENGE



- Date:** Saturday March 26th & Sunday March 27th 2010
- Sanction:** Conducted under the sanction of the USA Swimming, INC., Issued by North Carolina Swimming, INC., NCS Sanction # NC11050.
- Site:** NC State University
Willis Casey Natatorium located within Carmichael Gymnasium
2611 Cates Avenue
Raleigh, NC 27695
- Meet Director:** Patrick Curran
YOTA Swim Team
801 Corporate Center Dr, Suite 200
Raleigh, NC 27607
919-582-9301
Patrick.Curran@ymcatriangle.org
- Times:** **THESE TIMES ARE PRELIMINARY AND
MAY BE ADJUSTED AFTER ENTRIES ARE RECEIVED.**

Saturday & Sunday AM Sessions: Warm Up 7:15 AM. Meet start 8:00 AM

Saturday 500s - Session 2:

10 & Unders (Events 19 & 20) - A 10 minute Warm-Up period will immediately follow the conclusion of Event 18. Events 19 & 20 will begin immediately at the end of the 10 minute break. Heats will be seeded fastest to slowest, alternating girls and boys.

Open 500 FR (Events 22 & 23) - A 10 minute Warm-Up period in the competition pool will immediately follow the conclusion of Event 21. Events 22 & 23 will begin immediately at the end of the 10 minute warm-up, but **not before 1:00pm**. Heats will be seeded fastest to slowest, alternating girls and boys. A separate warm-up pool is available throughout the meet for on-going warm-up and warm down.

The Meet Hosts reserves the right limit the number of heats for the 500 FR (Events 19, 20, 21, 22, 63 & 64).

Saturday PM Session: Competition Pool Warm-Up not before 1:30 PM. Warm Up is available in the warm-up pool throughout Session 2. A 20 minute warm up period in the competition pool will immediately follow the conclusion of event 22. The Saturday PM Session (Events 23-42) will begin 20 minutes after the conclusion of event 22, but not before 2:00 PM.

Sunday PM Session: Warm-up 11:30 AM; Meet Start 12:30 PM.

Facility:

Willis Casey Natatorium located within Carmichael Gymnasium

This facility is an 8 lane, 25 yard pool with depths ranging from 4 - 10 feet. We will be using KDI Paragon starting platforms and a Colorado Timing System. This pool has been certified for competition through USA Swimming standards. There will be changing rooms for all competitors and ample seating for spectators. Lanes will be available for warm-up and warm-down during the meet in the adjacent pool. We will have 6 additional lanes available at all times for warm-up and warm-down.

NOTE: NO FOOD OR DRINK ALLOWED ON THE DECK. NO TOBACCO USE ALLOWED IN ANY PART OF THE BUILDING.

Parking:

Parking will be available around the Carmichael Gymnasium complex and within the Cates Avenue Parking Deck on the NCSU campus.

Rules:

The meet will be conducted in accordance with the current USA Swimming Rules and Regulations and the NCS Official Handbook and the NCS Safety program, except where rules therein are optional and exceptions are herein stated. All events will be timed finals.

Classification:

8 & Under, 10 & Under, 11-12, and Open age groups. Meet host reserves the right to make any necessary changes to meet sessions due to the number of entries or effected timelines.

Eligibility:

All swimmers must be registered members of USA Swimming, Inc, on file with North Carolina Swimming. **Athletes must meet the qualifying standard of Age Group "BB" times or slower to compete in any 12 & Under event. There are no time standards or age restrictions for Open events.**

YOTA 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 YOTA's ability to accommodate all requests.

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.

Entries: Submit entries on disk using Hy-Tek CL2 format, by standard date interchange format (SD3). You must list swimmers' age as of **March 26, 2011**. Use best yard times achieved. Teams using Hy-Tek Team Manager COMMLINK-II format or similar team management formats need to set this up as one meet. You can find the Hy-Tek order of events file at the North Carolina Swimming website at www.ncswim.org.

Entry Limit: Swimmers may enter 5 events per day, including any swim-up events, but not including the 500 FR in Session 2.

Entry Deadline: **Completed meet entries on Hy-Tek or similar team management programs will be accepted beginning Tuesday, March 1st, and are due no later than Monday, March 21, 2011, by MIDNIGHT.** Entries will not be accepted without summary sheet and payment of entry fees. Late Entries (including additional events or switching of events for the swimmers already entered in the meet) may be accepted at the discretion of the Meet Director, but may not be seeded. **DOUBLE ENTRY FEES WILL BE CHARGED FOR ALL LATE ENTRIES.** Telephone and fax entries will not be accepted. Clubs submitting entries in Hy-Tek Team Manager COMMLINK-II format, LSA Std or similar team management formats may request results on disk at the conclusion of the meet. **NO NEW SWIMMER DECK ENTRIES WILL BE TAKEN UNLESS YOU CAN PROVE REGISTRATION.**

Entry Fees:	NCS Individual Events	\$2.50
	Out of State Individual	\$3.00
	NCS Travel Surcharge	\$3.00
	Facility Charge	\$10.00

Entry fees must accompany entries and are not refundable.
MAKE CHECKS PAYABLE TO: YOTA SWIM TEAM

Mail entries and Fees to: **YOTA Swim Team**
Attn: Patrick Curran
801 Corporate Center Drive Suite 200
Raleigh, NC 27606
Patrick.Curran@ymcatriangle.org &
Chad.Onken@ymcatriangle.org

Please note that there will be no entries accepted without a hard copy. Emailing your entries is fine as long as they are accompanied with a hard copy. **Entries must include:**

- 1. Correct entry Fees**
- 2. Entry forms properly completed**
- 3. Received by Monday, March 21, 2011**
- 4. Do not send entries in a manner which requires signature for delivery.**

Awards: Individual Events: Ribbons for 1st - 8th place.

Warm Ups: Warm up assignments will be emailed out to the teams before the meet. There is no diving from the shallow end of the pool.

- Safety:** The NCS Safety Program is in effect for the meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated. No Parents are allowed on deck.
- Coaches Meeting:** A Coaches meeting will be held at 7:45AM March 26th. **Coach's packets will be distributed when the coaches present their USA Swimming Coach membership card. Coaches without a coach membership card will not be allowed on the pool deck.** Coaches are responsible for all the information distributed in the packet and at the coaches meeting.
- Meet Director:** Patrick Curran
- Meet Referee:** Robert (Bob) Davis
- Meet Marshall:** Chad Onken
- Officials Meeting:** The Officials meeting will take place at 7:30 AM during the morning sessions and at 1:40 pm during the afternoon session on Saturday, 12:15pm during the afternoon session on Sunday.
- Hospitality:** Hospitality will be open to officials, coaches, and meet workers.
- Concessions:** NCSU will provide concessions for meet participants and spectators in the lobby area.
- Release Statement:** USA Swimming, Inc., North Carolina Swimming, Inc, YMCA of the Triangle Area Swim Team, and NC State University 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 the event.

YOTA Spring Fling – IMR/IMX Challenge

Order of Events

March 26-27, 2011

Girls	Saturday AM – Session 1	Boys
1	10 & Under 100 FR	2
3	8 & Under 25 FR	4
5	10 & Under 50 BR	6
7	8 & Under 25 BR	8
9	10 & Under 50 FLY	10
11	8 & Under 25 FLY	12
13	10 & Under 50 BK	14
15	8 & Under 25 BK	16
17	10 & Under 100 IM	18
	Saturday – Session 2	
19	10 & Under 500 FR	20
21	Open 500 FR	22
	Saturday PM – Session 3	
23	11-12 100 IM	24
25	Open 200 IM	26
27	11-12 50 BK	28
29	Open 100 BK	30
31	11-12 50 BR	32
33	Open 100 BR	34
35	11-12 50 Fly	36
37	Open 100 Fly	38
39	11-12 200 FR	40
41	Open 200 FR	42
	Sunday AM – Session 4	
43	10 & Under 200 FR	44
45	8 & Under 50 FR	46
47	10 & Under 100 BR	48
49	8 & Under 50 BR	50
51	10 & Under 100 BK	52
53	8 & Under 50 BK	54
55	10 & Under 100 FLY	56
57	8 & Under 50 FLY	58
59	10 & Under 200 IM	60
	Sunday PM – Session 5	
61	Open 400 IM	62
63	11-12 500 FR	64
65	Open 200 BK	66
67	11-12 100 BK	68
69	Open 200 BR	70
71	11-12 100 BR	72
73	Open 200 FLY	74
75	11-12 100 FLY	76
77	11-12 200 IM	78

Entry Summary Sheet

**YOTA SPRING FLING
IM READY CHALLENGE**

March 26-27, 2011

Use this form for a summary of entries.

Age Group	Total Number of swimmers	Total Number of Entries	Total Number of Relays	Total Entry Fee
Girls				
Boys				
Total entry amounts				

Total Fees: Return this summary sheet with entry fees, official rosters and entry forms to:

YOTA Swim Team
Patrick Curran
801 Corporate Center Drive Suite 200
Raleigh, NC 27606
Patrick.Curran@ymcatriangle.org
919-582-9301

USA Swimming, Inc., North Carolina Swimming, YMCA of the Triangle Area, NC State University, and other Governing bodies of the Facilities shall be held free and harmless for any and all liabilities or claims for damages arising by reasons of injuries to anyone during the conduct of this event.

Head Coach Signature: _____

Coach Name: _____

Club: _____

Club Abbreviation: _____

Address: _____ Work Phone Number: _____

_____ Cell Phone Number: _____

Email Address: _____

**A check for all applicable fees is required for this to be a valid entry.