



NORTH CAROLINA AMATEUR SPORTS

**North Carolina Swimming Clubs  
Powerade State Games of North Carolina - June 25 & 26, 2011**

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Enclosed is the Meet Information for the 2011 Powerade State Games of North Carolina along with the Master Entry Information for both Individual and Teams. This meet will be run as a *USA Swimming approved meet*.

- Coaches must submit a meet entry file from Hy-tek Team Manager along with a printout of entries to the Competition Manager. In addition, all teams must register their team using the online system at [www.ncsports.org](http://www.ncsports.org). This can be done using a Visa or MasterCard.**
- Each swimmer, whether they are on a team or an individual, must sign the agreement to participate form (see enclosed document) or agree to the terms when registering online.** A parent or guardian must sign the Agreement to participate if the child is under the age of 18. These forms must be completed for each swimmer, attached to the club entry and summary form and sent to the State Games Office. Entries will not be accepted without the signed Agreement to Participate form. Please copy these forms as necessary.
- If you are mailing your payment, please attach entry fees of \$25.00 **per athlete** and a roster that includes name, address (address, city, state, zip), age, birthday, and email and send to:

**Powerade State Games of NC  
Dept. SW  
406 Blackwell Street, Suite 120  
Durham, NC 27701**

**ENTRY DEADLINE IS June 15, 2011.**

- At the discretion of the Competition Manager, late entries will be accepted to fill empty lanes.
- Entries may be limited to control the size of the meet and will be accepted in the order received. Entries missing the Agreement to Participate form, Information Sheets and/or fees will be considered incomplete and will not be accepted until all items are received.
- Team/Club Entry must include the following:
  - All teams may register online at [www.ncsports.org](http://www.ncsports.org)**
  - HyTek or Entry form for clubs entering four or more swimmers
  - Entry Summary Sheet
  - Swimmer Roster Information in Excel Format: Information must include Name, Address, Date of Birth, and Age (for data and State Games purposes only). This information will not be sold to third parties.**
  - Signed Agreement to Participate form for each swimmer (signed by parent and swimmer)
  - Entry Fees



406 Blackwell Street, Suite 120, Durham, NC 27701  
(919) 361-1133 • (919) 361-2559 fax  
E-mail: [ncas@ncsports.org](mailto:ncas@ncsports.org) • Web site: [www.ncsports.org](http://www.ncsports.org)

# 2011 POWERADE STATE GAMES OF NORTH CAROLINA SWIM MEET

Hosted by:



**Saturday, June 25 & Sunday, June 26**

**Location: Bolton Park Aquatic Center  
Winston-Salem, NC**

- APPROVAL:** \*Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. NC11062AP.
- FACILITY:** The Bolton Park Aquatic Center pool is a **NOT** certified by USA Swimming. Bolton pool is an outdoor L-shaped pool. It is an 8-lane, 50-meter course with Keifer McNeil continuous flow through lane lines. Electronic timing with touch pads and button backup will be used. Spectator space will be available.
- RULES:** Except as stated herein, the meet will be conducted in accordance with the current USA Swimming Rules & regulations and the NCS Official Handbook and NCS Safety program, except where rules therein are optional and exceptions are herein stated.” All events will be run in accordance with relevant United States Masters Swimming (USMS) rules.
- ELIGIBILITY:** **Age Group:** All amateur swimmers under the age of 19 are eligible to swim in the age group events. Swimmers may be registered members of North Carolina Swimming (NCS), but registration is not required. Swimmers must compete in the age group corresponding to their age group as of the first day of the meet (June 25, 2011). Swimmers born on June 19<sup>th</sup> must swim at their new age. No swimmer will be permitted to swim in an older age group. **EXCEPTION:** 8 & under swimmers may compete in 10 & under events to the extent that they do not compete in the same 8 & under event and they do not exceed the maximum number of events.  
**Masters:** All masters swimmers age 18 and older are eligible to swim in the masters events and may be registered with USMS for 2011, but registration is not required. Masters age calculation is determined by their age as of December 31.
- CLASSIFICATION:** Age Group/Senior/Masters Meet
- ENTRIES:** All team entries should be in HyTek format and submitted to the Meet Director via email or snail mail. Non-team entries may be done so online at [www.ncsports.org](http://www.ncsports.org). All fees (team or Individual) must be sent to the State Games office. This can be done so online using a Visa or MasterCard or by mailing the payment. Once the payment has been received, an athlete roster (see requirements on cover letter) must be submitted to the Sate Games office. This must be done in order for athletes to compete.
- ENTRY LIMIT:** Swimmers are limited to four (4) events per day and eight (8) events for the meet. To control the size of the meet and avoid long sessions the meet management reserves the right to limit the number of entries. If it becomes necessary to return entries that may have been received prior to or on the entry deadline, entries will be accepted as deemed proper by the meet management, giving preference to those competing both days of the meet whose entries are complete in every respect and those that agree to provide volunteer officials, timers and other workers. Use the accompanying form for indicating the names of persons volunteering to help at the meet. If it becomes necessary to control the length of competition, meet management also reserves the right to limit the number of heats of the 400m freestyle.
- FORMAT:** All events are Long Course Meters and swum as timed finals. Events 200 meters and shorter will be pre-seeded in the order specified in the attached Order of Events. Meet management reserves the right to combine heats on deck if scratches allow. The 400-meter freestyle events will be deck seeded with check-in with the Clerk of Course required prior to the beginning of the meet session for that event. Each swimmer is responsible for reporting promptly to the Clerk of Course and/or the blocks. Meet management reserves the right to combine the 15-18 and 19+ age groups within an event for those

sessions if meet entries dictate. Please note that 13 and older swimmers will compete in the morning sessions and 12 and under swimmers will compete in the afternoon sessions.

**ENTRY DEADLINE:** **Midnight, Wednesday, June 15, 2011**  
Late entries will be accepted only at the discretion of the Meet Director. Late entries may not be seeded. We reserve the right to limit or suspend the addition of swimmers or heats to accommodate late entries.

**ENTRY FEE:** **\$25** – Regardless of the number of events entered, but 4 event max per day. Fees for late entries not accepted will be returned promptly. Entry fees are Non-Refundable.

**Payment of fees may be done online at [www.ncsports.org](http://www.ncsports.org).**

**For all mail in entry fees:**

**Make checks payable to:** Powerade State Games of NC

**Mail Fees to:** Powerade State Games – Swimming

406 Blackwell Street, Ste. 120

Durham, NC 27701

**MAIL HY-TEK ENTRIES:** Mike Brady  
775 West End Blvd  
Winston-Salem, NC 27101

336-721-2100 x2156      [coachmike@swimtyde.org](mailto:coachmike@swimtyde.org)

**AWARDS:** Gold (1<sup>st</sup> place), Silver (2<sup>nd</sup> place) and Bronze (3<sup>rd</sup> place) medals for each event for the following age groups – 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18, 19-29, 30-39, 40-49, etc.

**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. Anyone failing to comply with this safety request may forfeit his or her privilege to participate.

**MEET DIRECTOR:** Mike Brady ([Coachmike@swimtyde.org](mailto:Coachmike@swimtyde.org))  
775 West End Blvd  
Winston-Salem, NC 27101

**MEET REFEREE:** **Jon Fox**  
**MEET MARSHAL:** **Leann Day**

We strongly recommend each team assign a marshal to monitor warm-up sessions in addition to host team marshals.

**WARM-UP PROCEDURES:** Warm-up assignments will be determined after the entries have been received and will be included in the coaches' packets.

**SESSION SCHEDULE:** Competition starts at 8:00 a.m. each day for morning sessions. The pool will open for warm-ups at 6:45 a.m. Competition starts no earlier than 1:00 p.m. for afternoon sessions. Warm-ups will start no earlier than 12:00 p.m.

**VOLUNTEERS:** All teams are asked to provide a *minimum of three (3)* volunteers who are willing and able to assist with conducting the meet and other jobs. Please list names of all volunteers on the volunteer form and indicate those that are NCS certified officials. Volunteers who work a minimum of four (4) hours will receive a free Powerade State Games Volunteer T-shirt.

**COACHES MEETING:** A coaches meeting will be held at 7:45 a.m. Saturday, June 18.

**RELEASE STATEMENT:** USA Swimming, North Carolina Swimming, Inc., North Carolina Amateur Sports, TYDE Swim Team, and the City of Winston-Salem Parks and Recreation, 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.

**2011 POWERADE STATE GAMES OF NORTH CAROLINA  
ORDER OF EVENTS**

**Saturday, June 25 AM Session (13 and older)**

Pool opens for warm-ups at 6:45 a.m. Session starts at 8:00 a.m.

<u>Girls Event #</u>	<u>Age Group</u>	<u>Distance &amp; Stroke</u>	<u>Boys Event #</u>
001	13-14	200M Freestyle	002
003	15-18	200M Freestyle	004
005	19 & over	200M Freestyle	006
007	13-14	100M Backstroke	008
009	15-18	100M Backstroke	010
011	19 & over	100M Backstroke	012
013	13-14	200M Breaststroke	014
015	15-18	200M Breaststroke	016
017	19 & over	200M Breaststroke	018
019	13-14	100M Butterfly	020
021	15-18	100M Butterfly	022
023	19 & over	100M Butterfly	024
025	13-14	400M Freestyle	026
027	15-18	400M Freestyle	028
029	19 & over	400M Freestyle	030

**Saturday, June 25 PM Session (12 and under)**

Warm-ups not before 12:00 p.m. Session starts not before 1:00 p.m.

<u>Girls Event #</u>	<u>Age Group</u>	<u>Distance &amp; Stroke</u>	<u>Boys Event #</u>
031	8 & under	50M Backstroke	032
033	9-10	50M Backstroke	034
035	11-12	50M Backstroke	036
037	10 & under	100M Freestyle	038
039	11-12	100M Freestyle	040
041	8 & under	50M Butterfly	042
043	9-10	50M Butterfly	044
045	11-12	50M Butterfly	046
047	10 & under	100M Breaststroke	048
049	11-12	100M Breaststroke	050
051	10 & under	200M Freestyle	052
053	11-12	200M Freestyle	054

**2011 POWERADE STATE GAMES OF NORTH CAROLINA  
ORDER OF EVENTS**

**Sunday, June 26 AM Session (13 and older)**

Pool opens for warm-ups at 6:45 a.m. Session starts at 8:00 a.m.

<u>Girls Event #</u>	<u>Age Group</u>	<u>Distance &amp; Stroke</u>	<u>Boys Event #</u>
055	13-14	50M Freestyle	056
057	15-18	50M Freestyle	058
059	19 & over	50M Freestyle	060
061	13-14	200M Butterfly	062
063	15-18	200M Butterfly	064
065	19 & over	200M Butterfly	066
067	13-14	100M Breaststroke	068
069	15-18	100M Breaststroke	070
071	19 & over	100M Breaststroke	072
073	13-14	200M Backstroke	074
075	15-18	200M Backstroke	076
077	19 & over	200M Backstroke	078
079	13-14	100M Freestyle	080
081	15-18	100M Freestyle	082
083	19 & over	100M Freestyle	084
085	13-14	200M Ind. Medley	086
087	15-18	200M Ind. Medley	088
089	19 & over	200M Ind. Medley	090

**Sunday, June 26 PM Session (12 and under)**

Warm-ups not before 12:00 p.m. Session starts not before 1:00 p.m.

<u>Girls Event #</u>	<u>Age Group</u>	<u>Distance &amp; Stroke</u>	<u>Boys Event #</u>
091	8 & under	50M Breaststroke	092
093	9-10	50M Breaststroke	094
095	11-12	50M Breaststroke	096
097	10 & under	100M Butterfly	098
099	11-12	100M Butterfly	100
101	8 & under	50M Freestyle	102
103	9-10	50M Freestyle	104
105	11-12	50M Freestyle	106
107	10 & under	100M Backstroke	108
109	11-12	100M Backstroke	110
111	10 & under	200M Ind. Medley	112
113	11-12	200M Ind. Medley	114

**END OF MEET**

**2011 POWERDE STATE GAMES OF NORTH CAROLINA  
 JUNE 25-26, 2011  
 BOLTON PARK AQUATIC CENTER  
 WINSTON-SALEM, NORTH CAROLINA**

**Entry Deadline: June 15, 2011**

**SWIMMING SUMMARY SHEET**

**CLUB:** \_\_\_\_\_ **CODE:** \_\_\_\_\_

**COACH:** \_\_\_\_\_ **PHONE:** (\_\_\_\_) \_\_\_\_\_

**HOME:** (\_\_\_\_) \_\_\_\_\_ **FAX:** (\_\_\_\_) \_\_\_\_\_

**STREET ADDRESS:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP CODE:** \_\_\_\_\_

**TOTAL GIRLS** \_\_\_\_\_ **TOTAL BOYS** \_\_\_\_\_

**Total number of swimmers \_\_\_\_\_ @ \$25 = \_\_\_\_\_ Fees**

List volunteers willing to assist with the meet:

- |          |              |
|----------|--------------|
| 1. _____ | Phone: _____ |
| 2. _____ | Phone: _____ |
| 3. _____ | Phone: _____ |
| 4. _____ | Phone: _____ |

Check List:

- Hy-Tek Meet Entry File to be sent to Competition Manager
- Master Entry Form - for each age group
- Entry Fees - \$25.00 per swimmer (4 events max per swimmer/day)
- Swimmer Information Roster – excel format that includes name, address, DOB, and age
- Signed Agreement to Participate for EACH swimmer\*
- Volunteer forms with signed Agreement to Participate

**\*Required items - entry will not be accepted if missing**

Send HyTek Entries to: Mike Brady ([coachmike@swimtyde.org](mailto:coachmike@swimtyde.org))  
 775 West End Blvd  
 Winston-Salem, NC 27101  
 336-721-2100 x2156

Send Entry Fee, Summary Sheet  
 And Team Information Roster to: **Powerade State Games of NC**  
**Dept. SW**  
**406 Blackwell Street, Suite 120**  
**Durham, NC 27701**

<b>OFFICE USE ONLY:</b>	Date _____	Check/Cash _____	Amount _____	ATP _____	Proc. By _____
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# 2011 POWERADE STATE GAMES OF NORTH CAROLINA SWIMMING VOLUNTEER FORM



Volunteer are critical to the success of the Powerade State Games of North Carolina events. Each volunteer who works a minimum of four hours will receive a commemorative 2011 Powerade State Games Volunteer T-shirt. Complete the information below, sign the AGREEMENT TO PARTICIPATE on the reverse side and return to:

**Powerade State Games NC  
Attention: Volunteer Director  
406 Blackwell Street, Suite 120  
Durham, NC 27701**

Or, if you are associated with an NCS member club, the form and the signed waiver may be returned with the club's entries.

Name: \_\_\_\_\_

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

Address: \_\_\_\_\_

City: \_\_\_\_\_

NC \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

T-shirt size: \_\_\_\_\_

I will be available to work at the State Games Age Group Swimming competition during the indicated session(s):

\_\_\_\_\_ Saturday, 6/25      Morning \_\_\_\_\_      Afternoon \_\_\_\_\_

\_\_\_\_\_ Sunday, 6/26      Morning \_\_\_\_\_      Afternoon \_\_\_\_\_

Please indicate your certified NCS Official status: referee      starter      stroke/turn

**Note:** In addition to certified officials, a number of volunteers are needed to serve as timers, assistants to the Clerk of Course, meet administration, etc.

To control the size and duration of the meet sessions, it may be necessary to return entries. In this case, acceptance will be at the discretion of the Meet Administration, with preference given to those clubs who provide officials and other volunteers.

***All volunteers must sign the AGREEMENT TO PARTICIPATE on the next page.***





**POWERADE STATE GAMES** 25th ANNIVERSARY  
OF NORTH CAROLINA WINSTON SALEM, NC

# 2011 POWERADE STATE GAMES OF NORTH CAROLINA INDIVIDUAL SWIMMING ENTRY FORM

The individual entry fee for swimming is \$25 regardless the number of events entered (8 max, but no more than 4 per day). **You can save \$5 by registering online at [www.ncsports.org](http://www.ncsports.org).** Competition starts at 8:00 a.m. each day for morning sessions. The pool will open for warm-ups at 6:45 a.m. Competition starts no earlier than 1:00 p.m. for afternoon sessions. Warm-ups will start no earlier than 12:00 p.m. The entry deadline for this sport is Wednesday, June 17. Fill out the form completely including the Event Name/Division at the bottom. Be sure to sign the Agreement to Participate (or have a Parent or Legal Guardian sign if under 18) on the back of the form or your registration will not be accepted.

**PARTICIPANT INFORMATION – PLEASE TYPE OR PRINT CLEARLY**

\_\_\_\_\_ ( ) \_\_\_\_\_ - \_\_\_\_\_  
 Last Name First Name Day Phone  
 \_\_\_\_\_ ( ) \_\_\_\_\_ - \_\_\_\_\_  
 Evening Phone  
 \_\_\_\_\_  
 Mailing Address DOB \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
 Month Day Year Age\* Sex  
 \_\_\_\_\_  
 City Zip Code County  
 E-mail Address \_\_\_\_\_ @ \_\_\_\_\_  
 Team Name: \_\_\_\_\_

*\*Note: Please give your age as of the first day of your competition.*

**PERSON TO CONTACT IN CASE OF AN EMERGENCY**

\_\_\_\_\_ ( ) \_\_\_\_\_ - \_\_\_\_\_  
 Last Name First Name Day Phone  
 \_\_\_\_\_ ( ) \_\_\_\_\_ - \_\_\_\_\_  
 Evening Phone

**EVENT NAME/DIVISIONS**

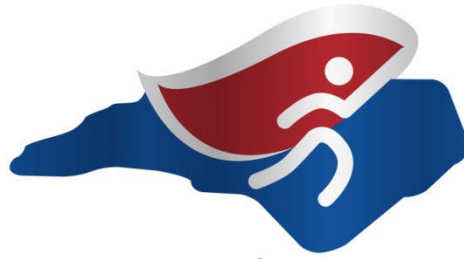
See the list of events and divisions on page 4 and 5 of this document.

**Enter Swimming Events: 4 Max per day**

<p><b>Events</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p>	<p><b>Make check payable to State Games of NC</b></p> <p>Entry fee \$ <u>25</u></p> <p><b>Please consider a tax- deductible donation When you register. \$ _____</b></p> <p>Total Enclosed \$ _____</p>
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**ENTRANT MUST READ AND SIGN THE AGREEMENT TO PARTICIPATE ON THE NEXT PAGE OR THE ENTRY WILL BE RETURNED**

(Parent or legal guardian must sign if the entrant is under 18 years old.)



**POWERADE** | **25th ANNIVERSARY**  
**STATE GAMES** | **WINSTON SALEM, NC**  
 OF NORTH CAROLINA

## ATHLETE AGREEMENT TO PARTICIPATE FORM

In consideration of being allowed to participate in any way in the POWERADE STATE GAMES OF NORTH CAROLINA athletic/sports program and its related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS NORTH CAROLINA AMATEUR SPORTS, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event (“Releasees”), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

X \_\_\_\_\_

X \_\_\_\_\_

PRINTED NAME OF PARTICIPANT

PARTICIPANT’S SIGNATURE DATE

### FOR PARTICIPANTS OF MINORITY AGE

(UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to my minor child’s involvement or participation in these programs as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE.

X \_\_\_\_\_

\_\_\_\_\_

PARENT/GUARDIAN’S SIGNATURE

EMERGENCY PHONE #

DATE