

EAST CAROLINA SWIM LEAGUE

2011 LONG COURSE CHAMPIONSHIPS

Morehead City, NC

June 17 - 19, 2011

- SANCTION:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction #NC11071.
- HOST:** Carteret Currents Swimming
- FACILITY:** The Sports Center Outdoor Park is an eight-lane, 50-meter pool with non-turbulent lane markers and custom paragon starting blocks with a lane width of 6 feet. Deck area is available for swimmer and spectator seating. We will be using an IST timing system in the semi-automatic mode with two back-up buttons per lane. Pool is not certified.
- LOCATION:** The Sports Center, 701 N. 35 Street, Morehead City, NC
- RULES:** This meet will be conducted in accordance with current USA Swimming and NCS Rules as specified in the USA Swimming Rules and regulations and the NCS Official Handbook, except where rules are optional and exceptions are herein stated. The North Carolina scratch rules will be in effect for all deck seeded events.
- ELIGIBILITY:** All swimmers must be registered with USA Swimming, Inc., and team must be a member of the East Carolina Swim League.
- ENTRIES:**
1. Entries shall be submitted electronically using Hy-Tek Team Manager. You may email entries, but they must be followed by a hard copy, summary sheet, and payment.
 2. Email entries to burckhardt@campbell.edu
 3. Show actual age of swimmer as of June 17, 2011.
 4. Enter METER times only.
 5. Include a copy of the Official Team Roster showing USA Swimming Registration Numbers, otherwise swimmers will be required to present their registration cards as evidence of current registration. There will be no "on deck" registration available at this meet.
- ENTRY LIMIT:** Each swimmer may enter four individual events, plus one relay, per day.
- Depending on the number of entries received, meet management reserves the right to limit entries in all events 200 meters and over (with the exception of the 11-12 200 IM) to 13-14 BB standards to maintain the timeline according to the NCS 4-hour rule.

**ENTRY
DEADLINE:**

Entries must be received no later than TUESDAY, June 7, 2011. Late entries may be accepted at the discretion of the Meet Director. All entries received after June 8, 2011, will be considered late and will be charged double fees if accepted and may not be seeded. If the heat sheet has already gone to print, swimmers will only be entered late if there are open lanes. Entries will not be considered complete without full payment of all entry money. No telephone or fax entries will be accepted.

ENTRY FEES:

\$2.50 per individual event
\$8.00 per relay event
\$3.00 NCS Travel Fee per swimmer, (including relay only swimmers)
\$7.00 Facility Surcharge per swimmer
\$8.00 per team Fee for East Carolina Swim League NCS Registration
Entry fees are non-refundable

Make checks payable to Carteret Currents Swimming.

**MAIL ENTRIES
TO:**

Carteret Currents Swimming
ESCL LC Championship
P.O. Box 2181
Morehead City, NC 28557
(252) 622-4155
carteretswim@yahoo.com

Please include entry fees and entry summary form.

SEEDING:

All events 200M and shorter will be pre-seeded. All individual events 400M and longer will be deck seeded. Positive check-in for deck-seeded events will close at the start of the session. Swimmers who fail to check-in will be scratched from the event. Swimmers who have positively checked-in and do not swim will be disqualified from their next scheduled event.

The 400IM and the 400Free will be swum alternating women's and men's heats, fastest to slowest.

MEET STAFF:

Meet Director – Sam Fuller
Meet Referee - Robert Bittner
Meet Marshall - Paul Quinn

AWARDS:

Individual Events: 1-8 Ribbons
Relay Events: 1-3 Ribbons

Trophies will be awarded to the top 3 scoring teams.

SCORING:

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

WARM-UPS:

Friday: 4:00pm – timed finals begin at 5:00pm
Saturday/Sunday: 8:00 am – timed finals begin at 9:00 am.

First 40 minutes: General warm-up all lanes. No diving during this period.

Last 10 minutes: Specific warm-up.

Lanes 1&8: Pace, no diving.

Lanes 2, 3, 4, 5, 6, 7: Dive start sprints.

COACHES:

Team packets will be available at the Clerk of Course. Coaches must present their 2009 USA Swimming card to receive their packet and the certification card must be in a visible place while on the pool deck. Coaches meeting will be held at the Clerk of Course at 3:50pm on Friday, June 17, 2011 and as needed throughout the meet.

OFFICIALS:

We welcome all certified USA Swimming officials on deck. If your club can provide meet officials, please contact Robert Bittner, Cell: (252) 808-5329
Work: (252) 223-3171

An Officials meeting will be held near the starting area 45 minutes before the start of each session.

LANE TIMERS:

The host team will attempt to fill all timer positions, but may ask for volunteers from visiting teams to help provide relief.

Entrants in the 400 and above will need to provide their own timer and lap counter for this event.

HOSPITALITY:

Hospitality will be available for all officials, coaches, and meet volunteers.

CONCESSIONS:

A variety of food, drinks and snacks will be available for sale at the concession stand at the entrance to the pool.

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.

The Carteret Currents welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meet. 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 the Carteret Currents's ability to accommodate all requests.

RELEASE:

USA Swimming, Inc., North Carolina Swimming, Inc., Carteret Currents Swimming, Inc., The Sports Center, Morehead City, NC, 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.

ECSL LONG COURSE CHAMPIONSHIPS
ORDER OF EVENTS
FRIDAY, JUNE 17, 2011

WARMUPS: 4:00pm

MEET BEGINS: 5:00pm

Women	Events	Men
1	12 & UN 400M IM	2
3	Senior 400M IM	4
5	12&UN 400M Free	6
7	Senior 400M free	8

ECSL LONG COURSE CHAMPIONSHIPS
ORDER OF EVENTS
SATURDAY, JUNE 20, 2011

WARMUPS: 8:00am

MEET BEGINS: 9:00am

Women	Events	Men
9	10&UN 200M Free	10
11	11-12 200M Free	12
13	SR 200M Free	14
15	10 UN 50M Breast	16
17	11-12 100M Fly	18
19	SR 200M Breast	20
21	10&UN 100M Fly	22
23	11-12 100M Fly	24
25	SR 200 Fly	26
27	10&UN 50M Free	28
29	11-12 50MFree	30
31	SR 50M Free	32
33	10& UN 100M Back	34
35	11-12 100MBack	36
37	Sr 100M Back	38
39	10&UN 200Medley Relay	40
41	11-12 200Medley Relay	42
43	SR 200 Medley Relay	44

ECSL LONG COURSE CHAMPIONSHIPS
ORDER OF EVENTS
SUNDAY, JUNE 19, 2011

WARMUPS: 8:00am

MEET BEGINS: 9:00am

Women	Events	Men
45	Sr 100M Free	46
47	10 & UN 100M Free	48
49	11-12 100M Free	50
51	Sr 200M Back	52
53	10 & UN 50M Back	54
55	11-12 50M Back	56
57	Sr 100M Breast	58
59	10 & UN 100M Breast	60
61	11-12 100M Breast	62
63	Sr 100M Fly	64
65	10 & UN 50M fly	66
67	11-12 50M Fly	68
69	Sr 200M IM	70
71	12 & UN 200M IM	72
73	10&UN 200Free Relay	74
75	11-12 200Free Relay	76
77	SR 200Free Relay	78

EAST CAROLINA SWIM LEAGUE

2009 LONG COURSE CHAMPIONSHIPS

Morehead City, NC

June 17-19, 2011

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 SR			
Boys SR			
Totals:			

Total Individual Entries: _____ x \$2.50 Entry Fee

Total Relay Entries: _____ x \$8.00 Relay Fee

Total Swimmers: _____ x \$11.00 (Facility Surcharge = \$7.00) + (NCS Travel Fund = \$4.00)

ECSL Registration Fee: _____ \$8.00 per team

TOTAL DUE = _____

Please make checks payable to: Carteret Currents Swimming

Mail Entries to: Carteret Currents Swimming
ECSL LC Championship
P.O Box 2181
Morehead City, NC 28577

E-mail entries to: burckhardt@campbell.edu

Entries must be received by: Tuesday, June 7, 2011.