

# North Carolina Swimming Senior Championships February 23 – 26, 2012



**SANCTION:** Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc.  
Sanction # NC12033 Time Trial Sanction # NC12033TT

**HOST:** New Wave Swim Team  
P.O. Box 18012  
Raleigh, NC 27619  
(919) 981-0644

**MEET DIRECTORS:** Lana Sanders and Karen Garbarino  
(919) 696-0642 . (919) 247-4990  
Questions and Entries to:  
wavemeets@nc.rr.com

**MEET REFEREE:** Chris Kitchens: kitchenscj@gmail.com

**ADMIN REFEREE:** Lisa Olack: lisa.olack@yahoo.com

**MEET MARSHAL:** John Payne

**LOCATION:** Triangle Aquatic Center  
275 Convention Drive  
Cary, NC 27511  
(919) 459-4045

**FACILITY:** **Competition Pool:** The Triangle Aquatic Center facility features a 50-meter pool divided into two courses, which include an 8-lane, 25-yard by 9-feet wide competition course and a 10-lane, 25-yard by 7-feet wide competition course, with a variable depth ranging from 7 to 12 feet. Both courses will be used if swimmer numbers and timeline deem it necessary. An additional 10-lane, 25-yard pool is available and at least 4 lanes will be available throughout the meet for continuous warm-up/warm-down. The pool is equipped with state-of-the-art, anti-turbulent lane lines and Paragon starting blocks on both ends. The facility features a Daktronic Pro timing system, and two digital matrix scoreboards. Stopwatches will also be used in each competition lane. Hy-Tek Meet Manager Pro software will be used. Locker rooms for changing are available. The competition courses have been certified in accordance with USA Swimming 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Only meet volunteers, USA Swimming registered athletes and current USA Swimming registered officials and coaches may be on deck.

**NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME**

Triangle Aquatic Center may charge a session/daily/meet spectator fee.

**Spectator Seating:**

The seating area is above the deck and designed for comfort and enjoyment for spectators. There is viewing for 1,000 people, bench seating with back support, a 12-foot wide walkway for easy access, and an integrated sound system. There are five 47+televisions with FM radio transmitters, and free wireless access to the internet to track live meet results on [www.triangleaquatics.org](http://www.triangleaquatics.org).

**Supporting Amenities:**

**Parking:** There is parking directly in front of the facility available for coaches, officials and volunteers. There is additional parking at the Cary Towne Center Mall, directly adjacent & within easy walking distance of the facility for swimmers and parents. Athletes may be dropped off beside the facility before parking at the Mall.

**Splash Café:** A full service café located just inside the main entrance offering healthy meals, smoothies, coffees, drinks and snacks.

**All American Swim Shop:** The fully stocked swim shop is located beside the front desk and carries swimwear, apparel, swim supplies and accessories

**Open Swim:** During most meets, the Program pool and Instruction pool are open for recreation and fitness swimming. Check with the front desk for the cost of a day pass.

**Facility Rules: Please inform all families of the following pool rules.**

- 1) **NO** smoking is allowed inside the facility.
- 2) **NO** outside food, drinks or coolers allowed inside the facility.
- 3) **NO** glass containers allowed inside the facility.
- 4) **NO** chairs allowed in the spectator level. Athletes and coaches may bring chairs on deck, but they must be removed each day.

**CLASSIFICATION:** Senior Championship meet in prelims/finals format with qualifying time standards as listed on the order of events.

**ELIGIBILITY:** Any USA registered swimmer who has achieved the time standard in any event is eligible to compete in that event. Time Standards are listed on the NCS website under Locate/Time Standards.

**QUALIFYING PERIOD:** **Short Course Championship:** A swimmer must have achieved the qualifying time listed per event from September 1, 2010.

**INDIVIDUAL ENTRIES:** A swimmer may enter a maximum of (3) three events per day with a total entry of no more than (7) seven events for the meet.

**RELAY ENTRIES:** Clubs may enter a maximum of (2) two relays per event. If there are (2) two entries, they will be designated A and B.

Swimmers designated as relay only in the OME may **ONLY** swim relays. All relay swimmers, including alternates, must be listed on the Meet Entry Form and must pay the \$3.00 NCS surcharge. **Relay only swimmers may not swim time trials.**

Any relay that does not have at least one swimmer in an individual event will be disqualified.

All relay events will be swum as timed final events during the evening finals session. Teams have a choice of AM or PM relays on Sunday. AM relays will be swum before AM heats of the 1650 Freestyle.

Relay cards are due to the admin referee at the beginning of finals on the night they will be swum. Relay cards for the Sunday AM relays are due to the admin referee by 10:00 AM Sunday.

All relays will be swum slowest to fastest - all women, then all men.

There will be a 10 minute break prior to the start of relay events

**ENTRIES / ENTRY DEADLINE / PROOF OF TIME:** The OME system will be used for on-time entries, including relays. **OME will close Monday at 12:00 noon** of the week that the meet is scheduled to begin, **February 20, 2012**. OME will open on the Monday (4) 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, approved 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 **(919) 981-0112**. Each fax will be followed by e-mail confirmation for receipt of proof.

**ENTRIES WILL ONLY BE ACCEPTED FROM OME. THERE WILL BE NO LATE ENTRIES .**

Questions or problems with OME should be directed to **the meet directors first** and then to USA Swimming, Susan Woessner [swoessner@usaswimming.org](mailto:swoessner@usaswimming.org)

**SCHEDULE:****Warm-ups:**

Thursday Preliminaries .	4:00 . 5:20 PM
Friday, Saturday and Sunday Preliminaries .	6:30 . 8:20 AM
Friday and Saturday Finals .	4:30 . 5:50 PM
Sunday Finals .	4:00 . 5:20 PM

**Meet:**

Thursday Finals .	5:30 PM
Friday, Saturday and Sunday Preliminaries .	8:30 AM
Friday and Saturday Finals .	6:00 PM
Sunday Finals .	5:30 PM

**COACHES:**

The general meeting will be held at 3:30 PM on Thursday, February 23 in the TAC hospitality room, and at other times as announced by the Meet Referee. Coaches and swimmers are responsible for any information presented at the meeting.

A coach's packet will be available for all clubs at the start of warm-ups on Thursday. A current 2012 USA Swimming coach membership card will be required to obtain the packet and must be displayed prominently at all times on deck **by all coaches**.

**OFFICIALS:**

There will be an officials' meeting at 4:30 pm on Thursday afternoon and 1 hour prior to each session. We welcome all certified officials on deck. If you are able to help, please [complete the sign-up form](#) and let us know which session and position you would prefer to work.

Starters/Referees that would like to be considered for an assigned deck position please complete the form prior to February 16, 2012.

Evaluations: This meet is an approved Officials Qualifying Meet for N2 at all positions and N3 S&T by USA Swimming. Officials wishing to be evaluated may indicate so on the signup form. You can find more information about the requirements of [National Certification on the USA Swimming Site](#).

**CREDENTIALS:**

All coaches and Officials on deck must wear their current 2012 USA swimming membership card in a visible place. Those failing to do so could be barred from the deck. All Coaches and Officials will need to show their credentials when checking in.

**ELIGIBILITY AND TECHNICAL JURY:**

A Technical and Eligibility Jury will be appointed by NC Swimming consisting of one coach, one swimmer and one non-coach/non-athlete member of NC Swimming should an eligibility or technical protest arise.

**RULES & SAFETY:**

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, and the current North Carolina Swimming Rules and Regulations, and the current North Carolina Swimming Safety Program. These rules will serve as the official guide for technical and procedural rules, except wherein are optional and exceptions are herein stated.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

**SWIMMERS WITH DISABILITIES**

New Wave Swim Club 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 the host team's ability to accommodate all requests

**FORMAT:** Except for the relay events and the 1000 Free and 1650 Free, all events will be conducted on a preliminary and finals basis. During each finals session, there will be C, B and A (bonus, consolation and championship) final heats. **The C heat will proceed first followed by the B, then A heats in that order.**

Alternates should be ready to swim and identify themselves to the starter.

In Sunday's finals, the Men's 200 Back will immediately follow the Women's 1650 Free and precede the Women's 200 Back in order to alternate women's and men's events throughout the evening's program.

**READY ROOM:** The top (8) eight qualifiers for the A final should report to the ready room five minutes prior to their event for the parade of the final heat.

**SEEDING / CHECK-IN SCHEDULE:** All times will be seeded by SCY first, then LCM. All events that are 400 yards and longer will be deck seeded. A positive check-in by the deadline indicated below is required to be seeded into the event. Failure to check in by the deadline will result in the swimmer not being able to swim the event.

<u>Event</u>	<u>Check In Deadline</u>
1000 Free	4:15 PM Thursday
800 Free Relay	5:30 PM Thursday
400 IM	9:00 AM Friday
400 Free Relay	9:00 AM Friday
500 Free	9:00 AM Saturday
1650 Free	9:00 AM Sunday
400 Medley Relay	9:00 AM Sunday

**400 IM AND 500 FREE**

The 400 IM and the 500 Free will be swum as prelim/final events. Each preliminary event will be swum fastest 4 heats of women, slowest to fastest, then the fastest 4 heats of men swum slowest to fastest. Any remaining heats of women and men will swim fastest to slowest, alternating women and men. In the event that two pools are used for the above races, there will be no alternation between women and men.

**1000 AND 1650 FREE**

The 1000 and 1650 Free are swum as timed final events. All heats of the 1000 will be swum alternating women and men, fast to slow. The fastest heat of women's and men's 1650 will be swum during the finals session on Sunday. All other heats will be swum at the conclusion of prelims, alternating women and men, fast to slow. Swimmers must provide their own timer for the 1000 and 1650 free. There will be **NO AM/PM option** for the 1650. In the event that two pools are used for the above races, there will be no alternation between women and men.

**TIMERS:** Swimmers in the 1000 yard and 1650 yard Freestyle must provide their own timers and lap counters. Timers for all other events will be provided by the host team.

**SCRATCHES:** The North Carolina Scratch rule will be in effect (NCS Swimming Rules & Regulations 208.3)

While there is no penalty for not swimming in the non-deck seeded preliminary events, a "no show" or a "declared false start" are both considered disqualifications from an event, and the swimmer is treated as having competed or participated in the event, and it will count toward their daily total.

**A swimmer wishing to scratch from a preliminary event to make room for a time trial may scratch with the Deck Referee anytime prior to the beginning of the event. Scratch forms will be available from the Administrative Referee. Any swims scratched in this manner will not count toward a swimmers daily or meet total.**

**HOSPITALITY:** There will be a hospitality room available to coaches and officials.

**LODGING:** (See attached information)

**REGISTRATION:** USA Swimming Registration is required of all swimmers and will be verified through the OME and the NCS Registration Chair. On deck swimming registration **WILL NOT BE PERMITTED.**

All coaches and Officials on deck must wear their current USA swimming membership card in a visible place. Those failing to do so could be barred from the deck. Coaches and Officials will need to show their credentials when checking in.

**ENTRY FEES:**

- \$4.00 per event (\$4.50 out of LSC)
- \$8.00 per relay event (\$9.00 out of LSC)
- \$3.00 per swimmer NCS Travel Fund
- \$10.00 per swimmer Facility Use Surcharge (excluding Relay only swimmers)

All fees are non-refundable, except if entry is rejected for non-compliance. Payment of all fees must be made to WAVE Swimming.

**AWARDS:**

- Individual events: 1<sup>st</sup> - 8th place medals
- Relays: 1<sup>st</sup> - 3<sup>rd</sup> place medals
- Team Place Awards: 1<sup>st</sup> - 6<sup>th</sup> place
- High Point Awards: Top scoring NCS-registered female and male.
- Phillips Performance Awards: Single highest HYTEK open power point swim in an individual event by female and male.

**Following the conclusion of each individual A Final Heat (Championship Final), there will be an immediate awards ceremony to present the top 5 finishers' awards.**

**SCORING:**

- Individual events: 20-17-16-15-14-13-12-11- 9-7-6-5-4-3-2-1
- Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Team scores and individual high point scores will be published in the heat sheet at each finals session. Only (2) two relays per gender can score for each team.

**TIME TRIALS:** Entry fees for time trials will be \$10.00. Time trials count towards a swimmer's individual event total for each day, but not the meet total.

**Time Trial Event Order Each Day of the Meet:**

50 Freestyle, 100~~0~~, 200~~0~~, 400~~0~~, 500~~0~~

- The 1000 and 1650 Freestyle will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the general meeting.
- Backstroke events should not be combined with forward starting events.
- Time trials will be offered after Prelims and after Finals each day.
- Entry deadline for Time Trials shall be two hours after the beginning of the session. Time trials will begin 15 minutes following the conclusion of all prelim and final races.
- Relay only swimmers will not be allowed to swim Time Trials.

**RELEASE:** ***USA Swimming, Inc., North Carolina Swimming, Inc., New Wave Swim Team, Inc., Triangle Aquatic Center 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 meet.***

## Recommended Accommodations:

**Holiday Inn Express & Suites**  
**3741 Thistledown Drive**  
**Raleigh, NC 27606**  
**919-854-0001**

### [WAVE SWIM BOOKING LINK](#)

- Restaurants & Shopping Nearby;
- Located 10 minutes from The Triangle Aquatic Center, Exit #295 off I--40
- 108 Rooms
  - 79 Standard Rooms
  - 29 Suite Rooms Available
    - Jetted Tubs In All Suite Rooms
    - Pillow Top Mattress in All Suites Rooms
    - Sofa Beds
  - 32+LG Flat-screen TV with HBO
  - Safe, Microwave & Refrigerator In Every Room
  - Complimentary Wired & Wireless HSIA
- Complimentary HOT Express Start Breakfast Bar
  - Smart Roast Coffee, Juices and Hot Tea
  - Hard Boiled Eggs, Donuts, Bagels, Danish, Cereal, Oatmeal
  - Signature Cinnamon Rolls and Pancakes
  - Scrambled Eggs, Omelets, Sausage, Bacon, Sausage Gravy & Biscuits
  - Bananas, Toaster Waffles, Yogurts, Cereal Bars
  - In-Room Coffee & Newspaper Delivery Available 6:30am . 8:30am Daily
- Completely Non Smoking Facility with 2spacious meeting rooms
- Pet Friendly w/ limits
- Refreshing Indoor Pool and Spa and Relaxing Outdoor Patio
  - Open Daily from 7:00am to 11:00pm
- Fitness Center
  - On-Site
    - 24-Hour Access
    - 1 Treadmills, 1 Exercise Bike, and 2 Elliptical Machines all equipped w/ individual TVs
  - Triangle Aquatic Center is only 20 minutes away
    - Dive into our Swim Team Preferred Rate.

Just \$79.99 for a Deluxe Standard and \$89.99 for a Suite!

**The Wingate by Wyndham Raleigh/Cary**  
**6115 Corporate Ridge Road**  
**Raleigh, NC 27607**  
**919-809-8520**  
**www.ncraleighhotel.com**

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- Refrigerators and Microwaves in every room
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- Indoor pool with Whirlpool
- And much more.

**Comfort Suites of Cary**  
**350 Ashville Avenue**  
**Cary, NC 27518**  
**(919) 852-4318**

## NCS Scratch Rule

208.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet information shall specify all mandatory check-in and scratch deadlines and procedures.

- .1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
- .2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet information states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet information.
- .3 Preliminary and Finals Events
  - A Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck then 208.3.2 applies
  - B Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 208.3.4. For events occurring on the last day of a meet, a fine of \$100 per missed swim shall also be assessed to the club by the appropriate Division Chair for failure to compete.
  - C In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete
  - D When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim
  - E If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)
- .4 Exceptions for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:
  - A The Referee is notified in the event of illness or injury and accepts the proof thereof.
  - B The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
  - C The swimmer was not named in any finals heat during the initial announcement of results
  - D It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

## 208.4. RELAY SCRATCH RULE

- .1 All Meets - Any relay or relay member, in a relay event that fails to compete in or report for that event shall not be penalized.

**2012 NORTH CAROLINA SWIMMING SENIOR CHAMPIONSHIPS  
Order of Events**

<b>Thursday, February 23 - Timed Finals start at 5:30 PM</b>						
Women	LCM	SCY	Event	SCY	LCM	Men
1	10:02.39	11:15.19	1000 Yard Freestyle*	10:38.89	9:26.59	2
			10-minute break			
3	NQT	NQT	800 Yard Freestyle Relay	NQT	NQT	4
<b>Friday, February 24 - Prelims start at 8:30 AM, Finals start at 6 PM</b>						
5	2:19.29	2:00.29	200 Yard Freestyle	1:52.69	2:08.29	6
7	1:22.79	1:12.79	100 Yard Breaststroke	1:04.99	1:14.49	8
9	1:11.29	1:03.49	100 Yard Butterfly	56.59	1:03.79	10
11	5:34.39	4:55.09	400 Yard IM	4:29.49	5:09.59	12
			10-minute break			
13	NQT	NQT	**400 Yard Free Relay	NQT	NQT	14
<b>Saturday February 25 - Prelims start at 8:30 AM, Finals start at 6 PM</b>						
15	2:34.99	2:19.09	200 Yard Butterfly	2:06.19	2:21.89	16
17	29.89	26.39	50 Yard Freestyle	23.29	27.19	18
19	2:58.49	2:37.39	200 Yard Breaststroke	2:21.59	2:41.99	20
21	1:13.59	1:04.29	100 Yard Backstroke	57.59	1:06.59	22
23	4:51.79	5:25.19	500 Yard Freestyle	5:04.29	4:32.39	24
<b>Sunday February 26 - Prelims start at 8:30 AM, Finals start at 5:30 PM</b>						
25	1:04.59	56.89	100 Yard Freestyle	51.19	59.49	26
27	19:03.09	18:50.49	1650 Yard Freestyle*			
29	2:37.99	2:18.49	200 Yard Backstroke	2:04.89	2:24.29	28
			1650 Yard Freestyle*	17:44.79	18:05.69	30
31	2:37.89	2:18.89	200 Yard IM	2:04.89	2:25.39	32
			10-minute break			
33	NQT	NQT	***400 Yard Medley Relay	NQT	NQT	34

\* Qualifying Standards - 800M for 1000 Yard; 1500M for 1650 Yard

\*\* Swum only in finals

\*\*\* Swum at prelims and finals according to team preference

**2012 NORTH CAROLINA SWIMMING SENIOR CHAMPIONSHIPS  
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to WAVE Swimming):

WAVE Swimming  
P. O. Box 18012  
Raleigh, NC 27619  
(919) 981-0644  
[wavemeets@nc.rr.com](mailto:wavemeets@nc.rr.com)

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$ 4.00 per event (\$ 4.50 out of LSC)	
Relay Entries		\$ 8.00 per relay (\$ 9.00 out of LSC)	
NCS Travel Fund		\$ 3.00 per swimmer	
Facility Use Surcharge (excluding relay- only swimmers)		\$ 10.00 per swimmer	
<b>Total Fees Due</b>			

**Waiver, Acknowledgement 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, Inc. 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 Wave Swim Team, Triangle Aquatic Center, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising 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 (Coach or Club Representative)

\_\_\_\_\_  
CLUB

\_\_\_\_\_  
TITLE

\_\_\_\_\_  
DATE