Distance Day
Hosted by New Wave Swim Team
December 30, 2017
Held at North Raleigh Christian Academy, 7300 Perry Creek Road, Raleigh, NC 27616

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC18037

MEET DIRECTOR	MEET ENTRY COORDINATOR
John Roy 919-906-7946 coachjohn@bellsouth.net	John Roy PO Box 181012 Raleigh, NC 27619 919-906-7946 coachjohn@bellsouth.net
MEET REFEREE	**MEET MARSHAL**
Ken Clark 919-630-7498 kennethdclark@bellsouth.net	Ed Lower 919-320-5603 elowerswim@gmail.com

FACILITY

North Raleigh Christian Academy
7300 Perry Creek Road
Raleigh. NC 27616

Competition Pool: The pool is a 6 lane, 25-yard course with non-turbulent lane markers, deck-anchored starting blocks, and a 4-foot depth at the starting end. Daktronics OmniSport 200 automatic timing system will be used.

Other Site Information: There is an open space on deck for spectator seating. Boysôand girlsôlocker rooms are available. The competition course has not been certified in accordance with 104.2.2C(4).

Facility Rules: Please inform your families of the following rules.

- No smoking is allowed inside the facility.
- No glass containers are allowed inside the facility.
- Only meet volunteers, USA Swimming registered athletes and USA Swimming registered coaches and officials may be on deck in the competition area (this includes behind the blocks).
- We are responsible for cleaning up the pool area. Please place all trash in receptacles provided.

MEET FORMAT

This will be a Timed Finals, Open Dual meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	9:00 AM	10:00 AM	All Ages

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Friday 12/22	6:00 PM	Entry deadline
Saturday 12/30	9:30 AM	Check in all events
Saturday 12/30	9:30 AM	Officials briefing
Saturday 12/30	9:50 AM	Coaches Meeting if necessary

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.**

RACING STARTS **Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an 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.**

RULES **This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated**.
Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
Deck changes are prohibited.
Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

ELIGIBILITY **All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline.** Entries listed as "Registration Applied For" will not be accepted. **There will be no on deck registration available at this meet.** All Swimmers must be members of either the New Wave Swim Team or St. Andrews Swim Club.

SWIMMERS WITH DISABILITIES **New Wave 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 New Wave's ability to accommodate all requests.**

ENTRIES Please email entries using Hy-Tek Team Manager for entries.

Please note that the Meet Director will strictly enforce the following entry rules:

- All swimmers must be properly registered before December 26, 2017. The list of swimmers competing in the meet will be forwarded to the NCS Registration Chair for approval. **No on deck registration will be permitted.**

- Please list all coaches that will be in attendance. The NCS Registration chair will provide meet management with a list of current coach certifications. Coaches who are not current in all required certifications will not be allowed on deck.

- 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**.**

ENTRY LIMITATIONS All swimmers may enter up to four (4) individual events, but limited to two (2) of the 200 yard strokes and not both the 1000 yd Freestyle and the 1650 yd Freestyle..

ENTRY VERIFICATION An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES **The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary No late entries will be accepted. There will be no on deck entries.**

ENTRY FEES **There are no entry fees for this meet.**

SEEDING

1. All events will be swum as timed finals.
2. All events will be swum combined women and men.
3. All events will be deck seeded. Check-in will be due by 9:30 am.
4. The events will be swum slowest to fastest.

Swimmers must provide a person to count laps

CHECK-IN Positive Check in is required for all events by 9:30 AM.

SCRATCHES No penalty.

SCORING This meet will not be scored

AWARDS There will be no awards.

RESULTS Results will be emailed to coaches within 24 hours of completion. Results will be available on the wall of the facility and via Meet Mobile.

COACHES **All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches meetings.**

OFFICIALS/TIMERS/ VOLUNTEERS **There will be a need for officials. New Wave welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of such to the meet referee by displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.**

HOSPITALITY/ CONCESSIONS There will be a hospitality provided to coaches and officials.

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. Meet Management reserves the right to change warm-up times according to the number of entries.**

WAIVER/RELEASE **As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. New Wave Swim Team, North Raleigh Christian Academy, 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. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your 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.**

ORDER OF EVENTS

Saturday, December 30, 2017
Warm-up: 9:00 AM; Meet Start: 10:00 AM

Women & Men	EVENT
1	400 yd IM
2	200 yd Butterfly
3	1000 yd Freestyle
4	200 yd Backstroke
5	1650 yd Freestyle
6	200 yd Breaststroke

Meet Name

Summary of Fees/Release Form

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

New Wave Swim Team
ATTN: John Roy
PO Box 18012
Raleigh. NC 27619
Email to: coachjohn@bellsouth.net

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		$0 per event	
Relay Entries		$0 per relay	
Swimmers (Travel Fund & Facility Surcharge)		$0 per swimmer	
Total Fees Due			

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, North Raleigh Christian Academy, 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.

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SIGNATURE (Coach or Club Representative) CLUB

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TITLE DATE