



2010 NC JOSH WEAVER MEMORIAL "MEET NEAR THE HILL"

LONG COURSE "A" INVITATIONAL

TRIANGLE AQUATIC CENTER, CARY, NC

MAY 21-23, 2010

- SANCTION:** Held under the Sanction of United States Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC10053.
- LOCATION:** Triangle Aquatic Center, 275 Convention Dr., Cary, NC 27511
- HOST:** North Carolina Aquatic Club
- DATES & TIMES:** Friday, May 21 – Sunday, May 23
13-14 and Senior Session:
Prelims warm-up Group 1: 6:10-6:50 a.m.. Group 2: 6:50-7:30 a.m.
Specific Warm-up 7:30-7:50 a.m. Prelims start 8:00 a.m.
Finals warm-ups begin 5:00 p.m. Finals begin 6:00 p.m.
10&U and 11-12 Session:
Warm-ups not before 12:00 noon. Timed Finals begin not before 1:00 p.m.
- CLASSIFICATION:** 13-14, Senior: Prelims and Finals; 12 & Under: Timed Finals Swim Meet
- ELIGIBILITY:** Any current USA Swimming registered swimmer that meets the USA Swimming 2009-2012 Motivational Time standard for the "A" classification is eligible to compete. An "A" swimmer is one who has achieved an "A" time in two of the five different strokes (including IM) in their given age group. 15 & Over swimmers must have two 15-16 "A" times to be entered in the meet. Any 12 & under swimmers entered in Senior Events, must have the 15-16 "A" time in each Senior event entered. Any 10 & under swimmers entered in 12 & under events must have the 11-12 "A" time in each event entered. This includes 10 & unders entered in the 12& Under 400 Fr.
- FORMAT/RULES:** This meet will be conducted in accordance with the current USA Swimming Code, NCS Official Handbook and the NCS Safety Program, except where rules are optional and exceptions are herein stated.
- Meet management may elect to run chase starts during preliminary and timed final events if they deem necessary based on the size of the meet. Coaches will be notified of the procedure at the coaches' meeting.
- 13-14 and Senior Sessions:**
All morning prelim sessions may be conducted using chase starts with odd and even heats starting from opposite ends. All evening final sessions will be started at the East end of the pool. Dive-over starts may be used throughout the meet.
- The competition will consist of a preliminary session and a finals session each day. During finals, a Championship heat followed by a Consolation heat will be swum based on results from preliminaries and will be contested in that order. The top 8 swimmers from preliminaries qualify for the Championship heat. Swimmers placing 9th-16th during preliminaries qualify for the Consolation heat. Alternates should be ready to swim and standing near the starter. Alternates will not be called.
- All events with the exception of relays, the 400 free, and 800 free will be conducted as prelims/finals.
- The **13-14 and Senior 800 freestyle** will be swum combined by age and scored separately. A limited number of entrants will be able to compete, dependent on the timeline. An equal number of swimmers in each age group (13-14 & Senior) will be permitted to swim with the fastest heat (according to preference) competing in the Finals session. In the event that all swimmers of one gender in one age group are permitted to swim the event, we will permit additional swimmers of the same gender in the other age group to swim until we have filled the available time. Please indicate AM or PM preference during check in (Saturday evening). The remaining heats will be swum fastest to slowest, alternating women and men after the preliminaries of the 200 Butterfly. Due to time limitations, the meet referee may elect to swim two swimmers per lane starting swimmers from both ends of the pool simultaneously. The procedure for this

will be with the women starting from one end and the men starting from the other. Coaches will be advised about the procedure before the end of warmups on Sunday morning.

The **400 IM and 400 freestyle** will be timed finals events and may be limited to the fastest 48 swimmers per gender per age group due to time limitations. The events will be swum fastest to slowest alternating women and men. See the psych sheet posting to determine initial placement of swimmers. For the 400 freestyle, due to time limitations, the meet referee may elect to swim two swimmers per lane starting swimmers from both ends of the pool simultaneously. For the 400 free, the fastest 8 seeded swimmers in each event will swim in the evening session. There will be no AM/PM option for the 400 free.

Afternoon 10 & under and 11-12 Sessions:

All events will be pre-seeded. If deemed necessary to meet the 4-hour rule, afternoon sessions will be conducted using chase starts with boy and girls starting at opposite ends.

The **10 & Under and 11-12 400 freestyle** may be limited to the fastest 24 entrants of each gender dependent upon the time line. The 400 freestyle will be swum slowest to fastest in event order. Meet management may elect to run the 400 freestyle with two swimmers in each lane. See the psych sheet posting to determine initial placement of swimmers.

SEEDING: A psych sheet will be posted by Tuesday, May 11th at www.ncacswim.org Scratches will be made in person with the meet referee. All individual events will be considered pre-seeded.

RELAYS: All relays will be swum in the finals session only, slowest to fastest. Relay cards are due to the timing system operator by 5:30 p.m. on Friday and Saturday night. Each team may enter a maximum of **two** relays per event. There will be a 10 minute break prior to the beginning of relays.

SCRATCH RULES: A swimmer qualifying for the Championship or Consolation Finals based upon the results of the preliminary session must notify the referee within 30 minutes after the announcement of the qualifiers of that race that they may not intend to compete. All scratching for finals must be done with the admin referee or his/her designee.

Failure to compete in an individual Championship or Consolation final shall result in disqualification from the swimmer's next individual event. Declared false starts will not be permitted during evening finals and will be regarded as a failure to compete. There will be no penalties for a failure to compete during preliminary heats. No penalty shall apply for failure to compete in a positive check-in individual event if (1) the Referee is notified of an illness or injury and accepts the proof thereof, or (2) the referee determines that the failure to compete is caused by circumstances beyond the control of the swimmer.

FACILITY: The Triangle Aquatic Center (TAC) provides 3 indoor pools and supporting amenities including a full-service café, a swim shop, classroom and wireless internet. The USA Swimming certified 50-meter competition pool with bulkhead offers a total of 8 50-meter competition lanes with a depth of seven to twelve feet that can be configured for separate 8-lane and 10-lane 25-yard competition courses. Starting blocks will be used for the start of all events. Competition lanes are a minimum of 7 feet wide. The 25-yard program pool allows for 10 warm-up/swim-down lanes. The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. Spectator seating for 1,000 above deck offers bleacher seating with backs, tables and open seating. There is a Daktronics OmniSport 2000 Pro Swimming timing system with two matrix scoreboards. The aquatic facility is conveniently located just off I-40 at exit 291 and adjacent to Cary's largest mall, the Cary Towne Center.

PARKING: Parking in the TAC lot is reserved for officials and meet volunteers only. Meet participant parking is available in the shopping mall lot adjacent to the pool. Illegally parked vehicles are liable to be ticketed or towed by the local Police Department at the owner's expense.

HOSPITALITY: A light breakfast, lunch, dinner, drinks and snacks will be provided to coaches, officials and meet workers. **ABSOLUTELY NO GLASS BOTTLES ON POOL DECK.**

MEET DIRECTOR: Ryan Woodruff

entries@ncacswim.org
(919) 943-6420

MEET REFEREE: Mike Hoffer – mike@carolinaclosetsplus.com

MEET MARSHAL: Griff Helfrich

ENTRIES: **1. Entries must be submitted via e-mail using Hy-Tek Team Manager, and it is recommended that hard copy Hy-Tek printout be sent as a backup.** Electronic entries will take precedence over printed copy in case of discrepancies. Any e-mail entry received will be acknowledged by a confirmation e-mail. If you do not get a confirmation e-mail, your entry has not been processed.
2. Entries must show swimmer's USA ID and actual age of swimmer as of May 21, 2010.
3. Enter LONG COURSE METER times only. NT entries will NOT be accepted. Please make sure the times entered are close approximations to times that can be achieved.
4. Entry fees must be received by the entry deadline. Make checks payable to **NCAC**. Entries received without payment will not appear in the psych sheet until payment is received.
5. This meet always fills to capacity VERY quickly. Send your entries in early to avoid being closed out.

ENTRY LIMIT: Swimmers may enter a maximum of **three** events per day. Each team may enter a maximum of **two** relays per event. Entries will close with the team that puts the total number of entries over 700 swimmers or stretches the timeline unreasonably.

ENTRY DEADLINE: Entries must be received by Tuesday, May 11, 2010. Telephone entries will not be accepted. Late entries may be accepted on deck at the discretion of the Meet Referee, as long as empty lanes are available. Fax entries will **not** be accepted. Express mailing must be sent so as NOT to require a signature.

SEND ENTRIES TO: Ryan Woodruff
5008 Silhouette Drive
Durham, NC 27713
E-mail: entries@ncacswim.org

SCORING: Individual events will be scored 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. for the top 16 finishers; relays will be scored double the individual points for top 16 places.

AWARDS: Individual events: medals 1st - 3rd place; ribbons, 4th - 8th place.
Relay events: ribbons 1st - 3rd places.
Distinctive awards for high point scorers per each sex and age group.

ENTRY FEES: \$2.50 per individual event (all sessions)
\$8.00 per relay event
\$2.00 per swimmer NCS Travel Fund
\$15.00 per swimmer Facility Use Surcharge
Double entry fees will be charged for late entries, if accepted. All fees are non-refundable, except if entry is rejected for non-compliance with this meet information, or meet has reached the maximum entry limit.

WARM-UPS: There will be split warm-up times. Each coach will be e-mailed a warm up schedule by Monday, May 17th. General warm-up all lanes until the last 20 minutes of warm-ups. There will be no diving until then.
LAST 20 MINUTES: Specific warm-up.

- Lanes 1 & 8- Pace 50's from a push off.
- Lanes 2 & 7-Dive start sprints..
- Lanes 3-6-General warm-up only. No Diving.
- Absolutely No swimming under bulkheads!!!

GENERAL MEETING: There will be a general coaches meeting at 6:40 a.m. Friday morning in hospitality, and at other times as announced by the Meet Referee. Coaches and swimmers are responsible for any information presented at the meeting.

OFFICIALS: There will be an officials briefing at 7:30 a.m. Friday morning in the hospitality room. There will be briefings 45 minutes before the start of each session. Application as an Officials Qualifying Meet (OQM) (N2 all positions/N3 S&T/initial assigned positions) has been made to USA swimming. Officials wishing

to be evaluated, please submit a completed [evaluation request form](#) to the Meet Referee, [Mike Hoffer](#). Evaluation requirements are found at [USA Swimming](#).

- TIMERS:** Teams may be asked to provide timers. Requests for timers will be e-mailed to teams in advance of the meet if necessary.
- MEET T-SHIRTS:** Our t-shirts for this meet are popular each year. Teams may pre-order shirts for by e-mailing quantities and sizes to the meet director and including payment with meet entries. Cost will be \$15 each.
- COACHES VERIFICATION:** All coaches on deck must wear their current USA Swimming membership card in a visible place. **Coaches failing to do so will be barred from the deck.**
- SAFETY:** The North Carolina Safety Program is in effect for this meet. Coaches are advised to closely supervise these swimmers at all times. No horseplay will be tolerated! Other than volunteer meet workers, no parents will be allowed on the deck.

USA Swimming, Inc., North Carolina Swimming, Inc., and North Carolina Aquatic Club 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.



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ORDER OF EVENTS

WOMEN	FRIDAY MORNING PRELIMS	MEN		WOMEN	FRIDAY NIGHT FINALS	MEN
#	EVENT	#		#	EVENT	#
1	SENIOR 200 FREE	2		1	SENIOR 200 FREE	2
3	13-14 200 FREE	4		3	13-14 200 FREE	4
5	SENIOR 100 BREAST	6		5	SENIOR 100 BREAST	6
7	13-14 100 BREAST	8		7	13-14 100 BREAST	8
9	SENIOR 100 FLY	10		9	SENIOR 100 FLY	10
11	13-14 100 FLY	12		11	13-14 100 FLY	12
13	SENIOR 400 IM	14		13	SENIOR 400 IM	14
15	13-14 400 IM	16		15	13-14 400 IM	16
					10-MINUTE BREAK	
				17	SENIOR 400 FREE RELAY	18
				19	13-14 400 FREE RELAY	20

WOMEN	FRIDAY AFTERNOON TIMED FINALS	MEN
#	EVENT	#
21	11-12 50 FREE	22
23	10 & UNDER 50 FREE	24
25	11-12 200 IM	26
27	10 & UNDER 200 IM	28
29	11-12 50 BACK	30
31	10 & UNDER 50 BACK	32
33	11-12 400 FREE	34
35	10 & UNDER 400 FREE	36



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WOMEN	SATURDAY MORNING PRELIMS	MEN		WOMEN	SATURDAY NIGHT FINALS
#	EVENT	#		#	EVENT
37	SENIOR 200 IM	38		37	SENIOR 200 IM
39	13-14 200 IM	40		39	13-14 200 IM
41	SENIOR 50 FREE	42		41	SENIOR 50 FREE
43	13-14 50 FREE	44		43	13-14 50 FREE
45	SENIOR 100 BACK	46		45	SENIOR 100 BACK
47	13-14 100 BACK	48		47	13-14 100 BACK
49	SENIOR 400 FREE	50		49	SENIOR 400 FREE
51	13-14 400 FREE	52		51	13-14 400 FREE
					***10-MINUTE BREAK
				53	SENIOR 400 MEDLEY
				55	13-14 400 MEDLEY

WOMEN	SAT. AFTERNOON TIMED FINALS	MEN
#	EVENT	#
57	11-12 50 FLY	58
59	10 & UNDER 50 FLY	60
61	11-12 200 FREE	62
63	10 & UNDER 200 FREE	64
65	11-12 50 BREAST	66
67	10 & UNDER 50 BREAST	68
69	11-12 100 BACK	70
71	10 & UNDER 100 BACK	72



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WOMEN	SUNDAY MORNING PRELIMS	MEN		WOMEN	SUNDAY NIGHT P
#	EVENT	#		#	EVENT
77	SENIOR 100 FREE	78		73	SENIOR 800 FR
79	13-14 100 FREE	80		75	13-14 800 FR
81	SENIOR 200 BREAST	82		77	SENIOR 100 FR
83	13-14 200 BREAST	84		79	13-14 100 FR
85	SENIOR 200 BACK	86		81	SENIOR 200 BRE
87	13-14 200 BACK	88		83	13-14 200 BRE
89	SENIOR 200 FLY	90		85	SENIOR 200 BA
91	13-14 200 FLY	92		87	13-14 200 BA
73	SENIOR 800 FREE	74		89	SENIOR 200 F
75	13-14 800 FREE	76		91	13-14 200 FL

WOMEN	SUN. AFTERNOON TIMED FINALS	MEN
#	EVENT	#
93	11-12 100 FREE	94
95	10 & UNDER 100 FREE	96
97	11-12 100 FLY	98
99	10 & UNDER 100 FLY	100
100	11-12 100 BREAST	102
103	10 & UNDER 100 BREAST	104