



DUKE AQUATICS' NIKE INVITATIONAL



January 8 - 10, 2010
Hillsborough Sportsplex

Sanction:

Facility:

The Sportsplex pool is an 11 lane, 25 yard course pool with non-turbulent lane markers and deck-anchored starting blocks. It is 6 feet deep at the starting end. The Colorado Timing system will be used along with watches in each of 10 eight-foot wide lanes for competition. In addition to the competition pool, there is a warm-up/warm-down pool with 3 lanes for continuous use throughout the meet. Spectator seating for approximately 400 people is available on one side of the pool and there is deck space for additional folding chairs. The facility also has a snack bar. Locker rooms for women and men are available.

Facility Rules:

This facility forbids coolers, food or beverages from being brought into the building. Please inform your families of this rule.

Also:

- No smoking is allowed in the building.
 - No glass containers are allowed.
 - Shoes are required in the lobby due to ice skaters on the premises.
- All persons on deck must be meet volunteers or USA Swimming card carrying, certified coaches, officials, or registered swimmers.

Rules:

The meet will be conducted in accordance with USA Swimming Rules and Regulations and the NC Official Handbook and NCS Safety program, except where the rules therein are optional, and exceptions are herein stated.

All events will be swum as timed finals.

The 200 IM on Friday night and all events 400 yards or longer will be deck seeded. Positive check-in for those events will be required 30

minutes prior to the start of their respective sessions. The North Carolina Scratch Rule will be in effect. Swimmers checking in but not swimming the event will be disqualified from their next individual event.

The 400 IM, the 200 IM and the 500 Free on Friday night will be swum fastest to slowest in the order listed and may be limited to the fastest 30 of each gender.

The 1000 Free will be swum fastest to slowest, alternating women and men and may be limited to the fastest 30 of each gender. Swimmers must provide their own timer and counter for 500 Free and 1000 Free events.

Meet management reserves the right to combine events as needed and reserves the right to limit the number of heats in any event 400 yards or longer.

- Classification:** This is an age group/senior meet with no minimum or maximum time standards.
- Eligibility:** All swimmers must be registered with USA Swimming, Inc. All events will be swum as timed finals.
- Order of events:** See attached schedule.
- Session Schedule:**
- Friday PM Session: Warm-ups: 4:00 PM. Meet begins at 5:15 PM
- AM Sessions: Saturday and Sunday: Warm-ups 6:45 AM. Meet begins at 8:00 AM
- PM Sessions: Saturday & Sunday: Warm-ups immediately after the morning session but not before 11:30 AM. Meet begins 45 minutes after the start of warm-ups.
- Awards:** Ribbons will be awarded for 10 & under, 11-12, and 13-14 age groups.
Individual events: 1st – 8th place ribbons
Relays: 1st – 3rd place ribbons
13 & over events will be swum combined but separated into 13-14 for awards.
- Scoring:** This meet will not be scored.
- Warm-up Schedule:** Specific warm-ups will be held in accordance with the NCS Safety Program. Lane assignments for warm-ups will be provided in the coaches' packet. A current coach's card will be required to obtain the packet. Please begin warm-up procedures at the starting end of the pool only. Diving will not be allowed until the specific warm-up period is

announced. Specific warm-up procedures will be described in the coaches' packets as well.

Coaches' Meeting: There will be coaches' meeting at 3:45 PM Friday in the hospitality room.

Hospitality: Food and drink will be provided to the coaches, officials and meet volunteers.

Concessions: Concessions are available at the Sportsplex.

Volunteers: Volunteer timers and officials are always welcome.

Release Statement:

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., TRIANGLE SPORTSPLEX, DUKE AQUATICS AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS SHALL BE HELD FREE AND HARMLESS FROM ANY AND ALL LIABILITIES ON CLAIMS AND DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

Signature on the entry summary and subsequent entry into this meet constitutes understanding and acceptance of the above release

DUKE AQUATICS NIKE INVITATIONAL

ORDER OF EVENTS

Friday Evening, January 8, 2010

Warm-ups 4:00 PM / Timed Finals 5:15 PM

Women	Event	Men
1*	Senior 400 IM	2*
3*	12 & Under 200 IM	4*
5*	Senior 500 Free	6*

*Deck seeded events with positive check-in to be completed by 4:45 PM. Swimmers not checked in, will be scratched from the event. All events will be swum fastest to slowest.

Saturday Morning, January 9, 2010

Warm-ups 6:45 AM / Timed Finals 8:00 AM

Women	Event	Men
7	Senior 200 Free	8
9	Senior 100 Back	10
11	Senior 200 Fly	12
13	Senior 50 Free	14
15	Senior 200 Breast	16
	5 Minute Break	
17	13-14 200 Medley Relay	18

19	Senior 200 Medley Relay	20
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Saturday Afternoon, January 9, 2010

Warm-ups not before 11:30 AM / Timed Finals not before 12:15 PM

Women	Event	Men
21	10 & U 200 Medley Relay	22
23	11-12 200 Medley Relay	24
	5 Minute break	
25	10 & U 200 Free	26
27	11-12 200 Free	28
29	10 & U 50 Back	30
31	12 & U 200 Back	32
33	11-12 50 Back	34
35	10 & U 100 Fly	36
37	11-12 100 Fly	38
39	10 & U 50 Free	40
41	11-12 50 Free	42
43	10 & U 100 Breast	44
45	11-12 100 Breast	46

DUKE AQUATICS NIKE INVITATIONAL

ORDER OF EVENTS

Sunday Morning, January 10, 2010

Warm-ups 6:45 AM / Timed Finals 8:00 AM

Women	Event	Men
47	Senior 100 Free	48
49	Senior 100 Breast	50
51	Senior 200 Back	52
53	Senior 100 Fly	54
55	Senior 200 IM	56
	5 Minute Break	
57	13-14 200 Free Relay	58
59	Senior 200 Free Relay	60
	5 Minute Break	
61*	Senior 1000 Free	62*

*Deck seeded events with positive check-in required within 30 minutes from the start of the warm-ups. Swimmers who have not been checked in will be scratched from the event. The 1000 Free will be swum fastest to slowest, alternating women and men and may be limited to the fastest 30 of each gender.

Sunday Afternoon, January 10, 2010

Warm-ups not before 11:30 AM / Timed Finals not before 12:15 PM

Women	Event	Men
63	10 & U 200 Free Relay	64
65	11-12 200 Free Relay	66
	5 Minute Break	
67	10 & U 100 Free	68
69	11-12 100 Free	70
71	10 & U 50 Breast	72
73	12 & U 200 Breast	74
75	11-12 50 Breast	76
77	10 & U 100 Back	78
79	11-12 100 Back	80
81	10 & U 50 Fly	82
83	12 & U 200 Fly	84
85	11-12 50 Fly	86
87	10 & U 100 IM	88
89	11-12 100 IM	90

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ENTRY FEES SUMMARY SHEET

TOTAL # SWIMMERS	NCS TRAVEL FUND \$2 PER SWIMMER	FACILITY SURCHARGE \$10 PER SWIMMER	TOTAL INDIVIDUAL ENTRIES	INDIV ENTRIES \$2.50 NC; \$3.00 OUT OF STATE	TOTAL # RELAYS	RELAY FEE \$8 PER RELAY

TOTAL NCS TRAVEL \$ _____

TOTAL FACILITY SURCHARGE \$ _____

TOTAL INDIVIDUAL ENTRY FEES \$ _____

TOTAL RELAY FEES \$ _____

TOTAL FEES DUE WITH ENTRY \$ _____

Please return this summary sheet with entry fees.

Please make checks payable to "Duke Aquatics."

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., DUKE AQUATICS, TRIANGLE SPORTSPLEX, 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.

Head Coach's Signature _____ Print Name _____

E-Mail Address _____ Phone _____

Club Name _____ Club Code _____

Club Address _____

City _____ State _____ Zip Code _____

Duke Aquatics' Nike Invitational Area Hotels

Triangle Sportsplex, Hillsborough / Durham, North Carolina



PREFERRED HOTEL INFORMATION	HOTEL FEATURES	DISTANCE FROM POOL / RATES
<u>Comfort Inn Duke Medical Park Hotel</u> 1816 Hillandale Rd, Durham, NC 27705 Group Reservations: 919.417.3494	Free continental breakfast, free local calls, wireless, fitness room	Room Rate: \$79.00 Sportsplex: 10 miles
<u>Marriott Courtyard / Durham</u> 1815 Front Street, Durham, NC 27705 Group Reservations: 919.417.3494	Free continental breakfast, free local calls, high speed wireless, interior corridors, fitness room	Room Rate: \$85.00 Sportsplex: 10 miles
<u>Quality Inn / Durham</u> 3710 Hillsborough Rd, Durham, NC 27705 Team Reservations: 919.417.3494	Free hot continental breakfast, free wireless	Room Rate: \$69.00 Sportsplex: 10 miles
<u>Hilton Durham Hotel</u> 3800 Hillsborough Rd, Durham, NC 27705 Team Reservations: 919.417.3494	Full service hotel, Starbucks, free wireless	Room Rate: \$89.00 Sportsplex: 10 miles

For reservations simply call or email our *Hotel Guy*. Telephone: 919.417.3494

Email: markthehotelguy@gmail.com Announce that you are part are attending a swim meet hosted by the "Duke Aquatics" in order to insure availability.

Please support the host hotels / they support Duke Aquatics

Rates are subject to availability and will not apply in conjunction with other discount programs and do not include taxes