



The Valspar® Family of Products welcomes you to the
2010 VALSPAR POLAR BEAR INVITATIONAL
Hosted by the High Point Swim Club
January 9-10, 2010 Kernersville YMCA Kernersville, NC

- SPONSOR:** VALSPAR Paint and Coatings
- SITE:** Kernersville YMCA
1113 W Mountain St
Kernersville, NC 27284
- SANCTION:** Conducted Under sanction of USA Swimming Inc., issued by North Carolina Swimming Inc. NCS Sanction # NC09004
- CLASSIFICATION:** Senior Development and Age Group 12 & Under 'BB' & Faster / 12 & Under 'B/C' as defined in the NCS handbook.
- FACILITY:** The Kernersville YMCA has 8 – 8.5 feet wide lanes by 25 yards long pool, ranging from 3.5-6 feet deep at the start end, with stationary starting blocks. The Colorado System 6 timing system and two scrolling display scoreboard. Hy-Tek Meet Manager software will be used.
- NOTE: NO FOOD OR DRINK ALLOWED ON DECK. HOWEVER SWIMMERS MAY HAVE A PLASTIC BOTTLE FOR WATER OR OTHER SPORTS BEVERAGE.
- NO TOBACCO USE ALLOWED IN ANY PART OF THE BUILDING
- CONCESSION:** High Point Swim Club will provide a concession stand with basic food selections.
- PARKING:** Park in the main lot at the front of the YMCA. Enter the building at main entrance only.
- RULES:** Unless otherwise specified, the meet will be conducted in accordance with the current USA Swimming code and the NCS official handbook and the NCS safety program.
- ELIGIBILITY:** All swimmers must be registered with USA-Swimming, Inc.
- ENTRIES:** Complete the summary sheet and attached entry forms or computer generated forms, showing age as of January 9th, 2010.

Swimmers may enter 5 individual events per day. This meet will be

limited to the first 300 SWIMMERS PER SESSION entered. You will be notified if the meet is closed.

NOTE: Sessions may be modified to accommodate better competition. Teams will be notified of any changes.

500 Free may be limited based on entries to accommodate

NOTE: The sessions will be modified as needed to accommodate the 4-hour rule.

ENTRY DEADLINE: The entry deadline is 5PM Monday, December 28th, 2009. Late entries MAY be accepted at the discretion of the meet director, but will not be seeded. No FAX entries will be accepted.

Do not send entries that require signature upon delivery.

Email entries in Hy-Tek format are preferred, but hard copy entry forms (either computer generated or forms included in this meet information), summary sheet and fees must be received by the entry deadline.

AWARDS: Ribbons 1st – 8th place for individual events and 1st – 3rd for relays. Events will be awarded as 8&Under, 9, 10, 11, 12, 13, 14 and 15&Over.

Coaches Meeting There will be a coaches meeting on Saturday Morning in Hospitality beginning at 7:15 AM.

Officials Meeting **There will be an officials meeting in Hospitality 30 minutes prior to the start of competition for each session.**

SAFETY: The NCS Safety program is in effect for this meet. Coaches are reminded to closely supervise their swimmers at all times. Failure to comply with safety requests can result in expulsion from the meet. All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification / registration. Coaches and officials shall prominently display their registration cards while on deck.

WARM-UPS:

- Morning session (9-12) –warm ups start 7:30; timed finals 8:25.
- Afternoon session (13 & O and 8 & U)- warm-ups starting no earlier than 12:00, timed finals start 45 minutes later

Teams will be assigned lanes for warm and will be notified by email and postings at the pool of lane assignments. Each team will be allowed to run warm up as they wish in their assigned lanes. Warm up must be monitored closely by certified coaches and the NCS warm up guidelines must be followed. Diving will happen from the 50 start end of the pool for all sessions. Diving will not be allowed for any lane during the first ½ of the warm up session.

HOTEL INFO: TBA

VALSPAR ORDER OF EVENTS
9-12YR AM Session Saturday January 9, 2010
Warm-ups at 7:30 AM -- Timed Finals at 8:25 AM

Girls	Event	Boys
1	9-12yr 200yd Freestyle	2
3	9-12yr 100yd Backstroke	4
5	9-12yr 100 Butterfly	6
7	9-12yr 50yd Breaststroke	8
9	11-12yr 200 Breaststroke	10
11	9-12yr 50yd Freestyle	12
13	9-12yr 200 IM	14
15	12 & Under 200yd Medley Relay	16

13 & O/8&U Afternoon Session, Saturday January 9, 2010
Warm-ups not before 12:00 PM -- Timed Finals 1 Hour Later

Girls	Event	Boys
17	8 & Under 100yd Freestyle	18
19	13 - Older 50yd Freestyle	20
21	8 & Under 50yd Backstroke	22
23	13- Older 100yd Backstroke	24
25	8 & Under 50yd Butterfly	26
27	13 - Older 100yd Butterfly	28
29	8 & U 25yd Breaststroke	30
31	13 - Older 200yd Freestyle	32
33	8 & Under 25yd Freestyle	34
35	13 – Older 200yd Breaststroke	36
37	8 & Under 100 Medley Relay	38
39	13 – Older 200 IM	40
41	Senior 200yd Medley Relay	42

9-12YR AM Session Sunday January 10, 2010
Warm-ups at 7:30 AM -- Timed Finals at 8:25 AM

Girls	Event	Boys
43	9-12yr 100yd Freestyle	44
45	9-12yr 50yd Butterfly	46
47	11-12yr 200yd Butterfly	48
49	9-12yr 100yd Breaststroke	50
51	9-12yr 50yd Backstroke	52
53	11-12yr 200yd Backstroke	54
55	9-12yr 100yd IM	56
57	12 & Under 200yd Free Relay	58
59	9-12yr 500yd Freestyle	60

13 & O/8&U Sunday January 10, 2010
Warm-ups not before 12:00 PM -- Timed Finals 1 Hour Later

Girls	Event	Boys
61	8 & Under 50 Freestyle	62
63	13 - Older 100yd Freestyle	64
65	8 & Under 25 Butterfly	66
67	13 - Older 200yd Butterfly	68
69	8 & Under 50 Breaststroke	70
71	13 - Older 100yd Breaststroke	72
73	8 & Under 25 Backstroke	74
75	8 & Under 100 Freestyle Relay	76
77	13 - Older 200yd Backstroke	78
79	13 – Older 200yd Free Relay	80
79	13 - Older 500yd Freestyle	80

