



VALSPAR POLAR BEAR SINGLE AGE INVITATIONAL
hosted by
HIGH POINT SWIM CLUB at the Kernersville YMCA
January 10-11, 2009

SPONSOR: VALSPAR Paint and Coatings

SITE: Kernersville YMCA
1113 W Mountain St
Kernersville, NC 27284

CLASSIFICATION: Senior Development and Age Group 12 & Under 'BB' & Faster / 12 & Under 'B/C' as defined in the NCS handbook.

FACILITY: The Kernersville YMCA is an 8 lane 25 yard pool. 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.

AWARDS: Ribbons 1st - 8th place for individual events. 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.



Sandshark Hotel

HOLIDAY INN EXPRESS- KERNERSVILLE
1570 HIGHWAY 66 SOUTH
KERNERSVILLE, NC 27284

Hotel Front Desk: 1-336-564-3333

ROOM BLOCK IS HELD UNDER SANDHILLS SANDSHARKS
ROOM RATE IS \$75.00++

Contact is Nima Patel.

VALSPAR ORDER OF EVENTS

**9-12 AM Session Saturday January 10, 2009
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 10, 2009
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	8 & Under 100 Medley Relay	36
37	13 - Older 200 IM	38
39	Senior 200yd Medley Relay	40

**9-12 AM Session Sunday January 11, 2009
Warm-ups at 7:30 AM -- Timed Finals at 8:25 AM**

Girls	Event	Boys
41	9-12yr 100yd Freestyle	42
43	9-12yr 50yd Butterfly	44
45	11-12yr 200yd Butterfly	46
47	9-12yr 100yd Breaststroke	48
49	9-12yr 50yd Backstroke	50
51	11-12yr 200yd Backstroke	52
53	9-12yr 100yd IM	54
55	12 & Under 200yd Free Relay	56
57	9-12yr 500yd Freestyle	58

**13 & O/8&U Sunday January 11, 2009
Warm-ups not before 12:00 PM -- Timed Finals 1 Hour Later**

Girls	Event	Boys
59	8 & Under 50 Freestyle	60
61	13 - Older 100yd Freestyle	62
63	8 & Under 25 Butterfly	64
65	13 - Older 200yd Butterfly	66
67	8 & Under 50 Breaststroke	68
69	13 - Older 100yd Breaststroke	70
71	8 & Under 25 Backstroke	72
73	8 & Under 100 Freestyle Relay	74
75	13 - Older 200yd Backstroke	76
77	13 - Older 200yd Free Relay	78
79	13 - Older 500yd Freestyle	80