

**2010 North Carolina Swimming  
Senior Championships**  
January 28<sup>th</sup> , 2010 – January 31st, 2010



- SANCTION:** Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. Sanction # NC10017; Time Trial Sanction # NC10017TT .
- HOST:** SwimMAC Carolina, in cooperation with the Huntersville Parks and Recreation Department
- LOCATION:** Huntersville Family Fitness and Aquatic  
11725 Verhoeff Road  
Huntersville, NC 28078  
(704) 766-2222
- FACILITY:** Competition Pool  
  
The Huntersville Family Fitness & Aquatics center has a 12,952 square-foot pool area featuring a 50-meter by 25-yard Paddock Pool Racing tank. The pool depth ranges from 6 feet at the starting end to 17 feet at the far end of the pool with eight 3 foot wide lanes. There will be at least 8 additional lanes available for warm up and warm down. The pool is equipped with Competitor 4" Racing Lanes and with single pedestal Paddock stainless steel starting platforms. The facility also features a Colorado 5000 timing system and an eight-lane scoreboard. Hy-Tek Meet Manager software will be used.  
  
Other site information: There is seating available for approximately 900 people. Women's and Men's locker rooms are available. Please use lockers located next to the H2O Cafe. Any inappropriate behavior, as determined by meet management, may result in eviction from the facility and further competition.  
  
**MEMBER PARKING HAS PRIORITY BUT GUESTS WILL BE PROVIDED AMPLE PARKING IN DESIGNATED AREAS IN AND AROUND THE POOL FACILITY.**  
Facility Rules: Please inform all families of the following rules:  
1. No smoking is allowed inside the facility.  
2. No glass containers are allowed inside the facility.  
3. No coolers or outside food or drinks are allowed inside the facility.  
4. Spectators may not film or watch from the bulkhead or from behind the blocks.  
5. No bare feet beyond the main doors and in hallways. Please have swimmers wear shoes.  
6. **Violators will be removed or barred from further competition for failure to adhere to these rules.**  
7. Only card-carrying, certified coaches, officials, registered swimmers, and authorized meet personnel will be allowed on-deck.  
  
Of important note, all swimmers and patrons must be wearing shoes when not on the main pool deck at HFFA.  
  
Only meet volunteers, USA Swimming registered athletes, coaches and officials may be on deck.  
  
**NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME**
- CLASSIFICATION:** Senior Championship meet in prelims/finals format with qualifying time standards as listed on the order of events.
- ELIGIBILITY:** Any USA registered swimmer who has achieved the time standard in any event is eligible to compete in that event. Time Standards are listed on the NCS website under Locate/Time Standards.

**FORMAT:** Except for the relay events and the 1000 Free and 1650 Free, all events will be conducted on a preliminary and finals basis. During each finals session, there will be C, B and A (bonus, consolation and championship) final heats. The C heat will proceed first followed by the B, then A heats in that order.

Alternates should be ready to swim and identify themselves to the starter.

In Sunday's finals, the Men's 200 Back will immediately follow the Women's 1650 Free and precede the Women's 200 Back in order to alternate women's and men's events throughout the evening's program.

**READY ROOM:** The top eight qualifiers for the A final should report to the ready room five minutes prior to their event for the parade of the final heat. The ready room will be in the hallway between the competition pool and the warm water pool.

**ELIGIBILITY AND TECHNICAL JURY:** A Technical and Eligibility Jury will be appointed by NC Swimming consisting of one coach, one swimmer and one non-coach/non-athlete member of NC Swimming should an eligibility or technical protest arise.

**QUALIFYING PERIOD:** **Short Course Championship:** A swimmer must have achieved the qualifying time listed per event from September 1, 2008.

**SEEDING:** All times will be seeded by SCY first, then LCM. All events that are 400 yards and longer will be deck seeded. A positive check-in by the deadline indicated below is required to be seeded into the event. Failure to check in by the deadline will result in the swimmer not being able to swim the event.

<u>Event</u>	<u>Check In Deadline</u>
1000 Free	4:15 PM Thursday
800 Free Relay	5:30 PM Thursday
400 IM	8:45 AM Friday
400 Free Relay	8:45 AM Friday
500 Free	8:45 AM Saturday
1650 Free	8:45 AM Sunday
400 Medley Relay	8:45 AM Sunday
For Sunday Finals	In order to provide full heats and eliminate "no shows" during Sunday evening finals, coaches are asked to check-in and/or scratch swimmers finishing in the top-50 in individual events no later than 1:00PM or the start time of the 1650 Free (whichever is later). Please alert your swimmers to this effort.

*400 IM AND 500 FREE*

The 400 IM and the 500 Free will be swum as prelim/final events. Each preliminary event will be swum fastest 4 heats of women, slowest to fastest, then the fastest 4 heats of men swum slowest to fastest. Any remaining of women and men will swim fastest to slowest, alternating women and men. In the event that two pools are used for the above races, there will be no alternation between men and women.

*1000 AND 1650 FREE*

The 1000 and 1650 Free are swum as timed final events. All heats of the 1000 will be swum alternating women and men, fast to slow. The fastest heat of men's and women's 1650 will be swum during the final session on Sunday. All other heats will be swum at the conclusion of prelims, alternating women and men, fast to slow. Swimmers must provide their own timer for the 1000 and 1650 free. There will be NO AM/PM option for the 1650. In the event that two pools are used for the above races, there will be no alternation between men and women.



**Team Info.:** The bus will leave from O'Neal at 5:45 on Friday Jan. 29<sup>th</sup>. Return Saturday evening after finals about 10:00am.

**Hotel:Candlewood Suites:**  
 HUNTERSVILLE-LAKE NORMAN AREA  
 16530 NORTHCROSS DRIVE  
 HUNTERSVILLE, NC 28078 UNITED STATES  
 Hotel Front Desk: 1-704-8953434

**Order of Events**

**Thursday - Timed Finals start at 5:30 PM**

Women	Event	Men
1	1000 Yard Freestyle*	2
	10-minute break	
3	800 Yard Freestyle Relay	4

**Friday - Prelims start at 8:30 AM, Finals start at 6 PM**

5	200 Yard Freestyle	6
7	100 Yard Breaststroke	8
9	100 Yard Butterfly	10
11	400 Yard IM	12
	10-minute break	
13	**400 Yard Free Relay	14

**Saturday - Prelims start at 8:30 AM, Finals start at 6 PM**

15	200 Yard Butterfly	16
17	50 Yard Freestyle	18
19	200 Yard Breaststroke	20
21	100 Yard Backstroke	22
23	500 Yard Freestyle	24

**Sunday - Prelims start at 8:30 AM, Finals start at 5:30 PM**

25	100 Yard Freestyle	26
27	1650 Yard Freestyle*	
29	200 Yard Backstroke	28
31	1650 Yard Freestyle*	30
	200 Yard IM	32
	10-minute break	
33	***400 Yard Medley Relay	34

\*Qualifying Stds - 800M for 1000 Yard; 1500M for 1650 Yard

\*\* Swum only in finals

\*\*\* Swum at prelims and finals according to team preference