



North Carolina Swimming Senior Championships January 29 – February 1, 2009



SANCTION:

Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. Sanction # NC09026 Rev 1; Time Trial Sanction # NC09026TT.

HOST:

New Wave Swim Team
P.O. Box 18012
Raleigh, NC 27619
(919) 981-0644

LOCATION:

Triangle Aquatic Center
275 Convention Drive
Cary, NC 27511
(919) 459-4045

FACILITY:

Competition Pool: The Triangle Aquatic Center facility features a 50-meter pool divided into two courses which include an 8-lane, 25-yard competition course and a 10-lane, 25-yard competition course, with a variable depth ranging from 7 to 12 feet. Both courses will be used for the preliminary session if swimmer numbers and timeline deem it necessary. An additional 10-lane, 25-yard pool is available for continuous warm-up/warm-down. The pool is equipped with state-of-the-art, anti-turbulent lane lines and Paragon starting blocks. The facility features a Daktronic Pro timing system and two digital matrix scoreboards. Stopwatches will also be used in each competition lane. Hy-Tek Meet Manager Pro software will be used. Locker rooms for changing are available.

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

Spectator Seating: The seating area is above the deck and designed for comfort and enjoyment for spectators. There is viewing for 1,000 people, bench seating with back support, a 12-foot wide walkway for easy access, and an integrated sound system. There are five 47" televisions with FM radio transmitters, and free wireless access to the internet to track live meet results on www.triangleaquatics.org.

Supporting Amenities:

Parking: There are 150 parking spaces directly in front of the facility available for early arrivals, coaches, officials and volunteers. There is additional parking at the Cary Towne Center Mall, directly adjacent & within easy walking distance of the facility. Athletes may be dropped off beside the facility before parking at the Mall.

Café Splash Down: A full service café located just inside the main entrance offering healthy meals, smoothies, coffees, drinks and snacks.

All American Swim Shop: The fully stocked swim shop is located beside the front desk and carries swimwear, apparel, swim supplies and accessories

Open Swim: During most meets, the Program pool and Instruction pool are open for recreation and fitness swimming. Check with the front desk for the cost of a day pass.

Facility Rules:

Please inform all families of the following pool rules.

- 1) **NO** smoking is allowed inside the facility.
- 2) **NO** outside food, drinks or coolers allowed inside the facility.
- 3) **NO** glass containers allowed inside the facility.
- 4) **NO** chairs allowed in the spectator level. Athletes and coaches may bring chairs on deck, but they must be removed each day.

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. Bonus swims are not offered at this meet.

INDIVIDUAL ENTRIES: A swimmer may enter a maximum of three events per day with a total entry of no more than seven events for the meet.

RELAY ENTRIES: Clubs may enter a maximum of two relays per event. If there are two entries, they will be designated A and B.

Swimmers designated as 'relay only' in the OME may ONLY swim relays. All relay swimmers, including alternates, must be listed on the Meet Entry Form and must pay the \$2.00 NCS surcharge.

Relay only swimmers may not swim time trials.

Any relay that does not have at least one swimmer in an individual event will be disqualified.

All relay events will be swum as timed final events during the evening finals session. Teams have a choice of AM or PM relays on Sunday. Relay cards are due to the admin referee at the beginning of finals on the night they will be swum. Relay cards for the Sunday AM relays are due to the admin referee by 10:00 AM Sunday.

All relays will be swum slowest to fastest - all women, then all men.

There will be a 10 minute break prior to the start of relay events

ENTRIES/PROOF OF TIME/ENTRY DEADLINE: The OME system will be used for on-time entries, including relays. OME will close Monday at noon of the week that the meet is scheduled to begin. OME will open on the Monday four (4) weeks before the meet starts. If a time override is used in OME, proof must be submitted to the Meet Director by the beginning of warm-ups on the first day of the meet or the entry will be invalid. Proof of time consists of a copy of the final meet results proving the entry time from a USA sanctioned, approved or observed meet, including sanction numbers, date and location. Hy-Tek Team Manager results will not be accepted as proof. Prior to the deadline, proof of time may be faxed to 919-981-0112. Each fax will be followed by e-mail confirmation for receipt of proof.

ENTRIES WILL ONLY BE ACCEPTED FROM OME. NO LATE ENTRIES WILL BE ACCEPTED.

SCHEDULE:

Warm-ups:

Thursday Preliminaries –	4:00 – 5:20 PM
Friday Preliminaries –	6:30 – 8:20 AM
Saturday and Sunday Preliminaries –	6:30 – 8:20 AM
Friday and Saturday Finals –	4:30 – 5:50 PM
Sunday Finals –	4:00 – 5:20 PM

Meet:

Thursday Finals –	5:30 PM
Friday, Saturday and Sunday Preliminaries –	8:30 AM
Friday and Saturday Finals –	6:00 PM
Sunday Finals –	5:30 PM

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, NCS Official Handbook and the NCS Safety Program.

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.

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, 2007.

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	9:30 AM Friday
400 Free Relay	9:30 AM Friday
500 Free	9:30 AM Saturday
1650 Free	9:30 AM Sunday
400 Medley Relay	9:30 AM Sunday

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 finals 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.

SCRATCHES: The North Carolina Scratch rule will be in effect. (NCS swimming Part 2 205.3)

While there is no penalty for not swimming in the non-deck seeded preliminary events, a "no show" or a "declared false start" are both considered disqualifications from an event and the swimmer is treated as having competed or participated in the event.

A swimmer wishing to scratch from a preliminary event to make room for a time trial may scratch with the Deck Referee anytime prior to the beginning of the event. Scratch forms will be available from the Administrative Referee. Any swims scratched in this manner will not count toward a swimmers daily or meet total.

HOSPITALITY: There will be a hospitality room available to coaches, officials and meet volunteers.

REGISTRATION: USA Swimming Registration is required of all swimmers and will be verified. On deck swimming registration WILL NOT BE PERMITTED.

All coaches and Officials on deck must wear their current USA swimming membership card in a visible place. Those failing to do so could be barred from the deck. Coaches and Officials will need to show their credentials when checking in.

AWARDS:

- Individual events: 1st – 8th place medals
- Relays: 1st - 3rd place medals
- Team Place Awards – 1st – 6th place
- High Point Awards: Top scoring NCS-registered female and male.
- Phillips Performance Awards: Single highest HYTEK open power point swim in an individual event by female and male.

Following the conclusion of each individual A Final Heat (Championship Final), there will be an immediate awards ceremony to present the top 5 finishers' awards.

SCORING:

- Individual events: 20-17-16-15-14-13-12-11- 9-7-6-5-4-3-2-1
- Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Team scores and individual high point scores will be published in the heat sheet at each finals session. Only two relays per gender can score for each team.

TIME TRIALS: Entry fees for time trials will be \$10.00. Time trials count towards a swimmer's individual event total for each day, but not the meet total.

Time Trial Event Order Each Day of the Meet:

50 Freestyle, 100's, 200's, 400's, 500's

- The 1000 and 1650 Freestyle will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the general meeting.
- Backstroke events should not be combined with forward starting events.
- Time trials will be offered after Prelims and after Finals each day.
- Entry deadline for Time Trials shall be two hours after the beginning of the session. Time trials will begin 15 minutes following the conclusion of all prelim and final races.
- Relay only swimmers will not be allowed to swim Time Trials.

GENERAL MEETING;

The general meeting will be held at 3:30 PM on Thursday, January 29, and at other times as announced by the Meet Referee. Coaches and swimmers are responsible for any information presented at the meeting.

CREDENTIALS:

All coaches and Officials on deck must wear their current USA swimming membership card in a visible place. Those failing to do so could be barred from the deck. Coaches and Officials will need to show their credentials when checking in.

TIMERS:

Swimmers in the 1000 yd and 1650 yd Free must provide their own timers and lap counters. Timers for all other events will be provided by the host team.

SAFETY:

The North Carolina safety program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No spectators will be allowed on deck.

RELEASE:

USA Swimming, Inc., North Carolina Swimming, Inc., New Wave Swim Team, Inc., and Triangle Aquatic Center, Inc. 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 meet.



Sandshark Info.

**Holiday Inn Hotel
and Suites Cary**

5630 Dillard Drive • Cary, NC 27518
919-851-1220

**Cost: Hotel \$ 110 includes full breakfast
Tran. \$45.00
Total \$155.00**

Order of Events

Thursday, January 29, 2009. Timed Finals start at 5:30 PM

Women	SCY	LCM	Event	LCM	SCY	Men
1	11:37.29	10:20.99	1000 Yard Freestyle*	10:04.99	11:14.49	2
			10-minute break			
3	NQT	NQT	800 Yard Freestyle Relay	NQT	NQT	4

Friday, January 30, 2009. Prelims start at 8:30 AM, Finals start at 6 PM

5	2:03.29	2:19.39	200 Yard Freestyle	2:10.69	1:54.29	6
7	1:14.79	1:25.99	100 Yard Breaststroke	1:20.19	1:09.29	8
9	1:05.39	1:13.49	100 Yard Butterfly	1:09.39	1:01.39	10
11	4:55.89	5:34.39	400 Yard IM	5:29.19	4:46.39	12
			10-minute break			
13	NQT	NQT	**400 Yard Free Relay	NQT	NQT	14

Saturday, January 31, 2009. Prelims start at 8:30 AM, Finals start at 6 PM

15	2:22.39	2:39.99	200 Yard Butterfly	2:36.79	2:16.39	16
17	26.39	29.99	50 Yard Freestyle	27.99	24.29	18
19	2:40.99	3:02.99	200 Yard Breaststroke	2:52.99	2:29.79	20
21	1:05.09	1:13.59	100 Yard Backstroke	1:10.29	1:01.09	22
23	5:26.99	4:51.99	500 Yard Freestyle	4:32.39	5:07.59	24

Sunday, February 1, 2009. Prelims start at 8:30 AM, Finals start at 5:30 PM

25	56.99	1:04.79	100 Yard Freestyle	1:00.19	52.29	26
27	19:21.69	20:15.69	1650 Yard Freestyle*			
29	2:21.39	2:39.79	200 Yard Backstroke	2:33.69	2:13.69	28
			1650 Yard Freestyle*	19:32.19	18:50.29	30
31	2:18.89	2:37.89	200 Yard IM	2:29.69	2:09.49	32
			10-minute break			
33	NQT	NQT	***400 Yard Medley Relay	NQT	NQT	34

*800M for 1000 Yard; 1500M for 1650 Yard

** Swum only in finals

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