



Star Aquatics "It's All About Heart" Invitational
February 5-7, 2010

The meet will be conducted under the auspices of North Carolina Swimming, Inc. & USA Swimming, the rules of which will apply.

- SANCTION #:** #####
- HOST CLUB:** STAR Aquatics, LLC – 10% of the profit from this meet will be donated to The Cardiovascular Unit of Brenner Children's Hospital
- LOCATION:** Gateway YWCA of Winston Salem
1300 South Main Street
Winston Salem, NC 27127
- VENUE:** The YWCA Gateway Facility, Winston-Salem, N.C. A 8 Lane, 25 Yd pool with a depth of 6 feet on the starting end and a lane width of 6ft. Pool has non-turbulent lane lines, Colorado Timing System with 8 lane scoreboard display and custom starting blocks. There is a two lane warm-up/cool down pool that will be available
- ELIGIBILITY:** All swimmers must be currently registered 2010 athlete members of USA Swimming and all coaches who wish to have deck access must be currently registered 2010 non-athlete coach members of USA-S
- CREDENTIALS:** In accordance with North Carolina Swimming Rules, coaches and officials are required to display proof of current USA Swimming membership.
- SCHEDULE:** February 5th **TIMED FINAL** Session:
Warm-up: 4:30 PM
Competition: 5:30 PM
- February 6th and 7th **SENIOR TIMED FINAL** Sessions:
Warm-up: 6:45 AM
Competition: 8:00 AM
- SCHEDULE:** February 6th and 7th **12 & Under TIMED FINAL** Sessions:
Warm-up: Not before 11:30
Competition: 1 Hour after warm-ups begin
- MEET FORMAT:** Senior and 12 & U Timed final meet with 78 events as set forth on the "Order of Events" (attached). Star Aquatics reserves the right to limit ANY event to allow the meet to run in the allotted time.

- SEEDING:** All events 200 yards or shorter will be pre-seeded. All events 400 yards or longer will be deck seeded. The Senior 1650 Free will be swum fastest to slowest. Entries may be limited.
- ENTRY LIMITS:** All Swimmers competing in either the Senior or 12 & Under Meet may enter up to five (5) events per day, exclusive of relays. Swimmers must choose to participate in either the 12 & U Meet or the Senior Meet and may not enter both. Meet management reserves the right to limit and/or eliminate relays and/or limit heats in any event to run the meet within the time allocated.
- ENTRIES:** Please submit entries on Hy-tek Meet Manager compatible diskettes accompanied by enclosed summary form. List the swimmer's age as of February 5, 2010. Only properly completed forms accompanied by payment will be accepted.
Please note that the following entry guidelines will be strictly enforced by the meet director:
- 1. Payment must be attached with all entries.**
 - 2. There may be on-deck entries taken at this meet, but in open lanes only, with double fees paid at the time of entry. All deck entered swimmers must be USA swimming athlete members and already entered in the meet.**
 - 3. Entries are welcome on disk which must be compatible with Hy-tek's Meet Manager program and accompanied by hard copy documentation.**
- ENTRY TIMES:** Enter with best SHORT COURSE YARDS times achieved in competition or time trial. Entry times should be in hundredths.
- ENTRY DEADLINE:** **Tuesday, January 26, 2010.** Entries will be accepted up to Midnight on Tuesday, January 26, 2010. Telephone entries will not be accepted. Changes to entries will be accepted by email. Please follow up to be sure that the meet director has received any changes. Entries will be accepted in the order in which completed entries are received. Entries may be limited at the discretion of the meet director in order to manage the timeline.
- DISTANCE PROOF OF TIMES:**
Entry times for all deck seeded events which may be limited (400 IM, 500 Free, and the 1650 Free) must be submitted in actual time achieved and will be verified per the USA Swimming National Times Database.

Double fees will be charged for late entries. A late entry is any entry received after midnight Tuesday, January 26, 2010. All fees are non-refundable. A check made out to Star Aquatics must accompany entries.
- CHECK-IN:** Relays and individual swimmers must check-in at the Clerk of Course for deck-seeded events as per the stipulation for that event as listed in the Order of Events. Swimmers are encouraged to check-in at the beginning of each day.
- SCRATCHES:** A swimmer may scratch a pre-seeded event on the blocks without penalty. Swimmers entered in an individual event 400 yards or longer, who have checked in for that event, must swim in the event unless they notify the Clerk of Course (before seeding for that event has been done) that they wish to scratch. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which they are entered, whether it is that day or the next day.
- AWARDS:** Individual Events 1st- 8th Place Ribbons
Relays 1st-3rd Ribbons
Heat winner prizes will be awarded throughout the meet.
- SCORING:** The meet will not be scored individually or by team.

WARM-UP RULES: Specific warm-ups will be held in accordance with the NCS safety program. Lane assignments for warm-ups will be available in the coaches' packets. A current coach's card will be required to obtain the packet and must be with the coach at all times on deck. Please begin warm-up procedures at the starting end of the pool only. Diving will not be allowed until specific warm-up period is announced. Specific warm-up times and procedures will be emailed prior to the meet and also detailed in the coaches' packet.

SAFETY: The NCS Safety Program is in effect for this meet. Coaches are required to closely supervise their swimmers at ALL times. All teams are expected to have at least one (1) certified coach on deck to monitor their swimmers. Each coach is responsible for monitoring his/her team's activities in this area. NO running or horseplay will be tolerated.

COACHES MEETING: There will be a coaches meeting Friday, February 5th at 5:20 pm and as announced by the meet referee.

OFFICIALS : There will be an officials meeting at 4:50 Friday and 30 minutes prior to the start of the other sessions as needed. Star Aquatics welcomes and encourages the participation of visiting officials. All officials must wear current USA membership card while on deck.

RULES / OTHER: **Positive check-in is required for the following events as per deadlines listed:**
500 Free – Friday by the end of warm-ups (5:20 pm)
400 IM – Saturday by the end of warm-ups (7:50 am)
1650 Free – Sunday by the end of warm-ups (7:50 am)

All swimmers entering relays must be listed on the entry sheets. Any relay scratches should be indicated on the session scratch sheet, not on the relay cards. Relays will be seeded and posted along with the individual events. Relay cards with the names and order of the relay team are to be delivered to the computer desk before the start of the session.

Swimmers competing in the 500 Free and 1650 Free must provide their own counter and timer.

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 ORDER OF EVENTS**

Friday, February 5th, 2010

Evening Session

Warm-ups 4:30-5:20 PM/Meet starts at 5:30 PM

GIRLS	EVENTS	BOYS
1	12 & under 200 IM	2
3	Senior 200 IM	4
5	12 & under 500 Free #	6
7	Senior 500 Free #	8

Requires positive check in by 5:20

Saturday, February 6th, 2009

Morning Session

Warm-ups 6:45-7:50 AM/Meet starts at 8:00 AM

Girls	Events	Boys
9	Senior 200 Free	10
11	Senior 100 Butterfly	12

13	Senior 200 Backstroke	14
15	Senior 100 Breaststroke	16
17	Senior 50 Freestyle	18
19	Senior 200 Medley Relay	20
	10 minutes break if needed	
21	Senior 400 IM #	22
	# Requires positive check in by 7:50	

Afternoon Session

Warm-ups not before 11:30. Meet starts 1 hour after warm-ups begin.

Girls	Events	Boys
23	11 &12 200 Free	24
25	10 & under 200 free	26
27	11 &12 50 Butterfly	28
29	10 & under 50 Butterfly	30
31	11 &12 100 Backstroke	32
33	10 & under 100 Backstroke	34
35	11 &12 50 Free	36
37	10 & under 50 Free	38
39	11 &12 100 Breaststroke	40
41	10 & under 100 Breaststroke	42
	10 minutes break if needed	
43	12 & under 200 Free Relay	44

Sunday, February 7th, 2009

Morning Session

Warm-ups 6:45-7:50 AM/Meet starts at 8:00 AM

Girls	Events	Boys
45	Senior 100 Free	46
47	Senior 200 Butterfly	48
49	Senior 100 Backstroke	50
51	Senior 200 Breaststroke	52
53	Senior 200 Free Relay	54
	10 minutes break if needed	
55	Senior 1650 Free #	56

Requires positive check in by 7:50

Afternoon Session

Warm-ups not before 11:30. Meet starts 1 hour after warm-ups begin.

Girls	Events	Boys
57	11 &12 100 Free	58
59	10 & under 100 Free	60
61	11 &12 100 Butterfly	62
63	10 & under 100 Butterfly	64
65	11 &12 50 Backstroke	66
67	10 & under 50 Backstroke	68
69	11 &12 100 IM	70
71	10 & under 100 IM	72
73	11 &12 50 Breaststroke	74
75	10 & under 50 Breaststroke	76
77	12 & under 200 Medley Relay	78