



Star Aquatics "It's All About Heart" Invitational
February 13-15, 2009

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

- SANCTION #:** NC09001
- HOST CLUB:** STAR Aquatics, LLC – 10% of the proceeds 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. 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
- RULES:** The meet will be conducted in accordance with current USA Swimming Code and the NCS Official Handbook and NCS Safety Program, except where rules therein are optional and exceptions must be stated.
- ELIGIBILITY:** All swimmers must be currently registered 2009 athlete members of USA Swimming and all coaches who wish to have deck access must be currently registered 2009 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 13th TIMED FINAL Session:
Warm-up: 4:30 PM
Competition: 5:30 PM
- February 14th and 15th SENIOR PRELIM Sessions:
Warm-up: 6:45 AM
Competition: 8:00 AM
- SENIOR FINALS Sessions
Warm-up: 5:00 PM
Competition: 6:00 PM
- SCHEDULE:** February 14th and 15th 12 & Under TIMED FINAL Sessions:
Warm-up: Not before 11:30
Competition: 1 Hour after warm-ups begin

- MEET FORMAT:** Senior Prelim/Finals Meet and 12 & U Timed finals 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. The Senior Meet will be conducted as preliminary/final events, with the exception of the 500 Free and 1650 Free, which will be swum as deck seeded, timed finals, positive check-in required. There will be a championship & consolation heat (top 16) for all Senior prelim/final events. All events 200 yards or shorter will be pre-seeded. All individual and relay events for the 12 & Under Meet will be timed finals.
- 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 slowest to fastest, with the fastest heat of 8 swimmers of each gender to be swum in the finals session on Sunday night. Entries may be limited.
- ENTRY LIMITS:** Swimmers competing in 12 & Under Meet may enter up to five (5) events per day, exclusive of relays. Swimmers competing in Senior Meet may enter up to three (3) individual 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.
1. **ENTRIES:** Please submit entries on Hy-tek Meet Manager compatible diskettes accompanied by enclosed summary form. List the swimmer's age as of February 13, 2009
- ENTRY TIMES:** Enter with best SHORT COURSE YARDS times achieved in competition or time trial. Entry times should be in hundredths.
- ENTRY DEADLINE:** Tuesday, February 3rd, 2009. Entries will be accepted up to 9 P.M. on Tuesday, February 3rd, 2009. 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.
- Double fees will be charged for late entries. A late entry is any entry received after 9 P.M. Tuesday, February 3, 2009. All fees are non-refundable. A check made out to Star Aquatics must accompany entries.
- COACHES MEETING:** There will be a coaches meeting Friday, February 13th 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)



Sandshark Hotel: info will follow

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ORDER OF EVENTS**

**Friday, February 13th, 2009
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 14th, 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

Saturday Evening Finals Session

Warm-ups 5:00 PM Finals Begin at 6:00

Girls	Events	Boys
9	14 & U 200 Free	10
9	15 & Over 200 Free	10
11	14 & U 100 Butterfly	12
11	15 & Over 100 Butterfly	12
13	14 &U 200 Backstroke	14

13	15 & Over 200 Backstroke	14
15	14 & U 100 Breaststroke	16
15	15 & Over 100 Breaststroke	16
17	14 & U 50 Free	18
17	15 & Over 50 Free	18
21	14 & U 400 IM	22
21	Sen15 & Over 400 IM	22

Sunday, February 15th, 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

Evening Finals Session

Warm-ups 5:00 PM Finals Begin at 6:00

Girls	Events	Boys
45	14 & U 100 Free	46
45	15 & Over 100 Free	46
47	14 & U 200 Butterfly	48
47	15 & Over 200 Butterfly	48
55	Senior 1650 Free	
49	14 & U 100 Backstroke	50
49	15 & Over 100 Backstroke	50
	Senior 1650 Free	56
51	14 & U 200 Breaststroke	52
51	15 & Over 200 Breaststroke	52