



2010 North Carolina Swimming 14 & Under Age Group Championships Thursday, February 18 - Sunday, February 21, 2010



SANCTION: Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. Sanction # NC10032.

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

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

Competition Pool: The Triangle Aquatic Center facility features a 50-meter pool divided into two courses, which include an 8-lane, 25-yard by 9-foot wide competition course and a 10-lane, 25-yard by 7-foot wide competition course, with a variable depth ranging from 7 to 12 feet. Both courses will be used 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 on both ends. 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 and current USA Swimming registered officials and coaches 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 is parking directly in front of the facility available for coaches, officials and volunteers. There is additional parking at the Cary Towne Center Mall, directly adjacent & within easy walking distance of the facility for swimmers and parents. Athletes may be dropped off beside the facility before parking at the Mall.

Splash Café: 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.

| | | | |
|---------------------|------------------------------------|--------------------------------|--------------------------------|
| SCHEDULE: | Thursday, February 18, 2010 | | |
| | 13-14, 11-12 Timed Finals | Warm-ups: | 5:00-5:50 pm Starts: 6:00 pm |
| | Friday, February 19, 2010 | | |
| | 13-14, 11-12 Preliminaries | Warm-ups: | 7:00-8:20 am Starts: 8:30 am |
| | 10 & Under Finals | Warm-ups: | 12:00-12:50 pm Starts: 1:00 pm |
| | 13-14, 11-12 Finals | Warm-ups: | 5:00-5:50 pm Starts: 6:00 pm |
| | Saturday, February 20, 2010 | | |
| | 13-14, 11-12 Preliminaries | Warm-ups: | 7:00-8:20 am Starts: 8:30 am |
| | 10 & Under Finals | Warm-ups: | 12:00-12:50 pm Starts: 1:00 pm |
| | 13-14, 11-12 Finals | Warm-ups: | 5:00-5:50 pm Starts: 6:00 pm |
| | Sunday, February 21, 2010 | | |
| | 13-14, 11-12 Preliminaries | Warm-ups: | 7:00-8:20 am Starts: 8:30 am |
| 10 & Under Finals | Warm-ups: | 12:00-12:50 pm Starts: 1:00 pm | |
| 13-14, 11-12 Finals | Warm-ups: | 5:00-5:50 pm Starts: 6:00 pm | |

* 10 & Under events will be timed finals throughout the competition.
 ** A split period warm-up may be utilized if participant numbers warrant.
 Warm-up lane assignments will be communicated to teams prior to the meet.

RULES: 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, the 1000 and 1650 Free for the 13-14 age group and the 500 free for the 11-12 age group, all events will be conducted on a preliminary and finals basis for 11-12 and 13-14 age groups. A & B Heats will be swum in Finals for 11-12 and 13-14 age groups. The fastest eight swimmers compete in the A Final (Championship) and the next fastest eight swim in the B Final (Consolation). The B Final will be swum prior to the A Final. Alternates should be ready to swim and identify themselves to the starter

The 10 & Under age group will be timed finals.

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, 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>Individual Events</u> | <u>Check-in Deadline</u> | |
|--------------------------|--------------------------|--------|
| 13-14 1000 Free | Thursday, Feb. 18 | 5:15pm |
| 11-12 500 Free | Thursday, Feb. 18 | 5:15pm |
| 13-14 400 IM | Friday, Feb. 19 | 8:45am |
| 13-14 500 Free | Saturday, Feb. 20 | 8:45am |
| 13-14 1650 Free | Sunday, Feb. 21 | 8:45am |

Relay Events

| | | | |
|-------|------------------|-------------------|---------------------|
| 13-14 | 200 Medley Relay | Friday, Feb. 19 | Beginning of finals |
| 11-12 | 200 Medley Relay | Friday, Feb. 19 | Beginning of finals |
| 10&U | 200 Medley Relay | Friday, Feb. 19 | Beginning of finals |
| 13-14 | 400 Medley Relay | Friday, Feb. 19 | End of Prelims |
| 11-12 | 400 Medley Relay | Friday, Feb. 19 | End of Prelims |
| 13-14 | 200 Free Relay | Saturday, Feb. 20 | Beginning of finals |
| 11-12 | 200 Free Relay | Saturday, Feb. 20 | Beginning of finals |
| 10&U | 200 Free Relay | Saturday, Feb. 20 | Beginning of finals |
| 13-14 | 400 Free Relay | Saturday, Feb. 20 | End of Prelims |
| 11-12 | 400 Free Relay | Saturday, Feb. 20 | End of Prelims |

13-14 400 IM and 13-14 500 Free

The 13-14 400 yd IM and 13-14 500 yd Free will be swum as preliminary/final events with the fastest 4 heats of women, swum slowest to fastest, followed by the fastest 4 heats of men, swum slowest to fastest; then alternating women and men, fastest to slowest. In the event that the preliminaries of these events are conducted in two courses, the same procedure will be followed except it will not be necessary to alternate women's and men's heats. A combined girl/boy heat may be swum at the discretion of meet management.

13-14 1000 Free and 11-12 500 Free

The 13-14 1000 yd Free will be swum as a timed final event. All heats will be swum fast to slow, alternating girls then boys. In the event that the preliminaries of these events are conducted in two courses, the same procedure will be followed except it will not be necessary to alternate women's and men's heats. A combined girl/boy heat may be swum at the discretion of the meet referee. Swimmers must provide their own timer for this event.

The 11-12 500 yd Free will be swum as a timed final event. All heats will be swum fast to slow, alternating girls then boys. In the event that the preliminaries of these events are conducted in two courses, the same procedure will be followed except it will not be necessary to alternate women's and men's heats. A combined girl/boy heat may be swum at the discretion of the meet referee. Swimmers must provide their own timer for this event.

13-14 1650 Free

The 13-14 1650 yd Free will be swum as a timed final event. The fastest heat of girls and the fastest heat of boys will be swum in the Sunday finals session. There will be no AM/PM option for this event. All other heats will be swum at the conclusion of the preliminaries, following relays. These heats will be swum fastest to slowest, alternating women's and men's heats. A combined girl/boy heat may be swum at the discretion of meet management. In the event that the preliminaries of these events are conducted in two courses, the same procedure will be followed except it will not be necessary to alternate women's and men's heats. Swimmers must provide their own timers for this event.

Swimmers in the 500 yd, 1000 yd, 1650 yd Free and 400 yd IM must provide their own timers and counters.

SCRATCHES:

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

Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes 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 the swimmer entered in the meet.

A swimmer wishing to scratch from preliminaries must scratch with the Admin Referee within 30 minutes of the beginning of Finals the previous day. Any swims scratched in this manner will not count toward a swimmers daily or meet total.

There is no penalty for a "No Show" in an individual preliminary heat but it does count toward the swimmer's total swims per day and for the entire meet.

HOSPITALITY:

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

2010 NORTH CAROLINA SWIMMING
14 & UNDER SHORT COURSE AGE GROUP CHAMPIONSHIP
13-14 & 11-12 PRELIMINARIES
ORDER OF EVENTS

Thursday, February 18 Warm-ups 5:00-5:50 pm Timed Finals 6:00 pm

| Girls Event # | LC QT | SC QT | EVENTS | SC QT | LC QT | Boys Event # |
|---------------|----------|----------|------------------------|----------|----------|--------------|
| 1 | 10:23.39 | 11:40.39 | 13-14 1000yd Freestyle | 11:16.09 | 10:07.19 | 2 |
| 3 | 5:19.89 | 5:54.49 | 11-12 500yd Freestyle | 5:55.99 | 5:20.89 | 4 |

Friday, February 19 Warm-ups 7:00-8:20 am Preliminaries 8:30 am

| Girls Event # | LC QT | SC QT | EVENTS | SC QT | LC QT | Boys Event # |
|---------------|---------|---------|-------------------------------|---------|---------|--------------|
| 5 | 2:31.89 | 2:13.79 | 11-12 200yd Freestyle | 2:14.59 | 2:32.89 | 6 |
| 7 | 2:20.39 | 2:03.49 | 13-14 200yd Freestyle | 1:58.09 | 2:16.29 | 8 |
| 9 | 41.59 | 37.29 | 11-12 50yd Breaststroke | 37.89 | 43.39 | 10 |
| 11 | 1:26.39 | 1:15.49 | 13-14 100yd Breaststroke | 1:12.79 | 1:24.09 | 12 |
| 13 | 1:21.09 | 1:11.59 | 11-12 100yd Butterfly | 1:12.89 | 1:22.59 | 14 |
| 15 | 1:14.49 | 1:05.49 | 13-14 100yd Butterfly | 1:03.29 | 1:11.19 | 16 |
| 17 | --- | 1:10.49 | 11-12 100yd IM | 1:11.29 | --- | 18 |
| 19 | 5:39.59 | 4:59.19 | 13-14 400yd Individual Medley | 4:49.89 | 5:31.09 | 20 |

Saturday, February 20 Warm-ups 7:00-8:20 am Preliminaries 8:30 am

| Girls Event # | LC QT | SC QT | EVENTS | SC QT | LC QT | Boys Event # |
|---------------|---------|---------|--------------------------|---------|---------|--------------|
| 25 | NQT | NQT | 13-14 200yd Medley Relay | NQT | NQT | 26 |
| 27 | NQT | NQT | 11-12 200yd Med Relay | NQT | NQT | 28 |
| | | | 10-Minute Break | | | |
| 29 | 2:47.79 | 2:26.89 | 13-14 200yd Butterfly | 2:23.79 | 2:42.89 | 30 |
| 31 | 35.49 | 31.49 | 11-12 50yd Butterfly | 31.89 | 36.09 | 32 |
| 33 | 30.39 | 26.59 | 13-14 50yd Freestyle | 25.39 | 29.29 | 34 |
| 35 | 32.29 | 28.29 | 11-12 50yd Freestyle | 27.99 | 32.09 | 36 |
| 37 | 3:06.79 | 2:42.39 | 13-14 200yd Breaststroke | 2:37.59 | 3:03.09 | 38 |
| 39 | 1:33.79 | 1:20.29 | 11-12 100yd Breaststroke | 1:22.19 | 1:34.89 | 40 |
| 41 | 1:16.29 | 1:05.89 | 13-14 100yd Backstroke | 1:03.09 | 1:13.29 | 42 |
| 43 | 1:20.09 | 1:10.89 | 11-12 100yd Backstroke | 1:11.59 | 1:22.89 | 44 |
| 45 | 4:58.09 | 5:32.89 | 13-14 500yd Freestyle | 5:22.29 | 4:50.09 | 46 |

Sunday, February 21 Warm-ups 7:00-8:20 am Preliminaries 8:30 am

| Girls Event # | LC QT | SC QT | EVENTS | SC QT | LC QT | Boys Event # |
|---------------|----------|----------|-------------------------------|----------|----------|--------------|
| 51 | NQT | NQT | 13-14 200yd Free Relay | NQT | NQT | 52 |
| 53 | NQT | NQT | 11-12 200yd Free Relay | NQT | NQT | 54 |
| | | | 10-Minute Break | | | |
| 57 | 38.09 | 32.89 | 11-12 50yd Backstroke | 32.99 | 38.49 | 58 |
| 59 | 2:42.29 | 2:21.49 | 13-14 200yd Backstroke | 2:14.49 | 2:36.49 | 60 |
| 61 | 1:10.19 | 1:01.59 | 11-12 100yd Freestyle | 1:00.89 | 1:09.89 | 62 |
| 63 | 1:05.79 | 57.89 | 13-14 100yd Freestyle | 54.89 | 1:04.09 | 64 |
| 65 | 2:51.59 | 2:31.59 | 11-12 200yd IM | 2:32.49 | 2:53.29 | 66 |
| 67 | 2:42.19 | 2:21.79 | 13-14 200yd Individual Medley | 2:15.89 | 2:35.29 | 68 |
| 55 | 20:08.49 | 19:40.79 | 13-14 1650yd Freestyle | 19:44.09 | 19:59.79 | 56 |

2010 NORTH CAROLINA SWIMMING
14 & UNDER SHORT COURSE AGE GROUP CHAMPIONSHIP
10 & UNDER TIMED FINALS
ORDER OF EVENTS

Friday, February 19 Warm-ups 12:00-12:50 pm Meet Starts 1:00 pm

| Girls Event # | LC QT | SC QT | EVENTS | SC QT | LC QT | Boys Event # |
|---------------|---------|---------|----------------------------|---------|---------|--------------|
| 69 | 2:58.89 | 2:36.39 | 10-Under 200yd Freestyle | 2:33.79 | 2:54.29 | 70 |
| 71 | 48.79 | 42.49 | 10-Under 50yd Breaststroke | 43.59 | 49.69 | 72 |
| 73 | 1:39.29 | 1:27.29 | 10-Under 100yd Butterfly | 1:28.09 | 1:39.59 | 74 |
| 75 | --- | 1:21.89 | 10-Under 100yd IM | 1:22.19 | --- | 76 |

Saturday, February 20 Warm-ups 12:00-12:50 pm Meet Starts 1:00 pm

| Girls Event # | LC QT | SC QT | EVENTS | SC QT | LC QT | Boys Event |
|---------------|---------|---------|-----------------------------|---------|---------|------------|
| 77 | NQT | NQT | 10-Under 200yd Med Relay | NQT | NQT | 78 |
| | | | 10-Minute Break | | | |
| 79 | 41.29 | 36.49 | 10-Under 50yd Butterfly | 37.09 | 41.39 | 80 |
| 81 | 35.99 | 31.89 | 10-Under 50yd Freestyle | 31.89 | 36.29 | 82 |
| 83 | 1:47.49 | 1:33.79 | 10-Under 100yd Breaststroke | 1:35.79 | 1:49.09 | 84 |
| 85 | 1:35.19 | 1:22.09 | 10-Under 100yd Backstroke | 1:21.79 | 1:33.79 | 86 |

Sunday, February 21 Warm-ups 12:00-12:50 pm Meet Starts 1:00 pm

| Girls Event # | LC QT | SC QT | EVENTS | SC QT | LC QT | Boys Event |
|---------------|---------|---------|---------------------------|---------|---------|------------|
| 87 | NQT | NQT | 10-Under 200yd Free Relay | NQT | NQT | 88 |
| | | | 10-Minute Break | | | |
| 89 | 43.49 | 38.19 | 10-Under 50yd Backstroke | 38.39 | 44.29 | 90 |
| 91 | 1:20.09 | 1:10.49 | 10-Under 100yd Freestyle | 1:11.19 | 1:20.99 | 92 |
| 93 | 3:20.99 | 2:56.39 | 10-Under 200yd IM | 2:56.99 | 3:20.59 | 94 |

2010 NORTH CAROLINA SWIMMING
14 & UNDER SHORT COURSE AGE GROUP CHAMPIONSHIP
13-14 & 11-12 FINALS
ORDER OF EVENTS

Friday, February 19

Warm-ups 5:00-5:50 pm

Meet Starts 6:00 pm

| Girls Event # | LC QT | SC QT | EVENTS | SC QT | LC QT | Boys Event # |
|---------------|---------|---------|--------------------------|---------|---------|--------------|
| 5 | 2:31.89 | 2:13.79 | 11-12 200yd Freestyle | 2:14.59 | 2:32.89 | 6 |
| 7 | 2:20.39 | 2:03.49 | 13-14 200yd Freestyle | 1:58.09 | 2:16.29 | 8 |
| 9 | 41.59 | 37.29 | 11-12 50yd Breaststroke | 37.89 | 43.39 | 10 |
| 11 | 1:26.39 | 1:15.49 | 13-14 100yd Breaststroke | 1:12.79 | 1:24.09 | 12 |
| 13 | 1:21.09 | 1:11.59 | 11-12 100yd Butterfly | 1:12.89 | 1:22.59 | 14 |
| 15 | 1:14.49 | 1:05.49 | 13-14 100yd Butterfly | 1:03.29 | 1:11.19 | 16 |
| 17 | --- | 1:10.49 | 11-12 100yd IM | 1:11.29 | --- | 18 |
| 19 | 5:39.59 | 4:59.19 | 13-14 400yd IM | 4:49.89 | 5:31.09 | 20 |
| | | | 10-Minute Break | | | |
| 21 | NQT | NQT | 11-12 400yd Medley Relay | NQT | NQT | 22 |
| 23 | NQT | NQT | 13-14 400yd Medley Relay | NQT | NQT | 24 |

Saturday, February 20

Warm-ups 5:00-5:50 pm

Meet Starts 6:00 pm

| Girls Event # | LC QT | SC QT | EVENTS | SC QT | LC QT | Boys Event # |
|---------------|---------|---------|--------------------------|---------|---------|--------------|
| 29 | 2:47.79 | 2:26.99 | 13-14 200yd Butterfly | 2:23.79 | 2:42.89 | 30 |
| 31 | 35.49 | 31.49 | 11-12 50yd Butterfly | 31.89 | 36.09 | 32 |
| 33 | 30.39 | 26.59 | 13-14 50yd Freestyle | 25.39 | 29.29 | 34 |
| 35 | 32.29 | 28.29 | 11-12 50yd Freestyle | 27.89 | 32.09 | 36 |
| 37 | 3:06.79 | 2:42.39 | 13-14 200yd Breaststroke | 2:37.59 | 3:03.09 | 38 |
| 39 | 1:33.79 | 1:20.29 | 11-12 100yd Breaststroke | 1:22.19 | 1:34.69 | 40 |
| 41 | 1:16.29 | 1:05.89 | 13-14 100yd Backstroke | 1:03.09 | 1:13.29 | 42 |
| 43 | 1:20.09 | 1:10.89 | 11-12 100yd Backstroke | 1:11.59 | 1:22.89 | 44 |
| 45 | 4:58.09 | 5:32.89 | 13-14 500yd Freestyle | 5:22.29 | 4:50.09 | 46 |
| | | | 10-Minute Break | | | |
| 47 | NQT | NQT | 11-12 400yd Free Relay | NQT | NQT | 48 |
| 49 | NQT | NQT | 13-14 400yd Free Relay | NQT | NQT | 50 |

Sunday, February 21

Warm-ups 5:00-5:50 pm

Meet Starts 6:00 pm

| Girls Event # | LC QT | SC QT | EVENTS | SC QT | LC QT | Boys Event # |
|---------------|----------|----------|------------------------|----------|----------|--------------|
| 55 | 20:08.49 | 19:40.79 | 13-14 1650yd Freestyle | 19:44.09 | 19:59.79 | 56 |
| 57 | 38.09 | 32.89 | 11-12 50yd Backstroke | 32.99 | 38.49 | 58 |
| 59 | 2:42.29 | 2:21.49 | 13-14 200yd Backstroke | 2:14.49 | 2:36.49 | 60 |
| 61 | 1:10.19 | 1:01.59 | 11-12 100yd Freestyle | 1:00.89 | 1:09.69 | 62 |
| 63 | 1:05.79 | 57.89 | 13-14 100yd Freestyle | 54.89 | 1:04.09 | 64 |
| 65 | 2:51.59 | 2:31.59 | 11-12 200yd IM | 2:32.49 | 2:53.29 | 66 |
| 67 | 2:42.19 | 2:21.79 | 13-14 200yd IM | 2:15.69 | 2:35.29 | 68 |