

**SPEEDO CHAMPIONS SERIES**  
**Southern Zone Eastern Section Senior Championships**  
**March 5-8, 2009**



**SANCTION:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC09027 Rev 1. Time Trials Sanction # NC09027TT.

**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 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 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](http://www.triangleaquatics.org).

**Supporting Amenities:**

**Parking:** There are 150 parking spaces 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. Athletes may be dropped off beside the facility before parking at the Mall. All buses must park 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.

<b>SCHEDULE:</b>	Thursday, March 5:	Timed Finals	5:30 p.m.
	Friday – Sunday, March 6-8:	Preliminaries	9:30 a.m.
	Friday & Saturday, March 6-7:	Finals	6:00 p.m.
	Sunday, March 8:	Finals	5:30 p.m.

<b>WARM-UP TIMES:</b>	Wednesday, March 4:	7:00 – 9:00 p.m.
	Thursday, March 5:	7:00 – 11:00 a.m. & 3:00 – 5:20 p.m.
	Friday & Saturday, March 6-7:	6:30 – 9:20 a.m. & 3:30 – 5:50 p.m.
	Sunday, March 8:	6:30 – 9:20 a.m. & 3:00 – 5:20 p.m.

**GENERAL MEETING:** Thursday – March 5, at 3:30 PM in the Hospitality Room of the Aquatic Center. Meet conduct and procedures will be discussed. It is the responsibility of each swimmer and coach to be aware of information discussed at this meeting.

**ELIGIBILITY:** Open to members of the Eastern Section of the Southern Zone, its clubs and swimmers registered with USA Swimming that are in good standing with the Eastern Section. All USA Swimming registered clubs in the following LSC's are eligible to join the Eastern Section: Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Southeastern and West Virginia.

Swimmers and clubs from outside these LSC boundaries are eligible to participate in the Spring Championship meet provided they meet the non-section qualifying standards and become registered club members of the Eastern Section.

There will be on-deck registration for teams wishing to join the section. Entries from swimmers from a non-member club may be accepted into the meet, but prior to competing, must pay the \$40 club registration fee to become an Eastern Section registered team. Please include a separate check made payable to North Carolina Swimming Region Fund with your meet entry fees.

**RULES:** The current USA Swimming Rules will govern the conduct of the meet unless noted otherwise herein. Athlete registration will be confirmed using the SWIMS registration database. A swimmer not previously entered wishing to late enter the meet via deck entry must present proof of USA Swimming membership.

**TIME STANDARDS:** All swimmers must have met the Spring Sectional time standard in either short course or long course in EACH event entered. **Swimmers entering with a long course qualifying time shall ENTER WITH AND BE SEEDED WITH the short course qualifying time standard.** *Times for all events must have been achieved by the due date of the entry. Times are only good from the 2007 Summer Sectional meet and forward. Any times achieved prior to that cannot count toward qualifying or for proofs. (See 'Proof of Time' below)*

**Swimmers from outside the LSC boundaries of the Southern Zone, Eastern Section must have achieved the current Junior National time standard in each event entered.**

**PROOF OF TIME:** Swimmers or relays who do not equal or better the applicable Southern Zone Eastern Sectional time standards in any event at the championship meet must be able to prove that they have previously achieved the qualifying time. Swimmers unable to provide proof-of-time will be assessed a \$25 fine for each event they cannot prove. The deadline to prove times and seek US National Reimbursement funds is May 1<sup>st</sup>. After May 1<sup>st</sup>, fines are doubled to \$50 per occurrence regardless of provability. The only acceptable proof-of-time will be official meet results or times from the SWIMS database, from a USA Swimming sanctioned or approved competition. In the event a swimmer does not pay this fine, neither the swimmer nor the swimmer's team will be eligible to enter future Southern Zone Eastern Section Championships until such time as the fine is paid. Come prepared to pay outstanding fines before your team can participate in the meet. Fines will be deposited with no further need of proofs from those previous meets. All fines collected go to the Southern Zone Eastern Section Travel Fund.

**FORMAT:** All individual events, except the 1000 and 1650 Free, will be conducted on a preliminary and final basis. Eight (8) swimmers each, women and men, will qualify for a Championship, Consolation and Bonus heat in each event in the finals. The 1650 Free will be conducted as a time final event on Sunday. Swimmers may opt to swim during the AM session. The fastest eight (8) seeded women and men that opt for the PM session will swim during the finals on Sunday evening.

**ALL Sunday evening finals will be conducted on a positive check-in basis.** Any swimmer making the Bonus, Consolation or Championship heat on Sunday, March 8, will have 30 minutes to positive check-in after the preliminary results are announced or the swimmer will be scratched from the Finals.

Relays on Friday will be swum in prelims except for the fastest two (2) heats. On Sunday, relays may opt to swim during the AM or PM session.

All relays and individual events 400 yards or longer will be deck seeded. Swimmers must check in for these events at the Clerk of Course by 8:45 a.m. on the day of the event. Participants in the 1000 Free must check in by 4:30 p.m. on Thursday evening. The 1000 Free will be swum with the fastest three (3) heats of women slowest to fastest, then the fastest three (3) heats of men slowest to fastest, then alternating women and men fastest to slowest, following the positive check-in\*. The seeding for the preliminary heats of the 400 IM and the 500 Free will be swum in the following order: the four (4) fastest women's heats then the four (4) fastest men's heats swum slowest to fastest (the fastest three (3) heats will be circle seeded), then the remainder of the heats will be swum fastest to slowest, alternating women and men\*. The fastest heat of the 1650 Free will be swum in the order on the event sheet. The remaining swimmers will swim the 1650 fastest to slowest alternating women and men 10 minutes following preliminaries\*.

Swimmers entered in the 1000 and the 1650 Free will be expected to provide a person to count laps and a person to time. Men and women will swim in separate pools for these two events.

\*Meet Management reserves the right to conduct preliminary events in two racing courses, if needed, depending upon the timeline and the entries. If the events are swum in two courses, women and men need not alternate.

**SCRATCH RULE:** Any swimmer not planning to swim at night in the finals must scratch within 30 minutes after results are announced with the Admin Referee. The penalty for failure to compete in a final or consolation final is disqualification from the remainder of the meet (USA Swimming Rule 206.5.9). The penalty for swimmers checking in but missing a deck seeded event will result in being barred from the swimmer's next individual event. 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. **There will be a scratch deadline one (1) hour after the start of the evening finals sessions for a swimmer to scratch an event the following morning to allow them to make room for a time trial.**

**TIME TRIALS:** Time trials will be held upon reasonable request at the discretion of the Meet Referee. Such swims must fall within the three (3) events per day limit. Relay only swimmers may not time trial. Entry fees for time trial swims will be \$10.00 per individual event. The entry deadline for time trials is 11:00 AM and 1 hr after the start of finals. When held, time trials will start 15 min after the completion of the session.

**ENTRY LIMIT:** Swimmers may swim three (3) individual events per day, excluding relays. A swimmer may enter any number of events, but may only swim three (3) individual events per day. Swimmers failing to scratch down to (3) individual events for the day by the scratch deadline will be dropped from their last event. Swimmers participating on relay teams only must be listed on the entry forms. Each team is limited to a maximum of two (2) relays in each relay event.

**ENTRY FORMS:** Preferred method of submitting entries is by email of a Hy-Tek or compatible file. If you do not have the Team Manager program to make a Hy-Tek entry, but would like to make an electronic entry, you can download a copy of Team Manager II Lite at no charge from the Hy-Tek website: [www.hy-tek.com](http://www.hy-tek.com).

Please send printed copies of entries for verification. Entries must include each swimmer's USA Swimming number, first and last name, age and seeding time to the 100<sup>th</sup> of a second and event number for each event entered. The enclosed team summary sheet as well as fees must be

included with entry. Please see [www.newwaveswimteam.org](http://www.newwaveswimteam.org) for order of events in Hy-Tek format.

**ENTRY DEADLINE:** All entries must be received by **7:30 p.m. (Eastern Time) Tuesday, February 24, 2009.**

The preferred method of submitting entries is on Hy-Tek or compatible disk. Standard hard copy or e-mailed entries will also be accepted; e-mailed entries **must** be followed by hard copy. **All materials (hard copy, fees and e-mails) must be received by the deadline. Please include summary totals in the body of your e-mail; this helps us check for errors.**

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

Swimmers competing in the finals or consolation finals must **achieve the Southern Zone Eastern Sectional time standard to score team or individual points.** No team points will be scored for the bonus heat.

**READY ROOM:** The top eight (8) qualifiers for finals should report to the ready room to be marched to the blocks prior to their event.

**AWARDS:** Plaques will be awarded to the top six (6) combined teams. The top combined team will also receive a banner. Medals will be awarded to the top eight (8) individual finishers. Immediately following the race, the top three (3) places will be announced and given out at a designated place. Male and female high point and runner-up swimmers will receive awards.

**ELIGIBILITY AND TECHNICAL JURY:** A meet committee will be formed consisting of two (2) coaches and two (2) swimmers selected at random, plus the Meet Referee, the Meet Director and Southern Zone Eastern Chairman or their designee.

**OFFICIALS:** WAVE Swimming welcomes and encourages the assistance of certified officials from visiting teams. Official's dress is white collared shirts over navy with white shoes. Shorts are fine for prelims. Slacks or skirts for finals. No crocks on the deck. Briefing sessions will be 45 minutes prior to the beginning of Prelims and Finals each day.

This meet had been designated a qualifying meet for national official certification (QM09-010). Officials requesting N2 /N3 evaluation at this meet are requested to complete the USA Swimming request for evaluation and forward it to the meet referee, [Wayne Shulby](#), as soon as practical so we can arrange for evaluators. Request for evaluations will be accepted on site, on a case-by-case basis, depending on our capacity to provide appropriate evaluations. Evaluation requirements are found at [USA Swimming](#). N3 evaluations require observation over 4 sessions in the position. N2 Evaluations require observation over 3 sessions in the position. Recertification evaluations require observation over 2 sessions.

Note: you must work at least 4 sessions at the meet for any evaluation to be valid.

**LIABILITY RELEASE:** USA Swimming, Inc., North Carolina Swimming, Inc., The New Wave Swim Team, Inc., the Triangle Aquatic Center and all employees and representatives of these organizations shall be held free and harmless from any and all liabilities on claims for damages arising by reason of injuries to anyone during the conduct of this meet.

**SAFETY:** The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Running and horseplay will not be allowed. As at any pool, the deck may be slippery and caution should be taken to prevent accidents. NO blocking of fire exits, which includes doorways and passages. Glass containers or bottles are not permitted in the Triangle Aquatic Center. Coaches must carry their coach certification cards and prominently display them at all times when on the pool deck and must hold current certifications and registration with USA Swim



**Holiday Inn Hotel  
and Suites Cary**  
 5630 Dillard Drive • Cary, NC 27518  
 919-851-1220  
[www.holidayinn.com/raleigh/cary](http://www.holidayinn.com/raleigh/cary)

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WOMEN	METERS	YARDS	EVENT	YARDS	METERS	MEN
Order of Events						
1	9:39.19	10:49.19	1000 Freestyle	10:14.29	9:04.79	2
3	9:23.19	8:17.79	800 Freestyle Relay	7:35.49	8:36.79	4

**Thursday, March 5, 2009**

**Timed Finals: 5:30 p.m.**

5	2:13.89	1:57.89	200 Freestyle	1:48.29	2:03.29	6
7	1:19.59	1:09.99	100 Breaststroke	1:02.49	1:11.49	8
9	1:08.49	1:00.99	100 Butterfly	54.39	1:01.29	10
11	5:21.59	4:43.69	400 IM	4:19.09	4:57.69	12
13	4:19.79	3:50.29	400 Freestyle Relay	3:26.29	3:55.29	14

**Friday, March 6, 2009**

**Prelims: 9:30 a.m.**

**Finals: 6:00 p.m.**

15	2:28.99	2:13.69	200 Butterfly	2:01.29	2:16.39	16
17	28.69	25.39	50 Freestyle	22.39	26.09	18
19	2:51.59	2:31.29	200 Breaststroke	2:16.09	2:35.69	20
21	1:10.99	1:01.79	100 Backstroke	55.29	1:03.99	22
23	4:40.49	5:12.69	500 Freestyle	4:52.59	4:22.49	24

**Saturday, March 7, 2009**

**Prelims: 9:30 a.m.**

**Finals: 6:00 p.m.**

25	1:02.09	54.69	100 Freestyle	49.19	57.19	26
27	18:28.69	18:07.49	1650 Freestyle			
29	2:31.89	2:13.09	200 Backstroke	2:00.29	2:18.69	28
			1650 Freestyle	17:03.89	17:23.89	30
31	2:32.79	2:13.39	200 IM	2:00.99	2:19.79	32
33	4:50.29	4:15.79	400 Medley Relay	3:51.29	4:23.89	34

**Sunday, March 8, 2009**

**Prelims: 9:30 a.m.**

**Finals: 5:30 p.m.**

**Eastern Section of the Southern Zone 2008-09 Time Standards**

<b>WOMEN</b>				
<b>Spring YARDS</b>	<b>Summer YARDS</b>		<b>Spring Meters</b>	<b>Summer Meters</b>
25.39	25.19	<b>50 Fr</b>	28.69	28.49
54.69	54.19	<b>100 Fr</b>	1:02.09	1:01.49
1:57.89	1:56.49	<b>200 Fr</b>	2:13.89	2:12.39
5:12.69	5:09.59	<b>400/500 Fr</b>	4:40.49	4:37.69
10:49.19	10:42.79	<b>800/1000 Fr</b>	9:39.19	9:33.49
18:07.49	17:56.69	<b>1500/1650 Fr</b>	18:28.69	18:17.69
1:01.79	1:00.99	<b>100 Bk</b>	1:10.99	1:10.29
2:13.09	2:11.49	<b>200 Bk</b>	2:31.89	2:30.39
1:09.99	1:09.09	<b>100 BR</b>	1:19.59	1:18.79
2:31.29	2:29.39	<b>200 BR</b>	2:51.59	2:49.89
1:00.99	1:00.39	<b>100 FI</b>	1:08.49	1:07.89
2:13.69	2:12.39	<b>200 FI</b>	2:28.99	2:27.59
2:13.39	2:12.09	<b>200 IM</b>	2:32.79	2:31.29
4:43.69	4:40.89	<b>400 IM</b>	5:21.59	5:18.39
<b>MEN</b>				
<b>Spring YARDS</b>	<b>Summer YARDS</b>		<b>Spring Meters</b>	<b>Summer Meters</b>
22.39	22.19	<b>50 Fr</b>	26.09	25.79
49.19	48.79	<b>100 Fr</b>	57.19	56.69
1:48.29	1:46.79	<b>200 Fr</b>	2:03.29	2:01.69
4:52.59	4:48.59	<b>400/500 Fr</b>	4:22.49	4:19.89
10:14.29	10:05.89	<b>800/1000 Fr</b>	9:04.79	8:59.39
17:03.89	16:49.79	<b>1500/1650 Fr</b>	17:23.89	17:13.49
55.29	54.49	<b>100 Bk</b>	1:03.99	1:03.39
2:00.29	1:58.59	<b>200 Bk</b>	2:18.69	2:17.39
1:02.49	1:01.39	<b>100 BR</b>	1:11.49	1:10.79
2:16.09	2:13.59	<b>200 BR</b>	2:35.69	2:34.19
54.39	53.59	<b>100 FI</b>	1:01.29	1:00.69
2:01.29	1:59.59	<b>200 FI</b>	2:16.39	2:15.09
2:00.99	1:59.29	<b>200 IM</b>	2:19.79	2:18.39
4:19.09	4:15.49	<b>400 IM</b>	4:57.69	4:54.79