

ECSL Championships

March 27-29, 2009

*Minges Natatorium, East Carolina University
Greenville, NC*

SANCTION:

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc., Sanction #

MEET HOST:

Greenville Swim Club

FACILITY:

Minges Natatorium, East Carolina University

For Directions:

The pool is the Big Brick Building Before you get to the football stadium

<http://ecupirates.cstv.com/directions/ecu-directions.html>

(252)341-1044

COMPETITION POOL:

The pool is an 8-lane, 25-yard course with non-turbulent lane markers, deck anchored starting blocks. A Colorado 5 Timing System will be used with watches in each of 8-lanes for competition. A digital scoreboard will also be in use.

WARM-UP/WARM-DOWN POOL:

In addition to the competition pool, a 6-lane 20 yard diving well will be available for continuous warm-up/warm-down use.

SCHEDULE:

Swimmers 13 and Over:

Friday Afternoon Warm-ups: 5:00 PM

Friday Afternoon Timed Finals: 6:00 PM

Saturday and Sunday Warm-ups: 7:00 AM

Saturday and Sunday Preliminaries: 8:00 AM

Saturday Finals: Warm-ups: 5:30 PM Meet Starts: 6:30 PM

Sunday Finals: Warm-ups: TBD Meet Starts: TBD

Swimmers 12 and Under:

Friday Afternoon Warm-ups: 5:00 pm

Friday Afternoon Timed Finals: 6:00 pm

Saturday and Sunday Warm-ups: Not before 12 Noon

Saturday and Sunday Session: Not before 1:00 pm

RULES:

This meet will be conducted in accordance with the current USA swimming code and the NCS Official Handbook and NCS Safety Program , except where rules therein are optional and exceptions herein stated. The FINA Starting Procedure will be used.

FORMAT:

This is an Age Group/Senior Meet. All 10 and under events(with the exception of the 50 FR), the Senior/13-14 400 Individual Medley and 1650 Freestyle as well as all relays are timed finals. All other events will be conducted on a prelims/finals basis.

Finals will be conducted in the following manner:

All Senior Events 100 yards and shorter will have a “B,” “A,” and “Super” Final

All Senior Events that are 200 yards will have an “A,” and “Super” Final

The Senior 500 and ALL 11-12 events on Saturday and Sunday will be “A” Finals only (Top 8)

Order of Finals Heats – “B,” “A,” “Super” Finals

All relays are timed finals.

Definition of Finals:**Senior Events:**

Super Finals: Top 4 seeds

“A” Finals: Seeds 5-12

“B” Finals: Seeds 13-20

Age Group Events/Senior 500 FR:

“A” Finals: Top 8 Seeds

Meet Management reserves the right to require positive check-in for any events it deems necessary.

ELIGIBILITY:

This is a closed meet, open to swimmers in the ECSL.

1650 FREESTYLE:

A time standard of 22:00.00 will be placed on the event or a 13-14 “AA” time standard in the 500 or 1000 freestyle. **Please make sure you can prove these times.**

SEEDING:**1650 Freestyle**

The Senior/ 13-14 1650 Freestyle will be limited to the fastest 24 swimmers regardless of age with the top 8 boys and top 8 girls swimming at Sundays Finals. The remaining two heats of 1650s will swim at the conclusion of Sunday’s Preliminary heats. The 1650 will be scored as a 13-14 event and Senior Event Only. Positive check-in must be completed before the conclusion of warm-ups.

Senior/ 13-14 500 Freestyle

The Senior/13-14 500 Freestyle will be limited to the fastest 32 swimmers. The 500 will be scored both as a 13-14 event as well as a Senior event. A Psych Sheet will be

available on www.gscgators.org. Positive check-in must be completed before the conclusion of warm-ups.

Relays

Relays will be swum as time finals. Only swimmers listed on the entry form may swim on relays. Relay-only swimmers should be designated as such and must pay a \$2.00 per swimmer travel fund fee and the \$5.00 facility charge. Relays will be swum in the finals only on Saturday. Teams with relays on Sunday may elect to swim their relays prior to the 1650 or during the finals session. Check-in s for relays must be completed by the end of warm-ups.

CHECK-IN PROCEDURES:

A positive check-in is required for 500 FR, 1650 FR. These events will be swum as timed finals. Positive check-in must be completed before the conclusion of warm-ups on the day of that event. *Failure to swim a positively checked-in event will result in the swimmer being scratched from his or her next event.*

OTHER CHECK-IN PROCEDURES

All other check-ins will be discussed at the coaches' meeting on Friday.

SCRATCH RULE:

The NCS Scratch Rule will be in effect. Scratches from finals must be given to the clerk or course. Please make sure that scratches are taken care of for Sunday's finals session. We want to run full heats.

ENTRY LIMITS:

Individuals:

All Swimmers are limited to 3 events per day.

Relays:

Each club may enter up to four relay teams per relay event.

ENTRY DEADLINE:

Entries must be received by 9:00 pm, Friday, March 6, 2008. No Telephone entries will be accepted. No late entries will be accepted.

AWARDS:

Individual Events:

Medals: 1st-3rd

Ribbons: 4th-8th

Relays:

Ribbons: 1st-3rd

High Point:

High point awards will be given to the highest scoring male and female swimmer in each age group. Swimmers will only accumulate points for the high point award by swimming and scoring points in their age group's events. Age groups will be broken down in the following manner: 8 and under, 10 and under, 11-12, 13-14, 15 and older. Note: 13-14 will be scored out of the senior age group as they place in the event.

Team:

Team Trophies will be awarded to the 1st – 3rd combined teams

SCORING:

Team scoring will be in effect.

MEET MANAGEMENT STATEMENT:

All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification / registration. Coaches and officials shall prominently display their registration cards while on deck.

WARM-UPS:

Lanes and times will be assigned for warm-ups.

COACHES' MEETING:

ALL Coaches' Meetings will be held behind the timing/scratch table

Friday: After the conclusion of Finals

We will be going over warm-up times for Sunday's Finals session.

OFFICIALS' BRIEFING

Officials will have a briefing on Friday in Hospitality from 5:30-5:45 PM.

SAFETY:

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No running or horseplay is permitted. No coolers or glass containers or bottles are permitted in the facility. Note: Warm-up/Warm-Down pool is for warming up or warming down; swimmers not swimming will be asked to get out of the pool.

RELEASE:

USA Swimming, North Carolina Swimming, Inc., the Greenville Swim Club, East Carolina University and all employees and representatives of these organizations shall be held free and harmless from any and all liabilities or claims for damage arising by reasons of injuries to anyone during the conduct of the meet in any facility on the ECU exercise physiology build

Session 1 – AG/Senior Prelims/Timed Finals

Friday, March 27, 2009

Warm-ups: 5:00 pm Meet Starts: 6:00 pm

Girls	Event	Boys
1	10 & Under 50 Freestyle – Prelims	2
3	12 & Under 50 Freestyle – Prelims	4
5	Senior 50 Freestyle – Prelims	6
7	12 & Under 200 IM – Timed Finals	8
9	Senior 400 IM – Timed Finals	10

----- 10-min Break -----

Session 2 - Finals

Friday, March 27, 2009

Meet Starts: 10-min after the conclusion of the first session

Girls	Event	Boys
1	Finals – 10 & Under 50 Freestyle	2
3	Finals – 12 & Under 50 Freestyle	4
5	Finals – Senior 50 Freestyle	6

Session 3 – Senior Prelims

Saturday, March 28, 2009

Warm-ups: 7:00 am Meet Starts: 8:00 am

Girls	Event (# of swimmers for finals)	Boys
11	200 Medley Relay – Timed Finals	12
13	200 IM – (Top 12)	14
15	50 Backstroke – (Top 20)	16
17	100 Freestyle – (Top 20)	18
19	200 Breaststroke – (Top 12)	20
21	100 Butterfly – (Top 20)	22
23	200 Backstroke – (Top 12)	24
25	50 Breaststroke – (Top 20)	26
27	400 Freestyle Relay – Timed Finals	28
29	500 Freestyle – (Top 8)	30

Session 4 – 12 & under Prelims, 10 & under Timed Finals
Saturday, March 28, 2009

Warm-ups: Not before noon Meet Starts: Not before 1 pm

Girls	Event (# of swimmers for finals)	Boys
31	10 & Under 200 Freestyle Relay	32
33	11-12 200 Freestyle Relay	34
35	8 & Under 25 Butterfly	36
37	10 & Under 100 Backstroke	38
39	11-12 100 Backstroke (Top 8)	40
41	8 & Under 25 Backstroke	42
43	10 & Under 100 Freestyle	44
45	11-12 100 Freestyle (Top 8)	46
47	8 & Under 25 Breaststroke	48
49	10 & Under 50 Breaststroke	50
51	11-12 50 Breaststroke (Top 8)	52
53	8 & Under 25 Freestyle	54
55	10 & Under 50 Butterfly	56
57	11-12 50 Butterfly (Top 8)	58
----- 10-min Break -----		
59	10 & Under 500 Freestyle	60
61	11-12 500 Freestyle (Top 8)	62

Session 5– Finals – 11-12, Senior
Saturday, March 28, 2009

Warm-ups: 5:00 pm Meet Starts: 6:00 pm

13	Senior 200 IM (2 Heats)	14
15	Senior 50 Backstroke (3 Heats)	16
39	11-12 100 Backstroke (1 Heat)	40
17	Senior 100 Freestyle (3 Heats)	18
45	11-12 100 Freestyle (1 Heat)	46
19	Senior 200 Breaststroke (2 Heats)	20
51	11-12 50 Breaststroke (1 Heat)	52
21	Senior 100 Butterfly (3 Heats)	22
57	11-12 50 Butterfly (1 Heat)	58
23	Senior 200 Backstroke (2 Heats)	24
61	11-12 500 Freestyle (1 Heat)	
25	Senior 50 Breaststroke (3 Heats)	26
----- 10-min Break -----		
29	Senior 500 Freestyle (1 Heat)	30

Session 6 – Senior Prelims
Sunday, March 29, 2009

Warm-ups: 7:00 am Meet Starts: 8:00 am

63	Senior 200 Freestyle (Top 12)	64
65	Senior 100 Breaststroke (Top 20)	66
67	Senior 200 Butterfly (Top 12)	68
69	Senior 100 IM (Top 20)	70
71	Senior 100 Backstroke (Top 20)	72
73	Senior 50 Butterfly (Top 20)	74
75	Senior 200 Freestyle Relay (Timed Finals)	76

-----**10-min Break**-----

77	Senior 1650 Freestyle (Timed Finals)	78
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Session 7 – 12 & under Prelims, 10 & under Timed Finals
Sunday, March 29, 2009

Warm-ups: Not before noon Meet Starts: Not before 1 pm

79	10 & Under 200 Freestyle	80
81	11-12 200 Freestyle (Top 8)	82
83	10 & Under 100 Breaststroke	84
85	11-12 100 Breaststroke (Top 8)	86
87	10 & Under 100 Butterfly	88
89	11-12 100 Butterfly (Top 8)	90
91	10 & Under 100 IM	92
93	11-12 100 IM (Top 8)	94
95	10 & Under 50 Backstroke	96
97	11-12 50 Backstroke (Top 8)	98
99	10 & Under 200 Medley Relay	100
101	11-12 200 Medley Relay	102

Session 8 – Finals – 11-12, Senior
Sunday, March 29, 2009

Warm-ups: TBD Meet Starts: TBD

63	Senior 200 Freestyle (2 Heats)	64
81	11-12 200 Freestyle (1 Heat)	82
65	Senior 100 Breaststroke (3 Heats)	66
85	11-12 100 Breaststroke (1 Heat)	86
67	Senior 200 Butterfly (2 Heats)	68
89	11-12 100 Butterfly (1 Heat)	90
69	Senior 100 IM (3 Heats)	70
93	11-12 100 IM (1 Heat)	94
71	Senior 100 Backstroke (3 Heats)	72
97	11-12 50 Backstroke (1 Heat)	98
3	Senior 50 Butterfly (3 Heats)	74