



**22nd ANNUAL
Furniture City Long Course Invitational**

Sponsored by  **TYR**
Always in front.

**Prelim/Final Meet
and Age Group - Senior Development Bonus Afternoon Sessions**

**High Point City Lake Park Pool
High Point, North Carolina
June 18-20, 2010**

- Sanction:** Conducted under sanction of USA-Swimming, Inc. issued by North Carolina Swimming, Inc. Sanction Number:
- Sponsor:** High Point Swim Club, Inc. and the High Point Parks and Recreation Department
- Facility:** High Point City Lake Park Pool is an 8-lane, 50 meter competition course with WaveEater non-turbulent lane ropes. Starting depths are 5 feet off permanently mounted Paragon starting blocks. There is an 8-lane 25-yard warm-up, warm-down area adjacent to the competition course. A gym and spectator seating overlook the pool. There is plenty of deck space for swimmers, coaches, and officials. Poolside team tent space may be arranged. The park has picnic areas, a playground, miniature golf, train ride, carousel, and a water slide so bring the entire family. This pool is NOT certified by USA-Swimming
- Hotel Info:** See latest information and links for new local hotels on www.polarbears swim.org.
- Timing:** The Colorado System 6 timing system and 8 lane display scoreboard. Hy-Tek Meet Manager software will be used.
- Rules:** This meet will be conducted under the 2010 USA Swimming Rules and Regulations and the North Carolina Swimming Handbook except as noted herein. The NCS scratch rule will be in effect. The scratch rule is attached. *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.*
- Eligibility:** All swimmers must be currently USA Swimming registered.
- Classification:** The prelim/finals sessions are limited to those swimmer's that have achieved a minimum for their age of the NAG "BB" in the 200's and shorter and the NAG "A" in the 400's. The standard is listed per event below. Entries to the AM session will not be accepted if entered with "NT".
Afternoon sessions are open to all registered swimmers not qualified for the prelim/finals am sessions.
- Format:** All prelim/final morning events will be swum as prelims and finals with exception of SUNDAY events and as noted below. For prelims, all ages will be combined into one single event. The evening championships will swim by respective age groups: one heat of 10 –Under, 11-12, 13-14, 15-Over in event order with exceptions as noted. There will

also be a non-scoring bonus final for the 9th through 16th preliminary swimmers for 15-Overs.

All 200, 400 Events: 400 individual events will be deck seeded. 200 M events may be deck seeded at the discretion of meet management due to session length. Check-in for each event will close at the end of warm-ups for the session of the event. Swimmers not properly checked in will be scratched from that event. **For 400 M prelim/final morning meet events, the minimum time standard is the NAG "A" time for all age groups. For 200 M prelim/final morning meet events, the minimum time standard is the NAG "BB" time for 13-14 and 15- Over age groups. High Point Swim Club reserves the right to add up to 8 exhibition swimmers to events 400 and longer, provided they will not put the session length over the 4 hours.**

400 IM (Include Proof of Time for prelim/final morning meet entries)

- Scored as three age groups for the morning A session: 11-12, 13-14 and 15-Over Timed Final.
- Limited to fastest 24 seeded swimmers per sex per age group (14-Under and 15-Over for morning A session and 13/14 and 15-Over for afternoon BB session).
- Swum slowest to fastest by age group during prelims or afternoon timed finals
- Evening Finals will be used to swim the fastest properly checked in swimmers.
- One heat of 11-12, 13-14 and two heats of 15-Over will swim at night.

400 Free (Include Proof of Time for prelim/final morning meet entries)

- * Scored as three age groups for the morning A session: 11-12, 13-14 and 15-Over Timed Final.
- * Limited to fastest 24 seeded swimmers per sex per age group (14-Under and 15-Over for morning A session and 13/14 and 15-Over for afternoon BB session).
- * Swum slowest to fastest by age group during prelims or afternoon timed finals
- * Evening Finals will be used to swim the fastest properly checked in swimmers.
- * One heat of 11-12, 13-14 and two heats of 15-Over will swim at night.

200 Butterfly, Breaststroke, and Backstroke

- Will be contested in three age groups: 11-12, 13-14 and 15-Over.
- The 11-12 events will be swum in the prelim sessions only and contested as timed final. The 13-14 and 15 and Over will be swum as prelim final with the top 8 13-14 and top 16 15 and Over swimming at finals.
- **All afternoon events will be swum as Timed finals.**

Entry Limit: Prelim/Final meet swimmers competing may enter 3 events per day, with a meet limit of 8. Those over entered will be removed from the events that put them over the limit of 8 events for the meet.

Swimmers entered in the Age Group – Senior Development afternoon sessions may enter 4 events per day with no meet limit.

Entries: **Entries submitted in Hy-Tek Team Manager format require no hard copy entry forms. "NT" will NOT be accepted for entry in to the morning Preim/Final portion of the meet.** The summary sheet included here may be used as needed to calculate required fees. Email is preferred for electronic entries, but disks are also acceptable and fees must be received by the entry deadline. Submit Long Course Times Only. Show swimmer's age as of June 18, 2010. Late entries will be accepted at the discretion of the meet director. We reserve the right to refuse late entries. Late entries will be charged double entry fees. We reserve the right to limit the meet to 300 properly registered swimmers for the morning session and 250 registered swimmers for the afternoon sessions in order to maintain session start times. You will be immediately notified if your entries are not accepted.

Entry Deadline: Tuesday, June 8, 2010 at 8:00 PM.

Scoring: Only Prelim/Final meet events will be scored.
Individual events score 9-7-6-5-4-3-2-1.
Relay events score 18-14-12-10-8-6-4-2.

Awards: Team awards for first three places and high point awards per age group will be awarded for Prelim/Final meet events only. Individual awards 1st through 8th will be awarded for each age group (10-Under, 11-12, 13-14, 15 & Over) except for those exceptions listed above for all sessions.

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 horse play will be tolerated.

Warm-ups:

First 30 minutes	general warm-up. NO DIVING, all lanes.
Last 25 minutes	Lanes 1 & 8 Pace work, No diving
	Lanes 2, 3, 6, & 7 Competition starts, one-way swims
	Lanes 4 & 5 General warm-up, no diving

The contiguous short course pool will be open for general warm-up throughout the meet with NO DIVING. These procedures may be modified at the discretion of the meet director/referees to accommodate specific situations.

Schedule: Morning warm-ups begin at 7:00 AM. Prelims start at 8:15 A.M. Afternoon warm-ups begin no earlier than 12:00 with competition 45 minutes later. Evening championships warm-ups will be 5:00 P.M. and start competition at 6:00 P.M. on Friday and Saturday. Out of State teams may practice Thursday evening from 6:45 PM until 8:00 PM but **must** call HPSC for arrangements.

Coaches and Officials Meeting: There will be a coaches meeting on Friday June 18th beginning at 6:50 AM in the Hospitality area. Officials will meet 30 minutes prior to each session in the Hospitality area.

Hospitality: Our club takes great pride in providing a first class hospitality tent for coaches, officials, and timers. Food and drink will be provided throughout the meet.

Concessions: A wide variety of food, drinks, and snacks will be available for sale. T-shirts, towels, and swim equipment will also be available. Concessions are located in the gymnasium.

Directions: High Point is near the intersection of I-40 and I-85 in central North Carolina.

From I-85, take exit 118 off I-85 onto Business 85. Take the first exit turn right. Follow this road to High Point – Greensboro Road, turn left and continue through Jamestown and you will find City Lake Pool on your right.

From I-40, take exit 210 (NC Hwy 68) toward High Point. Turn left at Wendover Avenue then turn at the first right onto Penny Road. Follow Penny Road to the end. Turn left onto Greensboro – High Point Road. The park is on your left about one mile.

FURNITURE CITY INVITATIONAL

Order of Events

Friday Prelim/Final Session Events

Warm up at 7:00am Meet start 8:15am

To swim in the Prelim/Final Session swimmers Must be faster than the QT.

"NT" entries will NOT be accepted.

1	Girls 100 Breaststroke	Session QT
	10 & Under	2:02.29
	11-12	1:41.89
	13-14	1:36.39
	15 & Over	1:33.89
2	Boys 100 Breaststroke	
	10 & Under	1:59.79
	11-12	1:40.89
	13-14	1:28.09
	15 & Over	1:26.39
3	Girls 200 Freestyle	
	10 & Under	3:23.59
	11-12	2:50.79
	13-14	2:44.39
	15 & Over	2:39.49
4	Boys 200 Freestyle	
	10 & Under	3:13.99
	11-12	2:47.79
	13-14	2:35.19
	15 & Over	2:28.59
5	Girls 100 Butterfly	
	10 & Under	1:55.19
	11-12	1:30.79
	13-14	1:22.89
	15 & Over	1:20.39
6	Boys 100 Butterfly	
	10 & Under	1:53.19
	11-12	1:29.49
	13-14	1:16.99
	15 & Over	1:13.39
7	Girls 200 IM	
	10 & Under	3:46.49
	11-12	3:14.79
	13-14	3:05.69
	15 & Over	3:01.19
8	Boys 200 IM	
	10 & Under	3:44.79
	11-12	3:13.89
	13-14	2:55.99
	15 & Over	2:48.89

Friday Afternoon Age Group – Senior Development Session Events
 Warm up no earlier than 12:00 Meet start 45 minutes later
 To swim in the afternoon session, you must not be faster than the QT.

		Should Not Faster
9	Girls 100 Breaststroke	
	10 & Under	1:47.00
	11-12	1:33.80
	13-14	1:29.00
	15 & Over	1:26.70
10	Boys 100 Breaststroke	
	10 & Under	1:46.00
	11-12	1:32.50
	13-14	1:21.30
	15 & Over	1:19.70
11	Girls 200 Freestyle	
	10 & Under	2:58.50
	11-12	2:37.70
	13-14	2:31.80
	15 & Over	2:27.20
12	Boys 200 Freestyle	
	10 & Under	2:52.40
	11-12	2:34.90
	13-14	2:23.30
	15 & Over	2:17.20
13	Girls 100 Butterfly	
	10 & Under	1:37.90
	11-12	1:22.90
	13-14	1:16.50
	15 & Over	1:14.20
14	Boys 100 Butterfly	
	10 & Under	1:36.50
	11-12	1:21.50
	13-14	1:11.10
	15 & Over	1:07.70
15	Girls 200 IM	
	10 & Under	3:19.90
	11-12	2:59.80
	13-14	2:51.50
	15 & Over	2:47.30
16	Boys 200 IM	
	10 & Under	3:18.90
	11-12	2:58.10
	13-14	2:42.40
	15 & Over	2:35.90
109	Girls 12 & Under 400 Medley Relay	
110	Boys 12 & Under 400 Medley Relay	
111	Girls 13 & Over 400 Medley Relay	
112	Boys 13 & Over 400 Medley Relay	

Saturday Prelim/Final Session

Warm up 7:00 am Meet start 8:15 am

17	Girls 50 Freestyle	Session QT	
	10 & Under		40.79
	11-12		36.39
	13-14		35.19
	15 & Over		34.49
18	Boys 50 Freestyle		
	10 & Under		40.19
	11-12		35.29
	13-14		32.79
	15 & Over		31.19
19	Girls 11 & Over 200 Backstroke		
	11-12		3:00.19
	13-14		2:47.39
	15 & Over		2:44.29
20	Boys 11 & Over 200 Backstroke		
	11-12		2:56.39
	13-14		2:40.69
	15 & Over		2:31.29
21	Girls 12 & Under 50 Backstroke		
	10 & Under		49.89
	11-12		42.29
22	Boys 12 & Under 50 Backstroke		
	10 & Under		50.09
	11-12		42.19
23	Girls 11 & Over 200 Breaststroke		
	11-12		3:23.69
	13-14		3:11.99
	15 & Over		3:05.69
24	Boys 11 & Over 200 Breaststroke		
	11-12		3:20.79
	13-14		3:01.99
	15 & Over		2:54.29
25	Girls 12 & Under 50 Breaststroke		
	10 & Under		54.89
	11-12		45.59
26	Boys 12 & Under 50 Breaststroke		
	10 & Under		55.09
	11-12		47.09
27	Girls 11-12 400 Freestyle		5:32.39
28	Boys 11-12 400 Freestyle		5:27.09
29	Girls 13 & Over 400 Freestyle		
	13-14		5:16.59
	15 & Over		5:08.89
30	Boys 13 & Over 400 Freestyle		
	13-14		5:02.79
	15 & Over		4:50.19

Saturday Afternoon Age Group – Senior Development Session
 Warm up not before 12:00 Meet start 45 minutes later.

31	Girls 50 Freestyle	
	10 & Under	36.40
	11-12	33.70
	13-14	32.50
	15 & Over	31.80
32	Boys 50 Freestyle	
	10 & Under	36.10
	11-12	32.60
	13-14	30.30
	15 & Over	28.80
33	Girls 11 & Over 200 Backstroke	
	11-12	3:00.20
	13-14	2:47.40
	15 & Over	2:44.30
34	Boys 11 & Over 200 Backstroke	
	11-12	2:56.40
	13-14	2:40.70
	15 & Over	2:31.30
35	Girls 12 & Under 50 Backstroke	
	10 & Under	43.70
	11-12	39.00
36	Boys 12 & Under 50 Backstroke	
	10 & Under	43.90
	11-12	38.70
37	Girls 11 & Over 200 Breaststroke	
	11-12	3:23.70
	13-14	3:12.00
	15 & Over	3:05.70
38	Boys 11 & Over 200 Breaststroke	
	11-12	3:20.80
	13-14	3:02.00
	15 & Over	2:54.30
39	Girls 12 & Under 50 Breaststroke	
	10 & Under	48.30
	11-12	42.10
40	Boys 12 & Under 50 Breaststroke	
	10 & Under	48.50
	11-12	43.10
41	Girls 400 Freestyle	
	10 & Under	6:05.90
	11-12	5:32.40
	13-14	5:16.60
	15 & Over	5:08.90
42	Boys 400 Freestyle	
	10 & Under	6:06.80
	11-12	5:27.10
	13-14	5:02.80
	15 & Over	4:50.20
113	Girls 12 & Under 400 Freestyle Relay	
114	Boys 12 & Under 400 Freestyle Relay	

- 115 Girls 13 & Over 400 Freestyle Relay
- 116 Boys 13 & Over 400 Freestyle Relay

Sunday Prelim/Final Session

Warm up 7:00 am Meet start 8:15 am

43	Girls 12 & Under 50 Butterfly	
	10 & Under	48.59
	11-12	39.39
44	Boys 12 & Under 50 Butterfly	
	10 & Under	46.89
	11-12	39.59
45	Girls 11 & Over 200 Butterfly	
	11-12	2:59.29
	13-14	2:48.29
	15 & Over	2:42.69
46	Boys 11 & Over 200 Butterfly	
	11-12	2:58.49
	13-14	2:38.79
	15 & Over	2:30.59
47	Girls 100 Backstroke	
	10 & Under	1:48.89
	11-12	1:31.09
	13-14	1:24.29
	15 & Over	1:20.39
48	Boys 100 Backstroke	
	10 & Under	1:45.69
	11-12	1:31.39
	13-14	1:20.59
	15 & Over	1:16.49
49	Girls 100 Freestyle	
	10 & Under	1:32.99
	11-12	1:19.59
	13-14	1:16.19
	15 & Over	1:14.39
50	Boys 100 Freestyle	
	10 & Under	1:31.09
	11-12	1:17.39
	13-14	1:11.49
	15 & Over	1:08.39
51	Girls 11-12 400 IM	6:23.99
52	Boys 11-12 400 IM	6:20.19
53	Girls 13 & Over 400 IM	
	13-14	6:00.99
	15 & Over	5:50.59
54	Boys 13 & Over 400 IM	
	13-14	5:44.49
	15 & Over	5:27.09

Sunday Afternoon Age Group – Senior Development Session
 Warm up not before 12:00 Meet starts 45 minutes later.

55	Girls 12 & Under 50 Butterfly	
	10 & Under	42.10
	11-12	36.30
56	Boys 12 & Under 50 Butterfly	
	10 & Under	41.00
	11-12	36.20
57	Girls 11 & Over 200 Butterfly	
	11-12	2:59.30
	13-14	2:48.30
	15 & Over	2:42.70
58	Boys 11 & Over 200 Butterfly	
	11-12	2:58.50
	13-14	2:38.80
	15 & Over	2:30.60
59	Girls 100 Backstroke	
	10 & Under	1:35.30
	11-12	1:23.30
	13-14	1:17.80
	15 & Over	1:16.30
60	Boys 100 Backstroke	
	10 & Under	1:33.30
	11-12	1:23.60
	13-14	1:14.50
	15 & Over	1:10.60
61	Girls 100 Freestyle	
	10 & Under	1:21.90
	11-12	1:13.50
	13-14	1:10.40
	15 & Over	1:08.60
62	Boys 100 Freestyle	
	10 & Under	1:20.60
	11-12	1:11.40
	13-14	1:06.00
	15 & Over	1:03.10
63	Girls 13 & Over 400 IM	
	13-14	6:01.00
	15 & Over	5:50.60
64	Boys 13 & Over 400 IM	
	13-14	5:44.50
	15 & Over	5:27.10

