

SHARKS AQUATICS CLUB
LC MEET
JULY 10–12, 2009
Shelby City Park, Shelby, NC

Sanction: Held under the sanction of the United States Swimming Inc.
Issued by North Carolina Swimming Inc. Sanction# _____

Site Information: The ten lane outdoor competition pool has eight-foot wide lanes equipped with 6 inch Competitor “Wave Eater” lane lines. The pool itself is a deck level design that allows for turbulence reduction in all lanes. Pool depth ranges from 4 feet to 13 feet deep. An adjacent outdoor, 3 lane 25-yard warm down pool, located approximately 20 feet from lane 1, will be available during competition on all three days. Colorado Electronic timing system will be used in conjunction with a Daktronics 10-Lane scoreboard, bleacher seating for 150 spectators is available. A covered concession and vendor area will accommodate 120 as well. The pool has ample deck area for team tents and folding chairs. Dressing areas without lockers are available.

Rules: The meet will be conducted in accordance with the current USA Swimming Rules & Regulations and the NCS safety program, except where rules therein are optional and exceptions are herein stated.

Classification: The meet shall be an **OPEN** meet. Swimmers may not swim in events in which they have North Carolina Long Course Championship qualifying times in.

Eligibility: All swimmers must be registered with the USA Swimming Inc.

Entries: Please list swimmers age as of the first day of the meet. Submit entries with long course meter times by email or on disk using the Hy-tek program if possible. **We will limit entries to the first 450 properly registered athletes.** Lane entries will be accepted at the discretion of the Meet Director at double the entry fee.

Entry Limit: Swimmers may enter 4 individual events per day.

Entry Deadline: **All entries, fees and summary forms are due on July 1, 2009.** Entries must be submitted with fees and hard copy.

Meet format: Timed finals

Seeding: All individual events except those that are **400** meters or longer shall be pre-seeded. **Individual events 400 meters and longer shall require positive check by 15 minutes before the conclusion of Warm-up.** Failure to check in will result in the swimmer being scratched from the event. The North Carolina Scratch Rule will be in effect. The 400 free, 400 IM and the 1500 free shall be swam fastest to slowest alternating heats of women and then men.

Awards: Ribbons will be given to the top ten places in the individual events.

Scoring: Ten and under events will be scored as 8 & under and 10 & under. The open events will be scored as 13-14 and 15 and over.

Warm-up: Team lane assignments will be issued and posted. General warm-up during the first thirty minutes will be circle swimming only and NO DIVING. The next twenty minutes will be specific warm-up. Lanes 1 and 10 will become pace lanes. Lanes 2 & 9 will remain general warm. Lanes 3, 4, 5, 6, 7 and 8 will be for one way dive start lanes.

Warm-up Times: Friday 10 & Under Session Warm-up 12:30-1:30 PM
Friday PM Session Warm-up 4:00-5:00 PM
Saturday & Sunday AM (12 and under) 7:15 AM until 8:30 AM (split session teams will be notified)
Saturday & Sunday PM (13 and over) Not before 12:30 PM

Set-Up: Friday, July 10th, teams are welcome to enter the facility and set up after 11:30 AM. Gates will be closed until this time.

Smoking: Is strictly prohibited on deck at the Shelby City Park during SAC events.

Warm-up Pool: Restricted to USA Swimmers. Only swimmers participating in that session's events may enter warm up pool.

Timers: Swimmers will need to supply their own timers for the 1500, 400 IM and 400 Free.

Safety: The North Carolina Safety Program will be in effect. Coaches and parents must supervise their children. No horseplay will be tolerated. Glass containers are prohibited. Only properly registered swimmers participating in the meet may enter the competition or the warm down pool.

Coaches Meeting: Coaches meeting will be Friday at 1:30 PM in the hospitality room, if deemed necessary. 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.

Officials Meeting: There will be an officials meeting 30 minutes prior to each session in hospitality.

Directions: Posted on www.sharksaquaticclub.com

Release: "USA Swimming, Inc., North Carolina Swimming, Inc., and Sharks Aquatics Club shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event."

Order of events

Friday 10 & Und Session (Warm-ups: 12:30 Meet 1:30)

1	8 & Under 50 Fly	2
3	10 & Under 200 IM	4
5	8 & Under 50 Back	6
7	8 & Under 50 Breast	8
9	10 & Under 200 Free	10
11	8 & Under 50 Free	12

Friday PM Session (Warm-ups: 4:00 Meet 5:00)

13	11-12 200 Free	14
15	Senior 400 Free	16
17	11-12 200 IM	18
19	Senior 400 IM	20

Saturday AM Session (Warm-ups: 7:15 Meet 8:30 split session)

21	10 & Under 50 Free	22
23	11-12 50 Free	24
25	10 & Under 100 Fly	26
27	11-12 50 Fly	28
29	10 & Under 50 Back	30
31	11-12 100 Back	32
33	10 & Under 100 Breast	34
35	11-12 50 Breast	36

Saturday PM Session (Warm-ups not before 12:30)

37	Senior 50 Free	38
39	Senior 100 Fly	40
41	Senior 200 Back	42
43	Senior 100 Breast	44
45	Senior 200 IM	46
47	Senior 800 Free	48

Sunday AM Session (Warm-ups: 7:15 Meet 8:30 split session)

49	10 & Under 50 Fly	50
51	11-12 100 Fly	52
53	10 & Under 100 Free	54
55	11-12 100 Free	56
57	10 & Under 100 Back	58
59	11-12 50 Back	60
61	10 & Under 50 Breast	62
63	11-12 100 Breast	64

Sunday PM Session (Warm-ups 12:30)

65	Senior 200 Free	66
67	Senior 100 Back	68
69	Senior 200 Fly	70
71	Senior 100 Free	72
73	Senior 200 Breast	74
75	Senior 1500 Free	76