

North Carolina Swimming
Senior Championships
July 23-26, 2009
hosted by
New South Swimming

SANCTION:

HOST: New South Swimming

LOCATION: Mecklenburg County Aquatic Center
800 E. Martin Luther King Jr. Blvd.
Charlotte, NC 28202

FACILITY: **Competition Pool:** 8 lane 50 meter pool with non-turbulent lane lines and Paragon starting blocks. Colorado electronic timing system with an 8 lane scoreboard will be used. Pool depth ranges from 7-12 ft., with starting blocks at both ends.

In addition, a separate 4 lane 25 yard pool will be available for warm-up and cool down throughout the competition.

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: There is seating to accommodate 1000 spectators.

Supporting Amenities: Food and drink will be for sale in the MCAC concession stand. Ample parking is available within 100 yards of the facility.

Facility Rules:

Please inform all families of the following pool rules.

ABSOLUTELY NO GLASS BOTTLES ON THE POOL DECK. SMOKING IS NOT PERMITTED IN THE FACILITY.

CLASSIFICATION: Senior Championship meet in prelims/finals format with qualifying time standards as listed on the order of events.

ELIGIBILITY: Any **NCS** registered swimmer who has achieved the time standard in any event is eligible to compete in that event. Bonus swims are not offered at this meet.

INDIVIDUAL ENTRIES: A swimmer may enter a maximum of three (3) events per day with a total entry of seven (7) events for the meet.

RELAY ENTRIES: Clubs may enter a maximum of two relays per event. If there are two entries, they will be designated A and B.

Swimmers designated as 'relay only' in the OME may ONLY swim relays. All relay swimmers, including alternates, must be listed on the Meet Entry Form and must pay the \$2.00 NCS surcharge.

Relay only swimmers may not swim time trials.

Any relay that does not have at least one swimmer in an individual event will be disqualified.

All relay events will be swum as timed final events. Relays will be swum during the evening finals session on Thursday and Friday. Teams have a choice of AM or PM on Sunday.

Relay cards are due to the admin referee at the beginning of finals on the night they will be swum. Relay cards for the Sunday AM relays are due to the admin referee by 10:00 AM Sunday.

All relays will be swum slowest to fastest, all women, then all men.

There will be a 10 minute break prior to the start of relay events

ENTRIES/PROOF OF TIME/ENTRY DEADLINE: The OME system will be used for on-time entries, including relays. OME will close Monday at noon of the week that the meet is scheduled to begin. OME will open on the Monday four (4) weeks before the meet starts. If a time override is used in OME, proof must be submitted to the Meet Director by the beginning of warm-ups on the first day of the meet or the entry will be invalid. Proof of time consists of a copy of the final meet results proving the entry time from a USA sanctioned or observed meet, including sanction numbers, date and location. Hy-Tek Team Manager results will not be accepted as proof. Prior to the deadline, proof of time may be faxed to 704-334-2145. Each fax will be followed by e-mail confirmation for receipt of proof.

Payment can be made by check payable to: New South Swimming.

Questions or problems with OME should be directed to USA Swimming, Susan Woessner swoessner@usaswimming.org

ENTRIES WILL ONLY BE ACCEPTED FROM OME. NO LATE ENTRIES WILL BE ACCEPTED.

SCHEDULE:

Warm-ups:

Thursday Preliminaries –	4:00 – 5:20 PM
Friday, Saturday and Sunday Preliminaries –	7:00 – 8:50 AM
Friday and Saturday Finals –	4:30 – 5:50 PM
Sunday Finals –	4:00 – 5:20 PM

Meet:

Thursday Finals –	5:30 PM
Friday, Saturday and Sunday Preliminaries –	9:00 AM
Friday and Saturday Finals –	6:00 PM
Sunday Finals –	5:30 PM

RULES:

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, NCS Official Handbook and the NCS Safety Program.

Order of Events

Thursday, July 23, 2009. Timed Finals start at 5 PM

Women	SCY	LCM	Event	LCM	SCY	Men
1	11:37.29	10:20.99	800 Meter Freestyle	10:04.99	11:14.49	2
			10-minute break			
3	NQT	NQT	*800 Meter Freestyle Relay	NQT	NQT	4

Friday, July 24, 2009. Prelims start at 9 AM, Finals start at 6 PM

5	2:03.29	2:19.39	200 Meter Freestyle	2:10.69	1:54.29	6
7	1:14.79	1:25.99	100 Meter Breaststroke	1:20.19	1:09.29	8
9	1:05.39	1:13.49	100 Meter Butterfly	1:09.39	1:01.39	10
11	4:55.89	5:34.39	400 Meter IM	5:29.19	4:46.39	12
			10-minute break			
13	NQT	NQT	*400 Meter Free Relay	NQT	NQT	14

Saturday, July 25, 2009. Prelims start at 9 AM, Finals start at 6 PM

15	2:22.39	2:39.99	200 Meter Butterfly	2:36.79	2:16.39	16
17	26.39	29.99	50 Meter Freestyle	27.99	24.29	18
19	2:40.99	3:02.99	200 Meter Breaststroke	2:52.99	2:29.79	20
21	1:05.09	1:13.59	100 Meter Backstroke	1:10.29	1:01.09	22
23	5:26.99	4:51.99	500 Meter Freestyle	4:32.39	5:07.59	24

Sunday, July 26, 2009. Prelims start at 9 AM, Finals start at 5:30 PM

25	56.99	1:04.79	100 Meter Freestyle	1:00.19	52.29	26
27	19:21.69	20:15.69	1500 Meter Freestyle			
29	2:21.39	2:39.79	200 Meter Backstroke	2:33.69	2:13.69	28
			1500 Meter Freestyle	19:32.19	18:50.29	30
31	2:18.89	2:37.89	200 Meter IM	2:29.69	2:09.49	32
			10-minute break			
33	NQT	NQT	**400 Meter Medley Relay	NQT	NQT	34

* Relays swum in finals

** Relays swum in prelims or finals according to team preference