



**2010 HIGH POINT SWIM CLUB  
TAR HEEL STATES INVITATIONAL "WEST"  
July 30 – August 1, 2010**

- SANCTION:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction #
- HOST:** High Point Swim Club, Inc. and the High Point Parks and Recreation Department
- LOCATION:** City Lake Park, 602 W. Main Street, Jamestown, NC 27282
- 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
- RULES:** This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, and the current North Carolina Swimming Rules and Regulations, and the current North Carolina Swimming Safety Program. These rules will serve as the official guide for technical and procedural rules, except wherein are optional and exceptions are herein stated.
- CLASSIFICATION:** This meet is an Age Group/Senior Meet.
- FORMAT:**
- (1) All 10 & Under and 11-12 events, the Senior 400 IM, 400 Free, 800 Free, and all relay events are timed final events.
  - (2) All other Senior/13-14 events will be conducted on a preliminary/finals basis. These events will be swum with 13-14 and Senior swimmers seeded together in prelims. At finals, we will swim an A final for Seniors followed by an A final for 13-14s. Positive check-in will be required for prelims of the 400 IM, 400 Free, 1500 Free and all relay events. Swimmers participating in the 400 Free or 1500 Free must provide their own timer and person to count lengths.
- SCHEDULE:**
- |           |                           |                       |
|-----------|---------------------------|-----------------------|
| FRIDAY:   | Warm-ups:                 | 3:30PM                |
|           | Timed Finals:             | 4:30PM                |
| SATURDAY: | 13 & Over Warm-ups:       | 7:00AM                |
|           | 13 & Over Preliminaries:  | 8:00AM                |
|           | 12 & Under Warm-ups:      | Not before 12:00 NOON |
|           | 12 & Under Timed Finals:  | Not before 1:00 PM    |
|           | 13 & Over Finals Warm-up: | 5:00 PM               |
|           | 13 & Over Finals:         | 6:00 PM               |
| SUNDAY:   | 13 & Over Warm-ups:       | 7:00AM                |

13 & Over Preliminaries:	8:00AM
12 & Under Warm-ups:	Not before 12:00 NOON
12 & Under Timed Finals:	Not before 1:00 PM
13 & Over Finals Warm-up:	4:30 PM
13 & Over Finals:	5:30 PM

Once entries have been received, a timeline with estimated start times for afternoon warm-ups will be published.

**ELIGIBILITY:**

Current USA Swimming Registration is required for all swimmers. All swimmers entered will be checked against current LSC registration. This meet is open to swimmers who have met the following qualifying standards:

**10 & Under, 11-12, and 13-14 Age Groups**

Participants in these age groups may enter any event regardless of time.

**Senior Age Group**

Swimmers of any age may swim in the Senior age group regardless of time but cannot exceed the per day or per meet entry limits.

**ENTRIES:**

Please email entries using Hy-Tek Team Manager. Entries may be sent via email and must include a Hy-Tek compatible entry file, team entry report and financial report. **Please note the following entry rules will be strictly enforced by the Meet Directors:**

- (1) Payment must be received by the entry deadline in order to be seeded into the heat sheet.
- (2) Please list the swimmer's age as of July 30, 2010
- (3) There may be on-deck event entries taken at this meet at the discretion of the meet director, but in open lanes only, with double fees paid at time of entry. All deck-entered swimmers must be USA Swimming athlete members. Please bring proof of registration.

**ENTRY LIMITS:**

Meet:

The meet may be limited to the first 600 swimmers to submit their entries. Teams are encouraged to submit their entries early.

Individuals:

10 & Under swimmers are limited to 9 (nine) events for the meet and no more than 5 (five) events per day.

11-12, 13-14, and Senior swimmers are limited to 9 (nine) events for the meet and no more than 3 (three) events per day.

Relay: Each club may enter up to two relay teams per relay event.

**ENTRY DEADLINE:**

Entries must be received by 7:00 p.m., Tuesday, July 20, 2010. No telephone entries will be accepted.

Double entry fees will be charged for late entries, if accepted. A late entry is any entry received on or after 7:00pm on Tuesday, July 20, 2010. All fees are non-refundable. **A check made payable to the "High Point Swim Club" must be received by the entry deadline. If payment is not received by the entry deadline, those entries will not be seeded into the psych sheet.**

A psych sheet will be posted to [www.polarbearswim.org](http://www.polarbearswim.org) by Thursday, July 22.

**CHECK-IN PROCEDURES:**

A positive check-in will be required for the following deck seeded events.

- 1) Senior 400 IM and 400 Free: by 3:45pm Friday
- 2) 11-12 and 10 & Under 200 IM: by 3:45pm Friday

2) Senior 800 and 1500 Free: by 9:00am Sunday

The above events will be deck-seeded and swum as timed finals. Swimmers who fail to check in will not be permitted to swim and entry fees will not be refunded

**SEEDING:**

**800 Free**

The Senior 800 Free will be swum fastest to slowest alternating women and men with all heats being swum during the Sunday morning session. There will be a 10-minute break between the end of the Senior Men's Medley Relay on Sunday morning and the start of the distance events.

**400 IM & 400 Free**

The Senior 400 IM and 400 Free will be swum as timed final events (3 fastest women's heats slowest to fastest, then 3 fastest men's heats going slowest to fastest, then alternating women and men fastest to slowest). Meet Management reserves the right to combine heats (men and women). Meet management reserves the right to limit the 400 IM and 400 Free to the fastest 3, 4, or 5 heats depending on time limitations.

**Relays**

Relays will be swum as Timed Finals and will require positive check-in. Only swimmers listed on the entry form may swim on relays. Relay-only swimmers should be designated as such and must pay the \$2.00 NCS travel fee. Relay-only swimmers will be exempt from the facility fee. All relays on Saturday will be swum in the finals session. All relays on Sunday will be swum in the morning session.

**SCRATCH RULE:**

The NCS Scratch Rule will be in effect during the conduct of this meet for finals and deck seeded events (see attachment). Scratches from finals must be given to the Clerk of Course who will maintain the meet scratch book. Preliminary results will be posted around the facility and are for information only. Swimmers should check for scratches and listen to announcements. Coaches are asked to have alternates ready to swim. Alternates must identify themselves to the meet referee prior to the event.

**SCORING:**

Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Relay events receive double these point values.

**AWARDS:**

Individual Events: Ribbons 1st-8th Place  
Relays: Ribbons 1<sup>st</sup>-3<sup>rd</sup> Place  
High point awards will be given to the winner in each age group.

**MEET  
MANAGEMENT:**

Director: Stuart Nunn  
Meet Referee: Skip Queen  
Meet Marshall: Dick Cottam

**MEETINGS:**

**Coaches:**

There will be a coaches meeting Friday, July 30<sup>TH</sup> at 3:15 pm and as announced thereafter by the Meet Referee. **Coaches will be required to have their current USA Swimming card visible at all times while on deck.**

**Officials:**

There will be an officials' meeting, Friday, July 30<sup>TH</sup> at 3:45 and 30 minutes prior to the start of each of the other sessions. **Officials will be required to have their current USA Swimming card visible at all times while on deck.**

**HOSPITALITY:**

There will be a hospitality area available to all coaches, officials and meet volunteers.

**WARM-UP:**

Warm-ups will be held in accordance with the NCS Safety Program. Warm-up may be split into two sessions if meet management deems it necessary based on the number of entries. If the warm up is split, teams will be notified via e-mail by Tuesday, July 27<sup>th</sup>.

**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. Coaches must carry their coach certification cards at all times when on the pool deck and must hold current certifications and registration with USA Swimming.

**VOLUNTEERS:** Volunteer timers and officials are welcomed. Officials wishing to work at the meet please contact meet management. **Swimmers in the 400 Free and 800 Free must provide their own timers and lap counters.**

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., THE NORTH CAROLINA AQUATIC CLUB, 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.

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July 30 – August 1, 2010

ORDER OF EVENTS

Session 1- Senior and Age Group Timed Finals

Friday, July 30, 2010

Warm-up: 3:30 PM

Timed Finals: 4:30 PM

Girls		Boys
Event #	EVENT	Event #
1	Senior 400m IM <sup>1</sup>	2
3	11-12 200m IM <sup>2</sup>	4
5	10 & Under 200m IM <sup>2</sup>	6
7	Senior 400m Free <sup>3</sup>	8

<sup>1</sup> The 400 IM will be deck-seeded swum 3 heats of girls, 3 heats of boys then alternating girl, boy.

<sup>2</sup>The 11-12 and 10 & Under 200 IM will be deck-seeded and require positive check-in. Heats may be combined to save time.

<sup>3</sup> The Senior 400m Free will be deck-seeded swum 3 heats of girls, 3 heats of boys then alternating girl, boy.

Session 2 – Senior Prelims

Saturday, July 31, 2010

Warm-up: 8:00 AM

Prelims Begin: 9:00 AM

Girls		Boys
Event #	EVENT	Event #
9	Senior & 13-14 200m Fly	10
11	Senior & 13-14 100m Free	12
13	Senior & 13-14 100m Breast	14
15	Senior & 13-14 200m Back	16
17	Senior & 13-14 200m IM	18

Session 3 – 12 & Under Timed Finals

Saturday, July 31, 2010

Warmup: Not before 12:00 PM

Timed Finals Begin: Not before 1:00 PM

Girls		Boys
Event #	EVENT	Event #
21	11-12 50m Fly	22
23	10 & U 50m Fly	24
25	11-12 200m Free	26
27	10 & U 200m Free	28
29	11-12 50m Back	30
31	10 & U 50m Back	32
33	11-12 100m Breast	34
35	10 & U 100m Breast	36
37	11-12 200m Free Relay	38
39	10 & U 200m Free Relay	40

Session 4 – Senior & 13-14 Finals

Saturday, July 31, 2010

Warm-up: 5:00 PM

Finals Begin: 6:00 PM

Girls		Boys
Event #	EVENT	Event #
9	Senior & 13-14 200m Fly	10
11	Senior & 13-14 100m Free	12
13	Senior & 13-14 100m Breast	14
15	Senior & 13-14 200m Back	16
17	Senior & 13-14 200m IM	18
19	Senior & 13-14 200m Free Relay	20

Session 5 – Senior & 13-14 Prelims

Sunday, August 1, 2010

Warm-up: 7:00 AM

Prelims Begin: 8:00 AM

Girls		Boys
Event #	EVENT	Event #
41	Senior & 13-14 200m Breast	42
43	Senior & 13-14 50m Free	44
45	Senior & 13-14 100m Back	46
47	Senior & 13-14 200m Free	48
49	Senior & 13-14 100m Fly	50
51	Senior 200 Medley Relay	52
53	Senior 800 Free <sup>3</sup>	54

<sup>3</sup> The 800m Free will be swum fastest to slowest, alternating genders. These events may be limited to the fastest 3, 4, or 5 heats dependent on what the timeline will allow.

Session 6 – Age Group Timed Finals

Sunday, August 1, 2010

Warm-up: Not before 12:00 NOON

Timed Finals Begin: Not before 1:00 PM

Girls		Boys
Event #	EVENT	Event #
55	11-12 50m Breast	56
57	10 & U 50m Breast	58
59	11-12 50m Free	60
61	10 & U 50m Free	62
63	11-12 100m Back	64
65	10 & U 100m Back	66
67	11-12 100m Free	68
69	10 & U 100m Free	70
71	11-12 100m Fly	72
73	10 & U 100m Fly	74
75	11-12 200m Med. Relay	76
77	10 & U 200m Med. Relay	78

Session 7 – Senior & 13-14 Finals

Sunday, August 1, 2010

Warm-up: 4:30 PM

Finals Begin: 5:30 PM

Girls		Boys
Event #	EVENT	Event #
41	Senior & 13-14 200m Breast	42
43	Senior & 13-14 50m Free	44
45	Senior & 13-14 100m Back	46
47	Senior & 13-14 200m Free	48
49	Senior & 13-14 100m Fly	50