



WOW “COMMOTION AT THE OCEAN” MEET 2011
Friday, September 30, 2011 – Sunday, October 2, 2011
UNC-Wilmington
Wilmington, NC

- Sanction:** Held under the sanction of USA Swimming, Inc. issued by North Carolina Swimming, Inc. Sanction #
- Host:** Waves of Wilmington Swim Team
- Site Info:** UNCW Natatorium, Wilmington, NC
The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. The competition pool is an 8-lane 25-yard pool with non turbulent lane lines (7 ft. width), Colorado electric timing, scoreboard, and fixed starting blocks. There is an additional 5-lane 20-yard pool for continuous warm up and warm down
- Classification:** Age Group and Senior Events. All senior events 200 yards and longer require a 13-14 “BB” time. All 12 & Under events 200 yards and longer require the 10 & Under “B” time. All sessions are timed final events.
- Eligibility:** All swimmers competing in the Age Group sessions must be currently registered with USA Swimming.
Waves of Wilmington, Inc. welcomes all swimmers with disabilities as described in the USA Swimming Technical Rules, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice to the meet director by the entry deadline accompanying their meet entry file, including the names of any personal assistants required and/or registered service animals. Failure to provide advance notice may limit WOW’s ability to accommodate all requests.
- Entry Limit:** Senior swimmers may enter 3 individual events per day. 12 & Under swimmers may enter up to 4 individual events per day.
- The 400 IM and 500 Free will be positive check-in events limited to the top 32 swimmers for both women and men.
- The 1000 Free will be a positive check in event limited to the top 24 swimmers for both women and men.
- These events will be swum fastest to slowest alternating women and men.

The referee will have the authority to combine the slowest two heats if possible.

Time Schedule:

Seniors:

Friday Warm-ups: 4:00pm / Timed Finals begin at 5:00pm

Saturday Warm-ups: 6:00am / Timed Finals begin at 7:15am

Sunday Warm-ups: 7:00am / Timed Finals begin at 8:15am

12 & Unders:

Saturday Warmups: 11am / Timed Finals begin at 12noon

Sunday Warmups: 12noon / Timed Finals begin at 1pm

*Sat: Facility must be clear at 4pm, based on Senior timeline, Sr session times could change.

Coaches Meeting: Friday at 4:45pm at the Starter's Table.

Officials Meeting: 30 minutes prior to the start of each session at the Starter's Table



Hotel & Chaperone TBA

ORDER OF EVENTS
Senior Sessions

Friday, September 30, 2011
WARM UP 4:00 PM START 5:00 PM

Women		Men
1	50 Freestyle	2
3	100 Breaststroke	4
5	200 Freestyle	6
7	400 Individual Medley	8

Saturday, October 1, 2011
WARM UP 6:00AM / START 7:15AM

Women		Men
9	100 Freestyle	10
11	200 Breaststroke	12
13	100 Butterfly	14
15	200 Backstroke	16
17	500 Freestyle	18

Sunday, October 2, 2011
WARM UP 7:00AM/ START 8:15AM

Women		Men
43	100 Backstroke	44
45	200 Butterfly	46
47	200 Individual Medley	48
49	1000 Freestyle	50

ORDER OF EVENTS
12 & Under Sessions

Saturday October 1, 2011
WARM UP: 11am, Meet Start: 12noon

Women		Men
19	11-12 100 Free	20
21	10 & Under 100 Free	22
23	8 & Under 25 Free	24
25	11-12 50 Breaststroke	26
27	10 & Under 50 Breaststroke	28
29	11-12 100 Butterfly	30
31	10 & Under 100 Butterfly	32
33	8 & Under 25 Butterfly	34
35	11-12 50 Backstroke	36
37	10 & Under 50 Backstroke	38
39	11-12 200 Free	40
41	10 & Under 200 Free	42

Sunday, October 2, 2011
WARM UP: not before 12:00pm START: 1 hour after Warm Up Start

Women		Men
51	11-12 50 Butterfly	52
53	10 & Under 50 Butterfly	54
55	11-12 100 Breaststroke	56
57	10 & Under 100 Breaststroke	58
59	8 & Under 25 Breaststroke	60
61	11-12 50 Free	62
63	10 & Under 50 Free	64
65	11-12 100 Backstroke	66
67	10 & Under 100 Backstroke	68
69	8 & Under 25 Backstroke	70
71	12 & Under 200IM	72
73	10 & Under 100IM	74

