



**Star Aquatics "Fall Splash-N-Dash" Invitational**  
October 24-25, 2009

The meet will be conducted under the auspices of North Carolina Swimming, Inc. & USA Swimming, the rules of which will apply.

- SANCTION #:** NC09090
- HOST CLUB:** STAR Aquatics, LLC – 10% of the profit from this meet will be donated to The Humane Society
- LOCATION:** Gateway YWCA of Winston Salem  
1300 South Main Street  
Winston Salem, NC 27127
- VENUE:** The YWCA Gateway Facility, Winston-Salem, N.C. A 8 Lane, 25 Yd pool with a depth of 6 feet on the starting end and a lane width of 6 feet. Pool has non-turbulent lane lines, Colorado Timing System with 8 lane scoreboard display and custom starting blocks. There is a two lane warm-up/cool down pool that will be available
- RULES:** The meet will be conducted in accordance with current USA Swimming Code and the NCS Official Handbook and NCS Safety Program, except where rules therein are optional and exceptions must be stated.
- ELIGIBILITY:** All swimmers must be currently registered 2009 athlete members of USA Swimming and all coaches who wish to have deck access must be currently registered 2009 non-athlete coach members of USA-S
- SCHEDULE:** October 24th                      **12 & Under Timed Final Sessions:**
- |             |              |                       |
|-------------|--------------|-----------------------|
| BB+ Session | Warm-up:     | 7:00 AM               |
|             | Competition: | 8:00 AM               |
| B/C Session | Warm-up:     | Not before 12:00 Noon |
|             | Competition: | Begins one hour later |
- SCHEDULE:** October 25th                      **Senior TIMED FINAL Sessions:**
- |                |              |                       |
|----------------|--------------|-----------------------|
| Senior Circuit | Warm-up:     | 7:00 AM               |
|                | Competition: | 8:00 AM               |
| Sr. Dev.       | Warm-up:     | Not before 12:00 Noon |
|                | Competition: | Begins one hour later |
- SEEDING:** All events 200 yards will be pre-seeded.
- ENTRY LIMITS:** Swimmers may enter up to five (5) events per day, exclusive of relays. Meet management reserves the right to limit and/or eliminate relays and/or limit heats in any event to run the meet within the time allocated.

**Please note that the following entry guidelines will be strictly enforced by the meet director:**

- 1. Payment must be attached with all entries.**
- 2. There may be on-deck entries taken at this meet, but in open lanes only, with double fees paid at the time of entry. All deck entered swimmers must be USA swimming athlete members and already entered in the meet.**
- 3. Entries are welcome on disk which must be compatible with Hy-tek's Meet Manager program and accompanied by hard copy documentation.**

**ENTRY DEADLINE:** **Tuesday, October 13, 2009.** Entries will be accepted up to midnight on Tuesday, October 13, 2009.

**AWARDS:** Individual Events 1<sup>st</sup>- 8<sup>th</sup> Place Ribbons  
Relays 1<sup>st</sup>-3<sup>rd</sup> Ribbons  
Swimmers will be awarded in the following age groups: Saturday - 10 & Under and 11-12/ Sunday - 14 & Under And 15 & Over.  
Heat winner prizes will be awarded throughout the meet.

**WARM-UP RULES:** Specific warm-ups will be held in accordance with the NCS safety program. Lane assignments for warm-ups will be available in the coaches' packets. A current coach's card will be required to obtain the packet and must be with the coach at all times on deck. Please begin warm-up procedures at the starting end of the pool only. Diving will not be allowed until specific warm-up period is announced. Specific warm-up times and procedures will be emailed prior to the meet and also detailed in the coaches' packet.

**SAFETY:** The NCS Safety Program is in effect for this meet. Coaches are required to closely supervise their swimmers at ALL times. All teams are expected to have at least one (1) certified coach on deck to monitor their swimmers. Each coach is responsible for monitoring his/her team's activities in this area. NO running or horseplay will be tolerated.

**COACHES MEETING:** There will be a coaches meeting at 7:50 in hospitality. 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:** There will be an officials meeting at 7:30am on Saturday and 30 minutes prior to the start of the other sessions as needed. Star Aquatics welcomes and encourages the participation of visiting officials. All officials must wear current USA membership card while on deck.

**RULES / OTHER:** All swimmers entering relays must be listed on the entry sheets. Relays will be seeded and posted along with the individual events. Relay cards with the names and order of the relay team are to be delivered to the computer desk before the start of the session.

**FACILITY RULES:** Coolers are not allowed in the facility. This will be strictly enforced by facility management.

No personal items should be left in the spectator area overnight (or when not in use). Anything left will be removed and placed in lost and found.

Release Statement: USA Swimming Inc. North Carolina Swimming Inc., Star Aquatics LLC, Gateway YWCA 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.

Signature on the entry summary and subsequent entry into this meet constitutes understanding and acceptance of the above release.

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ORDER OF EVENTS

**Saturday, October 24th, 2009**

***12 & Under "BB" Session***

Warm-ups 7:00-7:50AM/Meet starts at 8:00AM

GIRLS	EVENTS	BOYS
1	12 & under 100 IM	2
3	12 & Under 50 Freestyle	4
5	12 & under 100 Free	6
7	12 & Under 50 Breaststroke	8
9	12 & Under 100 Breaststroke	10
11	12 & Under 50 Butterfly	12
13	12 & Under 100 Butterfly	14
15	12 & Under 50 Backstroke	16
17	12 & Under 100 Backstroke	18
	***10 minutes break if needed***	
19	10 & Under 200 Free Relay	20
21	11-12 200 Free Relay	22

**Saturday, October 24th, 2009**

***12 & Under B/C Session***

Warm-ups: Not before 12:00 Noon/Meet starts 1 hour later

Girls	Events	Boys
23	12 & under 100 IM	24
25	12 & Under 50 Freestyle	26
27	12 & under 100 Free	28
29	12 & Under 50 Breaststroke	30
31	12 & Under 100 Breaststroke	32
33	12 & Under 50 Butterfly	34
35	12 & Under 100 Butterfly	36
37	12 & Under 50 Backstroke	38
39	12 & Under 100 Backstroke	40
	***10 minutes break if needed***	
41	10 & Under 200 Free Relay	42
43	11-12 200 Free Relay	44

**Sunday, October 25th, 2009**

**Senior Circuit Session**

Warm-ups 7:00-7:50AM/Meet starts at 8:00AM

Girls	Events	Boys
45	Senior 100 Freestyle	46
47	Senior 200 Butterfly	48
49	Senior 100 Backstroke	50
51	Senior 200 Breaststroke	52
53	Senior 50 Freestyle	54
55	Senior 100 Butterfly	56
57	Senior 200 Backstroke	58
59	Senior 100 Breaststroke	60
61	Senior 200 Freestyle	62
63	Senior 200 IM	64
	***10 minutes break if needed***	
65	Senior 200 Free Relay	66

**Sunday, October 25th, 2009**

**Senior Development Session**

Warm-ups: Not before 12:00 Noon/Meet starts 1 hour later

67	Senior 100 Freestyle	68
69	Senior 200 Butterfly	70
71	Senior 100 Backstroke	72
73	Senior 200 Breaststroke	74
75	Senior 50 Freestyle	76
77	Senior 100 Butterfly	78
79	Senior 200 Backstroke	80
81	Senior 100 Breaststroke	82
83	Senior 200 Freestyle	84
85	Senior 200 IM	86
	***10 minutes break if needed***	
87	Senior 200 Free Relay	88