



HPSC vs. SSS
Sponsored by:
VAN YORK AUTO GROUP of HIGH POINT
hosted by
HIGH POINT SWIM CLUB
November 14th, 2009

- SITE:** High Point Swim Club "IGLOO"
- SANCTION:** Conducted Under sanction of USA Swimming Inc., issued by North Carolina Swimming Inc. NCS Sanction #.
- CLASSIFICATION:** Open as defined in the NCS handbook.
- FACILITY:** High Point Swim Club is a 5 lane, 7ft wide, 25 meter facility with non-turbulent lanes. It is 10 feet deep at the start the start end. **NO DIVING FROM THE SHALLOW END OF THE POOL.** All blocks are installed in the deep end of the pool. Timing system used will be Colorado 6 with buttons used for finish.
NOTE: NO FOOD OR DRINK ALLOWED ON DECK. HOWEVER SWIMMERS MAY HAVE A PLASTIC BOTTLE FOR WATER OR OTHER SPORTS BEVERAGE.
- CONCESSION:** Provided by the High Point Swim Club
- PARKING:** Park in the main lot at the front of the Igloo. Enter the building at main entrance only.
- RULES:** Unless otherwise specified, the meet will be conducted in accordance with the current USA Swimming code and the NCS official handbook and the NCS safety program.
- ELIGIBILITY:** All swimmers must be registered with HPSC, SSS and USA SWIMMING, Inc.
- ENTRIES:** Complete the summary sheet and attached entry forms or computer generated forms, showing age as of November 14th, 2009.

Swimmers may enter 5 individual events per day. This meet will be limited to the first 100 SWIMMERS PER SESSION entered. You will be notified if the meet is closed.

NOTE: The sessions will be modified as needed to accommodate the 4-hour rule.

ENTRY DEADLINE: The entry deadline is 5PM Tuesday, November 2nd, 2009.

AWARDS: Ribbons 1st - 8th place for individual events. Events will be awarded as 8&Under, 9/10, 11/12, 13/14 and 15&Over.

Coaches Meeting There will be a coaches meeting on Saturday Morning in Hospitality beginning at 9:45 AM. 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 in Hospitality on Saturday morning beginning at 9:45 AM.

SAFETY: The NCS Safety program is in effect for this meet. Coaches are reminded to closely supervise their swimmers at all times. Failure to comply with safety requests can result in expulsion from the meet.

WARM-UPS: Saturday Warm Up

- AM session - warm-ups starting at 10:00, timed finals start 30 minutes later.

Teams will be assigned lanes for warm and will be notified by email and postings at the pool of lane assignments. Each team will be allowed to run warm up as they wish in their assigned lanes. Warm up must be monitored closely by certified coaches and the NCS warm up guidelines must be followed. Diving will happen from the 50 start end of the pool for all sessions. Diving will not be allowed for any lane during the first ½ of the warm up session.

HPSC vs. SSS Order of Events

Saturday Morning – Warm-ups 10:00 AM Timed finals 10:30 AM

Women			<i>Men</i>
1	<i>8 & U</i>	<i>100 Free Relay</i>	2
3	10 & U	200 Fr-Relay	4
5	<i>11-12</i>	200 Fr-Relay	6
7	13-14	200 Fr-Relay	8
9	<i>Senior</i>	200 Fr-Relay	10
11	<i>8 & U</i>	25 Fly	12
13	10 & U	50 Fly	14
15	<i>11-12</i>	<i>50 Fly</i>	16
17	13-14	50 Fly	18
19	<i>Senior</i>	100 Fly	20
21	<i>8 & U</i>	25 Free	22
23	10 & U	50 Free	24
25	<i>11-12</i>	50 Free	26
27	13-14	50 Free	28
29	<i>Senior</i>	100 Free	30
31	<i>8 & U</i>	25 Back	32
33	10 & U	50 Back	34
35	<i>11-12</i>	50 Back	36
37	13-14	50 Back	38
39	<i>Senior</i>	100 Back	40
41	<i>8 & U</i>	25 Breast	42

43	10 & U	50 Breast	44
45	11-12	50 Breast	46
47	13-14	50 Breast	48
49	<i>Senior</i>	100 Breast	50
51	8 & U	100 IM	52
53	10 & U	200 IM	54
55	11-12	200 IM	56
57	13-O	200 IM	58