

**21<sup>st</sup> ANNUAL  
Furniture City Long Course Invitational**

Sponsored by  **TYR** Always in front. and **VALSPAR**

**“A” Meet with “BB & Below” Bonus Afternoon Sessions**

**High Point City Lake Park Pool  
High Point, North Carolina  
June 12-14, 2009**

- Sanction:** Conducted under sanction of USA-Swimming, Inc. issued by North Carolina Swimming, Inc. Sanction Number:NC09062
- Sponsor:** High Point Swim Club, Inc. and the High Point Parks and Recreation Department
- 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.
- Hotel Info:** See latest information and links for new local hotels on [www.polarbears swim.org](http://www.polarbears swim.org).
- Timing:** **Meet Management Provided by Sports Timing & Software, Inc.**  
[www.sportstiming.com](http://www.sportstiming.com). Computerized results will be posted in the gymnasium and on line at [www.polarbears swim.org](http://www.polarbears swim.org) under real time results.
- Rules:** This meet will be conducted under the 2009 USA Swimming Rules and Regulations and the North Carolina Swimming Handbook except as noted herein. The NCS scratch rule will be in effect. The scratch rule is attached. *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.*
- Eligibility:** All swimmers must be currently USA Swimming registered.
- Classification:** The prelim/finals sessions are limited to those swimmer's that have achieved two (2) "A" times in their respective age group in two (2) different strokes (Free, Fly, Back, Breast, IM or Distance event longer than 400M). Afternoon sessions are open to all registered swimmers not qualified for the prelim/finals "A" sessions.
- Format:** All "A" meet events will be swum as prelims and finals with exception of SUNDAY events and as noted below. For prelims, all ages will be combined into one single event. The evening championships will swim by respective age groups: one heat of 10 –Under, 11-12, 13-14, 15-Over in event order with exceptions as noted. There will also be a non-scoring bonus final for the 9<sup>th</sup> through 16<sup>th</sup> preliminary swimmers for 15-Overs.
- All 200, 400 Events: 400 individual events will be deck seeded. 200 M events may be deck seeded at the discretion of meet management due to session length. Check-in for each event will close at the end of warm-ups for the session of the event. Swimmers not properly checked in will be scratched from that event. **For morning 400 M "A" meet events, the minimum time standard is the NAG "A" time for all age groups. High**

**Point Swim Club reserves the right to add up to 8 exhibition swimmers to events 400 and longer, provided they will not put the session length over the 4 hours.**

**400 IM (Include Proof of Time for "A" meet entries)**

- Scored as three age groups for the morning A session: 11-12 Timed Final 13-14 and 15-Over Prelim/Final.
- Limited to fastest 24 seeded swimmers per sex per age group (14-Under and 15-Over for morning A session and 13/14 and 15-Over for afternoon BB session).
- Swum fastest to slowest by age group during prelims or afternoon timed finals

**400 Free (Include Proof of Time for "A" meet entries)**

- Limited to fastest 24 seeded swimmers per sex per age group (12-Under, 13-14, and 15-Over for both sessions). For the morning A session, 12-under will be swum as timed finals and 13-Over as prelim/finals. All age groups for the afternoon BB session will swim together, but scored separately as timed finals.
- Swum fastest to slowest by age group during prelims or afternoon timed finals
- For the A session, 12-Under timed finals the fastest heat per sex will swim during evening finals

**200 Butterfly, Breaststroke, and Backstroke**

- Will be contested in three age groups: 11-12, 13-14 and 15-Over.
- The 11-12 events will be swum in the prelim sessions only and contested as timed final. The 13-14 and 15 and Over will be swum as prelim final with the top 8 13-14 and top 16 15 and Over swimming at finals.
- **All afternoon "BB and Below" events will be swum as Timed finals.**

**Entry Limit:** "A" meet swimmers competing in prelim/finals events may enter 3 events per day. Swimmers entered in the "BB and Below" afternoon sessions may enter 4 events per day.

**Entries:** **Entries submitted in Hy-Tek Team Manager format require no hard copy entry forms.** The summary sheet included here may be used as needed to calculate required fees. Email is preferred for electronic entries, but disks are also acceptable and fees must be received by the entry deadline. Submit Long Course Times Only. Show swimmer's age as of June 12, 2009. Late entries will be accepted at the discretion of the meet director. We reserve the right to refuse late entries. Late entries will be charged double entry fees. We reserve the right to limit the meet to 300 properly registered swimmers for the morning session and 250 registered swimmers for the afternoon sessions in order to maintain session start times. You will be immediately notified if your entries are not accepted.

**Entry Deadline:** Tuesday, June 2, 2009 at 8:00 PM.

<b>Fees:</b>	Individual events	"A" Sessions	\$3.50 per event
		"BB" Sessions	\$2.50 per event
	Relay events		\$8.00 per relay
	Facility Surcharge		\$8.00 per swimmer
	Travel Fund Surcharge		\$2.00 per swimmer

Make check payable to **HIGH POINT SWIM CLUB**. Fees must accompany your entries and are not refundable. Send a self-addressed, stamped post card with your entries, and we will confirm receipt.

**Send entries to:** Aaron Reeves  
3206 Quail Run Dr  
High Point NC, 27265  
Email: [hpscentries@sportstiming.com](mailto:hpscentries@sportstiming.com)

- Scoring:** Only "A" meet events will be scored.  
Individual events score 9-7-6-5-4-3-2-1.  
Relay events score 18-14-12-10-8-6-4-2.
- Awards:** Team awards for first three places and high point awards per age group will be awarded for "A" meet events only. Individual awards 1<sup>st</sup> through 8<sup>th</sup> will be awarded for each age group (10-Under, 11-12, 13-14, 15 & Over) except for those exceptions listed above for all sessions.
- Safety:** The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No running or horse play will be tolerated.
- Warm-ups:**
- |                  |  |
|------------------|--|
| First 30 minutes | general warm-up. NO DIVING, all lanes.               |
| Last 25 minutes  | Lanes 1 & 8 Pace work, No diving                     |
|                  | Lanes 2, 3, 6, & 7 Competition starts, one-way swims |
|                  | Lanes 4 & 5 General warm-up, no diving               |

The contiguous short course pool will be open for general warm-up throughout the meet with NO DIVING. These procedures may be modified at the discretion of the meet director/referees to accommodate specific situations.

- Schedule:** Morning warm-ups begin at 7:00 AM. Prelims start at 8:15 A.M. Afternoon warm-ups begin no earlier than 12:00 with competition 60 minutes later. Evening championships warm-ups will be 5:00 P.M. and start competition at 6:00 P.M. on Friday and Saturday. Out of State teams may practice Thursday evening from 6:45 PM until 8:00 PM but **must** call HPSC for arrangements.

**Coaches and Officials Meeting:** There will be a coaches meeting on Friday June 20<sup>th</sup> beginning at 6:50 AM in the Hospitality area. Officials will meet 30 minutes prior to each session in the Hospitality area.

- Meet Officials:**
- |                   |                                     |                    |
|-------------------|-------------------------------------|--------------------|
| Meet Co-Directors | Brad Procton- non-entry questions   | (H) (336) 889-3682 |
|                   | Billy Culbertson- entry questions - | (M) (843) 628-5486 |
| Meet Referee      | Gene Ashcraft                       |                    |
| Meet Marshall     | Christine Milkosky                  |                    |
| Other Questions   | Coach Aaron Reeves                  | (336) 887-4772     |

Please provide names and phone numbers of certified officials who may be willing to work at this meet. We also appreciate volunteer timers.

- Hospitality:** Our club takes great pride in providing a first class hospitality tent for coaches, officials, and timers. Food and drink will be provided throughout the meet.
- Concessions:** A wide variety of food, drinks, and snacks will be available for sale. T-shirts, towels, and swim equipment will also be available. Concessions are located in the gymnasium.
- Directions:** High Point is near the intersection of I-40 and I-85 in central North Carolina.

From I-85, take exit 118 off I-85 onto Business 85. Take the first exit turn right. Follow this road to High Point – Greensboro Road, turn left and continue through Jamestown and you will find City Lake Pool on your right.

From I-40, take exit 210 (NC Hwy 68) toward High Point. Turn left at Wendover Avenue then turn at the first right onto Penny Road. Follow Penny Road to the end. Turn left onto Greensboro – High Point Road. The park is on your left about one mile.

**FURNITURE CITY INVITATIONAL  
Order of Events**

**Friday Morning "A" Session**

**Warm-ups 7:00 AM**

**Prelims 8:15 AM**

1	<b>12 &amp; Under 50 Back</b>	2
3	<b>Open 100 Breast</b>	4
5	<b>Open 200 Free</b>	6
7	<b>Open 100 Fly</b>	8
9	<b>11-12 400 IM</b>	10
11	<b>Open 400 IM</b>	12

**Friday Afternoon "BB and Below" Session**

**Warm-ups not before 12:00 PM**

**Timed Finals not before 1:00 PM**

13	<b>12 &amp; Under 50 Back</b>	14
15	<b>Open 100 Breast</b>	16
17	<b>Open 200 Free</b>	18
19	<b>Open 100 Fly</b>	20
21	<b>13 &amp; Over 400 IM</b>	22

**Friday Finals "A" Session**

**Warm-ups 5:00 PM**

**Finals 6:00 PM**

1	<b>10 &amp; Under 50 Back</b>	2
1A	<b>11-12 50 Back</b>	2A
3	<b>10 &amp; Under 100 Breast</b>	4
3A	<b>11-12 100 Breast</b>	4A
3B	<b>13-14 100 Breast</b>	4B
3C	<b>15 &amp; Over 100 Breast</b>	5C
5	<b>10 &amp; Under 200 Free</b>	6
5A	<b>11-12 200 Free</b>	6A
5B	<b>13-14 200 Free</b>	6B
5C	<b>15 &amp; Over 200 Free</b>	6C
7	<b>10 &amp; Under 100 Fly</b>	8
7A	<b>11-12 100 Fly</b>	8A
7B	<b>13-14 100 Fly</b>	8B
7C	<b>15 &amp; Over 100 Fly</b>	8C
11	<b>13-14 400 IM</b>	12
11A	<b>15 &amp; Over 400 IM</b>	12A
67	<b>12 &amp; Under 400 Med Relay</b>	68
69	<b>13 &amp; Over 400 Med Relay</b>	70

**Saturday Morning "A" Session**  
**Warm-ups 7:00 AM**  
**Prelims 8:15 AM**

23	<b>Open 50 Free</b>	24
25	<b>12 &amp; Under 50 Fly</b>	26
27	<b>11-Over 200 Fly</b>	28
29	<b>11-Over 200 Breast</b>	30
31	<b>Open 100 Back</b>	32
33	<b>12 &amp; Under 400 Free</b>	34
35	<b>13 &amp; Over 400 Free</b>	36

**Saturday Afternoon "BB and Below" Session**  
**Warm-ups not before 12:00 PM**  
**Timed Finals not before 1:00 PM**

37	<b>11 &amp; Over 200 Fly</b>	38
39	<b>Open 50 Free</b>	40
41	<b>Open 100 Back</b>	42
43	<b>12 &amp; Under 50 Fly</b>	44
45	<b>Open 400 Free</b>	46

**Saturday Finals "A" Session**  
**Warm-ups 5:00 PM**  
**Finals 6:00 PM**

23	<b>10 &amp; Under 50 Free</b>	24
23A	<b>11-12 50 Free</b>	24 A
23B	<b>13-14 50 Free</b>	24 B
23C	<b>15 &amp; Over 50 Free</b>	24 C
25	<b>10 &amp; Under 50 Fly</b>	26
25A	<b>11-12 50 Fly</b>	26A
27A	<b>13-14 200 Fly</b>	28A
27B	<b>15 &amp; Over 200 Fly</b>	28B
29A	<b>13-14 200 Breast</b>	30A
29B	<b>15 &amp; Over 200 Breast</b>	30 B
31	<b>10 &amp; Under 100 Back</b>	32
31A	<b>11-12 100 Back</b>	32A
31B	<b>13-14 100 Back</b>	32B
31C	<b>15 &amp; Over 100 Back</b>	32C
33	<b>10 &amp; Under 400 Free</b>	34
33A	<b>11-12 400 Free</b>	34A
35	<b>13-14 400 Free</b>	36
35A	<b>15 &amp; Over 400 Free</b>	36A
71	<b>12 &amp; Under 400 Free Relay</b>	72
73	<b>13 &amp; Over 400 Free</b>	74

<b>Relay</b>
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**Sunday Morning "A" Session**  
**Warm-ups 7:00 AM Prelims 8:15 AM**

47	<b>12 &amp; Under 50 Breast</b>	48
49	<b>Open 100 Free</b>	50
51	<b>11-Over 200 Back</b>	52
53	<b>Open 200 IM</b>	54

**Sunday Afternoon "BB and Below" Session**  
**Warm-ups not before 12:00 PM**  
**Timed Finals not before 1:00 PM**

57	<b>12 &amp; Under 50 Breast</b>	58
59	<b>11 &amp; Over 200 Breast</b>	60
61	<b>Open 100 Free</b>	62
63	<b>11 &amp; Over 200 Back</b>	64
65	<b>Open 200 IM</b>	66

**Entry Summary Sheet  
FURNITURE CITY INVITATIONAL  
HIGH POINT CITY LAKE PARK, HIGH POINT, NC**

Use this form or equivalent Hy-Tek report for a summary of entries.

Age Group	Individual			
	Total # of Swimmers	Total # Entries	Total Surcharge Fee \$10/swimr	Total Entry Fee
10 & Under Girls				
10 & Under Boys				
11-12 Girls				
11-12 Boys				
13-14 Girls				
13-14 Boys				
15-OV Womens				
15-OV Mens				
Total Relay Entries				
Total Individual Entries/Fees				

Make checks payable to: HIGH POINT SWIM CLUB



Return this summary sheet with entry fees to:

High Point Swim Club  
Attn: Aaron Reeves  
3206 Quail Run Dr  
High Point, NC 27265  
336-887-4772

USA-Swimming, Inc., North Carolina Swimming, High Point Swim Club, High Point Parks & Receptions and other governing bodies of the facilities shall be held harmless for any and all liabilities or claims for damages arising by reasons of injuries to anyone during the conduct of this meet.

Signature: \_\_\_\_\_

Call Letters: \_\_\_\_\_

Coach: \_\_\_\_\_

Wk Phone: \_\_\_\_\_

Club: \_\_\_\_\_

Hm Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_