

NEW SOUTH SWIMMING

LONG COURSE "A" INVITATIONAL

MAY 8-10, 2009

SANCTION:	Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming Inc., Sanction #NC09053
HOST:	NEW SOUTH SWIMMING
CLASSIFICATION:	AGE GROUP & SENIOR "A" TIMED FINAL SWIM MEET
LOCATION:	Mecklenburg County Aquatic Center 800 East Martin Luther King Jr. Blvd. Charlotte, NC 28202-2874 704-336-3483
SPONSORS:	New South Swimming and Mecklenburg County Aquatic Center
DATES & TIMES:	Friday, May 8, 2009 Warm-up: 2:00 PM; Competition 3:30 PM Saturday, May 9, 2009 Morning Session: Warm-up 7:00 AM, Competition 8:30 AM Afternoon Session: Warm-up no earlier than 12:30 PM; Competition 45 minutes after the start of warm-up Evening Session: Warm-up no earlier than 5:00 PM; Competition 45 minutes after the start of warm-up, but not before 6:00 PM Sunday, May 10, 2009 Morning Session: Warm-up 7:00 AM, Competition 8:30 AM Afternoon Session: Warm-up no earlier than 12:30 PM; Competition 45 minutes after the start of warm-up
RULES:	This meet will be conducted in accordance with the current USA Swimming Rules and Regulations and the NCS Official Handbook and the NCS Safety Program, except where the rules therein are optional and exceptions are herein stated. The North Carolina scratch rules will be in effect for all deck seeded events.
FACILITY:	8 lane 50 meter pool with non-turbulent lane lines and Paragon starting blocks. Colorado electronic timing system with an 8 lane scoreboard will be used. Pool depth ranges from 7-12 ft., with starting blocks at both ends. Smoking is not permitted inside the building.

HOSPITALITY:	Drinks, snacks and lunch will be provided to coaches and officials. ABSOLUTELY NO GLASS BOTTLES ON THE POOL DECK!		
CONCESSIONS:	Food and Drink will be for sale in the MCAC Snack Bar.		
LODGING:	See attached information.		
MEET DIRECTOR:	<table> <tr> <td>Barb Frith 704-333-4705 pfrith@carolina.rr.com</td> <td>Coach Jamie Thomas 704-542-7017 jthomas2146@carolina.rr.com</td> </tr> </table>	Barb Frith 704-333-4705 pfrith@carolina.rr.com	Coach Jamie Thomas 704-542-7017 jthomas2146@carolina.rr.com
Barb Frith 704-333-4705 pfrith@carolina.rr.com	Coach Jamie Thomas 704-542-7017 jthomas2146@carolina.rr.com		
MEET REFEREE:	Marty Fehr martinehr@windstream.net		
COACHES' MEETING	If necessary, a coaches meeting will be held on Friday afternoon at the conclusion of warm-up and prior to the start of competition. An announcement will be made at the beginning of warm-up if a coaches meeting will be held.		
OFFICIALS' MEETING:	An officials' meeting will be held in the hospitality suite 45 minutes prior to the start of each competition session.		
MEET MARSHALL:	Rob Kirby		
ELIGIBILITY:	<p>Any swimmer registered with USA Swimming prior to the entry deadline, and meeting the NC Swimming "A" swimmer classification is eligible to compete. An "A" swimmer is one who has achieved an "A" time in two of the five different strokes (including the IM) in their given age-group. Swimmers 13 and over must have two 13-14 "A" times to be entered in the meet. Except for the following limitations and provided a swimmer is otherwise eligible for this meet, an entry time of "NT" is acceptable. Exceptions: Any 12 & under swimmers entered in Senior Events must have the 15-16 "A" time in each Senior event entered. Any 10 & under swimmers entered in 12 & under events must have the 11 & 12 "A" time in each event entered. This includes 10 & unders entered in the 12 & under 400 Free.</p> <p>Meet management reserves the right to limit the 12 & under 400 Free to the 16 fastest female and 16 fastest male entrants. Coaches will be notified by May 1, 2009 if the event will be limited.</p>		

ENTRY FEES:

\$2.50 per individual event for NC swimmers
\$3.00 per individual event for out of state swimmers
\$8.00 per relay event
\$2.00 per swimmer NC Swimming Travel Fund
\$15.00 per swimmer Facility Use Surcharge

Double entry fees will be charged for late entries, if accepted. All relay-only swimmers, including alternates, must be listed and pay the NCS Travel Fund surcharge. All fees are non-refundable, except if rejected for non-compliance, or if excluded from the meet because the meet has reached capacity.

ENTRIES:

1. Submit entries on Hy-tek software. The electronic file will take precedence over the printed copy in case of discrepancies. E-mail and hard copy of team entries should be submitted.

E-mail Hy-tek entry file to:

jthomas2146@carolina.rr.com

2. Show actual age of swimmer as of May 8, 2009.
3. Enter LONG COURSE METERS times only.
4. Entry fee and entry summary sheet must be enclosed with entry. Make checks payable to New South Swimming. Hard copies and check should be mailed to:

Jamie Thomas
9316 South Vicksburg Park Court
Charlotte, NC 28210
704-542-7017

5. There will be no on-deck registration available at this meet.

SEEDING:

All 50, 100 and 200 meter races will be pre-seeded. All events 400 meters and longer will be deck seeded with positive check-ins and scratches required. Scratches and check-ins must be completed ½ hour before each session is to begin. Swimmers that fail to positively check in will be scratched from the event.

The 800 free, 400 IM and 400 free will be swum with the three fastest heats of women and then the three fastest heats of men swimming slowest to fastest, then all remaining heats swimming fastest to slowest, alternating women and men.

ENTRY LIMIT:	Swimmers may enter a maximum of five events per day. This applies to the daily total number of events for swimmers on Saturday. A maximum of 425 swimmers will be allowed to enter the meet.
ENTRY DEAD-LINE:	<p>Entries must be received by Tuesday, April 28, 2009. Telephone entries will not be accepted. Late entries may be accepted at the discretion of the Meet Director. Fax entries will not be accepted. Overnight mailing must be sent so as NOT to require a signature.</p> <p>NOTE: We expect this meet to fill up quickly. Send entries early to avoid being closed out.</p>
SCORING:	Individual events will be scored 9-7-6-5-4-3-2-1 for the top eight finishers; relays will be scored 18-14-12-10-8-6-4-2 for the top eight finishers.
AWARDS:	<p>Individual events: Ribbons for 1st - 8th places</p> <p>Relay events: Ribbons for 1st - 3rd places</p>
WARM-UPS:	<p>FIRST 60 MINUTES (30 minutes for afternoon sessions): General warm-up all lanes. There will be no diving during this period. LAST 20 MINUTES: Specific warm-up:</p> <ul style="list-style-type: none"> • Lanes 1 & 8 - pace 50s from a push-off • Lanes 2 & 7 - dive start sprints. • Lanes 3-6 - general warm-up only. No diving. • Absolutely no swimming under bulkheads! <p>The teaching pool will be available for warm-up and warm-down during each session. Each coach is responsible for monitoring his/her team's activities in this area.</p>
RELEASE:	USA Swimming, North Carolina Swimming Inc., the Mecklenburg County Parks and Recreation Department and New South Swimming and all employees and representatives of these organizations shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
TIMERS:	Teams will be asked to provide timers for the 400 free and 800 free (and counters, if desired, for the 800 free) to keep the meet running smoothly. It is also being asked that each team provide assistance with timing during the meet.

COACHES' VERIFICATION:

ALL COACHES ON DECK MUST HAVE THEIR CURRENT USA SWIMMING COACH MEMBERSHIP CARD OR OTHER PROOF OF CERTIFICATION/REGISTRATION. All teams are expected to have at least one (1) certified coach on deck to monitor their swimmers. Coaches and officials shall prominently display their registration cards while on deck.

SAFETY:

THE NORTH CAROLINA SAFETY PROGRAM IS IN EFFECT FOR THIS MEET. COACHES ARE ADVISED TO CLOSELY SUPERVISE THEIR SWIMMERS AT ALL TIMES. NO HORSEPLAY WILL BE TOLERATED.

WE WELCOME ALL CERTIFIED OFFICIALS ON DECK.

PLEASE INDICATE ON THE ENTRY SUMMARY FORM OFFICIALS WHO MAY BE ABLE TO HELP. PLEASE INCLUDE NAME, PHONE NUMBER, EMAIL, CERTIFICATION LEVEL AND SESSIONS AVAILABLE.

NEW SOUTH SWIMMING LONG COURSE "A" INVITATIONAL

ORDER OF EVENTS

FRIDAY, MAY 8, 2009

Warm-up 2:00-3:20 PM. Timed Finals start at 3:30 PM.

Women's Event #	Age Group	Event	Men's Event #
1	Senior	400m IM	2
3	Senior	100m Free	4
<i>There will be a 30 minute warm-up session following Event 4.</i>			
5	Senior	800m Free	6

SATURDAY, MAY 9, 2009

Morning Session

Warm-up 7:00-8:20 AM. Timed Finals start at 8:30 AM.

Women's Event #	Age Group	Event	Men's Event #
7	Senior	100m Back	8
9	Senior	200m Fly	10
11	Senior	100m Breast	12
13	Senior	200m IM	14

Saturday Evening Session

Warm-up for the Evening Session will begin no earlier than 5:00 PM, with Timed Finals beginning no earlier than 6:00 PM.

15	Senior	50m Free	16
17	Senior	400m Free	18

SUNDAY, MAY 10, 2009

Morning Session

Warm-up 7:00-8:20 AM. Timed Finals start at 8:30 AM.

Women's Event #	Age Group	Event	Men's Event #
45	Senior	100m Fly	46
47	Senior	200m Back	48
49	Senior	200m Free	50

Women's Event #	Age Group	Event	Men's Event #
51	Senior	200m Breast	52

SATURDAY, MAY 9, 2009

Afternoon Session

Warm-up begins immediately after Event 18, but not before 12:30 PM. Timed Finals begin 45 minutes later.

Women's Event #	Age Group	Event	Men's Event #
19	10 & under	100m Breast	20
21	11 & 12	100m Breast	22
23	10 & under	200m IM	24
25	11 & 12	200m IM	26
27	10 & under	100m Free	28
29	11 & 12	100m Free	30
31	10 & under	50m Back	32
33	11 & 12	50m Back	34
35	10 & under	50m Fly	36
37	11 & 12	50m Fly	38
39	12 & under	400m Free	40
41	10 & under	200m Medley Relay	42
43	11 & 12	200m Medley Relay	44

SUNDAY, MAY 10, 2009

Afternoon Session

Warm-up begins immediately after Event 52, but not before 12:30 PM. Timed Finals begin 45 minutes later.

Women's Event #	Age Group	Event	Men's Event #
53	10 & under	100m Fly	54
55	11 & 12	100m Fly	56
57	10 & under	200m Free	58
59	11 & 12	200m Free	60
61	10 & under	100m Back	62
63	11 & 12	100m Back	64
65	10 & under	50m Free	66
67	11 & 12	50m Free	68
69	10 & under	50m Breast	70

Women's Event #	Age Group	Event	Men's Event #
71	11 & 12	50m Breast	72
73	10 & under	200m Free Relay	74
75	11 & 12	200m Free Relay	76

NEW SOUTH SWIMMING
LONG COURSE "A" INVITATIONAL
MAY 8-10, 2009

CLUB NAME _____ CLUB CODE _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

HEAD COACH _____ HOME NUMBER _____
 WORK NUMBER _____

ASST COACHES _____

All coaches identified above are currently registered as coaches with USA Swimming Inc. and are responsible for the swimmers entered in this meet entry during the conduct of the meet.

Signature _____ Date _____

ENTRY DEADLINE: RECEIVED BY Tuesday, April 28, 2009

MAIL ENTRIES TO: NEW SOUTH SWIMMING
 P. O. Box 32001
 Charlotte, NC 28232

ENTRY FEE SUMMARY

Number of Individual Entries (In-State)	x \$2.50 each	=
Number of Individual Entries (Out of-State)	x \$3.00 each	=
Number of Relays	x \$8.00 each	=
Travel Fund (all swimmers)	x \$2.00 each	=
Facility Use Surcharge	x \$15.00 each	=
TOTAL		

MAKE CHECKS PAYABLE TO NEW SOUTH SWIMMING

USA Swimming Inc., North Carolina Swimming, Inc., New South Swimming, the Mecklenburg County Aquatic Center and the Mecklenburg County Park and Recreation shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Signature _____ Date _____