



**NORTH CAROLINA SWIMMING  
SENIOR CHAMPIONSHIPS  
FEBRUARY 17-20, 2005**

**Facility:** Pullen Aquatic Center; 410 Ashe Ave.; Raleigh, NC 27606, (919) 831-6197

The Pullen Aquatic Center facility features a 50-meter pool divided into two swimming areas which include an 8-lane, 25-yard competition course with the ability to use doubled, non-turbulent lane markers, a variable depth ranging from 6 to 14 feet, a Colorado 5000 timing system and digital scoreboard, Paragon starting blocks and seating capacity for 500 spectators. The secondary warm-up course features nine additional lanes for continuous swimming during the conduct of the meet. A warm-water teaching pool on-site is off-limits during the conduct of this meet.

**Sanction:** Held under the sanction of USA Swimming, issued by North Carolina Swimming, Inc.  
**Sanction # NC05001-NC.**

**Hosts:** New Wave Swim Team in cooperation with the Raleigh Parks and Recreation Department-Aquatics Division.

**Schedule:**

<b>Warm-up Schedule</b>		
Thursday	Timed Finals	4:00-5:20pm
Friday, Saturday, & Sunday	Preliminaries	6:30-8:20am
Friday & Saturday	Finals	4:30-5:50pm
Sunday	Finals	4:00-5:20pm

<b>Meet Schedule</b>		
Thursday	Timed Finals Start	5:30pm
Friday, Saturday & Sunday	Preliminaries Start	8:30am
Friday & Saturday	Finals Start	6:00pm
Sunday	Finals Start	5:30pm

**Rules:** This meet will be conducted in accordance with the current USA Swimming Code and the NCS Official Handbook and the NCS Safety Program, except where rules therein are optional and exceptions herein are stated.

**Format:** This meet is a Senior Championship meet. Except for the relay events and the 1000 and 1650 Freestyle events, all events will be contested on a preliminary and finals basis. During each evening finals session there will be A, B, and C (championship, consolation, and bonus) final heats. The order of final heats shall be B, A, and then C. Alternates should be available behind the starter and ready to swim should they be called upon.

In Sunday's finals, the men's 200 Back, Event #30, will immediately follow the Women's 1650 Freestyle (Event #27) and precede the Women's 200 Back (Event #29) in order to alternate women's and men's events throughout that evening's program.

**Eligibility:** All swimmers must be registered with USA Swimming and have achieved the 2005 Senior Championship qualifying standards listed on the order of events for each event entered in this meet.

## Final Draft NCS Senior Championship Meet Information

**Proof of Time:** Entry times to this meet must be provable when viewed in the USA Swimming SWIMS times database. Failure of the swimmer and the corresponding qualifying time to be located in the SWIMS database and the coach to supply the satisfactory location of a meet where the time was swum within three days following the entry deadline for this meet, will require that a \$25 fine is imposed should the qualifying time not be swum at the meet. These fines will be due to the NCS Senior Chairman, Paul Silver, no later than May 1, 2005. Only times achieved since September 1, 2003 (short or long course) are acceptable for providing proof.

Anyone qualified to swim the 1650 Free is automatically qualified to swim the 1000 Free and vice versa. 1000 and 1650 Free entry times must be verified with a printout listing location, date and meet name where the time was achieved. A verifiable 1000yd split time may be used for a legal entry. Should one event be used to enter the other event without an actual qualifying time having been swum, it is recommended that coaches use the qualifying standard or the 1000yd split from an actual 1650 Freestyle swim.

**Seeding:** **400 IM and 500 Freestyle**  
The 400 IM and 500 Free will be swum as preliminary/final events with the fastest four (4) heats of women (swum slowest to fastest) followed by the fastest four (4) heats of men (swum slowest to fastest); then alternating women and men (swum fastest to slowest). Meet management reserves the right to combine heats of men and women should a combined heat be necessary and the combined heat shall be swum following the slowest full heat of women or men preceding the combined seeded heat.

**1000 Freestyle**  
The 1000 Free will be swum as a timed final event with the fastest three (3) heats of women (swum slowest to fastest) followed by the fastest three (3) heats of men (swum slowest to fastest); then alternating women and men's heats (fastest to slowest).

**1650 Freestyle**  
The 1650 Free will be swum as a timed final event with the fastest heat of women and the fastest heat of men conducted in the finals session as shown in the order of events. All other heats will be swum at the conclusion of the prelims (**following the relays and following a 10-minute break**). These heats will be swum fastest to slowest, alternating women's and men's heats.

**Relays**  
All relay events will be swum as timed final events with the fastest two heats of women (swum slowest to fastest) followed by the fastest two heats of men (swum slowest to fastest); then alternating women's and men's heats (fastest to slowest). The 800 Free relays and the 400 Free relays will be swum at the end of the finals on Friday and Saturday, respectively. On Sunday, teams will be given the option to swim the 400 Medley relay at the end of the prelims (before the 1650 Free) or at the end of the finals. **There will be a 10-minute break prior to the start of the relay events during the finals sessions.**

**Check-in:** All events that are 400 yards and longer will be deck-seeded. A positive check-in by the deadline indicated below is required to be seeded into the event. Swimmers who fail to get checked in will be able to swim only if open lanes are available.

<b><u>Event</u></b>	<b><u>Check-in Deadline</u></b>
1000 Free	Thursday by 4:45pm
400 IM	Friday by 9:30am
800 Free Relay	Friday by 9:30am
500 Free	Saturday by 9:30am
400 Free Relay	Saturday by 9:30am
1650 Free	Sunday by 9:30am
400 Medley Relay	Sunday by 9:30am (must declare <b>am</b> or <b>pm</b> )
For Sunday finals	In order to provide full heats and eliminate "no shows" during Sunday evening finals, coaches are asked to check-in and/or scratch swimmers finishing in the top-50 in individual events <u>no later than 1:00pm or the start time of the 1650 Free</u> (whichever is later). Please alert your swimmers to this effort.

**Scratch Rule:** The NCS Scratch Rule will be in effect throughout this meet.

## Final Draft NCS Senior Championship Meet Information

**Relays:** Relay entries are determined by the number of swimmers of the same sex from each club who are entered in individual events such that:

Clubs with 1-4 individual event swimmers = maximum of one relay;  
Clubs with 5-8 individual event swimmers = maximum of two relays;  
Clubs with 9-12 individual event swimmers = maximum of three relays.

Only swimmers listed on the entry summary forms may participate in relays. All relay swimmers, including alternates, must be listed on the meet entry form and must pay the \$2.00 NCS travel fund fee and the \$5.00 facility surcharge fee.

**Entry Limit:** **Individual** -- Swimmers are limited to seven (7) individual events for the meet and no more than three (3) events per day (including time trials).

**Relay** – Each club may enter up to four (4) relay teams in the 400 Free and 400 Medley relay events and no more than two (2) teams in the 800 Free relay.

**Entry Fees:**

Individual Events:	\$2.75 per event
Relay Events:	\$8.00 per relay
NCS Travel Fund:	\$2.00 per swimmer
Facility Surcharge:	\$5.00 per swimmer

All fees are non-refundable. Entries will not be accepted unless accompanied by entry fees. Please make checks payable to [New Wave Swim Team](#).

**Entry Forms:** Entries may be submitted on a computer disk generated by Hy-Tek Team Manager. If you do not have TM, TM Lite can be downloaded from [www.Hy-TekLtd.com](http://www.Hy-TekLtd.com) free of charge to prepare your entries. The entry file may be sent to [wavemeets@nc.rr.com](mailto:wavemeets@nc.rr.com) in addition to sending a computer disk in the mail. The meet events file will be available on the NCS website for import into club's Team Manager. Computer entries must be accompanied by a hardcopy of the entry.

All entries, manual or computer-generated, must have:

1. A finalized Official Summary Sheet
2. Complete payment of fees owed
3. Swimmers who are all properly registered with the club
4. 1 through 3 above completed by the meet entry deadline

**Entry Deadline:** Entries must be received by **2:00 PM** on **Tuesday, February 8, 2005**. No telephone entries will be accepted. No late entries will be accepted. Please mail entries to:

*Senior Championship Meet Director*

Janet Scott  
102 Citreon Ct.  
Cary, NC 27511

Coaches with questions may call Meet Director, Janet Scott, at (919) 319-1632. Officials wishing to work this meet are asked to contact Meet Referee, Wayne Shulby, at (919) 363-5664.

**Awards:**

- Individual – 1<sup>st</sup> through 8<sup>th</sup> place medals
- Relays – 1<sup>st</sup> place medals
- Team Standings – 1<sup>st</sup>-6<sup>th</sup> place awards
- High Point Recognition – Top-scoring NCS-registered male and female awards

Following the conclusion of each individual **A Final** heat, there will be an immediate awards presentation to acknowledge the top-3 finishers.

**Scoring:**

Individual Events:	20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events:	40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Team scores and individual high point scores will be published in the heat sheet at each finals session.

## *Final Draft NCS Senior Championship Meet Information*

**Time Trials:** Time trials will be available to swimmers attempting to achieve USA Swimming National Championship time standards. Only swimmers entered in an individual event in this meet and who have achieved the 2005 NCSA Junior National time standard are eligible to participate in time trials. Proof of swimming these time standards must be accessible from the USA Swimming SWIMS database. Entry fees for time trials will be \$5.00. Time trials count toward a swimmer's individual event total for each day, but not the meet total. Time trials will be conducted either at the conclusion of preliminaries or following the evening finals at the discretion of the meet referee.

**Release:** USA Swimming, Inc., North Carolina Swimming, Inc., the City of Raleigh Parks & Recreation Department and the New Wave Swim Team 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.

**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 horseplay is permitted. Glass containers and bottles are not permitted. Areas near the stairwells must remain clear of all hazards per the fire marshal.

**Meet Management:**  
Meet Directors: Janet Scott & Lana Sanders  
Meet Referee: Wayne Shulby  
Meet Marshall: Pending

**Timers:** Each club with 5 or more swimmers participating in this meet is asked to supply at least one timer during each of the preliminary sessions of this meet. Clubs attending the 2004 Spring House of Delegates meeting overwhelmingly supported this proposition. Coaches are requested to see that their families assist this effort. Swimmers participating in the 1000 Free or 1650 Free must provide their own timer and person to count lengths.

**Hospitality:** There will be a hospitality room set-up for coaches and officials.

**Attachments:**

- 1) Order of events
- 2) Map
- 3) Warm-up Guidelines
- 4) Hotel Information

**Coaches' Meeting:** A meeting for all coaches will be held at 5:20pm on Thursday, February 17, and at other times as announced by the Meet Referee.

**Officials' Meeting:** A meeting for all officials will be held 45 minutes prior to the start time for each session. This meet has been requested as a National Official's Certification Meet. Officials who have been certified in North Carolina for at least one year may apply for National Certification after they have attended briefings and worked on the deck for three sessions (preliminaries or finals). Individuals wishing to officiate at this meet should sign up on the NC Swimming website ([www.ncswim.org](http://www.ncswim.org)).

**Parking:** The Pullen Aquatic Center parking lots should have ample parking for this event. Please let your club members know that parking is not permitted on yellow curbs, grassy surfaces or any other areas marked as no parking allowed. The lot closest to the building will be for coaches, officials and the meet management team only.

**USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., THE NEW WAVE SWIM TEAM, INC., THE CITY OF RALEIGH AQUATICS DEPT., PULLEN AQUATIC CENTER 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 MEET.**

## **2005 NC SWIMMING SENIOR CHAMPIONSHIPS**

### **Order Of Events**

Thursday Evening, February 17, 2005

Warm-up-4:00pm; Meet Starts-5:30pm.

Women	Women's Qualifying Time		Events	Men's Qualifying Time		Men
1*	11:37.29		Senior 1000yd Freestyle	11:14.49		2*

\* timed final events-check-in deadline is 4:45pm.

Friday, February 18, 2005

Preliminaries--Warm-up-6:30am; Start-8:30am; Finals--4:30 warm-up; 6:00pm start.

Women	Women's Qualifying Time		Events	Men's Qualifying Time		Men
	SCY	LCM		SCY	LCM	
3	2:03.29	2:19.39	Senior 200yd Freestyle	1:54.29	2:10.69	4
5	1:14.79	1:25.99	Senior 100yd Breaststroke	1:09.29	1:20.19	6
7	1:05.39	1:13.49	Senior 100yd Butterfly	1:01.39	1:09.39	8
9	4:55.89	5:34.39	Senior 400yd IM	4:46.39	5:29.19	10
11	NQT		Senior 800yd Free Relay	NQT		12

Saturday, February 19, 2005

Preliminaries--Warm-up-6:30am; Start-8:30am; Finals--4:30 warm-up; 6:00pm start.

Women	Women's Qualifying Time		Events	Men's Qualifying Time		Men
	SCY	LCM		SCY	LCM	
13	2:22.39	2:39.99	Senior 200yd Butterfly	2:16.39	2:36.79	14
15	26.39	29.99	Senior 50yd Freestyle	24.29	27.99	16
17	2:40.99	3:02.99	Senior 200yd Breaststroke	2:29.79	2:52.99	18
19	1:05.09	1:13.59	Senior 100yd Backstroke	1:01.09	1:10.29	20
21	5:26.99	4:51.99	Senior 500yd Free	5:07.59	4:32.39	22
23	NQT		400yd Free Relay	NQT		24

Sunday, February 20, 2005

Preliminaries--Warm-up-6:30am; Start-8:30am; Finals--4:00pm warm-up; 5:30pm start.

Women	Women's Qualifying Time		Events	Men's Qualifying Time		Men
	SCY	LCM		SCY	LCM	
25	56.99	1:04.79	Senior 100yd Freestyle	52.29	1:00.19	26
27	19:21.69	20:15.69	Senior 1650yd Freestyle			--
29	2:21.39	2:39.79	Senior 200yd Backstroke	2:13.69	2:33.69	30
--			Senior 1650yd Freestyle	18:50.29	19:32.19	28
31	2:18.89	2:37.89	Senior 200yd IM	2:09.49	2:29.69	32
33	NQT		400yd Medley Relay	NQT		34



**2005 NC SWIMMING SENIOR CHAMPIONSHIP  
FEBRUARY 17-20, 2005**

**ENTRY FEE SUMMARY FORM**

**OFFICIAL ENTRY INFORMATION:**

CLUB NAME \_\_\_\_\_ CLUB CODE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE NC ZIP \_\_\_\_\_  
 HEAD COACH \_\_\_\_\_ HOME PHONE ( ) \_\_\_\_\_ - \_\_\_\_\_  
 E-MAIL ADDRESS \_\_\_\_\_ WORK PHONE ( ) \_\_\_\_\_ - \_\_\_\_\_

ASST. COACH \_\_\_\_\_ ASST. COACH \_\_\_\_\_  
 ASST. COACH \_\_\_\_\_ ASST. COACH \_\_\_\_\_  
 ASST. COACH \_\_\_\_\_ ASST. COACH \_\_\_\_\_  
 ASST. COACH \_\_\_\_\_ ASST. COACH \_\_\_\_\_

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 event Feb. 17-20, 2005.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**MAIL ENTRIES TO:** Janet Scott, Meet Director  
 102 Citreon Court  
 Cary, NC 27511

**ENTRY FEE SUMMARY FORM**

	Number of:		Sub-Total of Fees
Individual Events		X \$2.75 per event	= \$
Number of Relay Events		X \$8.00 per event	= \$
Travel Fund (all swimmers)		X \$2.00 per swimmer	= \$
Facility Fee (all swimmers)		X \$5.00 per swimmer	= \$
<b>TOTAL (make all checks payable to New Wave Swim Team)</b>			= \$ (total lines 1-4 above)

USA Swimming, Inc., North Carolina Swimming, Inc., The New Wave Swim Team, Inc., the City of Raleigh Parks & Recreation Department 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 \_\_\_\_\_ Date \_\_\_\_\_

# **2005 NC SWIMMING SENIOR CHAMPIONSHIP FEBRUARY 17-20, 2005**

## **WARM-UP PROCEDURES & SAFETY GUIDELINES**

### **Competition Course**

#### **I. General Warm-up Period**

Thursday Timed Finals:	4:00-5:20pm
All Preliminary Sessions:	6:30-7:50am
Friday & Saturday Finals:	4:30-5:20pm
Sunday Finals:	4:00-4:50pm

Lanes 1 through 8: Circle swimming only; no racing starts or diving; no paddles permitted.  
Lanes in non-competition course will be available for pace work starting at 4:50pm on Thursday.

#### **II. Specific Warm-up Period**

All Preliminary Sessions:	7:50-8:20am
Friday & Saturday Finals:	5:20-5:50pm
Sunday Finals:	4:50-5:20pm

Lanes 1 & 8: Pace Lanes – push off one or two lengths only from the start end.  
Lanes 2, 3, 6 & 7: Sprint Lanes – racing starts from the block; swim one length only.  
Lanes 4 & 5: General Warm-up – circle swimming only; no racing starts or diving; no paddles permitted.

Lanes in the non-competition course will be available for continuous general warm-up throughout the specific period as well as during the conduct of the meet.

#### **III. Assigned Lanes**

Lanes will be assigned to clubs during preliminary sessions based on the total number of swimmers entered in that session. Lanes will be assigned such that each lane has approximately the same number of swimmers assigned to each. The pool accommodates 17 warm-up lanes during warm-up sessions. Please note that during the Thursday warm-up, lanes will be assigned to clubs based on the number of participants in the 1000yd Free event. The warm-water teaching pool will not be available for our use during this event.

### **Safety Guidelines**

#### **Coach Responsibilities:**

1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets.
2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
3. Coaches shall actively supervise their swimmers throughout the warm-up session.

HOTELS << Home

**North Raleigh, including Highway 64 and Capital Blvd (US 1)**



**Hilton-Raleigh North**

3415 Wake Forest Road  
Raleigh, NC 27609

[www.northraleigh.hilt...](http://www.northraleigh.hilt...)

Phone: (919) 872-2323  
Toll Free: (800) 445-8667



**Holiday Inn-Raleigh North**

2805 Highwoods Boulevard  
Raleigh, NC 27604

[www.cmhotels.com/hir...](http://www.cmhotels.com/hir...)

Phone: (919) 872-3500  
Toll Free: (800)  
HOLIDAY

**Crabtree Valley**



**Courtyard by Marriott Crabtree**

3908 Arrow Drive  
Raleigh, NC 27612

[marriott.com/property...](http://marriott.com/property...)

Phone: (919) 782-6868  
Toll Free: (800) 521-7521



**Crabtree Valley Marriott**

4500 Marriott Drive  
Raleigh, NC 27612

[marriott.com/property...](http://marriott.com/property...)

Phone: (919) 781-7000  
Toll Free: (800) 228-9290



**Embassy Suites Hotel - Raleigh/Crabtree**

4700 Creedmoor Road  
Raleigh, NC 27612

[www.embassysuites.com...](http://www.embassysuites.com...)

Phone: (919) 881-0000  
Toll Free: (800) EMBASSY



**Holiday Inn-Crabtree Valley**

4100 Glenwood Avenue  
Raleigh, NC 27612

[www.holiday-inn.com/r...](http://www.holiday-inn.com/r...)

Phone: (919)  
782-8600  
Toll Free:  
(800)  
HOLIDAY

**Raleigh Crabtree Inn**

3920 Arrow Drive  
Raleigh, NC 27612

[www.crabtree.pmcprope...](http://www.crabtree.pmcprope...)

Phone: (919) 782-7525

**RBC Center (ESA) and Fairgrounds**

**Blue Ridge Ramada Inn**

1520 Blue Ridge Road  
Raleigh, NC 27607

[www.blueridge.pmcprop...](http://www.blueridge.pmcprop...)

Phone: (919) 832-4100  
Toll Free: (800) 441-4709

**N.C. State University**



**Holiday Inn- Brownstone Raleigh Downtown**

1707 Hillsborough Street  
Raleigh, NC 27605

[www.brownstonehotel.c...](http://www.brownstonehotel.c...)

Phone: (919) 828-0811  
Toll Free: (800) 465-4329

**Velvet Cloak Inn**

1505 Hillsborough Street  
Raleigh, NC 27605

[www.velvetcloakinn.co...](http://www.velvetcloakinn.co...)

Phone: (919) 828-0333  
Toll Free: (800) 334-4372

**Downtown Raleigh**



**Clarion Hotel State Capital**

320 Hillsborough Street  
Raleigh, NC 27603

[www.clarionhotel.com/...](http://www.clarionhotel.com/...)

Phone: (919) 832-0501  
Toll Free: (800) CLARION



**Sheraton Capital Center**

421 S Salisbury Street  
Raleigh, NC 27601

[www.sheratoncapital.c...](http://www.sheratoncapital.c...)

Phone: (919) 834-9900  
Toll Free: (800) 325-3535

