

NEW SOUTH SWIMMING LONG COURSE "A" INVITATIONAL MAY 13-15, 2005

SANCTION: Held under the Sanction of United States Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC05023

HOST: NEW SOUTH SWIMMING

CLASSIFICATION: AGE GROUP & SENIOR "A", TIMED FINAL SWIM MEET

LOCATION: Mecklenburg County Aquatic Center 800 East 2nd Street

SPONSORS: New South Swimming & Meck. County Aquatic Center

DATES & TIMES: FRIDAY May 13, 2005
-Warm-up: 2:00 PM; Competition 3:30 PM.

SATURDAY May 14, 2005
Morning Session. Warm-up: 7 AM; Competition 8:30 AM.
Afternoon Session. Warm-up no earlier than 12:30 PM;
Competition: 45 minutes after the start of the warm-up.
Evening Session. Warm-up no earlier than 5:00 PM; Competition:
45 minutes after the start of warm-up (not before 6:00 PM).

SUNDAY May 15, 2005
Morning Session. Warm-up: 7 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 Codebook, the NCS Official Handbook and the NCS Safety Program, except where rules 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. 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. No smoking inside the building!!!
- HOSPITALITY:** Drinks, snacks and lunch will be provided to coaches, officials and meet workers. **ABSOLUTELY NO GLASS BOTTLES ON POOL DECK!**
- LODGING:** See attached information.
- MEET DIRECTOR:** John CasaSanta 704-545-8274 Coach Jamie Thomas 704-542-7017
- MEET REFEREE:** Marty Fehr
- MEET MARSHAL:** Dan Thilo
- REGISTRATION:** USS Registration is required of all swimmers. A copy of the OFFICIAL TEAM ROSTER (current registration year-to-date) as furnished by NCS, or the team's LSC must be submitted with each team's entries. **ON DECK USS REGISTRATION WILL NOT BE PERMITTED AT THIS MEET.**
- ELIGIBILITY:** Any swimmer registered with USAS prior to the entry deadline, and meeting the NCS "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 must have two 13-14 "A" times to be entered in the meet. Any 12 & under swimmers entered in Senior Events, must have the 15-16 "A" time in each Senior event entered. Any 10 and under swimmers entered in 12 and under events must have the 11-12 "A" time in each event entered. This includes 10 & unders entered in the 12 & Under 400 Fr. We reserve the right to limit the 12 & U 400 Free to the 16 fastest female and 16 fastest male entrants.
- ENTRIES:**
1. Submit entries on Hy-tek software. The disk entries will take precedence over printed copy in case of discrepancies. Submit both disc and hard copy of team entries.
 2. Show actual age of swimmer as of May 13, 2005.
 3. Enter LONG COURSE METER times only.
 4. Entry fees must be enclosed with entry. Make checks to NSS.

SEEDING: All 50 and 100 and 200 meter races will be preceded. All events 400 meter and up will be deck seeded with positive check-ins and scratches required. These scratches and check-ins must be completed one-half hour before each session is to begin.

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

ENTRY LIMIT: Swimmers may enter a maximum of **five** events per day. This applies to total number of events for senior swimmers on Saturday. A maximum of 425 swimmers will be allowed to enter the meet.

ENTRY DEADLINE: Entries must be received by TUESDAY MAY 3, 2005. Telephone entries will not be accepted. Late entries may be accepted on deck at the discretion of the Meet Director, and may not be seeded. Fax entries will **not** be accepted. Overnight mailing must be sent so as **NOT** to require a signature.

NOTE: We expect this meet to fill up quickly. Send entries early to avoid being closed out.

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: Individual events: medals 1st –3rd place; ribbons, 4th- 8th place.
Relay events: ribbons 1st – 3rd places.

ENTRY FEES: \$2.00 per individual event for NC \$2.25 out of state swimmers
\$8.00 per relay event
\$2.00 per swimmer NCS Travel Fund
\$5.00 per swimmer Facility Use Surcharge
Double entry fees will be charged for late entries, if accepted. All fees are non-refundable, except if entry is rejected for non-compliance, or meet has reached the maximum entry limit of 425 swimmers.

MAIL HARD COPIES AND CHECK TO: Jamie Thomas
9316 South Vicksburg Park Court
Charlotte, NC 28210
704-542-7017
Email Hy-tek file to: JThomas2146@carolina.rr.com

WARM-UPS: FIRST 30 MINUTES: General warm-up all lanes. There will be no diving during this period. LAST 20 MINUTES: Specific warm-up.

- Lanes 1 & 8 - Pace 50's from a push off
- Lanes 2 & 7 - Dive start sprints.
- Lanes 3-6 General warm-up only. No Diving.
- Absolutely No swimming under bulkheads!!!

COACHES MEETING: There will be no coaches meeting.

TIMERS: Teams are asked to provide timers to keep the meet running smoothly. We will swim all heats of the 800 free and 400 free but we need your help insuring timers for all heats & lanes.

COACHES' VERIFICATION: All COACHES ON DECK MUST HAVE THEIR CURRENT USA COACH MEMBERSHIP CARD IN A VISABLE PLACE.

SAFETY: THE NORTH CAROLINA SAFETY PROGRAM 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 OFFICIALS ON THE ENTRY SUMMARY FORM WHO MAY BE ABLE TO HELP.
PLEASE INCLUDE: NAME, PHONE NUMBER, EMAIL (If available), CERTIFICATION LEVEL, AND SESSIONS AVAILABLE.

THANK YOU

Jamie Thomas

NEW SOUTH SWIMMING "A" INVITATIONAL LONG COURSE "A" INVITATIONAL ORDER OF EVENTS

FRIDAY MAY 13, 2005

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

Women		Event	Men
1	Sr.	400m IM	2
3	Sr.	100m Free	4
There will be a 30 minute warm-up session following event 4.			
5	Sr.	800m Free	6

SATURDAY MAY 14, 2005 MORNING SESSION

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

7	Sr.	100m Bk	8
9	Sr.	200m Fly	10
11	Sr.	100m Brst	12
13	Sr.	200m IM	14
SATURDAY PM**			
15	Sr.	50m Free	16
17	Sr.	400m Free	18

**Warm-ups no earlier than 5:00 PM. Finals no earlier than 6:00 PM. The 400m Free will be swum fastest to slowest; alternating Women, then Men.

AFTERNOON SESSION

Warm-ups begin immediately after event 18, but not before 12:30 PM. Timed finals begin 45 minutes later.

19	10 & U	100m Brst	20
21	11-12	100m Brst	22
23	10 & U	200m IM	24
25	11-12	200m IM	26
27	10 & U	100m Free	28
29	11-12	100m Free	30
31	10 & U	50m Bk	32
33	11-12	50m Bk	34
35	10 & U	50m Fly	36
37	11-12	50m Fly	38
39	12 & U	400m Free	40
41	10 & U	200m Medley Relay	42
43	11-12	200m Medley Relay	44

SUNDAY MAY 15, 2005 MORNING SESSION

Warm-up 7:00-8:20 AM. Timed finals begin at 8:30 AM.

95	Sr.	100m Fly	46
47	Sr.	200m Bk	48
49	Sr.	200m Fr	50
51	Sr.	200m Brst	52

AFTERNOON SESSION

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

53	10 & U	100m Fly	54
55	11-12	100m Fly	56
57	10 & U	200m Free	58
59	11-12	200m Free	60
61	10 & U	100m Bk	62
63	11-12	100m Bk	64
65	10 & U	50m Free	66
67	11-12	50m Free	68
69	10 & U	50m Brst	70
71	11-12	50m Brst	72
73	10 & U	200m Free Relay	74
75	11-12	200m Free Relay	76

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LONG COURSE "A" INVITATIONAL
MAY 13 – 15, 2005**

ENTRIES/ENTRY FEES SUMMARY FORM

AGE GROUP	TOTAL # OF SWIMMERS @ \$5.00	TOTAL NC TRAVEL FUND @ \$2.00	TOTAL # OF ENTRIES @ \$2.00	TOTAL # OF RELAYS @ \$8.00	LINE ITEM TOTAL FEES
10 & UNDER GIRLS					
10 & UNDER BOYS					
11-12 GIRLS					
11-12 BOYS					
SENIOR GIRLS					
SENIOR BOYS					

TOTAL FEES \$ _____

SUBMIT ONE CHECK WITH ENTRIES TO COVER YOUR TEAM'S TOTAL ENTRY FEES.

MAKE YOUR CHECK PAYABLE TO NEW SOUTH SWIMMING **TEAMS OUTSIDE OF NC \$2.25 PER EVENT**

UNITED STATES SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., THE MECKLENBURG CO. AQUATIC CENTER, New South Swimming, 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 INJURY TO ANYONE DURING THE CONDUCT OF THIS MEET.

HEAD COACH SIGNATURE _____ PHONE _____ FAX _____

CLUB NAME _____ CODE _____

CLUB ADDRESS _____ CITY _____

STATE _____ ZIP _____

E-MAIL _____

WE ENTHUSIASTICALLY WELCOME ALL CERTIFIED OFFICIALS ON DECK. PLEASE INDICATE POSSIBLE OFFICIALS BELOW.

NAME:
PHONE:
CERTIFICATION LEVEL:
SESSIONS AVAILABLE: