

**2008 North Carolina Swimming
Long Course 14 & Under Age Group
Junior Olympic Championships**

**Mecklenburg County Aquatic Center
Charlotte, NC
July 17-20, 2008**

Sanction: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc., Sanction #NC08081

Hosts: Charlotte Swim Association, Inc. (d.b.a. Team Charlotte Swimming) & the Mecklenburg County Aquatic Center

Site Info: Mecklenburg County Aquatic Center
800 Martin Luther King, Jr. Blvd
Charlotte, NC 28202-2874
704-336-3483

The competition pool is a 50-meter pool with non-turbulent lane lines and Paragon starting blocks. Minimum depth is 6 ft. at scoreboard end and 13 ft. at the deep end. Seating for 1000 people with ample parking areas within 100 yards of the facility. Colorado 5000 electronic timing system with scoreboard will be used. Warm up and cool down swimming is available in an adjacent 25 yard, 4 lane warm pool.

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

Classifications: Age Group Championship Meet with qualifying times

Eligibility: All swimmers must be registered with USA Swimming, Inc. and North Carolina Swimming and be 14 years old and younger as of July 17, 2008 to be eligible for this championship meet. Qualifying times are posted on the order of events sheet attached to this meet information.

Only times achieved during the 2007 or 2008 long course or short course season may be submitted as proof of qualifying time.

Entries:

- On-Line Meet Entry (OME) – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) **ONLY**. Email entries during the regular entry period will not be accepted.
- The OME system is accessed from the USA Swimming web site at the address: <http://www.usaswimming.org/ome>
- Coaches must register for an account (Free) to utilize the system. Log in and select “Enter Team”.
- **OME OPENS: 9:00 AM EDT – Monday, June 23, 2008**
- **OME CLOSES: 11:59 PM EDT – Wednesday, July 9, 2008 (Entry Deadline)**
- **New entries will be accepted until 10:00pm, Monday, July 14, 2008 from meets swum prior to Age Group Champs but after the entry deadline. These entries will not be considered late.**
- **Entries after the close of OME must be made by email to the Meet Director, Mark Wiebke, 704-364-4533 – markwiebke@bellsouth.net**
- **OME HELP:**

Susan Woessner
USA Swimming
Phone: (719) 866-3589
Email: swoessner@usaswimming.org
- **Conforming and Non Conforming times will be used for entry – Long Course Meters then Short Course Meters then Short Course Yards.**

Individual Entries:

- Use the fastest time in national database for entry within the qualifying period.
- Swimmers may enter using an “Override Time” for times that are not in the national database.
- Override times must include the meet name and date.
- Override times that cannot be proven during the entry process will be annotated with an asterisk (*) on the meet psych sheet (Entry List).
- Proof of submitted times (*) must be provided to the Meet Director prior to the scratch deadline in order to be seeded in that event..
- Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.

Relay Entries:

- **ENSURE “RELAY ONLY” ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER.**

If entering a “B” relay, be sure to select an entry time that does not have a double asterisk (**). The ** signifies that at least one athlete from the entry time of the “A” relay was a member of the relay that achieved that time. Select another listed time or enter an aggregate relay

ATTENTION TEAMS WITH UNATTACHED ATHLETES:

Teams may enter athletes with an unattached status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link.

Entry Limit: **12&U:** swimmers are limited to five (5) individual events per day and a total of eight (8) individual events plus relays for the meet. **The Overdistance events, which are the 11-12 400IM, 200BK, 200 BK, 200 BR and 10&U 400FR, count only towards the daily limit.** Overdistance events **do not** count towards the meet limit of eight (8) events. Swimmers **can enter** a maximum of two (2) overdistance events. After seeding the above events, swimmers that make up the top 24 seeds will then have to scratch down to their daily limit.

13-14: swimmers are limited to three (3) individual events per day and a total of eight (8) individual events plus relays for the meet.

The Meet Director reserves the right to drop each event entered over the maximum limit. For the 11-12 400m IM, 10&u 400m Free and all 11-12 200m events, the entry limits only apply if the swimmer is seeded in the top 24 of these events. That is if the swimmer is already at the maximum entry limit and is then seeded in the top 24 of these events, then that swimmer will need to scratch from another event to bring their entry limit to the maximum level allowed.

RELAY ENTRIES: 1) A club may enter one relay team in each relay event for each age group/gender for which a team has one or more swimmers qualifying and swimming in this meet. 2) At least one swimmer properly entered in an individual event must swim on each relay team. 3) Clubs may enter additional relays in any age group/gender for which they have at least one more swimmer qualifying and swimming in an individual event in this meet than the minimum necessary to swim a relay, i.e., five swimmers = two relays. 4) All relay only swimmers shall pay the NCS Travel Fund Surcharge.

Entry Deadline: **Entries must be received by 11:59pm, Wednesday, July 9, 2008.**

Entry Fees: \$ 4.00 per individual event
\$ 8.00 per relay event (all ages)
\$ 2.00 per swimmer and relay only swimmers for the NCS Travel Fund Surcharge
\$15.00 per swimmer Facility Surcharge
Entry fees are non-refundable.

Order of Events: See attachments.

Scratches: The North Carolina Swimming scratch rule will be in effect for this meet.

Meet Format: **13 - 14**

Events will be swum as preliminaries and finals with the top 16 from the preliminary sessions returning for the evening's Championship Finals. Only the top eight (8) seeded relay teams will swim in each evening's Championship Finals session. All other relays will be swum in the morning preliminary sessions.

The 800m Free will be timed finals with positive check in required by 4:30pm Thursday, July 17 and will be **swum fastest to slowest**, alternating girls, then boys. The 1500m Free will be timed finals with positive check in by 8:25am Sunday, July 20 and will be **swum fastest to slowest**, alternating girls, then boys.

10 & u, 11-12

All events will be Timed Finals.

Scoring: All age groups and all events will score through 16 places. The 11-12 400m IM, 200m FL, 200m BK, 200m BR and 10&u 400m Free will not be scored.

Individual scoring will be as follows:

20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.

Relay scoring will be double the individual scoring. Only the fastest two relays from a single team shall score in any single relay event.

Awards: **Individual Awards** – Medals awarded for 1st through 8th place for individual events and 1st through 3rd place for relay events.

Individual High Point Award – 10&u, 11-12, 13-14 boys and girls.

Team Awards – Trophies for 1st through 6th place. Individual club recognition will be given to the top three (3) scoring large clubs of 100 or more registered swimmers, the top three (3) scoring medium sized clubs of 50-99 registered swimmers, and the top three (3) scoring small clubs of 49 or fewer registered swimmers.

Sportsmanship and Spirit Award – Based on vote of teams represented at the NCS LC JO Championship Meet. In the event of a tie, the Meet Director, Meet Referee, NCS Athlete representative, NCS Coach Representative and NCS Age Group Chair may cast tie-breaking votes. The deadline for voting is upon completion of Session 42.

Warm-up: In accordance with the NCS Safety Program, there will be a strict warm-up procedure. It will be followed by all swimmers and coaches attending the meet. The warm ups will be divided into two sessions, each 45 minutes in duration. Warm up information will be distributed via email. The Meet Director will establish and announce the procedure during the Coaches Meeting prior to the start of the Thursday afternoon session and the Friday AM session warm ups.

Time Schedule: Thursday: PM Warm-up – 3:30 – 4:55, Timed Finals – 5:00 PM

Friday: AM Warm-up - 7:00 – 8:25, Prelims – 8:30 AM
PM Warm-up - 11:30 – 12:55, Timed Finals – 1:00 PM
Finals Warm-up - 4:30 – 5:25 PM, Finals – 5:30 PM

Saturday: AM Warm-up - 7:00 – 8:25, Prelims – 8:30 AM
PM Warm-up - 11:30 – 12:55, Timed Finals – 1:00 PM
Finals Warm-up - 4:30 – 5:25 PM, Finals – 5:30 PM

Sunday: AM Warm-up - 7:00 – 8:25, Prelims – 8:30 AM
PM Warm-up - 11:30 – 12:55, Timed Finals – 1:00 PM
Finals Warm-up - 4:30 – 5:25 PM, Finals – 5:30 PM

Safety: The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at ALL times. All teams are expected to have at least one (1) certified coach on the deck to monitor their swimmers. Each coach is responsible for monitoring his/her team's activities in this area. NO running or horseplay will be tolerated.

- Coaches' Meeting** There will be a Coaches' Meeting at 3:15 PM on Thursday, July 17, 2008, and 6:45 AM on Friday, July 18, 2008 in the Hospitality Room. Meet format and warm-up procedure will be discussed.
- Meet Directors:**
- | | |
|---|---|
| Garland Hughes
2538 Selwyn Ave.
Charlotte, NC 28209
704-333-9327
garland@carolina-group.com | Mark Wiebke
6316 Palace Dr.
Charlotte, NC 28211
704-364-4533
markwiebke@bellsouth.net |
|---|---|
- Meet Referee:** Gary Flynn
- Meet Marshalls:** Brook Turner
- Hospitality:** A Hospitality Room will be open to officials and coaches.
- Concessions:** Food and drink will be for sale in the concession stand.
- Coaches/Parents:**
- 1 **NO COOLERS WILL BE ALLOWED IN THE POOL AREA. NO GLASS.**
 - 2 **NO PERSONAL CHAIRS ARE ALLOWED IN THE FACILITY DURING THIS MEET DUE TO DECK SPACE LIMITATIONS.**
 - 3 No swimmers or parents are allowed on the patio side of the pool.
 - 4 The warm pool will be open for warm-up and warm-down.
 - 5 Parking - Limited parking is available in the Aquatic Center parking lot. Additional parking is available in the Blake Hotel parking deck for a fee and metered parking is available along the streets.
- Parking is not allowed at the Education Center or Walton lots prior to 5:10 pm on Thursday and Friday.**
- Maps, Motels and Restaurants:** See attached map for directions to the Mecklenburg County Aquatic Center. Blocks of hotel rooms are available at the Blake Hotel, www.theblakehotel.net , for \$84/night and the Crowne Plaza Hotel, www.crowneplaza.com , for \$99/night. When making reservations, use Team Charlotte Swimming as a key word. See www.teamcharlotte.com for additional information about these hotels.
- Liability Release:** USA Swimming, Inc., North Carolina Swimming, Inc., Charlotte Swim Association, Inc. (d.b.a. Team Charlotte Swimming), and the Mecklenburg County Aquatic Center 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:** Each team shall be required to provide two timers per assigned lane through out the course of the meet. The lane assignments will be based on the number of teams and swimmers attending. Timers should report to the head timer on the pool deck 30 minutes prior to the start of each session.
- Officials/Volunteers:** Certified officials from the visiting teams are needed. Officials should report to the Hospitality Room 30 minutes prior to the start of each session.

ENTRY SUMMARY SHEET

2008 North Carolina Swimming Long Course 14 & Under Age Group Junior Olympic Championships

CLUB NAME _____ CLUB CODE _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

HEAD COACH _____ HOME NUMBER _____

E-MAIL _____ WORK NUMBER _____

ASS'T COACH(ES) _____

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: ENTRIES MUST BE RECEIVED BY 11:59 PM, WEDNESDAY, JULY 9, 2008

ENTRY FEE SUMMARY

Number of Individual Entries		X \$4.00 per swimmer	
Number of Relay Teams		X \$8.00 per relay team	
Travel Fund Surcharge (Total number of swimmers & relay only swimmers)		X \$2.00 per swimmer	
Facility Surcharge (Total number of swimmers)		X \$15.00 per swimmer	
TOTALS			

MAKE CHECKS PAYABLE TO: Team Charlotte Swimming

USA Swimming, Inc., North Carolina Swimming, Inc., Charlotte Swim Association, Inc. (d.b.a. Team Charlotte Swimming), the Mecklenburg County Aquatic Center and Mecklenburg County Parks 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 _____

Coaches Information Summary

POSITIVE CHECK IN:

Check in with Clerk of Course located in the Fitness Room adjacent to Warm Pool

800m Free	4:30 pm Thursday
11 – 12 400m IM	4:30 pm Thursday
13 – 14 400m IM	End of warm ups on Friday
10 & U 400m Free	End of warm ups on Friday
11 – 12 400m Free	End of warm ups on Friday
13 – 14 400m Free	End of warm ups on Saturday
1500m Free	End of warm ups on Sunday

SCRATCHES:

Championship Finals – Notify the Clerk of Course within 30 minutes of posting and announcement of preliminary results by announcer. The North Carolina Swimming scratch rule is in effect.

CHAMPIONSHIP FINALS:

Consolation heat will assemble behind starting blocks for their heat. Finals heat will assemble in warm pool area and parade to starting blocks.

RELAYS:

Relay cards available in Hospitality or Clerk of Course

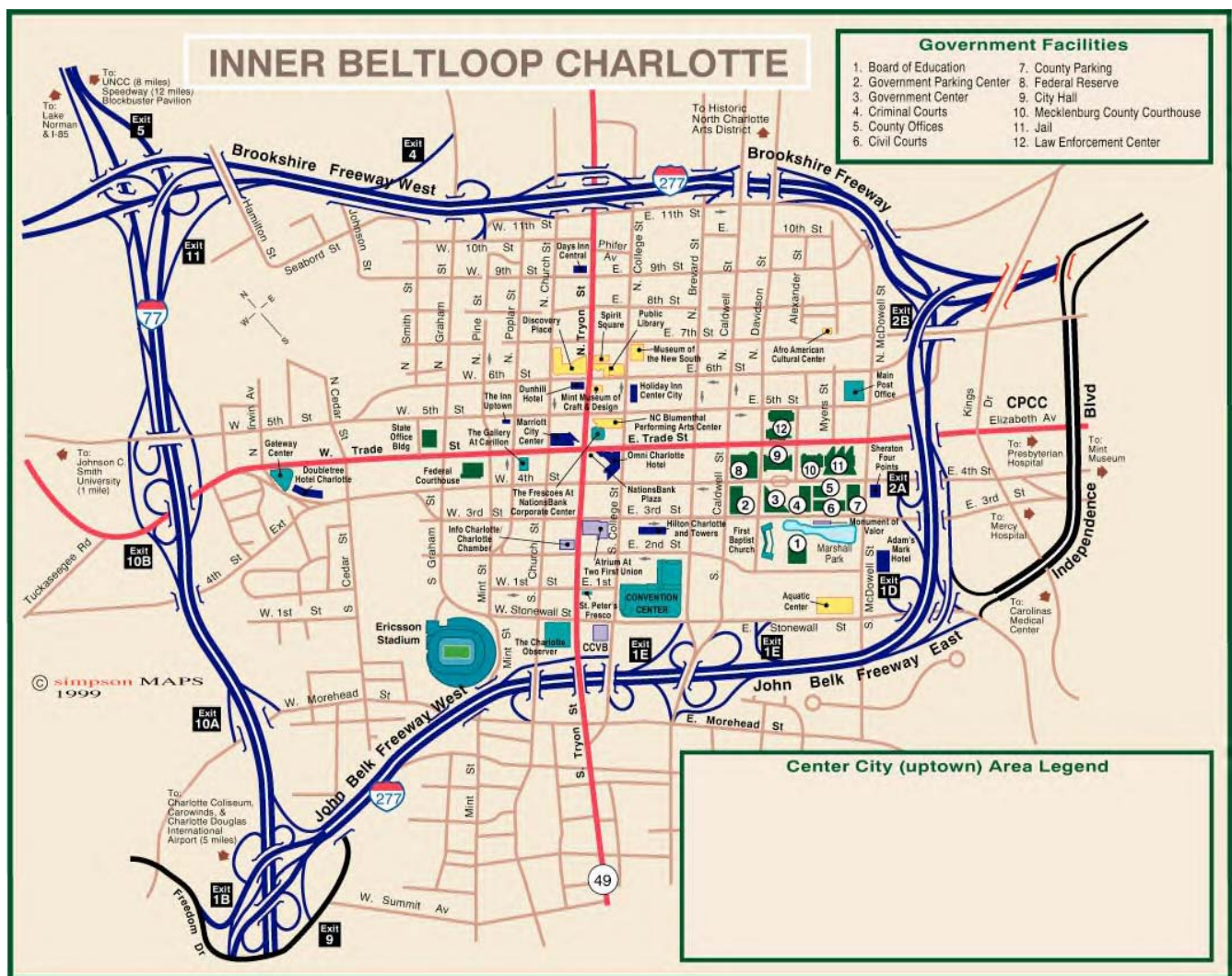
Only the top 8 seeded relays in 13–14 will swim in evening championship finals

Directions to Mecklenburg County Aquatic Center

800 East 2nd Street, 704-336-3483

From Southbound I-77: Take I-77 South to the John Belk Freeway. Go East on John Belk Freeway (I-277). Proceed East on the John Belk Freeway. Take the Caldwell Street exit. Proceed North on Caldwell Street for two blocks. Take a right on 2nd Street. The Mecklenburg County Aquatic Center is approximately ¼ mile on the right. Parking is available across the street from the Aquatic Center at the Mecklenburg County Education Center or behind the Aquatic Center in the Walton lot.

From Northbound I-77: Take I-77 North to the John Belk Freeway. Go East on John Belk Freeway (I-277). Proceed East on the John Belk Freeway. Take the Caldwell Street exit. Proceed North on Caldwell Street for two blocks. Take a right on 2nd Street. The Mecklenburg County Aquatic Center is approximately ¼ mile on the right. Parking is available across the street from the Aquatic Center at the Mecklenburg County Education Center or behind the Aquatic Center in the Walton lot.



Order of Events

Girls	Event	Boys Event No
Event No.		.
Session # 11		
Thursday Evening, July 17, 2008		
Warm ups 3:30pm; Timed Finals 5:00pm		
1	13-14 800m FREE (+)	2
3	11-12 400m IM (+) (NS)	4
Session # 21		
Friday Morning, July 18, 2008		
Warm ups 7:00am; Prelims 8:30am		
5	13-14 200m FREE	6
7	13-14 100m BREAST	8
9	13-14 100m FLY	10
11	13-14 400m IM (+)	12
13	13-14 800m FR Relay	14
Session # 22		
Friday Afternoon, July 18, 2008		
Warm ups 11:30am; Timed Finals 12:30pm		
15	11-12 50m FREE	16
17	10&U 50m FREE	18
19	11-12 100m FLY	20
21	10&U 100m FLY	22
23	11-12 50m BREAST	24
25	10&U 50m BREAST	26
27	11-12 400m FREE (+)	28
29	10&U 400m FREE (+) (NS)	30
31	11-12 400m FR RELAY	32
Session # 23		
Friday Evening, July 18, 2008		
Warm ups not before 4:30pm; Finals 5:30pm		
5	13-14 200m FREE	6
33	11-12 200m BACK (17-24) (+) (NS)	34
7	13-14 100m BREAST	8
33	11-12 200m BACK (9-16) (+) (NS)	34
9	13-14 100m FLY	10

33	11-12 200m BACK (1-8) (+) (NS)	34
11	13-14 400m IM (+)	12
13	13-14 800m FR RELAY(Top 8)	14

Session # 31

Saturday Morning, July 19, 2008

Warm ups 7:00am; Prelims 8:30am

35	13-14 200m FLY	36
37	13-14 50m FREE	38
39	13-14 200m BREAST	40
41	13-14 100m BACK	42
43	13-14 400m FREE (+)	44
45	13-14 400m M. RELAY	46

Session # 32

Saturday Afternoon, July 19, 2008

Warm ups 11:30am; Timed Finals 12:30pm

47	10&U 200m FREE	48
49	11-12 200m FREE	50
51	10&U 100m BREAST	52
53	11-12 100m BREAST	54
55	10&U 100m BACK	56
57	11-12 100m BACK	58
59	10&U 200m M. RELAY	60
61	11-12 400m M. RELAY	62

Session # 33

Saturday Evening, July 19, 2008

Warm ups not before 4:30pm; Finals 5:30pm

35	13-14 200m FLY	36
63	11-12 200m FLY (17-24) (+) (NS)	64
37	13-14 50m FREE	38
63	11-12 200m FLY (9-16) (+) (NS)	64
39	13-14 200m BREAST	40
63	11-12 200m FLY (1-8) (+) (NS)	64
41	13-14 100m BACK	42
43	13-14 400m FREE (+)	44
45	13-14 400m M. RELAY(Top 8)	46

Session # 41
Sunday Morning, July 20, 2008

Warm ups 7:00am; Prelims 8:30am

65	13-14 100m FREE	66
67	13-14 200m BACK	68
69	13-14 200m IM	70
95	13-14 400m FR. RELAY	96
71	13-14 1500m FREE (+)	72

Session # 42
Sunday Afternoon, July 20, 2008

Warm ups 11:30am; Timed Finals 12:30pm

73	10&U 50m BACK	74
75	11-12 50m BACK	76
77	10&U 200m IM	78
79	11-12 200m IM	80
81	10&U 50m FLY	82
83	11-12 50m FLY	84
85	10&u 100m FREE	86
87	11-12 100m FREE	88
89	10&U 200m FR. RELAY	90
91	11-12 200m FR. RELAY	92

Session # 43
Sunday Evening, July 20, 2008

Warm ups not before 4:30pm; Finals 5:30pm

65	13-14 100m FREE	66
93	11-12 200m BREAST (17-24) (+) (NS)	94
67	13-14 200m BACK	68
93	11-12 200m BREAST (9-16) (+) (NS)	94
69	13-14 200m IM	70
93	11-12 200m BREAST (1-8) (+) (NS)	94
95	13-14 400m FR. RELAY(Top 8)	96

2008 North Carolina Swimming Championship Time Standards

2008 NCS Long Course 14 and Under JO Time Standard				
Girls		10 & U	Boys	
SCY	LCM		LCM	SCY
32.39	36.49	60FR	36.29	31.79
1:12.29	1:21.89	100FR	1:22.49	1:11.09
2:36.39	2:58.69	200FR	3:03.39	2:35.89
6:31.39	5:54.29	400FR	5:51.49	5:27.79
38.19	43.69	60BK	42.69	37.59
1:22.19	1:35.29	100BK	1:37.09	1:22.69
41.99	48.29	60BR	50.29	44.29
1:33.39	1:47.09	100BR	1:55.39	1:37.29
37.29	42.09	60FLY	43.09	37.59
1:26.69	1:38.69	100FLY	1:51.29	1:32.49
2:55.99	3:20.59	200IM	3:22.29	2:56.79

2008 NCS Short Course 14 and Under JO Time Standard				
Girls		10 & U	Boys	
LCM	SCY		SCY	LCM
36.49	32.39	60FR	31.89	36.29
1:21.89	1:12.29	100FR	1:10.79	1:20.59
2:58.69	2:36.39	200FR	2:31.89	2:52.39
43.69	38.19	60BK	38.39	44.29
1:35.29	1:22.19	100BK	1:21.69	1:33.69
48.29	41.99	60BR	42.49	48.59
1:47.09	1:33.39	100BR	1:32.69	1:45.99
42.09	37.29	60FLY	36.69	40.99
1:38.69	1:26.69	100FLY	1:25.69	1:37.19
---	---	100IM	1:21.45	---
3:20.59	2:55.99	200IM	2:55.29	3:18.89

Girls		11-12	Boys	
SCY	LCM		LCM	SCY
28.69*	32.29*	60FR	32.49*	28.09*
1:01.29*	1:10.69*	100FR	1:11.09*	1:02.39*
2:14.09*	2:32.09*	200FR	2:33.79*	2:15.49*
5:00.49*	5:23.69*	600/400FR	5:27.29*	5:02.59*
33.69*	38.59	60BK	38.79	33.69
1:12.79*	1:22.99	100BK	1:23.59	1:12.29
2:30.59	2:53.19	200BK	2:52.79	2:27.39
37.99	42.09	60BR	43.09	37.59
1:19.99*	1:33.59*	100BR	1:33.29	1:21.09
2:50.29	3:15.19	200BR	3:12.79	2:45.79
31.89*	35.89*	60FLY	36.49*	32.29*
1:13.29*	1:22.59*	100FLY	1:22.09	1:12.19
2:33.09	2:54.99	200FLY	2:53.29	2:31.69
2:34.39*	2:52.39*	200IM	2:56.09	2:35.89
5:23.99	6:11.39	400IM	6:08.29	5:18.09

Girls		11-12	Boys	
LCM	SCY		SCY	LCM
32.39	28.39	60FR	28.59	32.79
1:10.59	1:02.09	100FR	1:02.29*	1:10.79*
2:32.39*	2:14.29*	200FR	2:15.69*	2:33.99*
5:22.79*	5:58.39*	600/400FR	5:03.58*	5:27.69*
38.09*	33.29*	60BK	33.69	38.79
1:21.09*	1:11.89*	100BK	1:12.29	1:23.59
41.99*	37.79*	60BR	37.59	43.09
1:33.79	1:22.19	100BR	1:21.09	1:33.59
35.89*	31.89*	60FLY	32.39	36.59
1:22.49	1:12.99	100FLY	1:12.19	1:22.09
---	1:11.39*	100IM	1:12.19	---
2:51.89	2:31.89	200IM	2:33.59*	2:54.39*

Girls		13-14	Boys	
SCY	LCM		LCM	SCY
26.89*	30.79*	60FR	29.19*	25.29*
58.19*	1:06.69*	100FR	1:03.49*	55.19*
2:05.99*	2:23.49*	200FR	2:16.99*	1:58.59*
5:35.69*	5:00.39*	600/400FR	4:51.09*	5:24.69*
11:37.29	10:20.99	1000/800FR	10:04.99	11:12.29
19:21.69	19:48.09	1660/1600FR	19:22.59	18:40.79
1:05.89	1:16.79	100BK	1:13.99	1:03.59
2:21.19	2:44.29	200BK	2:38.69	2:16.59
1:14.79	1:25.39	100BR	1:21.79	1:10.79
2:40.99	3:03.99	200BR	2:58.59	2:32.99
1:05.29	1:14.09	100FLY	1:11.09	1:02.19
2:22.39	2:42.39	200FLY	2:38.19	2:16.29
2:22.69*	2:42.49*	200IM	2:35.99	2:15.89
5:05.19*	5:45.09*	400IM	5:31.79	4:49.79

Girls		13-14	Boys	
LCM	SCY		SCY	LCM
30.79	26.99	60FR	25.39*	29.29*
1:06.69*	58.59*	100FR	54.99*	1:04.19*
2:22.29*	2:05.79*	200FR	1:59.09*	2:17.29*
5:03.49	5:38.29	600/400FR	5:22.99*	4:50.79*
10:28.89*	11:45.89*	1000/800FR	11:20.39*	10:11.49*
20:37.59	20:09.89	1660/1600FR	19:29.49	20:14.39
1:17.09*	1:06.69*	100BK	1:04.19*	1:14.39*
2:43.29*	2:22.49*	200BK	2:17.39*	2:39.39*
1:27.29*	1:16.39*	100BR	1:12.29	1:23.59
3:08.19*	2:43.79*	200BR	2:36.29	3:02.39
1:15.09*	1:06.09*	100FLY	1:03.69*	1:11.59*
2:49.19*	2:28.39*	200FLY	2:20.79	2:39.89
2:43.79*	2:23.39*	200IM	2:16.69*	2:36.29*
5:44.59*	5:04.49*	400IM	4:51.29*	5:34.89*