



## NCAC LONG COURSE AGE GROUP AND SENIOR QUAD MEET

Saturday, May 2, 2009

Koury Natatorium, Chapel Hill, NC

- Sanction:** Sanctioned under North Carolina Swimming. Sanction #NC09052
- Sponsor:** North Carolina Aquatic Club
- Dates and Times:** Saturday, May 2, 2009  
Senior Session: Warm up 7:00 – 8:20 a.m. Meet Starts at 8:30 a.m.  
12 & Under Session: Warm up not before 12:30 p.m., Meet Starts not before 1:30 p.m.
- Facility:** Koury Natatorium, UNC Campus, Skipper Bowles Drive, Chapel Hill NC. Eight-lane 50m pool with non-turbulent lane lines. Colorado Timing System and full-color scoreboard will be used. Pool depth ranges from 7 to 14ft with starting blocks at both ends. Spectator seating is available in the balcony area. **NO SPECTATORS ARE PERMITTED ON THE POOL DECK.**
- Classification:** Senior and Age Group Timed Finals. Meet management may elect to run chase starts for all events.
- Entry Limit:** 3 individual & 1 relay event per swimmer.
- Entries:** Entries should be emailed to [entries@ncacswim.org](mailto:entries@ncacswim.org) and generated by Hy-Tek Team Manager. All entries should be in long course meters. All entries must be accompanied by a hard copy of the entire entry along with a completed meet summary sheet. Please list each swimmer's age as of May 2, 2009.
- Entry Deadline:** All entries must be received by Tuesday, April 21, 2009 at 8:00 p.m. No late entries will be accepted.
- Send entries to:** Ryan Woodruff  
5008 Silhouette Drive  
Durham, NC 27713  
[entries@ncacswim.org](mailto:entries@ncacswim.org)
- Meet Directors:** Ryan Woodruff and Sean Quinn
- Referee:** Mike Hoffer, [mike@carolinaclosetsplus.com](mailto:mike@carolinaclosetsplus.com)
- Eligibility:** Athletes must be a registered member of USA Swimming and a member of one of the invited teams. Due to time limitations, attending teams are asked to limit their entries to 70 age group swimmers and 50 senior swimmers. More athletes may be accommodated with the approval of the meet director. An athlete may be entered in only one session.

- Officials' Briefing: 7:30 a.m. in the Hospitality Room for the morning session and 20 minutes after the conclusion of the morning session for the afternoon session, also in the Hospitality Room.
- Coaches' Meeting: 8:20 a.m. in the Hospitality Room
- Awards: No awards will be given in Senior events. In Age group events, 1<sup>st</sup>-8<sup>th</sup> place ribbons in all individual events, 1<sup>st</sup>-3<sup>rd</sup> place medals in relay events. Awards will be available for pickup at the conclusion of the age group session.
- Fees: Individual events: \$2.50 per event  
Relay events: \$8.00 per relay  
NCS Travel Fund: \$2.00 per swimmer  
Facility Surcharge: \$5.00 per swimmer
- Safety Marshall: Griff Helfrich
- Rules: The meet will be conducted in accordance with the current USA Swimming Rules & Regulations and the NCS Official Handbook and NCS Safety Program, except where the rules therein are optional and exceptions are herein stated.
- Safety: The North Carolina Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No running or horseplay will be tolerated. All coaches on deck must have their current USA swimming membership card displayed at all times. No parents will be allowed on deck.
- Scoring: Individual events: 9-7-6-5-4-3-2-1. Relay events: 7-0

## ORDER OF EVENTS

### SENIOR SESSION

Warmups 7:00 AM Timed Finals 8:30 AM

WOMEN		MEN
1	SENIOR 400 FREE	2
3	SENIOR 100 BREAST	4
**	10 minute break	**
5	SENIOR 100 FLY	6
7	SENIOR 100 FREE	8
**	10-minute break	**
9	SENIOR 200 IM	10
11	SENIOR 100 BACK	12
**	10-minute break	**
13	SENIOR 200 FREE RELAY	14

### AGE GROUP SESSION

Warmups not before 12:30 PM, Timed Finals not before 1:30 PM

15	12 & UNDER 200 FREE	16
17	10 & UNDER 50 FLY	18
19	11-12 100 FLY	20
21	10 & UNDER 50 BACK	22
23	11-12 100 BACK	24
25	10 & UNDER 50 BREAST	26
27	11-12 100 BREAST	28
29	10 & UNDER 50 FREE	30
31	11-12 100 FREE	32
33	10 & UNDER 200 FREE RELAY	34
35	11-12 200 FREE RELAY	36

All events will be timed finals. Meet management may elect to run chase starts for all events in order to meet the four-hour timeline.

**Seeding:**

200 Free Relay Each club may enter two teams in each age group of the 200 free relay. Only one heat of women and one heat of men will be swum of this event in each session.

Senior 400 Free This event will be swum fastest to slowest, alternating one heat of women and one heat of men until all heats have been completed.

12 & Under 200 Free This event will be swum fastest to slowest, alternating one heat of women and one heat of men until all heats have been completed.

**USA Swimming, Inc., North Carolina Swimming, Inc., and North Carolina Aquatic Club 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.**