

GOLDSBORO YMCA OPEN
LONG COURSE INVITATIONAL
MAY 8-10, 2009

SANCTION: Held under the sanction of USA Swimming Inc., issued by North Carolina Swimming Inc. Sanction Number: NC09056

CLASSIFICATION: This is an open meet.

LOCATION: Goldsboro Family YMCA, Goldsboro, North Carolina

FACILITY: Raymond A. Bryan Pool, Family YMCA, Goldsboro, NC. An 8-lane 50M pool with non-turbulent lane lines, Colorado Timing System and scoreboard, and custom paragon starting blocks. A separate 5-lane 25YD pool is available for continuous warm-up. Ample spectator and swimmer seating is available.

RULES: This meet will be conducted in accordance with current USA and NCS rules as specified In the USA Rules and Regulations and NCS Official Handbook.

ELIGIBILITY: All qualified USA Swimming registered swimmers.

ENTRIES: Submit entries on attached entry forms or HY-TEK disks. List swimmers age as of May 8th. All events will be timed finals.

ENTRY LIMITS: Each swimmer is allowed to swim 5 individual events plus 1 relay a day.

ENTRY DEADLINE: Entries must be received no later than 11:59pm Tuesday April 28th, 2009. E-mail entries will be accepted. The meet will be limited to the first 450 entries received with all necessary fees.

SEND ENTRIES TO: Alex Black
Family Y
1105 Parkway Drive
Goldsboro, NC 27532
E-Mail: alexwim74@hotmail.com
(w) 919 778-8557
(fax) 919 778-8645

ENTRY FEES:

Individual events:	\$2.00
Relays:	\$8.00
NCS Surcharge:	\$2.00
Pool Surcharge:	\$5.00

AWARDS:

Individual:	Medals 1 st - 3 rd place Ribbons 4 th - 8 th place
Relays:	Ribbons 1 st - 3 rd place

MEET DIRECTOR: Alex Black

MEET REFEREE: Joel Black

MEET MARSHAL: Johnny Tsui

STARTING TIMES: Friday night warm-ups will begin at 4:00PM, with competition at 5:00PM. Saturday and Sunday Warm-ups for the 12 & U session will begin at 8:00AM. Warm-ups for the Senior session will not begin before 12:00PM.

SAFETY: The NCS safety program is in effect at this meet. Coaches are required to closely Supervise their swimmers at all times. In the event that a swimmer or others associated with a team are found to be violating posted rules for use of the Family YMCA or any other restrictions that are posted for the safety of the people in attendance or to protect

Family YMCA property the individuals will be reported to the Meet Director or one of the Meet Marshals who will notify the coach. Any coach notified will be expected to take appropriate disciplinary action up to and including expulsion of the person from the meet. The Meet Director, Meet Marshal, or Referee may also take disciplinary action. **NO PARENTS WILL BE ALLOWED ON THE DECK UNLESS THEY ARE WORKING AS AN OFFICIAL OR A TIMER. THERE WILL BE NO EXCEPTION.**

WARM-UPS: General warm-ups will be for the first 35 minutes of each session. Specific warm-ups will be for the next 15 minutes. Lanes 1, 2, 3 will be dive starts from the scoreboard end. Lanes 6, 7, 8 will be dive starts from the shallow end. Lanes 4 & 5 will be general warm-up lanes. Each coach will be provided a copy of warm-up lane assignments when they pick up their heat sheets.

OFFICIAL'S MEETING An official's meeting will be held in the hospitality area at 8:30am.

COACHES MEETING A coaches meeting will be held 10 minutes prior to the start of competition at the foot of the scoreboard. *All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification / registration. Coaches and officials shall prominently display their registration cards while on deck.*

TIMERS: **Each team needs to supply timers for each session of the meet.** The number of timers from each team should be commensurate with the number of swimmers competing from that team.

RELEASE: USA Swimming, Inc., NC Swimming, Goldsboro Family YMCA and other governing bodies of the facilities shall be held harmless for any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

Friday, May 8

Warm-up: 4:00pm
Timed Finals: 5:00pm

Girls		Boys
1	SR 1500M FREE	2
3	SR 50M FREE	4
5	10 & UN 200M IM	6
7	12 & UN 200M IM	8
9	SR 400M IM	10

Saturday, May 9

Warm-up: 8:00am
Timed Finals: 9:00am

Girls		Boys
11	10 & UN 200M MEDLEY RELAY	12
13	12 & UN 200M MEDLEY RELAY	14
15	10 & UN 200M FREE	16
17	12 & UN 200M FREE	18
19	8 & UN 50M BREAST	20
21	10 & UN 50M BREAST	22
23	12 & UN 50M BREAST	24
25	10 & UN 100M FLY	26
27	12 & UN 100M FLY	28
29	8 & UN 50M FREE	30
31	10 & UN 50M FREE	32
33	12 & UN 50M FREE	34
35	10 & UN 100M BACK	36
37	12 & UN 100M BACK	38

Warm-up:		not before 12:00pm	
Timed Finals:		not before 1:00pm	
	Girls		Boys
	39	SR 400M MEDLEY RELAY	40
	41	SR 200M FREE	42
	43	SR 100M BREAST	44
	45	SR 200M FLY	46
	47	SR 100M BACK	48
	49	SR 200 IM	50

Sunday, May 10

Warm-ups:		8:00am	
Timed Finals:		9:00am	
	Girls		Boys
	51	10 & UN 200M FREE RELAY	52
	53	12 & UN 200M FREE RELAY	54
	55	10 & UN 100M FREE	56
	57	12 & UN 100M FREE	58
	59	8 & UN 50M BACK	60
	61	10 & UN 50M BACK	62
	63	12 & UN 50M BACK	64
	65	10 & UN 100M BREAST	66
	67	12 & UN 100M BREAST	68
	69	8 & UN 50M FLY	70
	71	10 & UN 50M FLY	72
	73	12 & UN 50M FLY	74

Warm-up:		not before 12:00pm	
Timed Finals:		not before 1:00pm	
	Girls		Boys
	75	SR 400M FREE RELAY	76
	77	SR 100M FREE	78
	79	SR 200M BACK	80
	81	SR 100M FLY	82
	83	SR 200M BREAST	84
	85	SR 400M FREE	86