



WOW "COMMOTION AT THE OCEAN" MEET 2009
Friday, October 2, 2009 – Sunday, October 4, 2009
UNC-Wilmington
Wilmington, NC

- Sanction: Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. Sanction #NC09086AP
- Host: Waves of Wilmington Swim Team
- Site Info: UNCW Natatorium, Wilmington, NC
8-lane 25-yard pool with non turbulent lane lines(7foot width), Colorado electric timing, scoreboard, and starting blocks with a 5-lane 20-yard pool for continuous warm up and warm down
- Rules: The meet will be conducted in accordance with USA Swimming Rules and Regulations, the NCS Official Handbook, and NCS Safety Program, except where rules therein are optional and exceptions must be stated.
- Classification: Age Group and Senior Events. **All senior events 200 yards and longer require a 13-14 "BB" time. All 12 & Under events 200 yards and longer require the 10 & Under "B" time.** All sessions are timed final events.
- Eligibility: All swimmers competing in the Age Group sessions must be currently registered with USA Swimming.
- Entries: Submit entries in Hy-Tek Team Manager format. If you submit in TM format, please provide a hard copy of your entries. There will be no on deck registration. All relay only swimmers, including alternates, must be listed on the meet entry form and pay the "NCS" Travel Fund surcharge. List swimmers age as of the first day of the meet. **NO TIME ENTRIES** will not be accepted.
- Entry Limit: Senior swimmers may enter 3 individual events per day. 12 & Under swimmers may enter up to 4 individual events per day.
- The 400 IM and 500 Free will be positive check-in events limited to the top 32 swimmers for both women and men.
- The 1000 Free will be a positive check in event limited to the top 24 swimmers for both women and men.
- These events will be swum fastest to slowest alternating women and men.
- The referee will have the authority to combine the slowest two heats if possible.
- Entry Fees: Individual Events: \$2.50 per event
NCS Travel Fund: \$2.00 per swimmer
Facility Surcharge: \$5.00 per swimmer

Entry Deadline: Tuesday, September 22, 2009.
Double entry fees will be charged for late entries, if accepted. A late entry is any entry received after 9:00 pm on Tuesday, September 22, 2009. All fees are non-refundable. A check made payable to the "Waves of Wilmington" must accompany all entries. ***Entries will be accepted in the order they are received. Entries will be accepted until the meet reaches capacity. Should the meet reach capacity teams will be notified of any rejected entries by September 24.***

Meet Director: Brian Benfer
4701 Wrightsville Ave. #B3
Wilmington, NC 28403
coachbrian@swimwow.org

Awards: Seniors: No Awards, 12 & Unders: Ribbons 1st-8th place

Time Schedule: Seniors:
Friday Warm-ups: 4:00pm / Timed Finals begin at 5:00pm
Saturday and Sunday Warm-ups: 7:00am / Timed Finals begin at 8:15am

12 & Unders:
Saturday and Sunday Warm-Ups: not before 12noon/ Session will start one(1) hour after warm up start.

Coaches Meeting: Friday at 4:50pm at the Starter's Table.
Officials Meeting: 20 minutes prior to the start of each session at the Starter's Table

Warm-Ups: Guidelines will be published in coach's packet to be picked up at clerk of course upon arrival.

Hospitality: Snacks and drinks will be provided for all sessions.

Volunteers: Any volunteer officials and/or timers will be greatly appreciated.

Meet Referee: Bill Luse

Meet Marshall: Scott Hannum

Safety: The North Carolina Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No horseplay will be tolerated! **No parents will be allowed on the deck.** Coaches will not be allowed behind the starting blocks during competition. All coaches will be required to display current coach's credentials to the meet marshall to remain on deck.

Release Statement: USA Swimming Inc., North Carolina Swimming, University of North Carolina Wilmington, Waves of Wilmington, 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.

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.

ORDER OF EVENTS
Senior Sessions

Friday, October. 2, 2009
WARM UP 4:00 PM START 5:00 PM

| Women | | Men |
|-------|-----------------------|-----|
| 1 | 50 Freestyle | 2 |
| 3 | 100 Breaststroke | 4 |
| 5 | 200 Freestyle | 6 |
| 7 | 400 Individual Medley | 8 |

Saturday, October. 3, 2009
WARM UP 7:00AM / START 8:15AM

| Women | | Men |
|-------|------------------|-----|
| 9 | 100 Freestyle | 10 |
| 11 | 200 Breaststroke | 12 |
| 13 | 100 Butterfly | 14 |
| 15 | 200 Backstroke | 16 |
| 17 | 500 Freestyle | 18 |

Sunday, October 4, 2009
WARM UP 7:00AM/ START 8:15AM

| Women | | Men |
|-------|-----------------------|-----|
| 43 | 100 Backstroke | 44 |
| 45 | 200 Butterfly | 46 |
| 47 | 200 Individual Medley | 48 |
| 49 | 1000 Freestyle | 50 |

ORDER OF EVENTS
12 & Under Sessions

Saturday October 3, 2009

WARM UP: not before 12noon START: 1 hour after Warm Up Start

| Women | | Men |
|-------|----------------------------|-----|
| 19 | 11-12 100 Free | 20 |
| 21 | 10 & Under 100 Free | 22 |
| 23 | 8& Under 25 Free | 24 |
| 25 | 11-12 50 Breaststroke | 26 |
| 27 | 10 & Under 50 Breaststroke | 28 |
| 29 | 11-12 100 Butterfly | 30 |
| 31 | 10 & Under 100 Butterfly | 32 |
| 33 | 8 & Under 25 Butterfly | 34 |
| 35 | 11-12 50 Backstroke | 36 |
| 37 | 10 & Under 50 Backstroke | 38 |
| 39 | 11-12 200 Free | 40 |
| 41 | 10 & Under 200 Free | 42 |

Sunday, October 4, 2009

WARM UP: not before 12:00pm START: 1 hour after Warm Up Start

| Women | | Men |
|-------|-----------------------------|-----|
| 51 | 11-12 50 Butterfly | 52 |
| 53 | 10 & Under 50 Butterfly | 54 |
| 55 | 11-12 100Breaststroke | 56 |
| 57 | 10 & Under 100 Breaststroke | 58 |
| 59 | 8 & Under 25 Breaststroke | 60 |
| 61 | 11-12 50 Free | 62 |
| 63 | 10 & Under 50 Free | 64 |
| 65 | 11-12 100 Backstroke | 66 |
| 67 | 10 & Under 100 Backstroke | 68 |
| 69 | 8 & Under 25 Backstroke | 70 |
| 71 | 12 & Under 200IM | 72 |
| 73 | 10 & Under 100IM | 74 |