

Star Aquatics "Triad Tune-Up" Invitational

September 19-20, 2009

The meet will be conducted under the auspices of North Carolina Swimming, Inc. & USA Swimming, the rules of which will apply.

- SANCTION #:** Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction #NC09089
- HOST CLUB:** STAR Aquatics, LLC – 10% of the profit from this meet will be donated to The United Way Organization.
- LOCATION:** Gateway YWCA of Winston Salem
1300 South Main Street
Winston Salem, NC 27127
- VENUE:** The YWCA Gateway Facility, Winston-Salem, N.C. A 8 Lane, 25 Yd pool with a depth of 6 feet on the starting end and a lane width of 6 feet. Pool has non-turbulent lane lines, Colorado Timing System with 8 lane scoreboard display and custom starting blocks. There is a two lane warm-up/cool down pool that will be available
- OFFICIALS:** Meet Referee: Gary Flynn gary_flynn@bellsouth.net 336.855.6814
MEET DIRECTOR: Jennifer Peterson zuelpete@embargmail.com 336.922.7570
HEAD COACH: Jay Dodson jay@staraquatics.net 336.337.0169
MEET MARSHAL: Gary & Jan Byrum
- RULES:** The meet will be conducted in accordance with current USA Swimming Code and the NCS Official Handbook and NCS Safety Program, except where rules therein are optional and exceptions must be stated.
- ELIGIBILITY:** All swimmers must be currently registered 2009 athlete members of USA Swimming and all coaches who wish to have deck access must be currently registered 2009 non-athlete coach members of USA-S
- SCHEDULE:** September 19th **12 & Under Timed Final Sessions:**
- | | | |
|-------------|--------------|---------|
| BB+ Session | Warm-up: | 7:00 AM |
| | Competition: | 8:00 AM |
| B/C Session | Warm-up: | Noon |
| | Competition: | 1:00 PM |
- SCHEDULE:** September 20th **Senior TIMED FINAL Sessions:**
- | | | |
|----------------|--------------|---------|
| Senior Circuit | Warm-up: | 7:00 AM |
| | Competition: | 8:00 AM |
| Sr. Dev. | Warm-up: | Noon |
| | Competition: | 1:00 PM |
- MEET FORMAT:** Swimmers will swim on Saturday (12 & Under) or Sunday (Senior). Each day there will be two separate sessions based on swimmer ability. Swimmers may only swim in ONE session. 12 & U Timed finals Meet with a "BB" Session Saturday Morning and a B/C Session on Saturday Afternoon. Senior Timed Finals with a Sr. Circuit Session Sunday Morning and a Senior Development Session Sunday Afternoon. The events are as set forth on the "Order of Events" (attached). Star Aquatics reserves the right to limit ANY event to allow the meet to run in the allotted time.

- SEEDING:** All events will be pre-seeded.
- ENTRY LIMITS:** Swimmers may enter up to five (5) events per day, exclusive of relays. Meet management reserves the right to limit and/or eliminate relays and/or limit heats in any event to run the meet within the time allocated.
- ENTRIES:** Please submit entries in Hy-tek Team Manager format accompanied by the enclosed summary form and a hard copy of your entries. List the swimmer's age as of September 19, 2009. Only properly completed forms accompanied by payment will be accepted.
Please note that the following entry guidelines will be strictly enforced by the meet director:
1. **Payment must be attached with all entries.**
 2. **There may be on-deck entries taken at this meet, but in open lanes only, with double fees paid at the time of entry. All deck entered swimmers must be USA swimming athlete members and already entered in the meet.**
 3. **Entries are welcome on disk which must be compatible with Hy-tek's Meet Manager program and accompanied by hard copy documentation.**
- ENTRY TIMES:** Enter with best SHORT COURSE YARDS times achieved in competition or time trial. Entry times should be in hundredths.
- ENTRY DEADLINE:** **Tuesday, September 8, 2009.** Entries will be accepted up to midnight on Tuesday, September 8, 2009. Telephone entries will not be accepted. Changes to entries will be accepted by email. Please follow up to be sure that the meet director has received any changes. Entries will be accepted in the order in which completed entries are received. Entries may be limited at the discretion of the meet director in order to manage the timeline.
- ENTRY FEES:** \$2.00 per individual event
 \$8.00 per relay
 \$6.00 per swimmer facility surcharge
 \$2.00 per swimmer NCS Travel Fund
- Double fees will be charged for late entries. A late entry is any entry received after 9 P.M. Tuesday, September 8, 2009. All fees are non-refundable with the exception being if meet management has to cancel events due to time constraints, those fees will be refunded. A check made out to Star Aquatics must accompany entries.
- MAIL ENTRIES TO:** Star Aquatics
 P.O. Box 16311
 High Point, NC 27261
 336-337-0169 or 336-922-7570
Entries@staraquatics.net
- AWARDS:** Individual Events 1st- 8th Place Ribbons
 Relays 1st-3rd Ribbons
 Swimmers will be awarded in the following age groups: Saturday - 10 & Under and 11-12/ Sunday - 14 & Under And 15 & Over.
 Heat winner prizes will be awarded throughout the meet.
- SCORING:** The meet will not be scored individually or by team.
- WARM-UP RULES:** Specific warm-ups will be held in accordance with the NCS safety program. Lane assignments for warm-ups will be available in the coaches' packets. A current coach's card will be required to obtain the packet and must be with the coach at all times on deck. Please begin warm-up procedures at the starting end of the pool only. Diving will

not be allowed until specific warm-up period is announced. Specific warm-up times and procedures will be emailed prior to the meet and also detailed in the coaches' packet.

SAFETY: The NCS Safety Program is in effect for this meet. Coaches are required to closely supervise their swimmers at ALL times. All teams are expected to have at least one (1) certified coach on 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 7:50 in hospitality. 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.

OFFICIALS: There will be an officials meeting at 7:30am on Saturday and 30 minutes prior to the start of the other sessions as needed. Star Aquatics welcomes and encourages the participation of visiting officials. All officials must wear current USA membership card while on deck.

RULES / OTHER: All swimmers entering relays must be listed on the entry sheets. Relays will be seeded and posted along with the individual events. Relay cards with the names and order of the relay team are to be delivered to the computer desk before the start of the session.

FACILITY RULES: Coolers are not allowed in the facility. This will be strictly enforced by facility management.

No personal items should be left in the spectator area overnight (or when not in use). Anything left will be removed and placed in lost and found.

Release Statement: USA Swimming Inc. North Carolina Swimming Inc., Star Aquatics LLC, Gateway YWCA 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 injuries to anyone during the conduct of this meet.

Signature on the entry summary and subsequent entry into this meet constitutes understanding and acceptance of the above release.

Star Aquatics "Triad Tune-Up" Invitational
September 19-20, 2009

ORDER OF EVENTS

Saturday, September 19th, 2009

12 & Under "BB" Session

Warm-ups 7:00-7:50AM/Meet starts at 8:00AM

GIRLS	EVENTS	BOYS
1	12 & under 100 IM	2
3	12 & Under 50 Freestyle	4
5	12 & under 100 Free	6
7	12 & Under 50 Breaststroke	8
9	12 & Under 100 Breaststroke	10
11	12 & Under 50 Butterfly	12
13	12 & Under 100 Butterfly	14
15	12 & Under 50 Backstroke	16
17	12 & Under 100 Backstroke	18

10 minutes break if needed

19	10 & Under 200 Free Relay	20
21	11-12 200 Free Relay	22

Saturday, September 19th, 2009

12 & Under B/C Session

Warm-ups not before 12:00 Noon/Meet starts one hour later

Girls	Events	Boys
23	12 & under 100 IM	24
25	12 & Under 50 Freestyle	26
27	12 & under 100 Free	28
29	12 & Under 50 Breaststroke	30
31	12 & Under 100 Breaststroke	32
33	12 & Under 50 Butterfly	34
35	12 & Under 100 Butterfly	36
37	12 & Under 50 Backstroke	38
39	12 & Under 100 Backstroke	40
	10 minutes break if needed	
41	10 & Under 200 Free Relay	42
43	11-12 200 Free Relay	44

Sunday, September 20th, 2009

Senior Circuit Session

Warm-ups 7:00-7:50AM/Meet starts at 8:00AM

Girls	Events	Boys
45	Senior 100 Freestyle	46
47	Senior 200 Butterfly	48
49	Senior 100 Backstroke	50
51	Senior 200 Breaststroke	52
53	Senior 50 Freestyle	54
55	Senior 100 Butterfly	56
57	Senior 200 Backstroke	58
59	Senior 100 Breaststroke	60
61	Senior 200 Freestyle	62
63	Senior 200 IM	64
	10 minutes break if needed	
65	Senior 200 Free Relay	66

Sunday, September 20th, 2009

Senior Development Session

Warm-ups not before 12:00 Noon/Meet starts one hour later

67	Senior 100 Freestyle	68
69	Senior 200 Butterfly	70
71	Senior 100 Backstroke	72
73	Senior 200 Breaststroke	74
75	Senior 50 Freestyle	76
77	Senior 100 Butterfly	78
79	Senior 200 Backstroke	80
81	Senior 100 Breaststroke	82

83	Senior 200 Freestyle	84
85	Senior 200 IM	86
	10 minutes break if needed	
87	Senior 200 Free Relay	88

**Star Aquatics "Triad Tune-Up" Invitational
September 19-20, 2009**

MEET ENTRIES/ENTRY FEES SUMMARY FORM

AGE GROUP	TOTAL # SWIMMERS	NCS TRAVEL FUND@ \$2 PER SWIMMER	FACILITY SURCHARGE @ \$6 PER SWIMMER	TOTAL INDIVIDUAL ENTRIES	INDIVIDUAL ENTRIES @ \$2.00	RELAY ENTRIES @ \$8.00	
9-10 GIRLS							
11-12 GIRLS							
13-14 GIRLS							
15 & Over Girls							
9-10 BOYS							
11-12 BOYS							
13-14 BOYS							
15 & Over Boys							
TOTALS							

TOTAL NCS TRAVEL \$ _____
TOTAL FACILITY SURCHARGE \$ _____
TOTAL INDIVIDUAL ENTRY FEE \$ _____
TOTAL RELAY ENTRIES \$ _____
TOTAL ENTERED \$ _____

PLEASE RETURN THIS SUMMARY SHEET BY September 8, 2009 WITH ENTRY FEES, DISK AND HARD COPY OF ENTRIES TO:

STAR AQUATICS
P.O. BOX 16311
High Point, NC. 27261

entries@staraquatics.net
336-337-0169 or 336-922-7570
MAKE CHECKS PAYABLE TO STAR AQUATICS

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC STAR AQUATICS, LLC. WSSU, 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 INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

HEAD COACH SIGNATURE _____ PHONE _____
PRINT COACH'S NAME _____ E-MAIL ADDRESS _____

CLUB NAME _____ CLUB CODE _____
CLUB ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____