

**HPSC Open Blue vs. White**  
**hosted by**  
**HIGH POINT SWIM CLUB**  
**September 19, 2009**

- SITE:** High Point Swim Club "IGLOO"
- HOTEL INFO:** NA
- SANCTION:** Conducted Under sanction of United States Swimming Inc., issued by North Carolina Swimming Inc. NCS Sanction #NC09092.
- CLASSIFICATION:** Open
- FACILITY:** High Point Swim Club has 5, 7ft wide lanes, 25 meters long with non-turbulent lanes. It is 10 feet deep at the start the start end.  
NOTE: NO FOOD OR DRINK ALLOWED ON DECK. HOWEVER SWIMMERS MAY HAVE A PLASTIC BOTTLE FOR WATER OR OTHER SPORTS BEVERAGE.
- NO TOBACCO USE ALLOWED IN ANY PART OF THE BUILDING
- CONCESSION:** Provided by the High Point Swim Club
- PARKING:** Park in the main lot at the front of the Igloo. Enter the building at main entrance only.
- RULES:** Unless otherwise specified, the meet will be conducted in accordance with the current USA Swimming code and the NCS official handbook and the NCS safety program.
- ELIGIBILITY:** All swimmers must be registered with High Point Swim Club and USA SWIMMING, Inc.
- ENTRIES:** Showing age as of September 19<sup>th</sup>, 2009.
- Swimmers may enter 5 individual events per day.** This meet will be limited to the first 150 SWIMMERS PER SESSION entered.
- NOTE: The sessions will be modified as needed to accommodate the 4-hour rule.
- ENTRY DEADLINE:** The entry deadline is 5PM Tuesday, September 15th, 2009.
- ENTRY FEES:** \$12.00 per Swimmer meet entry fee (This includes the NSC travel fund surcharge)
- Entry fees must accompany entries and are not refundable.

**Make checks payable to: High Point Swim Club**

**MAIL ENTRIES TO:** Aaron Reeves  
3206 Quail Run Dr.  
High Point NC 27265

**EMAIL ENTRIES TO:** [meetentries@polarbearswim.org](mailto:meetentries@polarbearswim.org)

**AWARDS:** Ribbons 1st - 8th place for individual events. Events will be awarded as 8&Under, 9/10, 11/12, 13/14 and 15&Over.

**Coaches Meeting** There will be a coaches meeting on Saturday Morning in Hospitality beginning at 7:45 AM.  
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 Meeting** There will be an officials meeting in Hospitality on Saturday morning beginning at 7:45 AM.

**SAFETY:** The NCS Safety program is in effect for this meet. Coaches are reminded to closely supervise their swimmers at all times. Failure to comply with safety requests can result in expulsion from the meet.

**WARM-UPS:** Saturday Warm Up

- AM session - warm-ups starting at 8:00, timed finals start 60 minutes later.

Warm up must be monitored closely by certified coaches and the NCS warm up guidelines must be followed. Diving will happen from the 50 start end of the pool for all sessions. Diving will not be allowed for any lane during the first 1/2 of the warm up session.

**MEET DIRECTOR:** Brad Procton  
**MEET REFEREE:** Skip Queen  
**MEET MARSHALL:** Aaron Reeves

**RELEASE STATEMENT:** USA Swimming, Inc., North Carolina Swimming, Inc., High Point Swim 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.

Questions may be directed to 336-887-4772 (club)

# HPSC Open Blue vs. White Order of Events

Saturday Morning – Warm-ups 8:00 AM Timed finals 8:30 AM

Women			<i>Men</i>
1	<i>10 &amp; U</i>	<i>100 Free Relay</i>	2
3	<i>10 &amp; U</i>	<i>200 Fr-Relay</i>	4
5	<i>11-12</i>	<i>200 Fr-Relay</i>	6
7	<i>13-14</i>	<i>200 Fr-Relay</i>	8
9	<i>Senior</i>	<i>200 Fr-Relay</i>	10
11	<i>10 &amp; U</i>	<i>25 Fly</i>	12
13	<i>10 &amp; U</i>	<i>50 Fly</i>	14
15	<i>11-12</i>	<i>50 Fly</i>	16
17	<i>13-14</i>	<i>50 Fly</i>	18
19	<i>Senior</i>	<i>100 Fly</i>	20
21	<i>10 &amp; U</i>	<i>25 Free</i>	22
23	<i>10 &amp; U</i>	<i>50 Free</i>	24
25	<i>11-12</i>	<i>50 Free</i>	26
27	<i>13-14</i>	<i>50 Free</i>	28
29	<i>Senior</i>	<i>100 Free</i>	30
31	<i>10 &amp; U</i>	<i>25 Back</i>	32
33	<i>10 &amp; U</i>	<i>50 Back</i>	34
35	<i>11-12</i>	<i>50 Back</i>	36
37	<i>13-14</i>	<i>50 Back</i>	38
39	<i>Senior</i>	<i>100 Back</i>	40
41	<i>10 &amp; U</i>	<i>25 Breast</i>	42
43	<i>10 &amp; U</i>	<i>50 Breast</i>	44
45	<i>11-12</i>	<i>50 Breast</i>	46
47	<i>13-14</i>	<i>50 Breast</i>	48
49	<i>Senior</i>	<i>100 Breast</i>	50
51	<i>10 &amp; U</i>	<i>100 IM</i>	52
53	<i>10 &amp; U</i>	<i>200 IM</i>	54
55	<i>11-12</i>	<i>200 IM</i>	56
57	<i>Senior</i>	<i>200 IM</i>	58

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**September 12<sup>th</sup>, 2009**

**ENTRY SUMMARY WORKSHEET**

Age Group	Total Number of Swimmers	Total Number of Entries		Meet Entry Fee	Total Entry Fee
8-UN Girls - Session			X	\$12	
8-UN Boys - Session			X	\$12	
9-10 Girls - Session			X	\$12	
9-10 Boys - Session			X	\$12	
11-12 Girls - Session			X	\$12	
11-12 Boys - Session			X	\$12	
Senior Girls – Session			X	\$12	
Senior Boys - Session			X	\$12	
Relay Only Swimmers					
Total # of Swimmers					
Total Relays Entered					
<b>Total Fees Due With Entry</b>					

Make Checks Payable to: High Point Swim Club

Return This Summary Sheet with to Aaron Reeves  
 Entry Fees and Forms to: High Point Swim Club  
 3206 Quail Run Dr  
 High Point NC 27265

Call Letters \_\_\_\_\_ **E-mail Address:** \_\_\_\_\_

Coach \_\_\_\_\_

Team Name \_\_\_\_\_ Phone (Work) (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

Street Address \_\_\_\_\_ (Home) (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_