



2009 WAVE IMX Distance Day October 4, 2009

SANCTION: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction #NC09094 Rev. 1

HOST: New Wave Swim Team
P.O. Box 18012
Raleigh, NC 27619
(919) 981-0644

FACILITY: **Triangle Aquatic Center**
275 Convention Drive
Cary, NC 27511
(919) 459-4045

Competition Pool: The Triangle Aquatic Center facility features a 50-meter pool divided into two courses, which include an 8-lane, 25-yard by 9-foot wide competition course and a 10-lane, 25-yard by 7-foot wide competition course, with a variable depth ranging from 7 to 12 feet. Both courses will be used if swimmer numbers and timeline deem it necessary. An additional 10-lane, 25-yard pool is available for continuous warm-up/warm-down. The pool is equipped with state-of-the-art, anti-turbulent lane lines and Paragon starting blocks on both ends. The facility features a Daktronic Pro timing system, and two digital matrix scoreboards. Stopwatches will also be used in each competition lane. Hy-Tek Meet Manager Pro software will be used. Locker rooms for changing are available.

Only meet volunteers, USA Swimming registered athletes and current USA Swimming registered officials and coaches may be on deck.

NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME

Spectator Seating:

The seating area is above the deck and designed for comfort and enjoyment for spectators. There is viewing for 1,000 people, bench seating with back support, a 12-foot wide walkway for easy access, and an integrated sound system. There are five 47" televisions with FM radio transmitters, and free wireless access to the Internet to track live meet results on www.triangleaquatics.org.

Supporting Amenities:

Parking: There are 150 parking spaces directly in front of the facility available for coaches, officials and volunteers. There is additional parking at the Cary Towne Center Mall, directly adjacent & within easy walking distance of the facility. Athletes may be dropped off beside the facility before parking at the Mall.

Splash Café: A full service café located just inside the main entrance offering healthy meals, smoothies, coffees, drinks and snacks.

All American Swim Shop: The fully stocked swim shop is located beside the front desk and carries swimwear, apparel, swim supplies and accessories.

Open Swim: During most meets, the Program pool and Instruction pool are open for recreation and fitness swimming. Check with the front desk for the cost of a day pass.

Facility Rules: *Please inform all families of the following pool rules.*

- 1) **NO** smoking is allowed inside the facility.
- 2) **NO** outside food, drinks or coolers allowed inside the facility.
- 3) **NO** glass containers allowed inside the facility.
- 4) **NO** chairs allowed in the spectator level. Athletes and coaches may bring chairs on deck, but they must be removed each day.

RULES: This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, and the current North Carolina Swimming Rules and Regulations, and the current North Carolina Swimming Safety Program. These rules will serve as the official guide for technical and procedural rules, except wherein are optional and exceptions are herein stated.

CLASSIFICATION: This will be a Timed Finals, Open meet.

FORMAT: **Timed Finals**

1. All events will be swum as timed finals.
2. The 500-yard Freestyle will be deck seeded. Check-in will be due by the end of the session warm-ups. The event will be swum slowest to fastest.
3. Meet management reserves the right to limit the number of heats of the 500-yard Freestyle to the fastest four (4) heats in any age group/gender to maintain the timeline and meet the 4-hour rule for the 12 & Under session.

ELIGIBILITY: All participants must be registered athlete members of USA Swimming. List swimmers' ages as of **October 4, 2009**.

ENTRIES: Please email entries using Hy-Tek Team Manager for entries. Entries may be sent via email and must include the following: 1) a Hy-Tek compatible entry file 2) team entry report and 3) financial report.

Please note that the Meet Director will strictly enforce the following entry rules:

1. Payment must be received by the start of the meet in order to get coaches packet. No swimmer will compete until payment is received.
2. Please submit entries using Hy-Tek Team Manager or compatible software.
3. The list of swimmers competing in the meet will be forwarded to the NCS Registration Chair for approval. **No on deck registration will be permitted.**
4. Please list all coaches that will be in attendance. The NCS Registration chair will provide meet management with a list of current coach certifications. Coaches who are not current in all required certifications will not be allowed on deck.

ENTRY LIMITS: All swimmers may enter up to five (5) individual events.

ENTRY DEADLINE: **ALL entries must be received no later than 8:00 pm, Thursday, September 24, 2009.**

ENTRY FEES:

Individual Event Fees	\$ 2.50 per event
Facility Surcharge:	\$ 10.00 per swimmer
NC Swimming Travel Fund:	\$ 2.00 per swimmer

MAIL ENTRIES TO: WAVE Swimming
P. O. Box 18012
Raleigh, NC 27619
919-981-0644

NOTE: All e-mail correspondence should be directed to:
Lana Sanders – wavemeets@nc.rr.com

A TM event file will be made available from the WAVE website at www.newwaveswimteam.org as well as the NCS website www.ncswim.org.

SCHEDULE: **Sunday, October 4, 2009**

Session I	7:30-8:05 am 8:05-8:20 am 8:30 am	General Warm-up Specific Warm-up Begin Session I
Session II	1:00-1:35 pm 1:35-1:50 pm 2:00 pm	General Warm-up Specific Warm-up Begin Session II

Meet management reserves the right to adjust meet session and warm-up times or combine sessions after reviewing the projected timeline. Coaches will be informed of any adjustments in the schedule.

**WARM-UP
SCHEDULE:**

Guidelines will be published in the coach's packet. Packets will be available at the Clerk of Course upon presentation of current USA Swimming coach credentials. Lane assignments will be based on the number of participants from each club. Assignments will be posted and a copy available in the coach's packet. Specific warm-up procedures will be described in the coach's packet as well.

CHECK-IN:

<u>Event</u>	<u>Check-in Deadline</u>
11-12 500-yard Freestyle	by 9:00 am
13 & Over 500-yard Freestyle	by 2:30 pm

SEEDING:

The 500-yard Freestyle will be deck-seeded with a **positive** check-in required. **Failure to check-in an athlete will result in the athlete being scratched from the event.**

1. **500-yard Freestyle:** This is a timed final event and will be swum slowest to fastest in event order. Meet management may swim a combined heat if desired. Each swimmer in this event must provide a person to time and to count laps.

ORDER OF EVENTS: Please see attached schedule.

AWARDS: Individual events: 1st - 8th place - ribbons

SCORING: This meet will not be scored.

SAFETY: The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Running and horseplay will not be allowed. As at any pool, the deck may be slippery and caution should be taken to prevent accidents. Coaches must carry and display prominently their coach certification cards at all times when on the pool deck and must hold current certifications and registration with USA Swimming.

COACHES: A coach's packet will be available for all clubs at the start of warm-ups on Sunday. A current 2009 USA Swimming coach membership card will be required to obtain the packet and must be displayed prominently at all times on deck **by all coaches.**

There will be a coaches' meeting at 8:20 am Sunday morning, October 4, 2009 in the TAC hospitality room and 10 minutes prior to the start of the afternoon session if necessary.

OFFICIALS: Officials will meet at 7:45 am Sunday morning, October 4, 2009 in the TAC hospitality room and 30 minutes prior to the start of the afternoon session (approximately 1:30 pm).

We welcome all certified and apprentice officials. If you know in advance that you will be volunteering for this meet, please notify the Meet Referee Ken Clark (kennethdclark@bellsouth.net).

"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."

CONTACTS: Meet Directors: Lana Sanders

Meet Referee: Ken Clark
Meet Marshall: Mila Mason

HOSPITALITY: There will be a hospitality room available to all coaches, officials and meet staff.

VOLUNTEERS: Volunteer workers and officials are welcome. Announcements for timers and officials will be made prior to the start of each session.
Swimmers in the 500-yard Freestyle must provide a person to time and to count laps.

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., THE NEW WAVE SWIM TEAM, INC., THE TRIANGLE AQUATIC CENTER 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.



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Sunday
Session I 12 & Under Girls and Boys
Warm-ups: 7:30 am
Meet start: 8:30 am

Girls	Event	Boys
1	10 & under 200 IM	2
3	11-12 200 IM	4
5	10 & under 100 Fly	6
7	11-12 100 Fly	8
9	10 & under 100 Back	10
11	11-12 100 Back	12
13	10 & under 100 Breast	14
15	11-12 100 Breast	16
17	10 & under 200 Free	18
19	11-12 500 Free	20

Sunday
Session II 13 & Over Women and Men
Warm-ups: 1:00 pm
Meet start: 2:00 pm

Women	Event	Men
21	13 & Over 400 IM	22
23	13 & Over 200 Fly	24
25	13 & Over 200 Back	26
27	13 & Over 200 Breast	28
29	13 & Over 500 Free	30