

DUKE AQUATICS'
TRICK OR TREAT INVITATIONAL
OCTOBER 10th – 11th, 2009

- Sanction:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction # NC09100
- Site:** Triangle Sportsplex
One Dan Kidd Drive
Hillsborough, NC 27278
(919) 644-0339
- Facility:** The Competition pool is an 11-lane, 25-yard course with non-turbulent lane markers, deck-anchored starting blocks, and a 6-foot depth at the starting end. 10 eight-foot wide lanes will be used for Competition. The Colorado Timing System will be used along with watches. A 10-lane digital scoreboard will also be used. In addition, a Warm-up/Warm-down Pool, adjacent to the competition pool, will be available for continuous warm-up/down. Spectator seating for approximately 400 people is available on one side of the pool. The facility also includes a snack bar. Boys' and girls' locker rooms are available.
- Facility Rules:** This facility forbids coolers, food or beverages to be brought into the building.
*No smoking is allowed inside the facility.
*No glass containers are allowed inside the facility.
*Shoes are required in the lobby due to ice skaters on the premises.
*Please observe all posted facility rules.
*All persons on-deck or behind the blocks must be certified coaches, officials, registered swimmers or meet volunteers.
- Classification:** BB and Faster and B/C 12 and Under Age Group Meet.
- Eligibility:** All swimmers must be registered with USA SWIMMING, Inc.
- Dates & Times:** **Saturday, October 10, 2009** and **Sunday, October 11, 2009:**
12 & Under BB+ & 11/12 B/C
Warm-ups: 8:00 am
Timed Finals: 9:00 am
10 & Under B/C & 8 & under
Warm-ups: not before 12 noon
Timed Finals: 40 minutes after start of warm-ups
- Rules:** The meet will be conducted in accordance with the current USA Swimming Code, the NCS Official Handbook, and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated.
- Entry Limit:** Swimmers are limited to five (5) individual events and one relay per day. Team entries may be limited at the discretion of the meet management in order to manage the timeline. Affected teams will be notified by telephone or E-mail and entry fees refunded. These are the only fees that will be refunded.
- Entry Deadline:** All entries and fees must be received by 6pm Wednesday, September 30th, 2009. Telephone entries and fax entries will not be accepted. Late entries may be accepted at the discretion of the Meet Director. If accepted, late entries will be charged double entry fees.

Entries: Please submit entries using Hy-Tek Meet Manager compatible files. Email entries will also be accepted however hard copies of all entries along with the summary form must also be submitted. List the swimmer's age as of October 10, 2009. Only properly completed entries with payment will be accepted.

(1) **Payment must accompany all entries.**

(2) Deck entries will be taken at this meet only for those swimmers already entered in the meet.

(3) Please send an email to Dukeinvite@yahoo.com indicating the approximate number of swimmers your team plans to bring to the meet by Wednesday, September 16th. **This information is for planning purposes only and does not indicate acceptance into the meet.**

Entry Fees: \$2.50 per individual event (NCS registered swimmers)
\$3.00 per individual event (outside NCS-LSC swimmers)
\$8.00 per relay
\$10.00 per swimmer Facility Surcharge
\$2.00 per NCS Travel Fund
Double entry fees will be charged for all late entries, if accepted. Late entries are entries received after 6 pm on Tuesday, September 29, 2009. All fees are non-refundable. A check made payable to "Duke Aquatics" must accompany all entries.

Mail Entries to: Dukeinvite@yahoo.com

Duke Aquatics
3020 Pickett Road
Suite 424
Durham, NC 27705

Do not send entries in a manner that requires signature upon delivery. For verification of receipt of entries, please send a stamped self-addressed postcard with your entries. E-mail confirmation of entry receipt will also be provided if an e-mail address is provided.

Order of Events: See attached order of events.

Awards: Individual Events: 1st – 8th place ribbons
Relays: 1st – 3rd place ribbons

Warm-up

Schedule: Specific warm-ups will be held in accordance with the NCS Safety Program. A warm-up schedule is attached. Lane assignments for warm-ups will be available in the coach's packet. Please begin warm-up procedures at the starting end of the pool only. Diving will not be allowed until the specific warm-up period is announced.

Coaches: Coaches must present a current USA membership card to the Clerk of Course to receive their entry package and must display their membership card at all times.

Officials: There will be an officials' meeting Saturday, October 10th, at 8:00am and 30 minutes prior to the start of each of the other sessions.

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.

Meet Directors: Michele Schaefer

Meet Referee: Bill Luse

Meet Marshall: Pending

Coaches Meeting: Saturday, at 8:50 am in the hospitality room

Hospitality: A hospitality room will be provided for the coaches, officials, and meet workers.

Concessions: Concessions are available at the Triangle Sportsplex's snack bar for spectators and swimmers.

Volunteers: Volunteer timers and officials are welcomed.

RELEASE STATEMENT: USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., THE DUKE AQUATICS SWIM TEAM, TRIANGLE SPORTSPLEX AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS 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

DUKE AQUATICS TRICK OR TREAT MEET
ORDER OF EVENTS
Saturday, October 10th, 2009

BB and Faster and 11/12 B/C Session
 Warm-ups 8:00 AM. Meet starts at 9:00 AM

GIRLS	EVENTS	BOYS
1	10 & Under BB 200 Yd Medley Relay	2
3	11/12 BB 200 Yd Medley Relay	4
5	11/12 B/C 200 Yd Medley Relay	6
	5 minute break	
7	10 & Under BB 100 Yd IM	8
9	11/12 BB 100 Yd IM	10
11	11/12 B/C 100 Yd IM	12
13	10 & Under BB 50 Yd Freestyle	14
15	11/12 BB 50 Yd Freestyle	16
17	11/12 B/C 50 Yd Freestyle	18
19	10 & Under BB 100 Yd Backstroke	20
21	11/12 BB 100 Yd Backstroke	22
23	11/12 B/C 100 Yd Backstroke	24
25	11/12 BB 200 Yd Breaststroke	26
27	10 & Under BB 50 Yd Breaststroke	28
29	11/12 BB 50 Yd Breaststroke	30
31	11/12 B/C 50 Yd Breaststroke	32
33	10 & Under BB 100 Yd Butterfly	34
35	11/12 BB 100 Yd Butterfly	36
37	11/12 B/C 100 Yd Butterfly	38
39	10 & Under BB 200 Yd Freestyle	40
41	11/12 BB 200 Yd Freestyle	42
43	11/12 B/C 200 Yd Freestyle	44

10 & Under B/C Session

Warm-ups not before 12 Noon. Meet starts 40 minutes after warm-ups begin.

GIRLS	EVENTS	BOYS
45	8 & Under 100 Yd Medley Relay	46
47	10 & Under BC 200 Yd Medley Relay	48
	5 minute break	
49	8 & Under 50 Yd Freestyle	50
51	9/10 B/C 50 Yd Freestyle	52
53	8 & Under 25 Yd Backstroke	54
55	10 & Under B/C 100 Yd Backstroke	56
57	8 & Under 100 Yd IM	58
59	9/10 B/C 100 Yd IM	60
61	8 & Under 50 Yd Butterfly	62
63	9/10 B/C 50 Yd Butterfly	64
65	8 & Under 25 Yd Breaststroke	66
67	10 & Under B/C 100 Yd Breaststroke	68

DUKE AQUATICS TRICK OR TREAT MEET
ORDER OF EVENTS
Sunday, October 11th, 2009

BB and faster and 11/12 B/C Session
 Warm-ups 8:00 AM. Meet starts at 9:00 AM

GIRLS	EVENTS	BOYS
69	10 & Under BB 200 Yd Free Relay	70
71	11/12 BB 200 Yd Free Relay	72
73	11/12 B/C 200 Yd Free Relay	74
	5 minute break	
75	11/12 BB 200 Yd Butterfly	76
77	10 & Under BB 50 Yd Butterfly	78
79	11/12 BB 50 Yd Butterfly	80
81	11/12 B/C 50 Yd Butterfly	82
83	10 & Under BB 100 Yd Freestyle	84
85	11/12 BB 100 Yd Freestyle	86
87	11/12 B/C 100 Yd Freestyle	88
89	11/12 BB 200 Yd Backstroke	90
91	10 & Under BB 50 Yd Backstroke	92
93	11/12 BB 50 Yd Backstroke	94
95	11/12 B/C 50 Yd Backstroke	96
97	10 & Under BB 100 Yd Breaststroke	98
99	11/12 BB 100 Yd Breaststroke	100
101	11/12 B/C 100 Yd Breaststroke	102
103	10 & Under BB 200 Yd IM	104
105	11/12 BB 200 Yd IM	106
107	11/12 B/C 200 Yd IM	108

10 & Under B/C Session
 Warm-ups not before 12 Noon. Meet starts 40 minutes after warm-ups begin.

GIRLS	EVENTS	BOYS
109	10 & Under B/C 200 Yd Free Relay	110
111	8 & Under 100 Yd Free Relay	112
	5 minute break	
113	10 & Under B/C 100 Yd Freestyle	114
115	8 & Under 25 Yd Freestyle	116
117	9/10 B/C 50 Yd Backstroke	118
119	8 & Under 50 Yd Backstroke	120
121	10 & Under B/C 100 Yd Butterfly	122
123	8 & Under 25 Yd Butterfly	124
125	9/10 B/C 50 Yd Breaststroke	126
127	8 & Under 50 Yd Breaststroke	128
129	9/10 B/C 200 Yd IM	130

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MEET ENTRIES/ENTRY FEES SUMMARY FORM

AGE GROUP	TOTAL # OF SWIMMERS	NCS TRAVEL FEE @ \$2 PER SWIMMER	FACILITY SURCHARGE @ \$10 PER SWIMMER	TOTAL INDIVIDUAL ENTRIES	INDIVIDUAL ENTRY FEES @ \$2.50 PER EVENT (\$3.00 OUT OF STATE)	TOTAL NUMBER OF RELAYS	RELAY FEES @ \$8 PER RELAY
10&UNDER GIRLS							
10&UNDER BOYS							
11-12 GIRLS							
11-12 BOYS							
13-14 GIRLS							
13-14 BOYS							
SENIOR GIRLS							
SENIOR BOYS							
TOTALS							

TOTAL NCS TRAVEL \$ _____
 TOTAL FACILITY SURCHARGE \$ _____
 TOTAL INDIVIDUAL ENTRY FEES \$ _____
 TOTAL RELAY ENTRY FEES \$ _____
 TOTAL FEES ENCLOSED \$ _____

Please submit one check with entries to cover your club's total fees. Please make checks payable to: "Duke Aquatics".

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., THE DUKE AQUATICS SWIM TEAM , TRIANGLE SPORTSPLEX AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS 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.

Head Coach's Signature _____ Phone _____

Print Head Coach's Name _____ Email _____

Club Name _____ Club Code _____

Club Address _____

City _____ State _____ Zip Code _____

WARM-UP SCHEDULE

Saturday am and Sunday am

8:00 – 8:40 am -- All lanes General Warm-up. NO DIVING

8:40 – 8:50 am -- Lanes 0 & 10 will be for pace work. NO DIVING

Lanes 1, 2, 3, 7, 8, 9 will be used for Diving. Start from the touch pad end of the pool only.
Swim one length and exit the pool.

Lanes 4, 5, 6 and the warm-up pool will be for the continuation of general warm-up. NO DIVING

Saturday pm and Sunday pm

First 25 minutes – All lanes General Warm-up. NO DIVING

Last 10 minutes – Lanes 1, 2, 3, 7, 8, 9 will be used for Diving. Start from the touch pad end of the pool only.
Swim one length and exit the pool.

Lanes 0, 4, 5, 6, 10 and the warm-up pool will be for the continuation of general warm-up.
NO DIVING

AREA HOTELS

Days Inn
(919)383-1551
3460 Hillsborough Rd.
Durham, NC 27705

Fairfield Inn
(919)382-3388
3710 Hillsborough Rd.
Durham, NC 27705

Hampton Inn
(919)471-6100
1816 Hillandale Rd.
Durham, NC 27705

Hilton
(919)383-8033
3800 Hillsborough Rd
Durham, NC 27705

Holiday Inn Express
(919)644-7977
202 Cardinal Dr.
Hillsborough, NC 27278

Microtel
(919)245-3102
120 Old Dogwood St.
Hillsborough, NC 27278