

# 2010 NC SwimMAC Quad Championship

## Meet

### MARCH 6-7, 2010

**Sanction:** Held under sanction of USA Swimming issued by North Carolina Swimming, Inc.  
Sanction #NC10027.

**Host:** SwimMAC

**Facility:** MAC Swim Center at Charlotte Latin School  
9850 Providence Road  
Charlotte NC 28277  
(704) 846-5335

The MAC Swim Center is a 30,000 square-foot facility featuring a 50-meter by 25-yard Paddock Pool racing tank. In the 10-lane 25 yard competition course, pool depth ranges from 6 to 12 feet with lanes that are 8-foot wide. Up to 11 lanes will be available for continuous warm-up and warm-down. The facility also features a Colorado 5000 system and 10-lane scoreboard. There are bleacher seating for 600 competitors and spectators. Paragon competition blocks will be used. The MAC Swim Center is a USA Swimming certified pool - see link below:

[http://www.usaswimming.org/USASWeb/\\_Rainbow/Documents/0575df36-97d9-440d-9a4f-5d957a9393c8/Pool%20Certifications%20for%20Web.pdf](http://www.usaswimming.org/USASWeb/_Rainbow/Documents/0575df36-97d9-440d-9a4f-5d957a9393c8/Pool%20Certifications%20for%20Web.pdf)

**Format:** All events will be conducted on a timed final basis. Meet management reserves the right to run the meet in 8 lanes rather than 10 depending upon the timeline. Events will be seeded in the following age groupings: 13-15, 12&U, 10&U, and 8&U.

**Eligibility:** All 12 & Under B/C swimmers and all Senior Development swimmers between the ages of 13-15, all of whom are registered USA Swimming athletes. Swimmers must be members of SwimMAC, NSS, Stingray, or High Point. Meet Management Reserves the right to limit the number of participants in the meet.

**Schedule:** SATURDAY AND SUNDAY AM SESSIONS – 8 & UNDER AND 10 & UNDER

Warm-up: 8:00 AM

Meet starts: 9:00 AM

SATURDAY AND SUNDAY PM SESSIONS – 12 & UNDER AND 13-15

Warm up: 1:00 PM

Meet starts: 2:00 PM

#### Coaches

**Meeting:** There will be a coaches meeting at 8:45 AM in the Hospitality Room.

**Entry Limit:** All swimmers may enter a maximum of 4 events per day, with a maximum of 8 events for the meet.

**Rules:** This meet will be conducted in accordance with the current USA Swimming Code and the NCS Official Handbook and NCS Safety Program, except where Rules therein are optional and exceptions are herein stated. *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.*

**Safety:** The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No running or horseplay will be tolerated.

**Warm-Up:** In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. During the competition, there will be lanes available for warm-up / warm-down. There is to be no diving or horseplay in this area.

**Entry form:** Entries are to be emailed to Alison Pick at [apick@swimmaccarolina.org](mailto:apick@swimmaccarolina.org). All computer entries must be accompanied by a complete hard copy. Please make sure swimmers are entered with their correct age as of Saturday, March 6, 2010.

All entries must include the following items:

- 1.) Hard Copy of Meet Entries
- 2.) Official Hy-Tek Summary Sheet
- 3.) Payment of Fees

**Fees:** Individual Events: \$2.50 per event  
NCS Travel Fund: \$2.00 per swimmer  
Facility Surcharge: \$5.00 per swimmer

**Awards:** Ribbons 1<sup>st</sup> – 8<sup>th</sup> in each age: 7, 8, 9, 10, 11, 12, 13, 14, and 15

### **Entry**

**Deadline:** Entries must be received by **Wednesday, February 24, 2010**. No fax or phone entries. Late entries will be accepted at the discretion of Meet Director. Please mail entries to:

SwimMAC  
9850 Providence Road  
Charlotte, NC 28277  
Attn: Stephanie Miller, Meet Director

**E-Mail entries to Allison Pick at [apick@swimmaccarolina.org](mailto:apick@swimmaccarolina.org)**

**Officials:** SwimMAC welcomes and encourages the assistance of certified officials from visiting teams. To volunteer, please contact the Meet Referee once you arrive. There will be an officials meeting at 8:30 AM in the hospitality room.

### **Meet**

**Management:** Meet Director: Stephanie Miller  
Meet Referee: Richard Pockat  
Safety Marshall: Amy Monroe

### **Breaks Between**

**Events:** Meet Management reserves the right to add breaks between events if deemed necessary. Planned breaks will be presented at the meet's initial coaches' meeting and each break will be limited to 10 minutes. SwimMAC Team Elite reserves the option to offer short demonstrations to provide education and examples to all youngsters in the sport. Team Elite Coaches and the Referee will determine time of said demonstration.

**Hospitality:** There will be a hospitality room open to all coaches and officials.

**Release:** USA Swimming, North Carolina Swimming Inc., Charlotte Latin School and Mecklenburg Aquatic Club 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.

**Information:** For more information, please contact Larry Lee at 704-340-8586, or [LLee@swimmaccarolina.org](mailto:LLee@swimmaccarolina.org)

## SwimMAC Quad Championship Meet March 6-7, 2010

### ***SATURDAY AM SESSION***

Warm-up: 8:00 AM, Meet Start: 9:00 AM  
8 & Under and 10 & Under

**March 6, 2010**

#### **Order of Events**

<u>GIRLS</u>		<u>BOYS</u>
1	10&U 100 Freestyle	2
3	8&U 50 Freestyle	4
5	10&U 50 Fly	6
7	8&U 25 Fly	8
9	10&U 100 Back	10
11	8&U 50 Back	12
13	10&U 50 Breast	14
15	8&U 25 Breast	16
17	10&U 200 IM	18
19	8&U 100 IM	20

### ***SATURDAY PM SESSION***

Warm-up: 1:00 PM, Meet Start: 2:00 PM  
12 & Under and 13-15

**MARCH 6, 2010**

#### **Order of Events**

<u>GIRLS</u>		<u>BOYS</u>
21	12&U 100 Free	22
23	13-15 100 Free	24
25	12&U 50 Fly	26
27	13-15 100 Fly	28
29	12&U 100 Back	30
31	13-15 200 Back	32
33	12&U 50 Breast	34
35	13-15 100 Breast	36
37	12&U 200 IM	38
39	13-15 400 IM	40

March 7, 2010

**SUNDAY AM SESSION**

Warm-up: 8:00 AM, Meet Start: 9:00 AM  
8 & Under and 10 & Under

**Order of Events**

<u>GIRLS</u>		<u>BOYS</u>
41	10&U 200 Free Relay	42
43	8&U 200 Free Relay	44
45	10&U 100 IM	46
47	8&U 25 Free	48
49	10&U 50 Free	50
51	8&U 50 Breast	52
53	10&U 100 Breast	54
55	8&U 25 Back	56
57	10&U 50 Back	58
59	8&U 50 Fly	60
61	10&U 100 Fly	62
63	8&U 100 Free	64
65	10&U 200 Free	66

March 7, 2010

**SUNDAY PM SESSION**

Warm-up: 1:00 PM, Meet Start: 2:00 PM  
12 & Under and 13-15

**Order of Events**

<u>GIRLS</u>		<u>BOYS</u>
67	12&U 200 Free Relay	68
69	13-15 200 Free Relay	70
71	12&U 100 IM	72
73	13-15 200 IM	74
75	12&U 50 Free	76
77	13-15 50 Free	78
79	12&U 100 Breast	80
81	13-15 200 Breast	82
83	12&U 50 Back	84
85	13-15 100 Back	86
87	12&U 100 Fly	88
89	13-15 200 Fly	90
91	12&U 200 Free	92
93	13-15 200 Free	94