

2010 NC EAST CAROLINA SWIM LEAGUE

Short Course Championships

Triangle Aquatic Center

Cary, NC

March 26 – 28, 2010

- HOST:** Harnett County Aquatic Club
- SANCTION:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc., Sanction # NC10036.
- FACILITY:** **Competition Pool:** Triangle Aquatic Center features a 50 meter pool where the 10 lane (7.5 foot width) and 8 lane (9 foot width), 25 yard courses will be used for prelims competition. The 8 lane, 25 yard course will be used for finals competition. The courses have a depth ranging from 7 to 12 feet. Lanes of the adjacent program pool will be open for continuous warm-up and warm-down during the meet. The pool is equipped with state-of-the-art, anti-turbulent lane lines and Paragon starting blocks. The facility features a Daktronic Pro timing system and two digital matrix scoreboards. Both competitive courses and warm-up facility is certified by USA Swimming.

Only meet volunteers, USA Swimming registered athletes, coaches and officials 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 early arrivals, coaches, officials and volunteers. There is additional parking at the Athletes may be dropped off beside the facility before parking at the Mall.

Cafe' Splashdown: A full service café located just inside the main entrance offering meals, 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.

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.

SCHEDULE:Friday, March 26

Warm-ups:	5:00pm
Timed Finals:	6:00pm

Saturday, March 27

Prelims/Timed Finals Warm-ups:	7:30am
Prelims/Timed Finals:	8:30am
Finals Warm-ups:	5:00pm
Finals:	6:00pm

Sunday, March 28

Prelims/Timed Finals Warm-ups:	7:30am
Prelims/Timed Finals:	8:30am
Finals Warm-ups:	4:30pm
Finals:	5:30pm

CLASSIFICATION: This is a closed invitational swim meet. Only NCS, Inc. registered swimmers representing current league member teams may participate.

RULES: This meet will be conducted in accordance with the current USA Swimming code and the NCS Safety Program, except where the rules therein are optional and exceptions are herein stated.

FORMAT: This meet is an Age Group/Senior Meet. All 10 & Under events (with the exception of the 10 & UN 50 yard events), the 13-14/Senior events 200 yards and above and relays are timed finals. All other events will be conducted on a prelims/finals basis. Finals will be conducted in the following manner:

Senior events 100 yards and shorter will have a "B" Final, "A" Final and a Super Final (top 20).

The 11-12 & 10 & UN events on Saturday and Sunday will be "A" finals only (Top 8).

Order of Finals Heats: "B" Finals – "A" Finals – "Super" Finals

All relays are timed finals

Definition of Finals:**Senior Events:**

"Super" Finals 1 – 4 seeds

"A" Finals: 5 – 13 seeds

"B" Finals: 14 – 20 seeds

Age Group Finals:

"A" Finals Top 8 seeds

Meet management reserves the right to require positive check-in for any events it deems necessary.

SEEDING: The 13-14/Senior 1650 will be limited to the fastest 24 swimmers regardless of age with. The 1650 will be scored as a 13-14/Senior event only.

The 13-14/Senior 500 Free will be limited to the fastest 32 swimmers. The 500 Free and 200IM will be scored as a 13-14 and Senior event only.

Relays will be timed finals. Only swimmers listed on the entry form may swim relays. Relay-only swimmers should be designated as such and must pay a \$2.00 NCS travel fee and \$10.00 facility surcharge. Relays will be conducted with finals on Saturday and with prelims on Sunday.

CHECK-IN: A positive check-in is required for all events longer than 400 yards. Relays will require positive check-in by the conclusion of warm-ups on the session they will be swum. Swimmers failing to check in will be scratched from the respective event.

SCRATCH RULE: The NCS Scratch Rule will be in effect. Scratches from finals must be given to the clerk-of-course. Please make sure scratches are taken care of for Sunday's finals session.

RELAYS: Teams may enter up to 4 relays per event.
ENTRIES: Entries should be submitted electronically and be accompanied with a hard-copy of entries.

**INDIVIDUAL
AND RELAY
ENTRIES:**

Swimmers are limited to 4 individual events and 1 relay per day of the meet. A swimmer entered in too many events will be dropped from each event over the limit.

FEES:	Individual Events:	Time Finals (TF)	\$ 2.50
		Prelims/Finals (P/F)	\$ 3.00
	Relays		\$ 8.00
	Facility Surcharge		\$ 10.00/swimmer
	NCS Travel Fund		\$ 2.00/swimmer

All fees are non-refundable.
Make checks payable to: *Harnett County Aquatic Club*

DEADLINE: Entries must be received by Tuesday, March 16th, 2010. Late entries will be taken at the discretion of the Meet Director with entry fees being doubled. Entries will not be considered complete without:

1. Entry forms or disk (with hard-copy)
2. Summary sheets
3. Check made payable to Harnett County Aquatic Club

MAIL ENTRIES TO: HARNETT COUNTY AQUATIC CLUB
P.O. BOX 322
BUIES CREEK, NC 27506

FED EX OR UPS TO: MONTZ BURCKHARDT
190 Tylerstone Dr.
Fuquay-Varina, NC 27526

HCAC: Phone: (910) 893-1353
E-Mail: burckhardt@campbell.edu

ORDER OF EVENTS: See attached schedule.

AWARDS: Individual Events: 1st – 8th place ribbons

Relay Events: 1st – 3rd place ribbons
High Point Award (M & F): 8 UN, 9-10, 11-12, 13-14 & 15 and older
Team Trophies: 1st – 3rd combined teams

SCORING: This meet will be scored to 16th place as follows:

Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

**WARM-UP
SCHEDULE:**

Specific warm-ups will be held in accordance with the NCS Safety Program. Lane assignments for warm-ups will be available in the coach's packet. Diving will not be allowed until specific warm-up period is announced. General warm-ups will be for the first 35 minutes of each session. Specific warm-ups will be for the next 15 minutes. Lanes 1, 2, & 3 will be dive starts from the starting end. Lanes 6, 7, & 8 will be dive starts from the opposite end. Lanes 4 & 5 will be general warm-up lanes.

**COACHES
MEETING:**

5:45pm on Friday and as announced thereafter.

MEET DIRECTOR:

Montz Burckhardt

MEET REFEREE:

Bill Luse

MEET MARSHALL:

Carol Federline

OFFICIALS MEETING:

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

HOSPITALITY:

Drinks, snacks, and lunch will be provided for the coaches, officials, and meet workers.

VOLUNTEERS:

Volunteer workers and officials are welcomed. Announcements for timers and officials will be made prior to the start of each session. **We would like to ask that all participating teams be prepared to provide timers in relation to the number of swimmers that each team has entered in the meet.**

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.

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., THE HARNETT COUNTY AQUATIC CLUB, TRIANGLE AQUATIC CENTER AND ALL EMPLOYEE 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

ECSL SC Champs Event List

Girls Event #	Event Name	Boys Event #
Friday Session: Warm-ups 5:00pm		
1	Senior 500 Free TF	2
3	200 IM TF	4
Saturday Prelims Session: Warm-ups 7:30am		
5	Senior 400 IM TF	6
7	8 & UN 25 Free TF	8
9	Senior 200 Free TF	10
11 A & B	12 & UN 50 Free 10 & UN/11-12 P/F (8)	12 A & B
13 A & B	Senior 50 Free 13-14 & 15 & Over P/F (20)	14 A & B
15	8 & UN 25 Back TF	16
17 A & B	12 & UN 50 Back 10 & UN/11-12 P/F (8)	18 A & B
19 A & B	Senior 100 Back 13-14 & 15 & Over P/F (20)	20 A & B
21	8 & UN 25 Breast TF	22
23	Senior 200 Fly TF	24
25 A & B	12 & UN 50 Breast 10 & UN/11-12 P/F (8)	26 A & B
27 A & B	Senior 100 Breast 13-14 & 15 & Over P/F (20)	28 A & B
29	10 & Under 200 Medley Relay TF	30
31	12 & Under 200 Medley Relay TF	32
33	Senior 200 Medley Relay TF	34
Saturday Finals Session: Warm-ups 5:00pm		
11 A	10 & UN 50 Free Finals (8)	12 A
11 B	11-12 50 Free Finals (8)	12B
13 A	13-14 50 Free Finals (20)	14 A
13 B	15 & Over 50 Free Finals (20)	14 B
17 A	10 & UN 50 Back Finals (8)	18 A
17 B	11-12 50 Back Finals (8)	18 B
19 A	13-14 100 Back Finals (20)	20 A
19 B	15 & Over 100 Back Finals (20)	20B
25 A	10 & UN 50 Breast Finals (8)	26 A
25 B	11-12 50 Breast Finals (8)	26 B
27 A	13-14 100 Breast Finals (20)	28 A
27 B	15 & Over 100 Breast Finals	28 B
Sunday Prelims Session: Warm-ups 7:30am		
29	Senior 200 Back TF	30
31	8 & Under 50 Free TF	32
33 A & B	12 & UN 100 Free 10 & UN TF/11-12 P/F (8)	34 A & B
35 A & B	Senior 100 Free 13-14 & 15 & Over P/F (20)	36 A & B
37	8 & UN 25 Fly TF	38
39 A & B	12 & UN 50 Fly 10 & UN/11-12 P/F (8)	40 A & B
41 A & B	Senior 100 Fly 13-14/15 & Over P/F (20)	42 A & B
43 A & B	12 & UN 100 IM 10 & UN TF/11-12 P/F (8)	44 A & B
45	Senior 200 Breast TF	46
47	10 & UN 200 Free Relay TF	48
49	12 & UN 200 Free Relay TF	50
51	Senior 200 Free Relay TF	52
53	Senior 1650 Free TF	54
Sunday Finals Session: Warm-ups 4:30pm		
33 B	11-12 100 Free Finals (8)	34 B

35 A	13-14 100 Free Finals (20)	36A
35 B	15 & Over 100 Free Finals (20)	36 B
39 A	10 & UN 50 Fly Finals (8)	40 A
39 B	11-12 50 Fly Finals (8)	40 B
41 A	13-14 100 Fly Finals (20)	42 A
41 B	15 & Over 100 Fly Finals (20)	42 B
43 B	11-12 100 IM Finals (8)	44 B

ECSL Champs Entry Summary

Age Group	Total # of Swimmers	NCS Travel Fee (@\$2/Swimmer)	Facility Surcharge (@\$10/Swimmer)	Total # of Individual Entries 2.50/3.00	Individual Entry Fees @ 2.50/3.00/event	Total # of Relays	Total Relay Fee (@ \$8/Relay)	Total Entry Fee
Girls 6 & Under								
Boys 6 & Under								
Girls 7 - 8								
Boys 7 - 8								
Girls 9 - 10								
Boys 9 - 10								
Girls 11 - 12								
Boys 11 - 12								
Girls 13 - 14								
Boys 13 - 14								
Senior Boys								
Senior Girls								
Totals								

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

Return this summary
 sheet with entry fees
 and entry forms to:
HCAC
P.O Box 322
Buies Creek, NC 27506

Make your check payable to the Harnett County Aquatic Club

**USA SWIMMING, INC, NORTH CAROLINA SWIMMING, INC., THE HARNETT COUNTY AQUATIC CLUB,
 CAMPBELL UNIVERSITY, INC., 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's Signature _____ Phone # _____

Print Coach's Name _____ E-Mail Address _____

Club Name _____ Code _____

Club Address _____

City _____ State _____ Zip _____