



2010 NC 17th ANNUAL TARHEEL STATE MEET
March 19th – March 21st, 2010

Sanction: Held by North Carolina Swimming: Sanction Number NC10038.

Host: SwimMAC Carolina

Facility: Huntersville Family Fitness & Aquatics
11725 Verhoeff Road
Huntersville, NC 28078
(704) 766-2222

The Huntersville Family Fitness & Aquatics center has a 12,952 square-foot pool area featuring a 50-meter by 25-yard Paddock Pool Racing tank. The pool depth ranges from 6 feet at the starting end to 17 feet at the far end of the pool with eight 9 foot wide lanes. There will be at least 2 additional lanes available for warm up and warm down. The pool is equipped with Competitor 4" Racing Lanes and with single pedestal Paddock stainless steel starting platforms. The facility also features a Colorado 5000 timing system and an eight-lane scoreboard. Hy-Tek Meet Manager software will be used.

Meet Management: Meet Director: Jeff Levinson

Meet Marshall: Kari Lawrence

Schedule: **Swimmers 13 & Older:**

Fri., Sat. & Sun. Warm-ups: 7:15AM
Fri., Sat. & Sun. Preliminaries: 8:30AM
Fri. & Sat. Finals Warm-up: Not Before 5:00PM
Fri. & Sat. Finals: Not Before 6:00 PM
Sunday Finals Warm-up: TBA
Sunday Finals: TBA

Swimmers 12 & Under:

Fri., Sat & Sun Warm-up: Not earlier than 12:30PM
Fri., Sat & Sun Preliminaries: Not earlier than 1:30PM
Fri. & Sat. Finals Warm-up: Not before 5:00PM
Fri. & Sat. Finals: Not before 6:00PM
Sun. Finals Warm-up: TBA
Sun. Finals: TBA

12 & Unders will be allowed at least 30 minutes in the competition course for Warm-Up.

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 herein stated.

Format: This meet is an Age Group and Senior Championship Meet. All 10 & Under events, 11-12 500 Free, 13-14 and Senior 400 IM, 500 Free, 1650 Free are timed final events. All other events will be conducted on a preliminaries and finals basis. Meet management reserves the right to run 2 courses dependant on number of entries.

The Senior Age Group will have an A, B, C and D final (Top 16 15-16yr olds, Top 16 17yrs & older- 32 total swimmers), and the 13-14 Age Group will have an A and B final (16 swimmers). The 500 Free, 1650 Free, and 400 IM will be timed final events with an A Final (Top 8 swimmers) swum at night. The 11-12 events will have an A final (8 swimmers).

Eligibility: This meet is open to all registered NCS swimmers that have met the following qualifying standards.

12 & Under: All must be a NCS recognized "BB" swimmer.

- 10 & unders can swim any event they do not swim at Age Group Sectionals.
- 11 & 12s having a maximum of two 2010 Age Group Sectional Championships time standard can swim any events. More than three 2010 Age Group Sectional Championships time standards can only swim events where the standards have not been achieved.
- All 11-12 swimmers in the 500 Free must have achieved a time faster than 7:00.00 (7 minutes), regardless of age & sex. Each swimmer must provide proof of time at the time of entry.

13/14: No minimum standard. Swimmers wanting to swim the 1650 must provide proof of a time faster than 21:30.00 to swim the event at the time of entry. May not enter any events in which the 2010 Age Group Sectional Championship standard has been achieved.

Senior: The 1650 Freestyle will be limited to the fastest 24 seeded times in both women's and men's events (3 heats each). Swimmers wanting to swim the 1650 must provide proof of a time faster than 21:30.00 to swim the event at the time of entry. The top heat of 8 will swim at night in finals.

Seeding: The Meet Management reserves the right to run the meet using positive check-in for any events it deems necessary.

1650 Free

The Senior 1650 Free will be swum fastest to slowest alternating women and men. Each swimmer will be required to provide a timer and lap counter.

400 IM & 500 Free

The Senior, 13-14 400IM and Senior, 13-14, and 11-12 500 Freestyle will be swum as a timed final event (3 fastest women's heats, then 3 fastest men's heats going fastest to slowest, then alternating women and men fastest to slowest) with the fastest seeded heat for each age group and sex swimming at night. Meet Management reserves the right to combine heats (men and women). The 11-12 500 freestyle will be swum fastest to slowest with all girl's heats then all boy's heats.

Check-in

Procedures: A positive check-in is required for the following deck seeded events including the 1650 Free, 500 Free, 400 IM. Check-in must be completed 45 minutes prior to the start of the event. The NCS Scratch Rule will be in effect, please see NC Scratch Rule attachment. Swimmers who fail to check in for deck seeded events will be scratched from that event.

Saturday & Sunday

- A) 13-14 & Senior Individual Events 200 Yards and longer by 8:00 AM.
- B) 11-12 Individual 200 Free and 200 IM by 1:00 PM

Check-in will be located at the Clerk of Course.

Scratch rule: The NCS Scratch Rule will be in effect. Scratches from finals must be given to the Clerk of Course who will maintain the meet scratch book. Posted prelim results are for information only. Swimmers should listen for announcements and check for scratches at the Clerk of Course. Coaches are asked to have alternates ready to swim. Please see NC Scratch Rule attachment.

Entry limits: Meet: The meet will have a 625 swimmer limit with 400 13 & Over and 225 12 & under entries being accepted. All SwimMAC Swimmers will be entered first and then the meet will be filled with the athletes from the remaining teams.

Individuals: All swimmers are limited to 9 events total and 11 and over swimmers are limited to 3 events per day.

Fees: 10 & Under events:

Individual events: \$2.50 per event

Facility Fee: \$10.00 per swimmer

NCS Travel Fund: \$2.00 per swimmer

11 & Over events:

Individual events: \$3.00 per event

Facility Fee: \$10.00 per swimmer

NCS Travel Fund: \$2.00 per swimmer

Time Trials: Entry fees for time trials will be \$10.00. Time trials count towards a swimmer's individual event total for each day, but not the meet total. Any swimmer wanting to do a time trial must have the 2010 Spring Senior Sectional cut in that event.

Time Trial Event Order Each Day of the Meet:

50 Freestyle, 100's, 200's, 400's, 500's

* The 1000 and 1650 Freestyle will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the general meeting.

* Backstroke events should not be combined with forward starting events.

* Time trials will be offered after Finals each day at the discretion of the meet referee as per USAS rules. If time permits and with the approval of the Meet Referee, time trials could be offered after the prelim session.

* Entry deadline for Time Trials shall be two hours after the beginning of the competition session. Time trials will begin 15 minutes following the conclusion of all prelim and final races.

* Relay only swimmers will not be allowed to swim in Time Trials.

Entry Forms: Entries must be sent in a Hy-Tek file. Please send printed copies of entries for verification. Entries must include each swimmer's USA Swimming number, first and last name, age, seeding time to the 100th of a second and event number for each event entered. The enclosed team summary sheet as well as fees must be included with entry disk. Please list each swimmer's age as of March 19, 2010.

Entry

Deadline: Entries must be received on or before 7:30pm Monday March 8, 2010. Submit your entries over the internet in a USA Swimming approved SDIF file format (any file type recognized by Hytek's Meet Manager) to apick@swimmaccarolina.org. Please put Tarheel State Meet Entry in the subject line.

- Current and correct Swimming ID numbers must be supplied with your entry for every swimmer.
- Your electronic entry file must include all team information regarding your coach's name(s), team address, team phone number and team e-mail address.
- On or before March 9th, the following must be received: the enclosed summary sheet, hard copy of entries, entry disk and all fees to:
- Please note that all SwimMAC Carolina entries will be entered first and then the rest of the meet will be filled with entries from other teams.
- SwimMAC Carolina entries are due March 5, 2010.

Mail entries to:

Attention: Tarheel State Meet Directors
SwimMAC Carolina
9850 Providence Road
Charlotte, NC 28277
apick@swimmaccarolina.org

Awards: Individual Events: Medals 1st Place
Ribbons 2nd -8th Place
Only 14&Unders will be given awards.

Scoring: No team or individual scoring will be kept.

Meet

Management: Director: Jeff Levinson
Meet Referee: Cathy Rudolph
Meet Marshall: Kari Lawrence

Hospitality &

Concessions: There will be a hospitality room for all coaches and officials.

Coaches: All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification / registration. Coaches shall prominently display their registration cards while on deck. There will be a coaches' meeting at 8:20 AM on Friday, then at the Meet Referee's discretion.

Officials: All officials on deck must be registered and certified with USA Swimming. SwimMAC welcomes and encourages the assistance of certified officials from other teams. Meet Management will require all officials to show proof of certification / registration. Officials shall prominently display their registration cards while on deck. To volunteer, please contact the Meet Director by telephone or the Meet Referee once you arrive. There will be an officials' meeting at 8:00 AM and 1:00 PM on the first day, then at the Meet Referee's discretion.

Warm-up: Guidelines will be published in coaches' packet. Packets will be at the Clerk of Course and should be picked up by the Head Coach upon arrival.

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 is permitted. Glass containers or bottles are not permitted in Huntersville Family Fitness and Aquatics.

Release: USA Swimming, North Carolina Swimming Inc., SwimMAC Carolina, Huntersville Family Fitness and Aquatics, 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 meet.

Attachments: Order of Events
Entry Summary Sheet

Information: Contact Kari Lawrence at (704) 766-1520 ext 3106 or e-mail klawrence@swimmaccarolina.org

TARHEEL STATE MEET
Friday, March 19, 2010
ORDER OF EVENTS

Friday, Morning Session

Friday Warm-up: 7:15am

March 19, 2010 Meet Starts: 8:30am

Girls Event#	Event	Boys Event#
1	13-14 200 Freestyle	2
3	Senior 200 Freestyle	4
5	13-14 100 Breaststroke	6
7	Senior 100 Breaststroke	8
9	13-14 100 Butterfly	10
11	Senior 100 Butterfly	12
13	13-14 400 IM**	14
15	Senior 400 IM**	16

** 400 IM will swim as a timed final with the fastest heat swum at finals at night.

Friday, Afternoon Session

Friday Warm-up: 12:30pm

March 19, 2010 Meet Starts: 1:30pm

GIRLS Event #	EVENT	BOYS Event #
17	11-12 100 Freestyle	18
19	10 and Under 100 Freestyle	20
21	11-12 100 Breaststroke	22
23	10 and under 100 Breaststroke	24
25	11-12 50 Butterfly	26
27	10 and under 50 Butterfly	28
29	11-12 200 Individual Medley	30
31	10 and under 200 Individual Medley	32

Friday Finals Session

Friday Warm-up: 5:00pm

March 19, 2010 Finals Starts: 6:00pm

GIRLS Event #	EVENT	BOYS Event #
17	11-12 100 Freestyle	18
1	13-14 200 Freestyle	2
3	Senior 200 Freestyle	4
21	11-12 100 Breaststroke	22
5	13-14 100 Breaststroke	6
7	Senior 100 Breaststroke	8
25	11-12 50 Butterfly	26
9	13-14 100 Butterfly	10
11	Senior 100 Butterfly	12
29	11-12 200 Individual Medley	30
13	13-14 400 IM**	14
15	Senior 400 IM**	16

Saturday, March 20, 2010

Morning Session

Saturday Warm-ups: 7:15AM

March 20, 2010 Prelims: 8:30AM

<u>GIRLS</u>		<u>BOYS</u>
<u>Event#</u>	<u>EVENT</u>	<u>Event#</u>
33	13-14 200 Butterfly	34
35	Senior 200 Butterfly	36
37	13-14 50 Freestyle	38
39	Senior 50 Freestyle	40
41	13-14 200 Breaststroke	42
43	Senior 200 Breaststroke	44
45	13-14 100 Backstroke	46
47	Senior 100 Backstroke	48
49	13-14 500 Freestyle*	50
51	Senior 500 Freestyle*	52

*500 Free will swim as a timed final with the fastest heat at night.

Saturday Afternoon Session

Saturday Warm-up: No earlier than 12:30PM

March 20, 2010 Meet: No earlier than 1:30PM

<u>GIRLS</u>		<u>BOYS</u>
<u>Event #</u>	<u>EVENT</u>	<u>Event #</u>
53	11-12 100 Butterfly	54
55	10 and under 100 Butterfly	56
57	11-12 200 Freestyle	58
59	10 and under 200 Freestyle	60
61	11-12 50 Breaststroke	62
63	10 and under 50 Breaststroke	64
65	11-12 50 Backstroke	66
67	10 and under 50 Backstroke	68

Saturday Evening (FINALS)

Saturday Warm-ups: 5:00pm

March 20, 2010 Finals: 6:00pm

<u>GIRLS</u>		<u>BOYS</u>
<u>Event#</u>	<u>EVENT</u>	<u>Event#</u>
53	11-12 100 Butterfly	54
33	13-14 200 Butterfly	34
35	Senior 200 Butterfly	36
57	11-12 200 Freestyle	58
37	13-14 50 Freestyle	38
39	Senior 50 Freestyle	40
61	11-12 50 Breaststroke	62
41	13-14 200 Breaststroke	42
43	Senior 200 Breaststroke	44
65	11-12 50 Backstroke	66
45	13-14 100 Backstroke	46
47	Senior 100 Backstroke	48
49	13-14 500 Freestyle	50
51	Senior 500 Freestyle	52

Sunday March 21, 2010

Morning Session

Sunday Warm-ups: 7:15AM

March 21, 2010 Prelims: 8:30AM

GIRLS BOYS

<u>Event#</u>	<u>EVENT</u>	<u>Event#</u>
69	13-14 100 Freestyle	70
71	Senior 100 Freestyle	72
73	Senior 1650 Freestyle***	74
75	13-14 200 Backstroke	76
77	Senior 200 Backstroke	78
79	13-14 200 Individual Medley	80
81	Senior 200 Individual Medley	82

*** 1650 Free will swim as a timed final event at the conclusion of prelims, alternating women and men, fastest to slowest, with the fastest heat of men and women at night.

Sunday Afternoon Session

Sunday Warm-up: No earlier than 12:30PM

March 21, 2010 Meet: No earlier than 1:30PM

GIRLS

BOYS

<u>Event #</u>	<u>EVENT</u>	<u>Event #</u>
83	11-12 50 Freestyle	84
85	10 and Under 50 Freestyle	86
87	11-12 100 Backstroke	88
89	10 and Under 100 Backstroke	90
91	11-12 100 Individual Medley	92
93	10 and Under 100 Individual Medley	94
95	11-12 500 Freestyle**	96

**Fastest Heat of 11-12 500 will be swum with finals.

Sunday Night Finals

Sunday Warm-ups: TBA

March 21, 2010 Prelims: TBA

GIRLS

BOYS

<u>Event#</u>	<u>EVENT</u>	<u>Event#</u>
83	11-12 50 Freestyle	84
69	13-14 100 Freestyle	70
71	Senior 100 Freestyle	72
95	11-12 500 Freestyle	96
73	Senior 1650 Freestyle	74
87	11-12 100 Backstroke	88
75	13-14 200 Backstroke	76
77	Senior 200 Backstroke	78
91	11-12 100 Individual Medley	92
79	13-14 200 Individual Medley	80
81	Senior 200 Individual Medley	82

16th Annual Tarheel State Meet

March 19-March 21, 2010

Club Name _____ Abbreviation _____
 Address _____
 City _____ State _____ Zip Code _____
 Head Coach _____ Home Phone: _____
 E-Mail: _____ Work Phone: _____
 Asst. Coach _____ Fax: _____
 Asst. Coach _____
 Asst. Coach _____

All coaches identified above are currently registered as coaches with USA Swimming Inc., and are responsible for the swimmers entered in this meet during the meet.

Signature _____ Date _____

Entry Deadline: Non-SwimMAC entries received by 7:30pm on Monday, March 8, 2010

Mail Entries to: Meet Directors

Tarheel State Meet

9850 Providence Road

Charlotte, NC 28277

ENTRY FEE SUMMARY

# of Events 10 & Under	X \$2.50 each Event
# of Events 11 & Over	X \$3.00 each Event
Travel Fund (All swimmers)	X 2.00 each swimmer
Facility Charge	X \$10.00 each swimmer
TOTALS	

Make checks payable to the SwimMAC Carolina

USA Swimming, North Carolina Swimming Inc., the SwimMAC Carolina, and Huntersville Family Fitness and Aquatics, shall be held free and harmless for any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

Signature _____ Date _____

North Carolina Swimming
Scratch Rule

204.3. INDIVIDUAL SCRATCH RULE. Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet information shall specify all mandatory check-in and scratch deadlines and procedures.

.1 Pre-Seeded Meets – Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.

.2 Events Seeded on Deck – Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless he notifies the clerk of course before the seeding for that event has begun that he wishes to scratch. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet.

.3 Preliminary & Final Events

A. Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck, then 204.3.2 applies.

B. Any swimmer qualifying for an A final, scored or unscored, or a scored B final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 204.3.4.

C. In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete.

D. When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim.

E. If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s).

.4 Exception for Failure to Compete – No penalty shall apply for failure to compete in or scratch an individual event if:

A. The Referee is notified in the event of illness or injury and accepts proof thereof.

B. The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within (30) minutes following his last individual preliminary heat, swim-off, or reswim.

C. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

204.4. RELAY SCRATCH RULE

.1 All Meets – Any relay or relay member, in a relay event that fails to compete in or report for that event shall not be penalized.