

**Southern Zone Eastern Section Age Group Championships**  
**March 11-14, 2010**  
**Hosted by**



**SANCTION:** Held under the sanction of USA Swimming issued by North Carolina, Inc.  
Sanction # NC10042

**HOST:** New South Swimming in cooperation with the Mecklenburg County  
Aquatic Center

**FACILITIES:** Mecklenburg County Aquatic Center  
800 East Martin Luther King Jr. Boulevard  
Charlotte, NC 28202-2874  
(704) 336-3483

The competition pool is a 50-meter pool divided by 2 bulkheads for use of two 8-lane 25 yd pools. Lane width is 9 ft. The pool has non-turbulent lane lines and Paragon starting blocks. Minimum depth is 6 feet at the scoreboard end and 13 feet at the diving board end. The pool has been certified by USA Swimming. The facility has seating to accommodate 1000 spectators. There are ample parking areas within 100 yards of the facility. Colorado 6000 electronic timing system with scoreboard will be used.

**TIME SCHEDULE**

	<u>Warm Up</u>	<u>Meet Start</u>
Thursday Timed Final	4:00 PM	5:30 PM
Fri/Sat/Sun Prelims (11 & Over)	7:00 AM	8:30 AM
Fri/Sat/Sun Timed Finals (10 & Under)	1:00 PM	1:45 PM
Fri/Sat Finals	4:30 PM	5:30 PM
Sun Finals	4:00 PM	5:00 PM

**ELIGIBILITY:** Open to members of the Eastern Section of the Southern Zone, its clubs and swimmers registered with USA Swimming, that are in good standing with the Eastern Section. All USA Swimming registered clubs in the following LSC's are eligible to become members of the Eastern Section: Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Southeastern, and West Virginia.

**RULES:** The current USA Swimming Rules will govern the conduct of the meet unless noted otherwise herein. Out-of-State teams should be prepared to submit proof of current USA Swimming membership of each swimmer entered. A swimmer not previously entered wishing to late enter the meet via deck entry must present proof of USA Swimming membership.

**TIME STANDARDS:** All swimmers must have met the meet time standards either short course or long course in EACH event entered. **Swimmers entering with a long course qualifying time shall be ENTERED WITH AND SEEDED WITH the short course qualifying time standard. Times for all events must have been achieved by the due date of the entry.**

**PROOF OF TIME:** Swimmers who do not equal or better the applicable Southern Zone Eastern Section Age Group Championship time standards in any event at the championship meet must be able to prove that they have previously achieved the qualifying time. Swimmers unable to provide proof-of-time will be assessed a \$25 fine for each event they cannot prove. Proof of times is due by May 1, 2010. Fines are doubled to \$50 per occurrence regardless of provability after May 1, 2010. The only acceptable proof-of-time will be official meet results from a USA Swimming sanctioned or approved competition. In the event a swimmer does not pay this fine, neither the swimmer nor the swimmer's team will be eligible to enter future Southern Zone Eastern Section Championships until such time as the fee is paid. Come prepared to pay outstanding fines before your team can participate in the meet. Fines will be deposited with no further need of proofs from those previous meets. All fines collected go to the Southern Zone Eastern Section Travel Fund.

**FORMAT:** All distance events (400 IM, 500, 1000, 1650 Free) may be run in two pools.

All **10 & under** age group events will be conducted as timed finals and swum in the afternoon each day.

All **11-12** events with the exception of the 200 Back, 200 Breast, 200 Fly, 400 IM, and 500, 1000, 1650 Freestyle events are prelim/finals format. The 200 Back, 200 Breast, and 200 Fly for 11-12 Girls and Boys will be timed finals with the fastest heat of girls and boys swimming at night.

All individual events in the **13-14** age group will be prelim/final events with the exception of the 1000 and 1650 Freestyle events as described below. All relays will be conducted as timed final events and will be swum in the prelim sessions. There will be an A Final and B Final for all prelim/final events.

500 Free: The 10 & under 500 Free will be swum fastest to slowest alternating girls and boys. The 11-12 500 Freestyle will be timed finals swum fastest to slowest during prelims, except for the fastest heat of girls and boys who will swim at during finals. The 13-14 500 Freestyle events will be conducted as a prelim/finals events. Preliminaries will be swum with the fastest four heats of girls swimming slow to fast, the fastest four heats of

boys swimming slow to fast, then all remaining heats. The Meet Referee will determine which pool each event is held based on the entries. All 500 Free events will be deck-seeded after positive check-in.

400 IM: All heats of the 11-12 400 IM will be contested as timed finals events on Thursday evening, fastest to slowest. The 13-14 events will be conducted as prelim/finals events. Preliminaries will be swum with the fastest four heats of girls swimming slow to fast, then the fastest four heats of boys swimming slow to fast. All remaining heats will be swum fast to slow. The Meet Referee will determine which pool each event is held based on entries. All 400 IM events will be deck-seeded after positive check-in.

1000 Free: These events will be swum as 11-14, timed final events. All Heats will be contested during the Thursday evening session. They will be swum fastest to slowest. These events will be scored 11-12 and 13-14. The Meet Referee will determine which pool each event is held based on the entries. All 1000 Free events will be deck-seeded after positive check-in.

1650 Free: These events will be swum 11-14, timed final events. The fastest deck-seeded heat of these events will swim during finals. All other heats will swim during prelims, fastest to slowest. These events will be scored 11-12 and 13-14. The meet referee will determine which pool each event is held based on the entries. All 1650 Free events will be deck-seeded after positive check-in.

**CHECK-IN:**

<u>Individual Events</u>	<u>Check-In Deadline</u>	
11-12 400 IM	Thursday, Mar 11	4:45pm
11-14 1000 Free	Thursday, Mar 11	4:45pm
13-14 400 IM	Friday, Mar 12	8:00am
11-12 200 Back	Friday, Mar 12	8:00am
11-12 500 Free	Saturday, Mar 13	8:00am
13-14 500 Free	Saturday, Mar 13	8:00am
10 & Under 500 Free	Saturday, Mar 13	1:30pm
11-12 200 Fly	Sunday, Mar 14	7:30am
11-12 200 Breast	Sunday, Mar 14	7:30am
11-14 1650 Free	Sunday, Mar 14	8:00am

**BAD WEATHER:**

**In case of an “Act of God” or bad weather scenario which cancels a session, meet management will make the final decision how the meet will proceed.**

**COURSES:**

**Depending on the number of entries, the meet may be run in one or two courses; the distance events may be run in two courses. Changes in course assignments will be e-mailed to the address listed on the 2010 membership list or to an alternative e-mail address as requested. Meet Management reserves the right to run the preliminary sessions in two courses if needed.**

**SCRATCH RULE:**

Any swimmer not planning to swim at night in finals must scratch with the

Admin Referee within 30 minutes after the results are announced so those swimmers who would like to swim again may do so. The penalty for failure to show in a final or consolation final is disqualification from the remainder of the meet (USA Swimming Rule 206.5.9). Swimmers who have indicated that they may scratch must confirm the scratch within 30 minutes after the conclusion of their last individual event of the day. Any positively checked-in swimmer missing a deck-seeded event will be barred from their next individual event. There is no penalty for not swimming in a non deck-seeded preliminary event. **On Sunday, any swimmer checked in for a championship or consolation final in an individual event who fails to compete in said event will be barred from further competition and also fined \$25.00 for each event not swum.**

**LATE ENTRIES:** Late entries will be accepted at the discretion of the Meet Referee on a first come/first serve basis only if open lanes are available and will be seeded with NT. No additional heats will be created for pre-seeded events. Late entries will be accepted at the meet up until the time that the clerk of course closes before each session (see schedule under "Check-In"). Late entry fees will be doubled for individual and relay events, that is \$11.00 per individual event and \$20.00 per relay. Late entered swimmers must present proof of USAS registration to the clerk of course.

**ENTRY LIMIT:** Swimmers may compete in no more than three (3) individual events per day. Swimmers whose entries exceed the daily limit will need to be scratched in order to adhere to the 3 per day limit. Each team will be limited to one (1) scoring relay team per event, but may enter as many relay teams as desired.

**ENTRY FEES:** Individual Event - \$5.50                      Relay Event - \$10.00 per relay  
Late fees are double - \$11.00 per individual event and \$20.00 per relay.  
Facility Surcharge is \$15.00 per swimmer.  
NCS Travel Fund surcharge is \$2.00 per swimmer.  
Please make checks payable to: New South Swimming.

**ENTRY FORMS/  
DEADLINE:** **The OME system is the preferred method for on-time entries, including relays.**

**OME will close Monday (March 8) at noon of the week that the meet is scheduled to begin. OME will open on the Monday four weeks before the meet starts. If a time override is used in OME, proof must be submitted to the Meet Director by the beginning of warm-ups on the first day of the meet or the entry will be invalid. Proof of time consists of a copy of the final meet results proving the entry time from a USA sanctioned or observed meet, including sanction numbers, date and location. Hy- Tek Team Manager results will not be accepted as proof. Prior to the deadline, proof of time may be faxed to (704) 334-2145. Each fax will be followed by e- mail confirmation for receipt of proof. PLEASE BE AWARE OF THE EVENTS PER DAY LIMITS FOR EACH AGE GROUP**

**Questions or problems with OME should be directed to USA Swimming, Susan Woessner [swoessner@usaswimming.org](mailto:swoessner@usaswimming.org)**

Entries may also be submitted in Hy-Tek or SDIF e-mail files. E-mail will also be accepted provided that the fees, and hard copy summary sheet are received by the deadline. Entries submitted by email should be sent to [drpockat@mac.com](mailto:drpockat@mac.com).

**ENTRIES RECEIVED BY HY-TEK OR SDIF FILE BY E-MAIL MUST BE RECEIVED BY MIDNIGHT, MONDAY, MARCH 1, 2010.** A times recon will be run on all e-mail entries.

Please send PDF, Word or RTF 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 the entry disk. Please see [www.ncswim.org](http://www.ncswim.org) for Team Manager event file suitable for download.

**ENTRIES AFTER THE OME DEADLINE WILL ONLY BE ACCEPTED FOR AVAILABLE OPEN LANES AS DESCRIBED ABOVE UNDER "LATE ENTRIES."**

**PAYMENT OF ENTRY FEES MUST BE BY CHECK TO "NEW SOUTH SWIMMING" PRIOR TO COMPETITION.**

**ANY TEAM PAYING BY CREDIT CARD THROUGH OME WILL BE CHARGED 4.5% TO COVER THE TRANSACTION COST AND MUST BE PAID BY CHECK TO "NEW SOUTH SWIMMING" PRIOR TO COMPETITION.**

**SCORING:** Individual Events: 9-7-6-5-4-3-2-1  
Relay Events: 18-14-12-10-8-6-4-2

Individual and Relay Events will be scored out to eight places.

Swimmers competing in the A Final must **achieve the Southern Zone Eastern Section Age-Group time standard to score team or individual points.** No team points will be scored for the B Final.

**AWARDS:** **Team Awards:** Plaques for First through Six Place teams.  
**Individual & Relay Awards:** Medals for First through Third place, ribbons for Fourth through Eighth place for individuals; First through Third for relay events.  
**Individual High Point:** Plaques for highest scoring girl and boy in each age group.

**MEET COMMITTEE:** A meet committee will be formed consisting of two coaches and two swimmers selected at random, plus the Meet Referee, Meet Director and

Southern Zone Eastern Section Chairman or their designee.

**MEET**

**MANAGEMENT:**      **Meet Director:**            Barb Frith (barbfrith@carolina.rr.com)  
                                 **Meet Referee:**            Richard Pockat (drpockat@mac.com)  
                                 **Meet Marshall:**            Andy Casasanta (acasasan@uncc.edu)

**COACHES AND  
OFFICIALS**

**MEETING:**            There will be a coaches meeting on Thursday, March 11 beginning at 3:30 pm in the Hospitality Room. Officials will meet 30-45 minutes prior to the start of each session in the Hospitality Room.

**OFFICIALS:**            New South Swimming welcomes and encourages the assistance of certified officials from visiting teams. A meeting for all officials will be held thirty to forth-five minutes prior to the start of each session in the Hospitality Room.

**LIABILITY  
RELEASE:**

USA Swimming, North Carolina Swimming, Mecklenburg County Aquatic Center, and New South Swimming shall be free from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the meet.

**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 the Mecklenburg County Aquatic Center.

**HOSPITALITY  
&**

**CONCESSIONS:**      There will be a Hospitality Room open to all coaches and officials. Refreshments will be available at the concession stand.

**INFORMATION:**      For more information, please contact Barb Frith by telephone at 704-333-4705, or by e-mail at [barbfrith@carolina.rr.com](mailto:barbfrith@carolina.rr.com).

**Please list all USA Swimming Certified Coaches who will be attending this meet. Coaches will need to show current 2010 USA Swimming Membership.**

## 2010 Southern Section Age Group Time Standards

10 & Under Girls			10 & Under Boys	
Long Course	Short Course	Events	Short Course	Long Course
35.09	31.09	<b>50 Free</b>	30.69	34.79
1:18.19	1:09.09	<b>100 Free</b>	1:07.69	1:16.79
2:48.69	2:29.09	<b>200 Free</b>	2:25.59	2:43.39
5:49.39	6:31.39	<b>400/ 500 Free</b>	6:36.19	5:53.59
40.69	36.39	<b>50 Back</b>	36.69	41.39
1:28.19	1:18.29	<b>100 Back</b>	1:18.09	1:27.89
45.49	40.09	<b>50 Breast</b>	40.59	46.09
1:39.79	1:28.89	<b>100 Breast</b>	1:28.99	1:40.79
39.89	35.29	<b>50 Fly</b>	34.89	38.99
1:31.99	1:21.59	<b>100 Fly</b>	1:20.79	1:31.09
	1:19.29	<b>100 IM</b>	1:18.09	
3:09.89	2:48.19	<b>200 IM</b>	2:47.69	3:09.39

11/12 Girls			11/12 Boys	
Long Course	Short Course	Events	Short Course	Long Course
31.49	27.59	<b>50 Free</b>	27.49	31.49
1:08.09	59:89	<b>100 Free</b>	59.99	1:08.19
2:27.79	2:10.19	<b>200 Free</b>	2:09.99	2:27.49
5:07.09	5:43.99	<b>400/ 500 Free</b>	5:45.69	5:08.59
10:53.59	12:12.29	<b>800/1000 Free</b>	12:34.89	11:15.09
21:52.89	21:27.09	<b>1500/1650 Free</b>	21:20.39	22:05.99
35.89	31.79	<b>50 Back</b>	32.09	36.29
1:17.79	1:08.99	<b>100 Back</b>	1:09.49	1:18.39
2:49.69	2:29.19	<b>200 Back</b>	2:29.69	2:50.19
41.19	36.19	<b>50 Breast</b>	35.79	40.79
1:28.99	1:18.29	<b>100 Breast</b>	1:17.69	1:28.29
3:14.69	2:51.19	<b>200 Breast</b>	2:49.39	3:12.09
34.69	30.59	<b>50 Fly</b>	30.89	34.99
1:17.99	1:08.99	<b>100 Fly</b>	1:08.99	1:17.99
2:57.99	2:37.79	<b>200 Fly</b>	2:34.99	2:55.29
	1:08.69	<b>100 IM</b>	1:09.19	
2:46.79	2:27.69	<b>200 IM</b>	2:29.79	2:49.49
5:48.29	5:11.89	<b>400 IM</b>	5:23.69	6:12.39

13/14 Girls			13/14 Boys	
Long Course	Short Course	Events	Short Course	Long Course
29.39	26.39	<b>50 Free</b>	24.69	28.59
1:04.99	56.89	<b>100 Free</b>	53:49	1:01.59
2:19.89	2:02.59	<b>200 Free</b>	1:56.89	2:12.99
4:47.89	5:24.99	<b>400/500 Free</b>	5:12.09	4:38.89
10:02.89	11:15.49	<b>800/1000 Free</b>	10:48.49	9:38.79
19:24.49	19:01.59	<b>1500/1650 Free</b>	18:26.99	18:49.19
		<b>50 Back</b>	--	
1:13.69	1:04.59	<b>100 Back</b>	1:01.69	1:10.19
2:37.69	2:18.69	<b>200 Back</b>	2:12.99	2:31.09
		<b>50 Breast</b>	--	
1:24.59	1:13.99	<b>100 Breast</b>	1:09.29	1:18.99
3:02.09	2:40.09	<b>200 Breast</b>	2:29.79	2:50.29
		<b>50 Fly</b>	--	
1:11.49	1:03.59	<b>100 Fly</b>	1:00.69	1:08.59
2:41.09	2:22.39	<b>200 Fly</b>	2:16.39	2:34.19
		<b>100 IM</b>	--	
2:38.09	2:19.49	<b>200 IM</b>	2:12.89	2:31.29
5:26.49	4:52.39	<b>400 IM</b>	4:40.69	5:17.99

**Notes:**

1. (\*) indicates change due to yearly review of results.
2. All conversions from SCY to LCM are calculated using USA Swimming conversion chart.

**Order of Events**  
**2010 Southern Zone Eastern Age-Group Championships**  
**March 11-14, 2010**

**Thursday, March 11, 2010 – Warm-up: 4:00 pm Start: 5:30 pm**

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
1	11-12 400 IM <sup>1</sup>	2
3	11-12 1000 Free <sup>2</sup>	4
	13-14 1000 Free <sup>2</sup>	

<sup>1</sup>Deck Seeded Event. Positive Check-In Required.

<sup>2</sup>These events are run as 11-14 events but scored out as 11-12 and 13-14. They are listed separately for the purpose of displaying the qualifying standard.

**Friday Morning, March 12, 2010 – Warm-up: 7:00 am Start: 8:30 am**

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
7	11-12 200 Free	8
9	13-14 200 Free	10
13	11-12 100 Breast	14
15	13-14 100 Breast	16
19	11-12 50 Fly	20
21	13-14 100 Fly	22
25	11-12 100 IM	26
27	13-14 400 IM <sup>1</sup>	28
29	11-12 200 Back <sup>1</sup>	30
31	13-14 400 Free Relay	32
33	11-12 200 Free Relay	34

<sup>1</sup>Deck Seeded Event. Positive Check-In Required.

**Friday Evening, March 12, 2010 – Warm-up: 4:30 pm Start: 5:30 pm**

<u>GIRLS</u>		<u>EVENT</u>		<u>BOYS</u>
7	FINALS	11-12 200 Free	FINALS	8
9	FINALS	13-14 200 Free	FINALS	10
13	FINALS	11-12 100 Breast	FINALS	14
15	FINALS	13-14 100 Breast	FINALS	16
19	FINALS	11-12 50 Fly	FINALS	20
21	FINALS	13-14 100 Fly	FINALS	22
25	FINALS	11-12 100 IM	FINALS	26
27	FINALS	13-14 400 IM	FINALS	28
29	FASTEST HEAT	11-12 200 Back	FASTEST HEAT	30

**Saturday Morning, March 13, 2010 – Warm-up: 7:00 am      Start: 8:30 am**

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
37	11-12 100 Fly	38
39	13-14 200 Fly	40
43	11-12 100 Free	44
45	13-14 50 Free	46
47	11-12 50 Breast	48
49	13-14 200 Breast	50
53	11-12 50 Back	54
55	13-14 100 Back	56
59	11-12 500 Free <sup>1</sup>	60
61	13-14 500 Free <sup>1</sup>	62
65	11-12 200 Medley Relay	66
67	13-14 400 Medley Relay	68

<sup>1</sup>Deck Seeded Event. Positive Check-In Required.

**Saturday Evening, March 13, 2010 – Warm-up: 4:30 pm      Start: 5:30 pm**

<u>GIRLS</u>		<u>EVENT</u>		<u>BOYS</u>
37	FINALS	11-12 100 Fly	FINALS	38
39	FINALS	13-14 200 Fly	FINALS	40
43	FINALS	11-12 100 Free	FINALS	44
45	FINALS	13-14 50 Free	FINALS	46
47	FINALS	11-12 50 Breast	FINALS	48
49	FINALS	13-14 200 Breast	FINALS	50
53	FINALS	11-12 50 Back	FINALS	54
55	FINALS	13-14 100 Back	FINALS	56
59	FASTEST HEAT	11-12 500 Free	FASTEST HEAT	60
61	FINALS	13-14 500 Free	FINALS	62

**Sunday Morning, March 14, 2010 – Warm-up:**

**7:00 am**

**Start: 8:30 am**

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
69	11-12 200 Fly <sup>1</sup>	70
71	13-14 100 Free	72
75	11-12 50 Free	76
80	11-12 200 Breast <sup>1</sup>	81
82	13-14 200 Back	83
86	11-12 100 Back	87
91	13-14 200 IM	92
93	11-12 200 IM	94
77	11-12 1650 Free <sup>1,2</sup>	88
	13-14 1650 Free	

<sup>1</sup>Deck Seeded Event. Positive Check-In Required.

<sup>2</sup>These events are run as an 11-14 event but scored out at 11-12 and 13-14. They are listed separately for the purpose of displaying the qualifying standard.

**Sunday Evening, March 14, 2010 – Warm-up:**

**4:00 pm**

**Start: 5:00 pm**

<u>GIRLS</u>		<u>EVENT</u>		<u>BOYS</u>
69	FASTEST HEAT	11-12 200 Fly	FASTEST HEAT	70
71	FINALS	13-14 100 Free	FINALS	72
75	FINALS	11-12 50 Free	FINALS	76
77	FASTEST HEAT	11-14 1650 Free*		
80	FASTEST HEAT	11-12 200 Breast	FASTEST HEAT	81
82	FINALS	13-14 200 Back	FINALS	83
86	FINALS	11-12 100 Back	FINALS	87
		11-14 1650 Free	FASTEST HEAT	88
91	FINALS	13-14 200 IM	FINALS	92
93	FINALS	11-12 200 IM	FINALS	94

**Order of Events**  
**2010 Southern Zone Eastern Age Championships**  
**March 11-14, 2010**

**Friday Afternoon, March 12, 2010 – Warm-up: 1:00 pm Start: 1:45 pm**

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
5	10 & Under 200 Free	6
11	10 & Under 100 Breast	12
17	10 & Under 50 Fly	18
23	10 & Under 100 IM	24

**Saturday Afternoon, March 13, 2010 – Warm-up: 1:00 pm Start: 1:45 pm**

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
35	10 & Under 100 Fly	36
41	10 & Under 100 Free	42
51	10 & Under 50 Back	52
57	10 & Under 500 Free <sup>1</sup>	58
63	10 & Under 200 Medley Relay	64

<sup>1</sup>Deck Seeded Event. Positive Check-In Required.

**Sunday Afternoon, March 14, 2010 – Warm-up: 1:00 pm Start: 1:45 pm**

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
73	10 & Under 50 Free	74
78	10 & Under 50 Breast	79
84	10 & Under 100 Back	85
89	10 & Under 200 IM	90
95	10 & Under 200 Free Relay	96

**2010 Southern Zone Eastern Section Age Group Championships  
Entry Summary Sheet**

Team Name \_\_\_\_\_

Official Abbreviation \_\_\_\_\_

Coach \_\_\_\_\_

E-mail \_\_\_\_\_

Team Address \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

	# of Swimmers Entered	# of Individual Events	# of Relays
<b>Girls 10 &amp; U</b>	_____	_____	_____
<b>Boys 10 &amp; U</b>	_____	_____	_____
<b>Girls 11-12</b>	_____	_____	_____
<b>Boys 11-12</b>	_____	_____	_____
<b>Girls 13-14</b>	_____	_____	_____
<b>Boys 13-14</b>	_____	_____	_____
<b>Totals:</b>	_____	_____	_____

**Number of Coaches** \_\_\_\_\_

**Number of Officials:** \_\_\_\_\_

Total Individual Entries \_\_\_\_\_ x **\$5.50 Entry Fee**

Total Relay Entries \_\_\_\_\_ x **\$10.00 Entry Fee**

Total Swimmers \_\_\_\_\_ x **\$17.00 (Facility Surcharge = \$15.00) + (NCS Travel Fund = \$2.00)**

**TOTAL DUE =** \_\_\_\_\_

**Please make checks payable to: New South Swimming**

**Mail Payment to:** Barb Frith  
 New South Swimming - AG Sectionals  
 412 East Park Ave.  
 Charlotte, NC 28203

**Entries by Hy-tek, compatible disk or e-mail must be received by Monday, March 1, 2010 by 12:00 midnight. OME will close at 12:00 noon on Monday, March, 8, 2010.**

**WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:**

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the safety rules of USA Swimming and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. New South Swimming, Mecklenburg County Aquatic Center, North Carolina Swimming, Inc., and USA Swimming, their agents, employees and coaches shall be free from any liability or claim for damages rising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

Signature of coach or club official: \_\_\_\_\_

Club: \_\_\_\_\_

Date: \_\_\_\_\_ Title: \_\_\_\_\_