

2010 NC GOLDSBORO YMCA OPEN
LONG COURSE INVITATIONAL
MAY 7-9, 2010

SANCTION: Held under the sanction of USA Swimming Inc. issued by North Carolina Swimming Inc. Sanction Number: NC10049.

CLASSIFICATION: This is an open meet.

LOCATION: Goldsboro Family YMCA, Goldsboro, North Carolina
1105 Parkway Drive, Goldsboro, NC 27534

FACILITY: Raymond A. Bryan Pool, Family YMCA, Goldsboro, NC. An 8-lane 50 Meter pool with non-turbulent lane lines, Colorado Timing System and scoreboard, and custom paragon starting blocks. The lanes are 7 feet wide and the depth at the starting end is 12ft deep. The depth at the turn end is 4ft. A separate 5-lane 20YD pool is available for continuous warm-up. Ample spectator and swimmer seating is available. The competition pool is not certified with USA Swimming.

RULES: This meet will be conducted in accordance with current USA and NCS rules as specified in the USA Rules and Regulations and NCS Official Handbook.

ELIGIBILITY: All qualified USA Swimming registered swimmers.

ENTRIES: Entries may be emailed to the meet host using Team Manager or the equivalent. Please make check made payable to Goldsboro Family YMCA
List swimmers age as of May 7th.

ENTRY LIMITS: Each swimmer is allowed to swim 5 individual events plus 1 relay a day.

ENTRY DEADLINE: Entries must be received no later than 11:59pm Tuesday April 27th, 2010. E-mail entries will be accepted. The meet will be limited to the first 450 entries received with all necessary fees.

SEND ENTRIES TO: Tammy Yates
Goldsboro Family Y
P.O. Box 10355
Goldsboro, NC 27534
E-Mail: tammy.yates@goldsboroymca.org
(w) 919 778-8557
(fax) 919 778-8645

ENTRY FEES:

Individual events:	\$2.50
Relays:	\$8.00
NCS Surcharge:	\$2.00
Pool Surcharge:	\$5.00

AWARDS:

Individual:	Medals 1 st - 3 rd place Ribbons 4 th - 8 th place
Relays:	Ribbons 1 st - 3 rd place

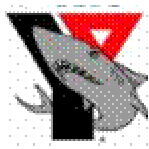
SCORING: The meet will be scored as such:
Individual : 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

MEET DIRECTOR: Tammy Yates

MEET REFEREE: Bill Luse

MEET MARSHAL: YMCA Lifeguards

- STARTING TIMES:** Friday night warm-ups will begin at 4:00PM, with competition at 5:00PM. Warm-ups for the 12 & under session will begin at 8am. Saturday and Sunday warm-ups for the Senior session will begin 12:00PM
- SAFETY:** The NCS safety program is in effect at this meet. Coaches are required to closely supervise their swimmers at all times. In the event that a swimmer or others associated with a team are found to be violating posted rules for use of the Family YMCA or any other restrictions that are posted for the safety of the people in attendance or to protect Family YMCA property the individuals will be reported to the Meet Director or one of the Meet Marshals who will notify the coach. Any coach notified will be expected to take appropriate disciplinary action up to and including expulsion of the person from the meet. The Meet Director, Meet Marshal, or Referee may also take disciplinary action. **NO PARENTS WILL BE ALLOWED ON THE DECK UNLESS THEY ARE WORKING AS AN OFFICIAL OR A TIMER. THERE WILL BE NO EXCEPTION.**
- WARM-UPS:** 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 scoreboard end. Lanes 6, 7, 8 will be dive starts from the shallow end. Lanes 4 & 5 will be general warm-up lanes. Each coach will be provided a copy of warm-up lane assignments when they pick up their heat sheets.
- OFFICIAL'S MEETING** An official's meeting will be held in the hospitality area at 8:30am.
- COACHES MEETING** A coaches meeting will be held 10 minutes prior to the start of competition at the foot of the scoreboard. *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.*
- TIMERS:** **Each team needs to supply timers for each session of the meet.** The number of timers from each team should be commensurate with the number of swimmers competing from that team.
- RELEASE:** USA Swimming, Inc., NC Swimming, Goldsboro Family YMCA and other governing bodies of the facilities shall be held harmless for any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.



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Order of Events

Friday, May 7

Warm-up: 4:00pm
Timed Finals: 5:00pm

Girls		Boys
1	SR 1500M FREE	2
3	SR 50M FREE	4
5	10 & UN 200M IM	6
7	12 & UN 200M IM	8
9	SR 400M IM	10

Saturday, May 8

Warm-up: 8:00am
Timed Finals: 9:00am

Girls		Boys
11	10 & UN 200M MEDLEY RELAY	12
13	12 & UN 200M MEDLEY RELAY	14
15	10 & UN 200M FREE	16
17	12 & UN 200M FREE	18
19	8 & UN 50M BREAST	20
21	10 & UN 50M BREAST	22
23	12 & UN 50M BREAST	24
25	10 & UN 100M FLY	26
27	12 & UN 100M FLY	28
29	8 & UN 50M FREE	30
31	10 & UN 50M FREE	32
33	12 & UN 50M FREE	34
35	10 & UN 100M BACK	36
37	12 & UN 100M BACK	38

Warm-up: not before 12:00pm

Timed Finals: not before 1:00pm

Girls		Boys
39	SR 400M MEDLEY RELAY	40
41	SR 200M FREE	42
43	SR 100M BREAST	44
45	SR 200M FLY	46
47	SR 100M BACK	48
49	SR 200 IM	50

Sunday, May 9

Warm-ups: 8:00am

Timed Finals: 9:00am

Girls		Boys
51	10 & UN 200M FREE RELAY	52
53	12 & UN 200M FREE RELAY	54
55	10 & UN 100M FREE	56
57	12 & UN 100M FREE	58
59	8 & UN 50M BACK	60
61	10 & UN 50M BACK	62
63	12 & UN 50M BACK	64
65	10 & UN 100M BREAST	66
67	12 & UN 100M BREAST	68
69	8 & UN 50M FLY	70
71	10 & UN 50M FLY	72
73	12 & UN 50M FLY	74

Warm-up: not before 12:00pm

Timed Finals: not before 1:00pm

Girls		Boys
75	SR 400M FREE RELAY	76
77	SR 100M FREE	78
79	SR 200M BACK	80
81	SR 100M FLY	82
83	SR 200M BREAST	84
85	SR 400M FREE	86