

2010 UPPER SOUTHEAST REGIONAL YMCA CHAMPIONSHIPS

Hickory, NC
July 9-11, 2010

Sanction: The YMCA of the USA Competitive Swimming and Diving Committee has sanctioned this meet as a Championship Level Competition. National YMCA sanction number is CAQ09-2010-8110. This competition will satisfy the Championship Meet requirement for YMCA Nationals.

Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Approval # NC10069AP.

Local Sponsor: YMCA of Catawba Valley

Dates & Times: **Friday, July 9 through Sunday, July 11**

13 and Older

Preliminary Warm-up: 7:30 a.m.

Preliminaries: 8:30 a.m.

Finals Warm-up: 4:30 p.m.

Finals: 5:30 p.m.

12 and Under

Warm-up: 12:00 Noon

Timed Finals: 1:00 p.m.

Classification: This meet is a closed YMCA meet. There are no minimum qualifying standards for events 200 meters and less. For all events 400 meters and longer, a USA Swimming "BB" time in their age group will be required.

Eligibility: All swimmers must be full privilege members of their YMCA and must have represented only their YMCA in competition (high school excepted) for a period of 90 days prior to the start of the meet. Each participant must have competed in at least three (3) interassociation (closed YMCA) meets (since September 1, 2009) prior to the entry deadline and have met the minimum time standard requirement as noted under classification.

Facility: Millholland Aquatic Center
Hickory Foundation YMCA
Hickory, North Carolina

Eight lane, 50 meter outdoor pool with non-turbulent lane lines separating each of the lanes. KDI Paragon starting blocks will be used. Lane width is 6 feet. The pool is not certified by USA Swimming. Warm-up/Warm-down will be available at the adjacent indoor 25 yard pool. Colorado timing will be used. Spectators should bring chairs and tents for shade.

Rules: The meet will be conducted in accordance with current USA Swimming Technical Rules, National YMCA Championship Meet Rules, and Rules that Govern YMCA Competitive Sports.

Times will be reported to USA Swimming.

NOTE: Please indicate which swimmers on your team are NOT registered with USA Swimming. Include this list with your entry. This is necessary for reporting times to USA Swimming. The easiest method is to go into your Team Manager program and for each non-USA Swimming registered swimmer, erase the swimmer ID number that HyTek automatically generates.

Age Groups: Swimmers will compete their age as of July 9, 2010. The age groups for competition will be 10 & under, 11/12, 13/14, and Senior. During preliminaries, 13/14 and Senior events will be swum together. During Finals, these age groups will be swum and scored separately.

Format: Competition for 13 and older swimmers shall consist of a preliminaries and finals session for all events except the relays, 800 Free and 1500 Free. The 800 and 1500 Free will be timed finals with the fastest heat of women and men swimming in finals. For preliminaries, heats of the 800 and 1500 will be swum fastest to slowest alternating women and men. The finals session shall include a championship heat for all 13/14 and Senior events plus a consolation heat for senior events. All relays will be contested at night during finals. All events 200 meters and shorter will be pre-seeded. All events of 400 meters and longer will be deck seeded with a positive check-in requirement. 12 and under competition will be timed finals. For 200 meter relays, the 2nd and 4th swimmers will begin in the water due to the shallow depth at the non-starting end of the pool.

Check in times:

Senior 400 IM & 800 Free:	Friday, July 9	8:00 a.m.
Senior 400 Free:	Saturday, July 10	8:00 a.m.
Senior 1500 Free:	Sunday, July 11	8:00 a.m.
12 & U 400 Free:	Sunday, July 11	12:30 p.m.

Entries: Entries will be accepted using Hy-Tek format. Entry via e-mail is encouraged. List the best official time achieved in **long course meters**. **Entry Deadline is Tuesday, June 29th, 2010.**

Send entries to:

Jon Jolley
701 First Street NW
Hickory, NC 28601
(828) 381-8806
jjolley@twave.net

Entry Limit: Swimmers may compete in a maximum of three events per day and eight individual events and five relay events during the meet. Teams may enter multiple relays but only one relay per team will score.

- Entry Fees: \$2.50 per individual event
\$8.00 per relay
\$7.00 facility surcharge per swimmer
Please make checks payable to YSST.
- Awards: Team Awards: 1st – 3rd place teams
Individual Events: 1st-3rd Medals, 4th-8th Ribbons
Relay Events: 1st Medals, 2nd-3rd Ribbons
- Meet Director: Jon Jolley
jtjolley@twave.net
- Meet Referee: Bob Probst
- Meet Marshall: David Weisgerber
- Warm-ups: General warm-ups will be for the first 35 minutes of the session. Specific warm-ups will be for the next 15 minutes. Four lanes will be for dive sprints, two lanes will be for pace and two lanes will remain available for general warm-up. The pool will close ten minutes prior to the start of each session.
- 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 Hickory Foundation YMCA, or any other restrictions that are posted for the safety of the people in attendance, or to protect the Hickory Foundation YMCA property, the individuals will be reported to the Meet Director or the Meet Marshall 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 Marshall, or Meet Referee may also take disciplinary action.
- Release: The YMCA of Catawba Valley 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.
- Coaches: All coaches on deck must have current CPR and Standard First Aid certifications as well as either YMCA Lifeguarding or the Red Cross Safety Training for Swim Coaches certification. All coaches must also be certified as having taken the Principles of YMCA Competitive Swimming and Diving course. A current YMCA Coaches Card verifying the above certifications is acceptable.
- Timers: All visiting teams will need to supply a minimum of two timers for each session.
- Devotions: Each session of the meet will begin with a devotion. If you have swimmers or parents that are willing to do a devotion, please contact Jon Jolley.

ORDER OF EVENTS

Friday, July 9, 2010

Warm-up: 7:30 a.m.

Preliminaries: 8:30 a.m.

Women		Men
1	13/14 400 meter Individual Medley	2
3	Senior 400 meter Individual Medley	4
5	13/14 50 meter Freestyle	6
7	Senior 50 meter Freestyle	8
9	13/14 200 meter Breaststroke	10
11	Senior 200 meter Breaststroke	12
13	13/14 100 meter Backstroke	14
15	Senior 100 meter Backstroke	16
17	13/14 50 meter Butterfly	18
19	Senior 50 meter Butterfly	20
21	13/14 800 meter Freestyle*	22
23	Senior 800 meter Freestyle*	24
25	13/14 400 meter Freestyle Relay	26
27	Senior 400 meter Freestyle Relay	28

* The 800 meter Freestyle will be swum as a combined 13/14 and Senior timed final event with the top eight women and men competing in finals. All remaining heats will swim in preliminaries at the conclusion of the 50 meter Butterfly. Relays are swum during Finals.

Friday, July 9, 2010

Warm-up: 12:00 Noon

Timed Finals: 1:00 p.m.

Women		Men
29	10/U 200 meter Medley Relay	30
31	12/U 200 meter Medley Relay	32
33	10/U 200 meter Freestyle	34
35	11/12 200 meter Freestyle	36
37	10/U 50 meter Backstroke	38
39	11/12 50 meter Backstroke	40
41	10/U 100 meter Breaststroke	42
43	11/12 100 meter Breaststroke	44
45	10/U 400 meter Freestyle Relay	46
47	12/U 400 meter Freestyle Relay	48

ORDER OF EVENTS

Saturday, July 10, 2010

Warm-up: 7:30 a.m.

Preliminaries: 8:30 a.m.

Women

49	13/14 200 meter Medley Relay
51	Senior 200 meter Medley Relay
53	13/14 400 meter Freestyle
55	Senior 400 meter Freestyle
57	13/14 200 meter Individual Medley
59	Senior 200 meter Individual Medley
61	13/14 100 meter Freestyle
63	Senior 100 meter Freestyle
65	13/14 200 meter Butterfly
67	Senior 200 meter Butterfly
69	13/14 50 meter Backstroke
71	Senior 50 meter Backstroke
73	13/14 100 meter Breaststroke
75	Senior 100 meter Breaststroke
77	13/14 800 meter Freestyle Relay
79	Senior 800 meter Freestyle Relay

Men

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72
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76
78
80

Saturday, July 10, 2010

Warm-up: 12:00 Noon

Timed Finals: 1:00 p.m.

Women

81	10/U 50 meter Butterfly
83	11/12 50 meter Butterfly
85	10/U 100 meter Freestyle
87	11/12 100 meter Freestyle
89	10/U 50 meter Breaststroke
91	11/12 50 meter Breaststroke
93	10/U 200 meter Individual Medley
95	11/12 200 meter Individual Medley
97	10/U 200 meter Freestyle Relay
99	12/U 200 meter Freestyle Relay

Men

82
84
86
88
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92
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96
98
100

ORDER OF EVENTS

Sunday, July 11, 2010

Warm-up: 7:30 a.m.

Preliminaries: 8:30 a.m.

Women		Men
101	13/14 200 meter Freestyle Relay	102
103	Senior 200 meter Freestyle Relay	104
105	13/14 1500 meter Freestyle*	106
107	Senior 1500 meter Freestyle*	108
109	13/14 200 meter Backstroke	110
111	Senior 200 meter Backstroke	112
113	13/14 50 meter Breaststroke	114
115	Senior 50 meter Breaststroke	116
117	13/14 200 meter Freestyle	118
119	Senior 200 meter Freestyle	120
121	13/14 100 meter Butterfly	122
123	Senior 100 meter Butterfly	124
125	13/14 400 meter Medley Relay	126
127	Senior 400 meter Medley Relay	128

*The 1500 meter Freestyle will be swum as a combined 13/14 and Senior timed final event with the top eight women and top eight men competing in finals. All remaining heats will swim at the conclusion of the 400 meter Medley Relay event during preliminaries. Relays on Sunday have the option of swimming during Finals OR following the conclusion of the 100 meter Butterfly and prior to the 1500 Freestyle heats during Preliminaries.

Sunday, July 11, 2010

Warm-up: 12:00 Noon

Timed Finals: 1:00 p.m.

Women		Men
129	10/U 100 meter Backstroke	130
131	11/12 100 meter Backstroke	132
133	10/U 50 meter Freestyle	134
135	11/12 50 meter Freestyle	136
137	10/U 100 meter Butterfly	138
139	11/12 100 meter Butterfly	140
141	10/U 400 meter Freestyle	142
143	11/12 400 meter Freestyle	144
145	10/U 400 meter Medley Relay	146
147	12/U 400 meter Medley Relay	148