

North Carolina Swimming 14 & Under Long Course Age Group Championships

Thursday, July 15 - Sunday, July 18, 2010



SANCTION:	Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. Sanction # NC10076.
HOST:	SwimMAC Carolina 9850 Providence Rd., Charlotte, NC 28277 704.846.5335
FACILITY:	<p>Mecklenburg County Aquatic Center 800 Martin Luther King, Jr. Blvd Charlotte, NC 28202-2874 704.336.3483</p> <p>The competition pool is an 8 lane, 50-meter pool with non-turbulent lane lines and Paragon starting blocks. Minimum depth is 6ft. at scoreboard end and 13 ft. at the deep end. Seating for 1000 people with ample parking areas within 100 yards of the facility. Colorado 5000 electronic timing system with scoreboard will be used. Warm-up and cool down lanes will be available. The pool is certified by USA Swimming.</p> <p>Only meet volunteers, USA Swimming registered athletes and current USA Swimming registered officials and coaches may be on deck.</p> <p>NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME</p> <p>Thursday PM & Friday AM Parking: There will be no parking available in the County School Office Parking lot. The Parking Lot will be open Friday after 5PM through weekend.</p>
CLASSIFICATION:	An Age Group Championship meet in prelims/finals format with qualifying time standards as listed on the order of events.
ELIGIBILITY:	This meet is open to North Carolina registered swimmers who have achieved the 2010 NCS 14 & Under Long Course Age Group Championship qualifying standard, as listed on the order of events, for each event entered in this meet.
INDIVIDUAL ENTRIES:	<p>13-14 swimmers are limited to eight (8) individual events for the meet, and no more than three (3) individual events per day.</p> <p>12 & Under swimmers may swim up to four (4) individual events per day, not to exceed eight (8) individual events for the meet. <u>The Over-distance events, which are the 11-12 400 IM, 200 Fly, 200 Back, 200 Breast and 10&U 400 Free, count only towards the daily limit.</u> Over-distance events do not count towards the meet limit of eight (8) events. Swimmers can enter a maximum of two (2) over-distance events. After seeding the over-distance events, swimmers that make the top 24 seeds will then have to scratch down to their daily limit.</p>
RELAY ENTRIES:	<p>The number of relay entries allowed is determined by the number of swimmers from each team who are entered in individual events. At least one swimmer entered in an individual event must swim on each relay team or the relay team will be disqualified.</p> <p>1-4 individual event swimmers: Maximum of one relay team 5-8 individual event swimmers: Maximum of two relay teams 9-12 individual event swimmers: Maximum of three relay teams 13 or more individual event swimmers: Maximum of four relay teams</p>

	<p>Each club may enter up to four relay teams (per age group) in each relay event. Only <u>two</u> relays teams may score. The two highest placing relays per club will be scored, regardless of designation.</p> <p>Swimmers designated as 'relay only' in the OME may ONLY swim relays. All relay swimmers, including alternates, must be listed on the Meet Entry Form and must pay the \$2.00 NCS Travel Fund surcharge.</p>																																																																				
<p>ENTRIES/PROOF OF TIME/ENTRY DEADLINE:</p>	<p>The OME system will be used for on-line entries, including relays. <u>OME will close on Monday, July 12, 2010 at 12:00 NOON.</u> OME will open on Monday, June 21, 2010. 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 704.846.5835. Each fax will be followed by e-mail confirmation for receipt of proof.</p> <p><u>PLEASE BE AWARE OF THE EVENTS PER DAY LIMITS FOR EACH AGE GROUP</u> Print and check your team entries before checking out.</p> <p>IMPORTANT: <u>DO NOT</u> check out with payment after completing your entries. Email Alison Pick- (apick@swimmaccarolina.org) upon completion. Payment must be made by check and is due at check-in.</p> <p>Questions or problems with OME should be directed to USA Swimming, Susan Woessner swoessner@usaswimming.org</p> <p>ENTRIES WILL ONLY BE ACCEPTED FROM OME. NO LATE ENTRIES WILL BE ACCEPTED.</p>																																																																				
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<p>RULES:</p>	<p>This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, NCS Official Handbook and the NCS Safety Program.</p>																																																																				

FORMAT:	<p>13-14: Except for the relay events, the 800 and 1500 Free, all events will be conducted on a preliminary and finals basis. A & B Heats will be swum in. The fastest eight swimmers compete in the A Final (Championship) and the next fastest eight swim in the B Final (Consolation). The B Final will be swum prior to the A Final. Alternates should be ready to swim and identify themselves to the starter.</p> <p>11-12: All events will be timed finals. The fastest 24 entry times of the over-distance events (400 m IM, 200 m Backstroke, 200 m Butterfly and 200 m Breaststroke) will swim during the finals sessions each night. These events will be deck seeded and must be checked in by the deadline in order to be entered into the event. After seeding the over-distance events, swimmers that make the top 24 seeds will then have to scratch down to their daily limit.</p> <p>10 & Under: All events will be timed finals and swum during the afternoon sessions.</p> <p>All relays will be timed final events and swum from slow to fast, all girls, and then all boys per age group. The fastest eight relay teams in the 13-14 age groups will be swum in the evening finals sessions. The remaining teams will swim at the end of the preliminary session.</p>																																												
READY ROOM:	<p>The top eight qualifiers for the A final should report to the ready room five minutes prior to their event for the parade of the final heat.</p>																																												
ELIGIBILITY AND TECHNICAL JURY:	<p>An Eligibility and Technical Jury will be appointed by NC Swimming consisting of one coach, one swimmer and one non-coach/non-athlete member of NC Swimming should an eligibility or technical protest arise.</p>																																												
QUALIFYING PERIOD:	<p>Long Course Championship: A swimmer must have achieved the qualifying time listed per event from April 1, 2009 to July 11, 2010.</p>																																												
SEEDING:	<p>All times will be seeded by LCM first, then SCY. Combined heats may be swum at the discretion of meet management. All events that are 400 yards and longer will be deck seeded. A positive check-in by the deadline indicated below is required to be seeded into the event. Failure to check in by the deadline will result in the swimmer not being able to swim the event.</p> <table border="0" data-bbox="406 1144 1274 1669"> <thead> <tr> <th colspan="2"><u>Individual Events</u></th> <th colspan="2"><u>Check-in Deadline</u></th> </tr> </thead> <tbody> <tr> <td>13-14</td> <td>800 Free</td> <td>Thursday</td> <td>4:00 pm</td> </tr> <tr> <td>11-12</td> <td>400 IM</td> <td>Thursday</td> <td>4:00 pm</td> </tr> <tr> <td>13-14</td> <td>400 IM</td> <td>Friday</td> <td>8:00 am</td> </tr> <tr> <td>10&U</td> <td>400 Free</td> <td>Friday</td> <td>12:15 pm</td> </tr> <tr> <td>11-12</td> <td>400 Free</td> <td>Friday</td> <td>12:15 pm</td> </tr> <tr> <td>11-12</td> <td>200 Back</td> <td>Friday</td> <td>12:15 pm</td> </tr> <tr> <td>13-14</td> <td>400 Free</td> <td>Saturday</td> <td>8:00 am</td> </tr> <tr> <td>11-12</td> <td>200 Butterfly</td> <td>Saturday</td> <td>12:15 pm</td> </tr> <tr> <td>13-14</td> <td>1500 Free</td> <td>Sunday</td> <td>8:00 am</td> </tr> <tr> <td>11-12</td> <td>200 Breaststroke</td> <td>Sunday</td> <td>1:00 pm</td> </tr> </tbody> </table>	<u>Individual Events</u>		<u>Check-in Deadline</u>		13-14	800 Free	Thursday	4:00 pm	11-12	400 IM	Thursday	4:00 pm	13-14	400 IM	Friday	8:00 am	10&U	400 Free	Friday	12:15 pm	11-12	400 Free	Friday	12:15 pm	11-12	200 Back	Friday	12:15 pm	13-14	400 Free	Saturday	8:00 am	11-12	200 Butterfly	Saturday	12:15 pm	13-14	1500 Free	Sunday	8:00 am	11-12	200 Breaststroke	Sunday	1:00 pm
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	<u>Relay Events</u>	<u>Check-in Deadline</u>	
	13-14 800 Free Relay	Thursday	4:00 pm
	13-14 400 Free Relay	Friday	8:00 am
	11-12 400 Free Relay	Friday	12:15 pm
	13-14 400 Medley Relay	Saturday	8:00 am
	10&U 200 Medley Relay	Saturday	12:15 pm
	11-12 400 Medley Relay	Saturday	12:15 pm
	10&U 200 Free Relay	Sunday	1:00 pm
	11-12 200 Free Relay	Sunday	1:00 pm
	<u>13-14 800 Free and 11-12 400 IM</u>		
	The 13-14 800 m Free and the 11-12 400 m IM will be swum as timed final events.		
	All heats will be swum fast to slow, alternating girls and boys. A combined girls/boys heat may be swum at the discretion of the meet referee. Swimmers must provide their own timer for these events.		
	<u>13-14 400 IM and 13-14 400 Free</u>		
	The 13-14 400 m IM and 13-14 400 m Free will be swum as preliminary/final events with the fastest 4 heats of girls, swum slowest to fastest, followed by the fastest 4 heats of boys, swum slowest to fastest; the remainder of the heats will be swum fastest to slowest, alternating girls and boys. A combined girls/boys heat may be swum at the discretion of meet management. Swimmers must provide their own timer for these events.		
	<u>11-12 and 10 & Under 400 Free</u>		
	The 11-12 and 10 & Under 400 m Free will be swim as timed final events.		
	All heats will be swum slowest to fastest. A combined girls/boys heat may be swum at the discretion of the meet referee. Swimmers must provide their own timer for these events.		
	<u>13-14 1500 Free</u>		
	The 13-14 1500 m Free will be swum as a timed final event. The fastest heat of girls and the fastest heat of boys will be swum in the Sunday finals session. There will be no AM/PM option for this event. All other heats will be swum at the conclusion of the preliminaries, following relays. These heats will be swum fastest to slowest, alternating girls' and boys' heats. A combined girls/boys heat may be swum at the discretion of meet management. Swimmers must provide their own timer for these events.		
	Swimmers in the 400 m, 800 m, 1500 m Free and 400 m IM must provide their own timers and counters.		
SCRATCHES:	The current NCS Scratch Rule will be in effect during the conduct of this meet for prelim/finals and deck seeded events. (see attachment). This will serve as the official guide for technical and procedural rules, except when stated otherwise in the Meet Information.		
HOSPITALITY:	There will be a hospitality room available to all coaches, officials and meet volunteers.		

MEET DIRECTOR:	Stacy Lanpher Coaches with questions may call: Terry Fritch, 704.846.5335 ext. 2115 or email at tfritch@swimmaccarolina.org
MEET REFEREE:	Tom Cox
ADMIN REFEREE:	CR Ratana
MEET MARSHAL:	Terry Fritch
REGISTRATION:	USA Swimming Registration is required of all swimmers and will be verified. On deck registration <u>WILL NOT BE PERMITTED.</u>
ENTRY FEES:	- \$4.00 per event - \$8.00 per relay event - \$2.00 per swimmer NCS Travel Fund - \$15 Facility Use Surcharge, excluding relay only swimmers All fees are non-refundable, except if entry is rejected for non-compliance.
AWARDS:	- Individual events: 1 st – 8 th place medals. - Relays: 1 st - 3 rd place medals. - Team Awards: Trophies for 1 st – 6 th place. Individual club recognition will be given to the Top-3 scoring large clubs of 100 or more registered swimmers, the Top-3 scoring medium sized clubs of 50-99 registered swimmers and the Top-3 scoring small clubs of 49 or fewer registered swimmers. - Individual High Point Awards will be presented to the male and female swimmers with the highest point totals in individual events for each age group. Sportsmanship and Spirit Award: Based on the vote of teams represented at the NCS LC 14 & Under meet. In the events of a tie, the meet director, meet referee, NCS Coach Rep and NCS Age Group Chair may cast tie-breaking votes. The deadline for voting is up completion of the Sunday, 12 & Under session. There will not be an awards ceremony.
SCORING:	- Individual events: 20-17-16-15-14-13-12-11- 9-7-6-5-4-3-2-1 Swimmers must achieve the qualifying time standard or faster in each event to score. The over distance events, 11-12 200 m Backstroke, 200 m Breaststroke, 200 m Butterfly, 400 m Individual Medley and the 10&U 400 m Freestyle will NOT be scored. - Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 Only two relays per gender can score for each team. Team scores and individual high point scores will be published in the heat sheet at each finals session.
COACHES:	There will be a coaches' meeting at 2:30 pm on Thursday afternoon. Coaches are responsible for any information presented at the meeting. Meetings may also be held at other times announced by the Meet Referee. All coaches and Officials on deck must wear their current USA swimming membership card in a visible place. Those failing to do so could be barred from the deck. Coaches and Officials will need to show their credentials when checking in.
OFFICIALS:	There will be an officials' meeting at 4:00 pm on Thursday afternoon. We welcome all certified officials on deck. If you are able to help, or if you wish to be evaluated , please fill out the Online Application Form .

	<p>This meet is designed for USA Swimming Official Qualification Meet. N2/N3 Briefing sessions will be held 45 minutes prior to the beginning of prelims and finals each day. Regardless of the numbers of sessions required for certification/re-certification, an official will need to serve a minimum of four sessions to be evaluated. Please see the USA Swimming website for additional information and certification requirements.</p>
SAFETY:	<p>The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Running and horseplay will not be allowed. As at any pool, the deck may be slippery and caution should be taken to prevent accidents. NO blocking of fire exits, which includes doorways and passages. Coaches must carry their coach certification cards at all times when on the pool deck and must hold current certifications and registration with USA Swimming. No spectators will be allowed on deck.</p>
RELEASE:	<p>USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., SwimMAC Carolina, MCAC 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.</p>

NCS Scratch Rule

205.3. 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 the 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 the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer 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. Unless the meet information states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet information.
- .3 Preliminary and Finals 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 205.3.2 applies
 - B Any swimmer qualifying for an A final, scored or not scored, or B scored 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 205.3. For events occurring on the last day of a meet, a fine of \$100 per missed swim shall also be assessed to the club by the appropriate Division Chair for failure to compete.
 - 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 the 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 thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
 - C The swimmer was not named in any finals heat during the initial announcement of results
 - D It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

205.4. 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.

2010 NORTH CAROLINA SWIMMING

14 & UNDER LONG COURSE AGE GROUP CHAMPIONSHIP

ORDER OF EVENTS

Thursday, July 15

Warm-ups 3:00-4:25 pm

Finals 4:30 pm

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
1	10:20.99	11:37.29	13-14 800 m Freestyle	11:12.29	10:04.99	2
3	6:11.39	5:23.99	11-12 400 m Individual Medley (NS)	5:18.09	6:08.29	4
5	NQT	NQT	13-14 800 m Freestyle Relay	NQT	NQT	6

Friday, July 16

Warm-ups 7:00-8:25 am

Preliminaries 8:30 am

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
27	2:21.19	2:04.69	13-14 200 m Freestyle	1:58.09	2:16.29	28
29	1:25.39	1:14.79	13-14 100 m Breaststroke	1:10.79	1:21.79	30
31	1:14.09	1:05.29	13-14 100 m Butterfly	1:02.19	1:11.09	32
33	5:40.59	5:00.49	13-14 400 m Individual Medley	4:49.79	5:31.79	34
			10 minute Break			
35	NQT	NQT	13-14 400 m Freestyle Relay *	NQT	NQT	36

* The fastest 8 relay teams (girls & boys) will swim the 400 m Freestyle Relay in finals. All other will swim in prelims.

Saturday, July 17

Warm-ups 7:00-8:25 am

Preliminaries 8:30 am

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
55	2:42.39	2:22.39	13-14 200 m Butterfly	2:16.29	2:38.19	56
57	30.79	26.89	13-14 50 m Freestyle	25.19	29.09	58
59	3:03.99	2:40.99	13-14 200 m Breaststroke	2:32.99	2:58.59	60
61	1:16.59	1:05.89	13-14 100 m Backstroke	1:03.39	1:13.59	62
63	5:00.39	5:35.69	13-14 400 m Freestyle	5:22.29	4:50.09	64
			10 minute Break			
65	NQT	NQT	13-14 400 m Medley Relay **	NQT	NQT	66

** The fastest 8 relay teams (girls & boys) will swim the 400 m Freestyle Relay in finals. All other will swim in prelims.

Sunday, July 18

Warm-ups 7:00-8:25 am

Preliminaries 8:30 am

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
91	1:06.19	58.09	13-14 100 m Freestyle	54.89	1:04.09	92
93	2:42.29	2:21.19	13-14 200 m Backstroke	2:15.79	2:37.79	94
95	2:42.19	2:21.79	13-14 200 m Individual Medley	2:15.69	2:35.29	96
			10 minute Break			
89	19:48.09	19:21.69	13-14 1500 m Freestyle ***	18:40.79	19:22.59	90

*** The fast 8 swimmers (girls & boys) will swim the 1500 Freestyle in finals. All others will swim in prelims.

2010 NORTH CAROLINA SWIMMING
14 & UNDER LONG COURSE AGE GROUP CHAMPIONSHIP
ORDER OF EVENTS

Friday, July 16

Warm-ups 11:45-12:40 pm

Timed Finals 12:45 pm

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
7	32.29	28.39	11-12 50 m Freestyle	28.09	32.49	8
9	36.19	32.09	10&U 50 m Freestyle	31.79	36.29	10
11	1:22.09	1:12.59	11-12 100 m Butterfly	1:12.19	1:22.09	12
13	1:38.69	1:26.69	10&U 100 m Butterfly	1:26.69	1:38.69	14
15	41.49	37.29	11-12 50 m Breaststroke	37.59	43.09	16
17	48.29	41.99	10&U 50 m Breaststroke	43.59	49.69	18
19	5:19.69	5:54.49	11-12 400 m Freestyle	6:02.19	5:27.09	20
21	5:54.29	6:31.39	10&U 400 m Freestyle (NS)	6:27.79	5:51.49	22
23	NQT	NQT	11-12 400 m Freestyle Relay	NQT	NQT	24

Saturday, July 17

Warm-ups 11:45-12:40 pm

Timed Finals 12:45 pm

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
37	2:58.69	2:36.39	10&U 200 m Freestyle	2:33.79	2:54.29	38
39	2:31.79	2:13.79	11-12 200 m Freestyle	2:14.59	2:32.89	40
41	1:47.09	1:33.39	10&U 100 m Breaststroke	1:35.79	1:49.09	42
43	1:33.59	1:19.99	11-12 100 m Breaststroke	1:21.09	1:33.29	44
45	1:35.29	1:22.19	10&U 100 m Backstroke	1:21.79	1:33.79	46
47	1:20.79	1:11.59	11-12 100 m Backstroke	1:12.29	1:23.59	48
49	NQT	NQT	10&U 200 m Medley Relay	NQT	NQT	50
51	NQT	NQT	11-12 400 m Medley Relay	NQT	NQT	52

Sunday, July 18

Warm-ups 12:30-1:25 pm

Timed Finals 1:30 pm

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
67	43.69	38.19	10&U 50 m Backstroke	37.59	42.69	68
69	37.89	33.09	11-12 50 m Backstroke	33.39	38.49	70
71	3:20.59	2:55.99	10&U 200 m Individual Medley	2:55.99	3:20.59	72
73	2:51.59	2:31.59	11-12 200 m Individual Medley	2:32.49	2:53.29	74
75	41.79	36.99	10&U 50 m Butterfly	37.09	41.39	76
77	35.69	31.69	11-12 50 m Butterfly	32.29	36.49	78
79	1:19.99	1:10.99	10&U 100 M Freestyle	1:11.09	1:20.89	80
81	1:10.39	1:01.29	11-12 100 m Freestyle	1:01.79	1:10.59	82
83	NQT	NQT	10&U 200 m Freestyle Relay	NQT	NQT	84
85	NQT	NQT	11-12 200 m Freestyle Relay	NQT	NQT	86

2010 NORTH CAROLINA SWIMMING

14 & UNDER LONG COURSE AGE GROUP CHAMPIONSHIP

ORDER OF EVENTS

Friday, July 16

Warm-ups 5:00-5:55 pm

Finals 6:00 pm

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
27	2:21.19	2:04.69	13-14 200 m Freestyle	1:58.09	2:16.29	28
25	2:53.19	2:30.59	11-12 200 m Backstroke (17-24) (NS)	2:27.39	2:52.79	26
29	1:25.39	1:14.79	13-14 100 m Breaststroke	1:10.79	1:21.79	30
25	2:53.19	2:30.59	11-12 200 m Backstroke (9-16) (NS)	2:27.39	2:52.79	26
31	1:14.09	1:05.29	13-14 100 m Butterfly	1:02.19	1:11.09	32
25	2:53.19	2:30.59	11-12 200 m Backstroke (1-8) (NS)	2:27.39	2:52.79	26
33	5:40.59	5:00.49	13-14 400 m Individual Medley	4:49.79	5:31.79	34
			10 minute Break			
35	NQT	NQT	13-14 400 m Freestyle Relay *	NQT	NQT	36

* The fastest 8 relay teams (girls & boys) will swim the 400 m Freestyle Relay in finals. All other will swim in prelims.

Saturday, July 17

Warm-ups 5:00-5:55 pm

Finals 6:00 pm

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
55	2:42.39	2:22.39	13-14 200 m Butterfly	2:16.29	2:38.19	56
53	2:54.99	2:33.09	11-12 200 m Butterfly (17-24) (NS)	2:31.69	2:53.29	54
57	30.79	26.89	13-14 50 m Freestyle	25.19	29.09	58
53	2:54.99	2:33.09	11-12 200 m Butterfly (9-16) (NS)	2:31.69	2:53.29	54
59	3:03.99	2:40.99	13-14 200 m Breaststroke	2:32.99	2:58.59	60
53	2:54.99	2:33.09	11-12 200 m Butterfly (1-8) (NS)	2:31.69	2:53.29	54
61	1:16.59	1:05.89	13-14 100 m Backstroke	1:03.39	1:13.59	62
63	5:00.39	5:35.69	13-14 400 m Freestyle	5:22.29	4:50.09	64
			10 minute Break			
65	NQT	NQT	13-14 400 m Medley Relay **	NQT	NQT	66

** The fastest 8 relay teams (girls & boys) will swim the 400 m Medley Relay in finals. All other will swim in prelims.

Sunday, July 18

Warm-ups 5:15-6:10 pm

Finals 6:15 pm

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
89	19:48.09	19:21.69	13-14 1500 m Freestyle ***	18:40.79	19:22.59	90
87	3:15.19	2:50.29	11-12 200 m Breaststroke (17-24) (NS)	2:45.79	3:12.79	88
91	1:06.19	58.09	13-14 100 m Freestyle	54.89	1:04.09	92
87	3:15.19	2:50.29	11-12 200 m Breaststroke (9-16) (NS)	2:45.79	3:12.79	88
93	2:42.29	2:21.19	13-14 200 m Backstroke	2:15.79	2:37.79	94
87	3:15.19	2:50.29	11-12 200 m Breaststroke (1-8) (NS)	2:45.79	3:12.79	88
95	2:42.19	2:21.79	13-14 200 m Individual Medley	2:15.69	2:35.29	96

*** The fast 8 swimmers (girls & boys) will swim the 1500 Freestyle in finals. All others will swim in prelims.

**2010 NORTH CAROLINA SWIMMING
14 & UNDER LONG COURSE AGE GROUP CHAMPIONSHIP
HOTEL INFORMATION**

Hilton Charlotte Center City

222 East Third Street, Charlotte, North Carolina, United States 28202
Tel: 1-704-377-1500

Hilton Garden Inn Charlotte Uptown

508 E Martin Luther King Jr. Blvd, Charlotte, North Carolina, USA 28202-2830
Tel: 1-704-347-5972

Hampton Garden Inn Charlotte Uptown

530 Dr. Martin Luther King Jr. Blvd, Charlotte, North Carolina, USA 28202
Tel: 1-704-373-0917