

**2010 NC WESTERN CAROLINA SWIM ASSOCIATION
CHAMPIONSHIPS
JULY 30 - 31, 2010
Shelby City Park, Shelby, NC**

Sanction: Held under the sanction of the United States Swimming Inc.
Issued by North Carolina Swimming Inc. Sanction# NC10077.

Site Information: The ten lane outdoor competition pool has eight-foot wide lanes equipped with 6 inch Competitor "Wave Eater" lane lines. The pool itself is a deck level design that allows for turbulence reduction in all lanes. Pool depth ranges from 4 feet to 13 feet deep. An adjacent outdoor, 3 lane 25-yard warm down pool, located approximately 20 feet from lane 1, will be available during competition on all three days. The 50 meter pool is not certified with USA Swimming. Colorado Electronic timing system will be used in conjunction with a Daktronics 10-Lane scoreboard, bleacher seating for 150 spectators is available. A covered concession and vendor area will accommodate 120 as well. Stainless steel blocks are permanently mounted, 4 feet above the water line, in the shallow end of the pool. The pool has ample deck area for team tents and folding chairs. Dressing areas without lockers are available.

Rules: The meet will be conducted in accordance with the current USA Swimming Rules and Regulations and the NCS Official Handbook and NCS Safety Program, except where rules therein optional and exceptions are herein stated.

Classification: The meet shall be a closed WCSA meet.

Eligibility: All swimmers must be registered with the USA Swimming Inc.

Entries/Entry Deadline:

Please list swimmers age as of the first day of the meet. Submit entries by email or on diskette using the Hy-tek program. Entries may also be submitted using entry forms. Late entries may be accepted at double the entry fee. Entries are due no later than Friday, July 23.

Entry Limit: Swimmers may enter 3 individual events plus 2 relays.

Entry Fees: \$2.50 per individual event, \$8.00 per relay, \$2.00 NCS travel fund,
\$8.00 per swimmer facility surcharge. Make checks payable to SAC.

Payment of entry fees must be by check payable to Sharks Aquatic Club prior to competition.

Mail Entries to: David Messenger
802 Meadowbrook Road
Kings Mountain, NC 28086
Or Email: sharks_coachdave@yahoo.com

Meet Format: All individual events will be swum as prelims with the top 10 in each event returning for finals Saturday evening. All relays will be swum at timed finals.

Seeding: All individual events shall be pre-seeded. The North Carolina Scratch Rule will be in effect. Relay events will be pre-seeded and they will not require positive check-in. Relay cards listing the swimmers' names for each relay must be turned into the head timer before their relay is swum. Relay cards will be available for each team in their team packet..

Awards: Medals will be given 1st thru 3rd place and ribbons for 4th -10th for individual events. Medals will be given for 1st thru 3rd place for relay events. Only one relay team from each team may score. High point trophies will be given for each age group, male and female. Team awards will be given for 1st thru 3rd, male, female, and combined. The Chuck Stockton Team Spirit Award will be given to the team exhibiting the most sportsmanship and team spirit during the meet. This will be voted by the parent president and coach from each team. A graduating senior award will be given to all seniors.

Scoring: We will use ten place scoring (11, 9, 8, 7, 6, 5, 4, 3, 2, 1) with points doubled for relays.

Warm-up: Team lane assignments will be issued and posted. General warm-up during the first thirty minutes will be circle swimming only and NO DIVING. The next twenty minutes will be specific warm-up. Lanes 1 and 10 will become pace lanes. Lanes 2 & 9 will remain general warm. Lanes 3, 4, 5, 6, 7 and 8 will be for one way dive start lanes.

Warm-up Times: Friday---5:00 PM until 6:00 PM
Saturday AM (13 and over): 8:00 AM until 9:00 AM
Saturday Evening: 4:00 until 4:45 Parade at 5:00 Evening Finals begin: 5:30

Set-Up: Friday, July 30th, teams are welcome to enter the facility and set up after 4:30PM. Gates will be closed for public swim until this time.

Smoking: Is strictly prohibited on deck at the Shelby City Park during SAC events.

Warm-up Pool: Restricted to USA Swimmers. Only swimmers participating in that session's events may enter warm up pool.

Safety: The North Carolina Safety Program will be in effect. Coaches and parents must supervise their children. No horseplay will be tolerated. Glass containers are prohibited. Only properly registered swimmers participating in the meet may enter the competition or the warm down pool.

Coaches Meeting: Coaches meeting will be Friday at 6:00 PM in the hospitality room, if deemed necessary. 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.

Officials Meeting: There will be an officials meeting 30 minutes prior to each session in hospitality.

Meet Director: David Messenger 704-907-1983

Meet Marshal: Curtis Hopper

Meet Referee: Jim Riggs

Meet Coordinator: Rob Martelle

Hospitality: Will be provided for coaches and officials

Directions: Posted on www.sharksaquaticclub.com

Release: “USA Swimming, Inc., North Carolina Swimming, Inc., and Sharks Aquatics Club 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 event.”

Order of events

Female events are odd numbers.

Male events are even numbers.

Friday Evening Session Warm-ups 5:00 Meet: 6:00

1	8 & Under 200 Free Relay	2
3	10 & Under 200 Fr Relay	4
11	10 & Under 200 IM	12
19	8 & Under 50 Free	20
21	9-10 50 Free	22
29	8 & Under 50 Breast	30
31	9-10 50 Breast	32
39	8 & Under 50 Back	40
41	9-10 50 Back	42
49	8 & Under 50 Fly	50
51	9-10 50 Fly	52
59	8 & Under 200 Med Relay	60
61	10 & Under 200 Med Relay	62

Saturday Morning Session Warm-ups: 8:00 Meet 9:00

5	12 & Under 200 Free Relay	6
7	14 & Under 200 Free Relay	8
9	18 & Under 200 Free Relay	10
13	11-12 200 IM	14
15	13-14 200 IM	16
17	15-18 200 IM	18
23	11-12 50 Free	24
25	13-14 100 Free	26
27	15-18 100 Free	28
33	11-12 50 Breast	34
35	13-14 100 Breast	36
37	15-18 100 Breast	38
43	11-12 50 Back	44
45	13-14 100 Back	46
47	15-18 100 Back	48
53	11-12 50 Fly	54
55	13-14 100 Fly	56
57	15-18 100 Fly	58
63	12 & Under 200 Med Relay	64
65	14 & Under 200 Med Relay	66
67	18 & Under 200 Med Relay	68

Saturday Night Finals Warm-ups: 4:00 – Team Parade 5:00 - Meet 5:30

11	10 & Under 200 IM	12
13	11-12 200 IM	14
15	13-14 200 IM	16
17	15-18 200 IM	18

BREAK FOR IM AWARDS

19	8 & Under 50 Free	20
21	10 & Under 50 Free	22
23	11-12 50 Free	24
25	13-14 100 Free	26
27	15-18 100 Free	28

BREAK FOR FREE AWARDS

29	8 & Under 50 Breast	30
31	10 & Under 50 Breast	32
33	11-12 50 Breast	34
35	13-14 100 Breast	36
37	15-18 100 Breast	38

BREAK FOR BREAST AWARDS

39	8 & Under 50 Back	40
41	10 & Under 50 Back	42
43	11-12 50 Back	44
45	13-14 100 Back	46
47	15-18 100 Back	48

BREAK FOR BACK AWARDS

49	8 & Under 50 Fly	50
51	10 & Under 50 Fly	52
53	11-12 50 Fly	54
55	13-14 100 Fly	56
57	15-18 100 Fly	58

**PRESENT AWARDS FOR BUTTERFLY, HIGH POINT, GRADUATING SENIORS, AND
TEAM AWARDS (MEN, WOMEN, COMBINED)**