



WOW "COMMOTION AT THE OCEAN" MEET 2010  
Friday, October 1, 2010 – Sunday, October 3, 2010  
UNC-Wilmington  
Wilmington, NC

Sanction: Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. Sanction #NC10086 and Approval Number NC10086AP.

Host: Waves of Wilmington Swim Team

Site Info: UNCW Natatorium, Wilmington, NC  
The UNCW Natatorium is a USA certified pool. The competition pool is an 8-lane 25-yard pool with non turbulent lane lines(7foot width), Colorado electric timing, scoreboard, and fixed starting blocks. There is an additional 5-lane 20-yard pool for continuous warm up and warm down

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

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Classification: Age Group and Senior Events. **All senior events 200 yards and longer require a 13-14 "BB" time. All 12 & Under events 200 yards and longer require the 10 & Under "B" time.** All sessions are timed final events.

Eligibility: All swimmers competing in the Age Group sessions must be currently registered with USA Swimming.

Entries: Submit entries in Hy-Tek Team Manager format. If you submit in TM format, please provide a hard copy of your entries. There will be no on deck registration. All relay only swimmers, including alternates, must be listed on the meet entry form and pay the "NCS" Travel Fund surcharge. List swimmers age as of the first day of the meet. **NO TIME ENTRIES** will not be accepted.

Entry Limit: Senior swimmers may enter 3 individual events per day. 12 & Under swimmers may enter up to 4 individual events per day.

The 400 IM and 500 Free will be positive check-in events limited to the top 32 swimmers for both women and men.

The 1000 Free will be a positive check in event limited to the top 24 swimmers for both women and men.

These events will be swum fastest to slowest alternating women and men.

The referee will have the authority to combine the slowest two heats if possible.

Entry Fees: Individual Events: \$2.50 per event  
NCS Travel Fund: \$2.00 per swimmer  
Facility Surcharge: \$5.00 per swimmer

Entry Deadline: Tuesday, September 22, 2010.  
Double entry fees will be charged for late entries, if accepted. A late entry is any entry received after 9:00 pm on Tuesday, September 21, 2010. All fees are non-refundable. A check made payable to the "Waves of Wilmington" must accompany all entries. ***Entries will be accepted in the order they are received. Entries will be accepted until the meet reaches capacity. Should the meet reach capacity teams will be notified of any rejected entries by September 23.***

Meet Director: Brian Benfer  
4701 Wrightsville Ave. #B3  
Wilmington, NC 28403  
[coachbrian@swimwow.org](mailto:coachbrian@swimwow.org)

Awards: Seniors: No Awards, 12 & Unders: Ribbons 1<sup>st</sup>-8<sup>th</sup> place

Time Schedule: Seniors:  
Friday Warm-ups: 4:00pm / Timed Finals begin at 5:00pm  
Saturday and Sunday Warm-ups: 7:00am / Timed Finals begin at 8:15am

12 & Unders:  
Saturday and Sunday Warm-Ups: not before 12noon/ Session will start one(1) hour after warm up start.

Coaches Meeting: Friday at 4:45pm at the Starter's Table.

Officials Meeting: 30 minutes prior to the start of each session at the Starter's Table

Warm-Ups: Guidelines will be published in coach's packet to be picked up at clerk of course upon arrival.

Hospitality: Snacks and drinks will be provided for all sessions.

Volunteers: Any volunteer officials and/or timers will be greatly appreciated.

Meet Referee: Bill Luse

Meet Marshall: Scott Hannum

Safety: The North Carolina Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No horseplay will be tolerated! **No parents will be allowed on the deck.** Coaches will not be allowed behind the starting blocks during competition. All coaches will be required to display current coach's credentials to the meet marshal to remain on deck.

Release Statement: USA Swimming Inc., North Carolina Swimming, University of North Carolina Wilmington, Waves of Wilmington, 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.

*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.*

ORDER OF EVENTS  
Senior Sessions

Friday, October. 2, 2009

WARM UP 4:00 PM START 5:00 PM

Women		Men
1	50 Freestyle	2
3	100 Breaststroke	4
5	200 Freestyle	6
7	400 Individual Medley	8

Saturday, October. 3, 2009

WARM UP 7:00AM / START 8:15AM

Women		Men
9	100 Freestyle	10
11	200 Breaststroke	12
13	100 Butterfly	14
15	200 Backstroke	16
17	500 Freestyle	18

Sunday, October 4, 2009

WARM UP 7:00AM/ START 8:15AM

Women		Men
43	100 Backstroke	44
45	200 Butterfly	46
47	200 Individual Medley	48
49	1000 Freestyle	50

ORDER OF EVENTS  
12 & Under Sessions

Saturday October 3, 2009

WARM UP: not before 12noon START: 1 hour after Warm Up Start

Women		Men
19	11-12 100 Free	20
21	10 & Under 100 Free	22
23	8 & Under 25 Free	24
25	11-12 50 Breaststroke	26
27	10 & Under 50 Breaststroke	28
29	11-12 100 Butterfly	30
31	10 & Under 100 Butterfly	32
33	8 & Under 25 Butterfly	34
35	11-12 50 Backstroke	36
37	10 & Under 50 Backstroke	38
39	11-12 200 Free	40
41	10 & Under 200 Free	42

Sunday, October 4, 2009

WARM UP: not before 12:00pm START: 1 hour after Warm Up Start

Women		Men
51	11-12 50 Butterfly	52
53	10 & Under 50 Butterfly	54
55	11-12 100 Breaststroke	56
57	10 & Under 100 Breaststroke	58
59	8 & Under 25 Breaststroke	60
61	11-12 50 Free	62
63	10 & Under 50 Free	64
65	11-12 100 Backstroke	66
67	10 & Under 100 Backstroke	68
69	8 & Under 25 Backstroke	70
71	12 & Under 200IM	72

