2011 WAVE SWIMMING
TARHEEL STATES CHAMPIONSHIPS
March 18 – 20, 2011

SANCTION: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC11044.

HOST: New Wave Swim Team
P.O. Box 18012
Raleigh, NC 27619
(919) 981-0644

FACILITY: **Triangle Aquatic Center**
275 Convention Drive
Cary, NC 27511
(919) 459-4045

Competition Pool: The Triangle Aquatic Center facility features a 50-meter pool divided into two courses, which include an 8-lane, 25-yard by 9-feet wide competition course and a 10-lane, 25-yard by 7-feet wide competition course, with a variable depth ranging from 7 to 12 feet. Both courses will be used if swimmer numbers and timeline deem it necessary. An additional 10-lane, 25-yard pool is available. At least 4 lanes will be available throughout the meet for continuous warm-up/warm-down. The pool is equipped with state-of-the-art, anti-turbulent lane lines and Paragon starting blocks on both ends. The facility features a Daktronic Pro timing system, and two digital matrix scoreboards. Stopwatches will also be used in each competition lane. Hy-Tek Meet Manager Pro software will be used. Locker rooms for changing are available. This pool has been certified by USA Swimming.

Only meet volunteers, USA Swimming registered athletes and current USA Swimming registered officials and coaches may be on deck.
NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME

Spectator Seating:
The seating area is above the deck and designed for comfort and enjoyment for spectators. There is viewing for 1,000 people, bench seating with back support, a 12-foot wide walkway for easy access, and an integrated sound system. There are five 47" televisions with FM radio transmitters, and free wireless access to the internet to track live meet results on www.triangleaquatics.org.

Supporting Amenities:
Parking: There are 150 parking spaces directly in front of the facility available for coaches, officials and volunteers. There is additional parking at the Cary Towne Center Mall, directly adjacent & within easy walking distance of the facility. Athletes may be dropped off beside the facility before parking at the Mall.

Splash Café: A full service café located just inside the main entrance offering healthy meals, smoothies, coffees, drinks and snacks.

All American Swim Shop: The fully stocked swim shop is located beside the front desk and carries swimwear, apparel, swim supplies and accessories.

Open Swim: During most meets, the Program pool and Instruction pool are open for recreation and fitness swimming. Check with the front desk for the cost of a day pass.

Facility Rules: ***Please inform all families of the following pool rules.***
1) **NO** smoking is allowed inside the facility.
2) **NO** outside food, drinks or coolers allowed inside the facility.
3) **NO** glass containers allowed inside the facility.
4) **NO** chairs allowed in the spectator level. Athletes and coaches may bring chairs on deck, but they must be removed each day.

RULES: This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, and the current North Carolina Swimming Rules and Regulations, and the current North Carolina Swimming Safety Program. These rules will serve as the official guide for technical and procedural rules, except wherein are optional and exceptions are herein stated.

SCRATCH RULE: The NCS Scratch Rule will be in effect during the conduct of this meet for finals and deck seeded events (see attachment) except **ALL SUNDAY FINALS WILL REQUIRE A POSITIVE CHECK-IN** with the same timeframe to declare intent. Scratches from finals must be given to the Clerk of Course who will maintain the meet scratch book. The Clerk of Course table will be located in the center of the pool area underneath the scoreboard. Posted preliminary results are for information only. Swimmers should check for scratches and listen to announcements. Coaches are asked to have alternates ready to swim.

CLASSIFICATION: This meet is an Age Group/Senior Meet.

FORMAT:
(1) All 10 & Under events, the Senior 400 IM, 500 Free, 1650 Free, and all relay events are timed final events.
(2) All other events will be conducted on a preliminary/finals basis. The 11-12, 13-14 and the Senior age groups will have an A and B final (fastest 16 swimmers). The order swum in finals will be the B heat followed by the A heat. Swimmers participating in the 500 Free or 1650 Free must provide their own timer and/or person to count lengths.
(3) Meet management reserves the right to adjust session start times dependent on number of entries received to maintain the timeline.

SCHEDULE:

FRIDAY:	Afternoon Warm-ups:	3:30PM
	Afternoon Timed Finals:	4:30PM
SATURDAY:	Warm-ups:	7:00AM
	Preliminaries:	8:30AM
	Finals Warm-up:	5:00 PM
	Finals:	6:00 PM
SUNDAY:	Warm-ups:	7:00AM
	Preliminaries:	8:30AM
	Finals Warm-up:	4:30 PM
	Finals:	5:30 PM

ELIGIBILITY: This meet is open to swimmers who have met the following qualifying standards:

12 & Under Age Group
Participants must have at least one BB or better time standard in their single age group but may not enter any event in their age group in which they have achieved the 2010 AG Sectional qualifying time standard.

13/14 Age Group
Participants have no minimum-qualifying standard. 13-14 swimmers may not enter any event in their age group in which they have achieved the 13-14 AG Sectional time standard. Those swimmers will be aged up and must qualify for the Senior finals.

Senior Age Group
Swimmers of any age may swim in the Senior age group regardless of time but cannot exceed the per day or per meet entry limits.

WAVE welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the meet director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit WAVE's ability to accommodate all requests.

ENTRIES: Please email entries using Hy-Tek Team Manager. Entries may be sent via email and must include a Hy-Tek compatible entry file, team entry report and financial report. **Please note the following entry rules will be strictly enforced by the Meet Directors:**

(1) **Payment must be included with all entries and must be received by the start of the meet in order to get coaches packet.**
(2) Please list the swimmer's age as of March 18, 2011.
(3) There may be on-deck event entries taken at this meet, but in open lanes only, with double fees paid at time of entry. All deck-entered swimmers must be USA Swimming athlete members. Please bring proof of registration.
(4) 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.

ENTRY LIMITS:

Meet:
The meet may be limited to the first 800 swimmers to submit their entries.

Individuals:
10 & Under swimmers are limited to 9 (nine) events for the meet and no more than 5 (five) events per day.

11-12, 13-14, and Senior swimmers are limited to 9 (nine) events for the meet and no more than 3 (three) events per day.

Relay: Each club may enter up to three relay teams per relay event.

FEES:

Prelim/Final Event:	$3.50
Timed Final Event:	$2.50
Relays:	$8.00
Facility Fee:	$10.00 per swimmer
NCS Travel Fund:	$3.00 per swimmer including relay only swimmers

ENTRY DEADLINE: Entries must be received by 7:00pm Tuesday, March 8, 2011. No telephone entries will be accepted.

Double entry fees will be charged for late entries, if accepted. A late entry is any entry received on or after 7:00pm on Tuesday, March 8, 2011. All fees are non-refundable. **A check made payable to the "New Wave Swim Team" must accompany entries.**

MAIL ENTRIES TO:

Tarheel States Meet Director
WAVE Swimming
P.O. Box 18012
Raleigh, NC 27619
wavemeets@nc.rr.com

*__NOTE:__ All e-mail correspondence should be directed to:
Lana Sanders – wavemeets@nc.rr.com

A TM event file will be made available from the WAVE website at www.newwaveswimteam.org as well as the NCS website www.ncswim.org.

CHECK-IN PROCEDURES: A positive check-in is required for the following deck seeded events.

1) **Senior 400 IM and 500 Free**: by 4:00pm Friday
2) **Senior 1650 Free**: by 10:00am Sunday

The above events will be deck-seeded and swum as timed finals.
Check-in will be located at the announcer's table. **Swimmers who fail to check-in will not be able to swim.**

SEEDING:

1650 Free
The Senior 1650 Free will be swum fastest to slowest, alternating women and men, with all heats being swum during the Sunday morning session. If the meet is conducted in two pools, it will not be necessary to alternate. There will be a 10-minute break between the end of the Senior Men's Medley Relay on Sunday morning and the start of the 1650 Free. The 1650 Free may be limited to the fastest 24 seeded times in both women's and men's events (3 heats each).

400 IM & 500 Free
The Senior 400 IM and 500 Free will be swum as timed final events (3 fastest women's heats slowest to fastest, then 3 fastest men's heats going slowest to fastest, then alternating women and men fastest to slowest). If the meet is conducted in two pools, it will not be necessary to alternate. Meet Management reserves the right to combine heats (men and women). Meet management reserves the right to limit the 400 IM and 500 Free to the fastest 3 (three) heats depending on time limitations.

Relays
Relays will be pre-seeded and swum as Timed Finals. Only swimmers listed on the entry form may swim on relays. Relay-only swimmers should be designated as such and must pay the $3.00 NCS fee and $10 Facility fee per swimmer. All Saturday's relays except the 10 & Under relays will be swum in the finals session. All Sunday's relays will be swum in the morning session.

SCORING: No team or individual scoring will be kept.

AWARDS:
Individual Events: Ribbons 1st-8th Place
Relays: Ribbons 1st-3rd Place

Only 12 & Under events will be given awards.

MEET MANAGEMENT:
Meet Director: Lana Sanders (919) 696-0642
Meet Referee: Ken Clark kennethdclark@bellsouth.net
Meet Marshall: Brian Tobey

MEETINGS:

Coaches:
There will be a coaches meeting Friday, March 18th at 3:15 pm and as announced thereafter by the Meet Referee. **Coaches will be required to have their current USA Swimming card visible at all times while on deck. Coaches without proper credentials will be asked to leave the deck.**

Officials:
There will be an officials' meeting, Friday, March 18th at 3:45 and 30 minutes prior to the start of each of the other sessions. **Officials will be required to have their current USA Swimming card visible at all times while on deck.**

"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."

HOSPITALITY: There will be a hospitality room available to all coaches, officials and meet volunteers.

WARM-UP: Warm-ups will be held in accordance with the NCS Safety Program. Lane assignments for warm-ups will be available in the coach's packet. **A current coach's card will be required to obtain the packet and must be worn on deck.**

SAFETY: 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. 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.

VOLUNTEERS: Volunteer timers and officials are welcomed. Please contact wavemeets@nc.rr.com. Announcements for timers and officials will be made prior to the start of each session. **Swimmers in the 500 Free and 1650 Free must provide their own timers and lap counters.**

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., THE NEW WAVE SWIM TEAM, INC., TRIANGLE AQUATIC CENTER 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.

Recommended Accomodations:

The Wingate by Wyndham Raleigh/Cary
6115 Corporate Ridge Road
Raleigh, NC 27607
919-809-8520
www.ncraleighhotel.com

Ninety nine modern rooms with large, ergonomic work area

- Forty rooms with two queen beds.
- FREE Deluxe Continental Breakfast Daily with hot items available
- FREE Wired and Wireless Internet
- FREE Shuttle in a 5 mile radius of the hotel
- FREE Airport shuttle
- FREE Manager's Social with Beer, Wine and hors d'oeurves Monday through Thursday from 5 - 7 p.m.
- On-site business center
- Spacious, modern guest rooms designed for the business traveler with in-room safes
- Refrigerators and Microwaves in every room
- 24 hour fitness center with PreCor equipment and free weights
- Indoor pool with Whirlpool
- And much more.

Comfort Suites of Cary
350 Ashville Avenue
Cary, NC 27518
(919) 852-4318

NCS Scratch Rule

208.3. 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 208.3.2 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 208.3.4. 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.

208.4. 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.

TARHEEL STATES MEET

ORDER OF EVENTS
ALL AGES

Friday — Warm-up: 3:30 PM
March 18, 2011 — Finals: 4:30 PM

Girls Event #	EVENT	Boys Event #
1	Senior 400 IM	2
3	11-12 200 IM	4
5	10 & Under 200 IM	6
7	Senior 500 Free	8

Saturday — Warm-up: 7:00 AM
March 19, 2011 — Prelim/Finals: 8:30 AM

Girls Event #	EVENT	Boys Event #
9	Senior 200 Fly	10
23	11-12 50yd Fly	24
25	10 & U 50yd Fly	26
11	Senior 100yd Free	12
27	11-12 100yd Free	28
29	10 & U 100yd Free	30
13	Senior 200yd Back	14
31	11-12 50yd Back	32
33	10 & U 50yd Back	34
15	Senior 100yd Breast	16
35	11-12 100yd Breast	36
37	10 & U 100yd Breast	38
17	Senior 200 IM	18
39	11-12 100yd IM	40
41	10 & U 100yd IM	42
43	11-12 200yd Free Relay	44*
45	10 & U 200yd Free Relay	46
19*	13-14 200yd Free Relay	20*
21*	Senior 200yd Free Relay	22*

*** 11-12, 13-14 and Senior relays will be swum in the finals session.**

Sunday — Warm-up: 7:00 AM
March 20, 2011 — Prelim/Finals: 8:30 AM

Girls Event #	EVENT	Boys Event #
47	Senior 200yd Breast	48
63	11-12 50yd Breast	64
65	10 & U 50yd Breast	66
49	Senior 50yd Free	50
67	11-12 50yd Free	68
69	10 & U 50yd Free	70
51	Senior 100yd Back	52
71	11-12 100yd Back	72
73	10 & U 100yd Back	74
53	Senior 200yd Free	54
75	11-12 200yd Free	76
77	10 & U 200yd Free	78
55	Senior 100yd Fly	56
79	11-12 100yd Fly	80
81	10 & U 100yd Fly	82
57*	Senior 200yd Medley Relay	58*
59*	13/14 200yd Medley Relay	60*
83*	11-12 200yd Medley Relay	84*
85*	10 & U 200yd Medley Relay	86*
61	Senior 1650 Free	62

*** <u>All</u> relays will be swum in the morning session.**