



**2010 NC ECSL WINTER INVITATIONAL
Harrison Family YMCA
Rocky Mount, NC**

January 23-24, 2010

- SANCTION:** Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction #NC10016.
- HOST TEAM:** Rocky Mount Family YMCA RACERS
- SITE INFORMATION:** Pool: 25 yard, 8 lanes with non-turbulent lane ropes. Each lane is 7 feet wide. Depth at starting end of pool is 9 feet with Spectrum Bighorn starting blocks, Daktronics electronic timing system with 8 lane scoreboard. Recreation pool will be available for continuous warm-up and swim down.
- RULES:** The meet will be conducted in accordance with the current USA Swimming Code and the NCS Official Handbook and NCS Safety Program, except where rules therein are optional and exceptions are herein stated.
- CLASSIFICATION:** Closed League Meet
- ELIGIBILITY:** All swimmers must be registered with USA Swimming, Inc.
- ENTRIES:** Submit entries by Hy-tek entry file--via e-mail. List swimmers' age as of the first day of the meet. Mail: 1) a printout listing individual swimmers, their events, USA-S number, age as of Jan.23, 2010, and entry times. 2) Attached summary sheet with fees. All relay only swimmers including alternates must pay the NCS Travel Fund Surcharge. This meet will be limited to the first 200 swimmers for each session. Each team will need to provide at least 2 timers for each session. Meet management reserves the right to combine sessions based on the number of swimmer entries.
- ENTRY LIMIT:** Swimmers are limited to 4 individual events and 1 relay for the day. Meet management reserves the right to combine heats when necessary.
- ENTRY DEADLINE:** Entries are due by the end of the day on Tuesday January 12, 2010. Late entries will be accepted only at the discretion of the Meet Director. Late entries may not be seeded. Late entries will be charged double fees. No telephone or fax entries will be accepted.
- ENTRY FEES:** \$2.50 for Each Individual Event
\$8.00 for Relays
NCS Travel Fund Surcharge: \$2.00 per swimmer including "relay only" swimmers.
\$5.00 Facility Charge per swimmer
Make one team check payable to: Harrison Family YMCA. Entry fees are not refundable.
- MAIL ENTRIES TO:** Harrison Family YMCA
ECSL WINTER INVITATIONAL
Attn: Vickie Payton
PO Box 4063
Rocky Mount, NC 27803

RMY

E-MAIL ENTRIES: Vickie Payton at: vickiep@rmymca.org

AWARDS: Ribbons will be awarded 1st through 8th place for individual events and 1st through 4th for relays.

SCORING: Not a scored team meet.

WARM-UP SCHEDULE: First 30 minutes – General warm-up in all lanes. No diving.
Last 20 minutes – Specific warm
Lanes 1, 2, 4 and 8 - Push off beginning at starting end of pool, circle swim only, no diving.
Lanes 3 through 6 – Dive start only, swim one length from start end only.

TIME SCHEDULE: 10 & Under session- Warm-ups begin at 8:00AM. Timed finals at 9:00AM.
11 & Over session - Warm-ups will begin at either 12:00PM or immediately after the conclusion of the morning session, whichever is later. Timed finals will begin 1 hour later.

SAFETY: The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated. All coaches and officials on deck must be registered 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.

COACHES' MEETING: There will be a coaches meeting at 8:45AM on Saturday Jan. 23, 2010.

MEET OFFICIALS: There will be a meeting of all officials in the hospitality room 30 minutes prior to the start of each session. RMY welcomes officials from other clubs. Please contact Vickie Payton at vickiep@rmymca.org to volunteer as an official.

MEET DIRECTOR: Vickie Payton

MEET REFEREE(S): Mark Eldridge

MEET MARSHAL(S): Jamie Lease

HOSPITALITY: The Hospitality Room located in the YMCA Chapel and will be open to officials, coaches, and meet workers.

CONCESSIONS: Food will be available for purchase at the Snack Bar located in the pool lobby.

FACILITY: From I-95, take Hwy64 East, exit at Centura Hwy/Church St. and go North, turn left onto Independence Dr. just past RMHS Football Stadium and in front of the RBC building, Harrison Family YMCA is on the right.

RELEASE: "USA Swimming, Inc., North Carolina Swimming, Inc., and the Harrison Family YMCA 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."

ATTACHMENTS: ENTRY SUMMARY FORM



ORDER OF EVENTS
ECSL WINTER INVITATIONAL

SATURDAY January 23, 2010

MORNING SESSION 1

Timed Finals: Warm-ups at 8:00 am, Competition at 9:00 am

Women

1	8 & Under 100 Medley Relay
3	10 & Under 200 Medley Relay
5	8 & Under 25 Free
7	10 & Under 50 Free
9	8 & Under 50 Back
11	10 & Under 100 Back
13	8 & Under 25 Fly
15	10 & Under 50 Fly
17	8 & Under 50 Breast
19	10 & Under 100 Breast
21	8 & Under 100 Free
23	10 & Under 200 Free

Men

2
4
6
8
10
12
14
16
18
20
22
24

AFTERNOON SESSION 2

Warm-ups not before 12:00 PM, Timed Finals one hour later

Women

25	11-12 200 Medley Relay
27	Open 200 Medley Relay
29	11-12 50 Free
31	Open 50 Free
33	11-12 100 Back
35	Open 200 Back
37	11-12 50 Fly
39	Open 100 Fly
41	11-12 100 Breast
43	Open 200 Breast
45	11-12 200 Free
47	Open 200 Free
49	Open 400 IM

Men

26
28
30
32
34
36
38
40
42
44
46
48
50



ORDER OF EVENTS
ECSL WINTER INVITATIONAL

SUNDAY January 24, 2010

MORNING SESSION 1

Timed Finals: Warm-ups at 8:00 am, Competition at 9:00 am

Women

51	8 & Under 100 Free Relay
53	10 & Under 200 Free Relay
55	8 & Under 50 Fly
57	10 & Under 100 Fly
59	8 & Under 100 IM
61	10 & Under 100 IM
63	8 & Under 25 Breast
65	10 & Under 50 Breast
67	8 & Under 50 Free
69	10 & Under 100 Free
71	8 & Under 25 Back
73	10 & Under 50 Back

Men

52	8 & Under 100 Free Relay
54	10 & Under 200 Free Relay
56	8 & Under 50 Fly
58	10 & Under 100 Fly
60	8 & Under 100 IM
62	10 & Under 100 IM
64	8 & Under 25 Breast
66	10 & Under 50 Breast
68	8 & Under 50 Free
70	10 & Under 100 Free
72	8 & Under 25 Back
74	10 & Under 50 Back

AFTERNOON SESSION 2

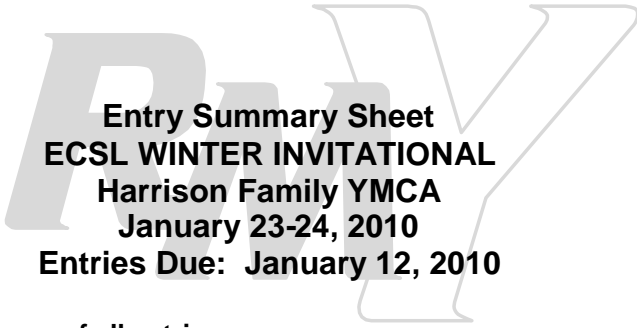
Warm-ups not before 12:00 PM, Timed Finals one hour later

Women

75	11-12 200 Free Relay
77	Open 200 Free Relay
79	11-12 100 Fly
81	Open 200 Fly
83	11-12 200 IM
85	Open 200 IM
87	11-12 50 Breast
89	Open 100 Breast
91	11-12 100 Free
93	Open 100 Free
95	11-12 50 Back
97	Open 100 Back
99	Open 500 Free

Men

76	11-12 200 Free Relay
78	Open 200 Free Relay
80	11-12 100 Fly
82	Open 200 Fly
84	11-12 200 IM
86	Open 200 IM
88	11-12 50 Breast
90	Open 100 Breast
92	11-12 100 Free
94	Open 100 Free
96	11-12 50 Back
98	Open 100 Back
100	Open 500 Free



Entry Summary Sheet
ECSL WINTER INVITATIONAL
Harrison Family YMCA
January 23-24, 2010
Entries Due: January 12, 2010

Use this form for a summary of all entries:

Age Group	Total # of Swimmers	Total # of Entries	Total # of Relays	Total Surcharge Fee	Total Entry Fee
8-U Girls					
8-U Boys					
9-10 Girls					
9-10 Boys					
11-12 Girls					
11-12 Boys					
13 & O Girls					
13 & O Boys					

Return this Summary Sheet with Entry Fees and Forms to:

TOTAL FEES

ECSL WINTER INVITATIONAL
 The Harrison Family YMCA
 PO Box 4063
 Rocky Mount, NC 27803
vickiep@rmymca.org

Call Letters: _____

Coach: _____

Team Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

I understand and agree that neither the United States Swimming, Inc., North Carolina Swimming, Inc., The RMY Racers or the Harrison Family YMCA nor co-sponsoring organizations or their respective chapters, officers, directors, employees, agents, members or volunteers shall assume or have any responsibility or liability for expenses or medical treatment or form compensation for any injury swimmers, coaches, spectators or anyone affiliated with this organization may suffer during or resulting from their participation in this program. I do hereby waive, release and forever discharge any and all rights and claims for damages that anyone affiliated with this organization may have or that may hereafter accrue to them arising out of or in any way connected with their participation in this program. I also represent and warrant that all participants have been advised to seek consultation from their doctor about whether they can safely participate in this program and whether there are precautions or limitations to their participation.

Signature on the entry summary and subsequent entry into this meet constitutes understanding and acceptance of the above release. Signature: _____ Date: _____