

16th ANNUAL TYR CAPITAL CLASSIC

December 5-7, 2008

- HOST:** YMCA of the Triangle Area Swim Team
Raleigh, North Carolina
- LEAGUE SPONSOR:** Greater YMCA Sunbelt Swimming Association
- SANCTION:** Sanctioned by the YMCA Competitive Swimming and Diving Committee as a Championship level competition. National YMCA Sanction Number is pending. This competition will satisfy the Championship Meet Requirement for YMCA Nationals. In addition, this will be a USA Swimming Approved meet and run under USA Swimming technical rules and regulations.
- LOCATION:** Pullen Aquatic Center
410 Ashe Avenue
Raleigh, NC 27606
- DATES & TIMES:**
- Friday & Saturday Sessions*
- | | |
|------------------|-----------|
| Prelim Warm-up*: | 6:30 a.m. |
| Preliminaries: | 8:30 a.m. |
| Finals Warm-up: | 4:00 p.m. |
| Finals: | 5:30 p.m. |
- Sunday Sessions*
- | | |
|------------------|-----------|
| Prelim Warm-up*: | 6:30 a.m. |
| Preliminaries: | 8:30 a.m. |
| Finals Warm-up: | TBA |
| Finals: | TBA |
- A coaches meeting will be held Sunday morning to announce the start time for Sunday evening's finals session.
- * Warm-ups during the prelim sessions each day will be run as follows. From 6:30-7:00 a.m., the entire pool will be open for general warm-up. From 7:00-8:00 a.m., warm-ups will be split into two 30-minute warm-up sessions with assigned lanes for each team. From 8:00-8:20 a.m., the competition pool will move to specific warm-up with lanes 1 and 8 open for pacing and lanes 2-7 open for one-way dive sprints. During specific warm-up, the shallow (non-competition) end of the pool will remain open for general warm-up.
- CLASSIFICATION:** This meet is a closed YMCA Senior Championship Meet open only to YMCA teams. The minimum qualifying times for individual events will be the 2008 TYR Capital Classic Time Standards listed in the order of events. Swimmers must have met the minimum qualifying standard in each individual event entered. There are no minimum qualifying standards for relay events. This year we will have both a SCY and a LCM time standard. Swimmers must meet at least one of these standards.
- ELIGIBILITY:** Each participant must be a member of a local YMCA and must have a full privilege annual membership at that YMCA to be eligible. This is a Senior competition open to 12 and older swimmers who have met the qualifying time standards.

FACILITY:

The Pullen Park Aquatic Center consists of an indoor 50-meter pool separated into one 8-lane 25-yard competition course and a 25-yard continuous warm-up course. The facility is equipped with Colorado Timing System and an 8-lane scoreboard. There is ample spectator seating and plenty of parking. The pool is located only a few miles from several hotels and a multitude of shopping and eating establishments.

FORMAT & RULES:

The meet will be conducted in accordance with USA Swimming rules except as noted herein. USA Swimming officials will supervise the conduct of the competition. For those participants on a dual member (YMCA and USA Swimming) team, this will be a USA Swimming Approved meet. Swimmers' USA Swimming ID numbers must be submitted as a part of the team's meet entries for NTV and reportable times.

1. The competition will consist of a preliminary session and a finals session each day. During finals, a Bonus, Consolation and Championship heat will be offered based on results from preliminaries and will be contested in that order. The top 8 swimmers from preliminaries qualify for the Championship heat. Swimmers placing 9th-16th during preliminaries qualify for the Consolation heat. Swimmers placing 17th-24th during preliminaries qualify for the Bonus heat.
2. All events will be pre-seeded except for the 500- and 1650-yard Freestyles and the 400-yard Individual Medley. Those events will be deck-seeded and will require a positive check-in to swim.
3. The 400-yard Individual Medley will require a positive check-in by 7:45 a.m. on Friday morning. Heats will be posted by 9:00 a.m. The preliminary heats will be swum beginning with the fastest four heats of women followed by the fastest four heats of men. The remaining heats will be swum fastest to slowest, alternating women and men. The prelim heats of the 400 IM will be swum following the morning heats of the 800 Free Relay. The Referee reserves the right to combine heats.
4. The 500-yard Freestyle will require a positive check-in by 7:45 a.m. on Saturday morning. Heats will be posted by 9:00 a.m. The preliminary heats will be swum beginning with the fastest four heats of women followed by the fastest four heats of men. The remaining heats will be swum fastest to slowest, alternating women and men. The prelim heats of the 500 Free will be swum following the morning heats of the 400 Medley Relay. The Referee reserves the right to combine heats.
5. The 1650-yard Freestyle will be a timed final event and will require a positive check-in by 7:45 a.m. on Sunday morning. Heats will be posted by 9:00 a.m. on Sunday morning. The fastest eight seeded women and the fastest eight seeded men will compete during the evening finals. All remaining preliminary heats of the 1650-yard Freestyle will swim fastest to slowest, alternating women and men, at the conclusion of the preliminary session following the 400 Free Relay. The Referee reserves the right to combine heats.
6. **Relay entries will be limited to two (2) per team per event.** All relays will be swum as timed finals, and only one relay from each team will be scored. The fastest seeded heat of men's and women's relays will be

swum during the Finals session on Friday and Saturday. All remaining heats will be swum during the morning's prelim session. On Friday, prelim heats of the 800 Freestyle Relay will be swum prior to the prelim heats of the 400 IM. On Saturday, prelim heats of the 400 Medley Relay will be swim prior to the prelim heats of the 500 Free. On Sunday, all heats of the 400 Freestyle Relay will be contested at the conclusion of the prelim session prior to the morning heats of the 1650.

7. Time trials will be offered at the discretion of the Meet Referee at the end of all prelim and finals sessions. The cost for individual or relay time trials will be \$10.00. Information on time trial format will be available for coaches at the beginning of the meet on Friday.

CHECK-INS:	400 yd. IM	7:45 a.m.	Friday
	500 yd. Freestyle	7:45 a.m.	Saturday
	1650 yd. Freestyle	7:45 a.m.	Sunday

SCRATCH RULE: Scratches for finals (Championship or Consolation heats) must be given to the Referee or the designated official. Swimmers will have 30 minutes to declare their intentions following the announcement of the preliminary results. **Failure to compete in a Championship or Consolation final shall result in disqualification from the remainder of the meet.** There will be no penalties for scratches during preliminary or Bonus final heats. The Referee reserves the right to allow alternates to swim in a Bonus final heat in the event of a no-show. **Failure to compete in an event that has been positively checked-in will result in the individual swimmer being disqualified from his or her next individual event.** No penalty shall apply for failure to compete in a positive check-in individual event if (1) the Referee is notified of an illness or injury and accepts the proof thereof, or (2) the failure to compete is caused by circumstances beyond the control of the swimmer.

AWARDS:	Team	
	1 st – 3 rd	Trophies
	Heat Winners	Special Prizes
	Mayberry Heat Winners	RC Cola & Moon Pie
	* T-shirts for 1 st time Spring YMCA National Qualifiers	

SCORING:	Individual Events	1 st – 16 th
	20-17-16-15-14-13-12-11	Championship Heat
	9-7-6-5-4-3-2-1	Consolation Heat
	Relays	
	40-34-32-30-28-26-24-22	
	18-14-12-10-8-6-4-2	
	* Teams may enter two (2) relays in each event, but only one relay per team will be scored.	

ENTRY FEES: \$4.25 per individual event
 \$12.00 per relay event
 \$15.00 per swimmer Facility fee
 Each swimmer entered in the meet will receive a free TYR Capital Classic meet t-shirt and water bottle.

SPECIAL FEATURES: *2008 Capital Classic Theme – Age of Aquarius (60's Theme)*

ENTRY PROCEDURE:

1. Priority in accepting entries will be given to those teams who send positive confirmation of their intent to attend the meet along with an approximate number of swimmers attending to Chad Onken by **October 1st, 2008**. Those confirmations should be sent to chad.onken@ymcatriangle.org.
2. Teams are asked to be honest in adhering to the qualifying standards for this year's meet. Teams who enter unqualified swimmers cause the meet to be unnecessarily long and contribute to creating a meet that is not conducive to fast swimming for those teams and swimmers who have met the qualifying standards. Teams who abuse the integrity of the qualifying standards may not be asked to return to the meet in future years.
3. All entries **MUST** be submitted in HYTEK format. **NO HANDWRITTEN, FAX, OR PHONE ENTRIES WILL BE ACCEPTED.**
4. Entries may be submitted via email or on a disk through the mail. Please enter best short course yards times for all events where the swimmer betters the short-course qualifying standard. For those athletes meeting the long-course standard, please enter at the short-course qualifying time. HYTEK entry files should be e-mailed as attachments to chad.onken@ymcatriangle.org. **The entry deadline is Midnight on Monday, November 24th**. Late entries will be accepted only at the discretion of the Meet Manager and subject to double entry fees. The Meet Director reserves the right to limit the size of the meet to the **first 450 swimmers** entered. Interest has been high for this competition in the past and early return of your entries is strongly encouraged. The following materials **MUST** accompany all entry packages (regardless of entry method):
 - Hard-copy of team entries
 - **Optional:** Computer disk containing Team Manager entry file
 - Financial Summary sheet
 - Check for entry fees payable to YOTA Swim Team
 - T-shirt Size Summary sheet (coaches and swimmers)

*****Mail or deliver all entries directly to*****

YOTA Swim Team
Attn: Chad Onken
1600 Hillsborough St.
Raleigh, NC 27605
Email: chad.onken@ymcatriangle.org
Phone: (919) 832-9088 ext. 2
Fax: (919) 828-6246

ENTRY LIMITS:

Swimmers may swim a maximum of three (3) individual events per day and seven (7) total individual events for the meet.

ADDITIONAL INFORMATION:

All coaches who wish to be on the pool deck at the TYR Capital Classic **MUST HAVE** the following current safety certifications: CPR, First Aid, and Lifeguarding or Coaches Safety Training. The Meet Referee and Meet Marshal reserve the right to request proof of coach certifications at any time and may ask coaches not able to provide such proof to remove themselves from the pool deck.

COACHES MEETINGS:

A coaches meeting will be held at 8:20 a.m. on Friday morning and as needed throughout the meet.

HOST COACH: Mark Toburen (919) 832-9088 ext. 1
MEET DIRECTOR: Jane Houchin (919) 787-4763
MEET REFEREE: Bob Probst
MEET MANAGER: Chad Onken (919) 832-9088 ext. 2
MEET MARSHALL: Chad Onken (919) 832-9088 ext. 2

VOLUNTEER MEET OFFICIALS: The YMCA of the Triangle Area Swim Team welcomes the participation of parent volunteers who are currently certified as USA Swimming Stroke and Turn Judges. If any of your parents would be interested in helping with the meet, please indicate the names below and send with your entries or contact the Meet Director.

Name	USA Swimming Certification Level						
Home Phone Number	YMCA Certification Level						
<table border="0" style="width: 100%;"> <tr> <td style="width: 33%;">Fri AM</td> <td style="width: 33%;">Fri PM</td> <td style="width: 33%;">Sat AM</td> </tr> <tr> <td>Sat PM</td> <td>Sun AM</td> <td>Sun PM</td> </tr> </table>	Fri AM	Fri PM	Sat AM	Sat PM	Sun AM	Sun PM	Position preferred (eg. Starter, stroke & turn)
Fri AM	Fri PM	Sat AM					
Sat PM	Sun AM	Sun PM					

Name	USA Swimming Certification Level						
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Fri AM	Fri PM	Sat AM					
Sat PM	Sun AM	Sun PM					

16th Annual TYR Capital Classic

ORDER OF EVENTS

Friday

Preliminaries: 8:30 a.m.

Finals: 5:30 p.m.

Event # WOMEN	Qualifying Standard (SC/LC)		Description	Qualifying Standard (SC/LC)		Event # MEN
1	NT	NT	200 Medley Relay*	NT	NT	2
3	2:01.99	2:19.59	200 Freestyle	1:54.09	2:11.99	4
5	1:16.09	1:27.49	100 Breaststroke	1:10.99	1:22.99	6
7	1:03.49	1:12.99	100 Butterfly	59.49	1:08.59	8
9	4:54.99	5:36.79	400 IM	4:48.09	5:33.09	10
11	NT	NT	800 Free Relay*	NT	NT	12

Saturday

Preliminaries: 8:30 a.m.

Finals: 5:30 p.m.

Event # WOMEN	Qualifying Standard (SC/LC)		Description	Qualifying Standard (SC/LC)		Event # MEN
13	NT	NT	200 Free Relay*	NT	NT	14
15	2:24.09	2:43.59	200 Butterfly	2:16.09	2:37.19	16
17	26.49	30.49	50 Freestyle	24.59	28.59	18
19	2:43.09	3:05.79	200 Breaststroke	2:35.09	3:00.79	20
21	1:04.99	1:16.19	100 Backstroke	1:00.09	1:11.99	22
23	5:25.99	4:53.19	500 Freestyle	5:14.09	4:44.29	24
25	NT	NT	400 Medley Relay*	NT	NT	26

Sunday

Preliminaries: 8:30 a.m.

Finals: 5:30 p.m.

Event # WOMEN	Qualifying Standard (SC/LC)		Description	Qualifying Standard (SC/LC)		Event # MEN
27	18:59.09	19:28.29	1650 Freestyle*	18:14.09	18:53.79	28
29	56.99	1:05.29	100 Freestyle	52.69	1:01.09	30
31	2:19.99	2:43.39	200 Backstroke	2:11.09	2:34.49	32
33	2:18.99	2:40.39	200 IM	2:10.09	2:31.79	34
35	NT	NT	400 Free Relay*#	NT	NT	36

* Timed Final Events – Prelim heats of the 800-yard freestyle relay will be swum prior to the prelim heats of the 400-yard individual medley. Prelim heats of the 400-yard Medley Relay will be swum prior to the prelim heats of the 500-yard Freestyle. All heats of the 1650-yard freestyle, excluding the fastest seeded heat, will compete as the final individual event of the Sunday morning prelim session. The final heat of the 1650-yard freestyle will compete as the first individual event of finals on Sunday.

All heats of the 400-yard freestyle relay will compete during the Sunday morning prelim session prior to the afternoon heats of the 1650.

16th Annual TYR Capital Classic Entry Summary Sheet

	Total # of Swimmers	Swimmer Surcharge	Total Surcharge Fee	Total # of Entries	Event Entry Fee	Total Event Fees	TOTAL ENTRY FEES
Individual Events		\$15.00			\$4.25		
Relay Events	N/A	N/A	N/A		\$12.00		
Total							

T-Shirt Sizes

Small	
Medium	
Large	
X Large	
XX Large	

* All swimmers and coaches receive a free Capital Classic meet t-shirt. Please indicate the appropriate numbers of shirts for your team and coaching staff.

Waiver of Liability

The YMCA of the USA (Upper Southeast Region), the Greater YMCA Sunbelt Swimming Association, the YMCA of the Triangle Area, Inc., and the City of Raleigh 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.

Signature of
Head Coach: _____

Phone Number: _____

Club Code: _____

Club Name: _____

Club Address: _____

Head Coach: _____

Make all checks payable to YOTA Swim Team. All entries are due by Midnight on Monday, November 24th. Team Manager entry files may be emailed to Chad Onken at chad.onken@ymcatriangle.org or mailed in on a disk. By the entry deadline, you must have submitted your entries in Hy-Tek Team Manager format via email or hard disk, along with this summary sheet, a check for your team's entry fees, and a hardcopy of your entries. It is highly recommended that you use either FedEx or UPS to send in your entries since those services provide tracking services. Please send all entries, forms, and fees to:

**YOTA Swim Team
Attn: Chad Onken
1600 Hillsborough Street
Raleigh, NC 27605**