



**19th Annual
FALL STATES INVITATIONAL
14 & UNDER SWIM MEET
December 12-14, 2008**

SANCTION: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC08108

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 competition course and a 10-lane, 25-yard 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 for continuous warm-up/warm-down. The pool is equipped with state-of-the-art, anti-turbulent lane lines and Paragon starting blocks. 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.

Only meet volunteers, USA Swimming registered athletes and USA Swimming registered officials 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 early arrivals, 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.

Café Splash Down: 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 is 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.
- CLASSIFICATION:** North Carolina Swimming 14 & Under Age Group Meet for "BB" classified swimmers.
- FORMAT:**
- (1) All events will be swum as timed finals and may be conducted in two courses.
 - (2) Entrants in the 500 Free are required to check in at the clerk of course no later than the end of warm-ups Friday evening. Swimmers not checked in by this deadline will be scratched from this event.
 - (3) All heats of the 500 Free will be swum fastest to slowest all girls and all boys in each age. A combined heat of boys and girls may be swum at the discretion of the Meet Referee. In the event that the events are conducted in two courses, the same procedure will be followed except it will not be necessary to alternate girls' and boys' heats. The 500 Free may be limited to the fastest three (3) heats of each age group (9 & U, 10, 11, 12, 13 and 14).
 - (4) A 10-minute break may be added before relays to assure that swimmers have adequate rest from their last event.
- ELIGIBILITY:** All swimmers must be registered with USA SWIMMING, Inc.
- 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) List the swimmer's age as of December 12, 2008
- ENTRY LIMIT:** All swimmers will be limited to a **maximum of four (4) individual events** per day. There is no limit to the number of relay teams entered; however, only 2 relay teams per age-group may score.
- ENTRY FEES:** \$2.50 per individual event (NCS registered swimmers)
\$8.00 per relay
\$10.00 per swimmer Facility Surcharge
\$2.00 per swimmer NCS Travel Fund
- Double entry fees will be charged for late entries, if accepted. A late entry is any entry received after 9:00 pm on Tuesday, December 2, 2008. All fees are non-refundable. A check made payable to the "New Wave Swim Team" must accompany entries.
- ENTRY DEADLINE:** **Tuesday, December 2, 2008.** Entries will be accepted up to 11:00 pm that day. **Telephone entries will not be accepted, although changes to entries will.** Late entries may be accepted, but only at the discretion of the Meet Director.
NO CHANGES WILL BE ACCEPTED AFTER THE PSYCH SHEET HAS BEEN POSTED.
- EXPRESS MAIL
FED EX OR UPS
ENTRIES TO:** **Melanie Stahmer
P. O. Box 18012
Raleigh, NC 27619
(919) 875-9130
wavemeets@nc.rr.com**

SCHEDULE:**Friday, December 12, 2008**

Evening Session: All 14 & Under Swimmers
 Warm-ups: 3:30 pm - 4:30 pm
 Timed Finals Begin: 4:45 pm

Saturday, December 13, 2008

First Session: 11 & Under Swimmers
 Warm-ups: 8:00 am - 8:50 am
 Timed Finals Begin: 9:00 am

Second Session: 14, 13 & 12 Swimmers
 Warm-ups: 12:00 pm – 12:50 pm
 Timed Finals Begin: 1:00 pm

Sunday, December 14, 2008

First Session: 11 & Under Swimmers
 Warm-ups: 8:00 am - 8:50 am
 Timed Finals Begin: 9:00 am

Second Session: 14, 13 & 12 Swimmers
 Warm-ups: 12:00 pm – 12:50 pm
 Timed Finals Begin: 1:00 pm

Please note that warm-up and start times for the afternoon sessions may be changed due to numbers of swimmers entered in the meet.

ORDER OF EVENTS: See attached schedule.

SCORING:**Scoring will be as follows:**

Individual Events: 11 - 9 - 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1
 Relays: 22 - 18 - 16 - 14 - 12 - 10 - 8 - 6 - 4 - 2

A maximum of two (2) relay teams per age group may score. There is no limit to the number of relays entered.

AWARDS:

Individual Events: 1st - 10^h place
 Relays: 1st - 3rd place
 Team Awards: 1st - 3rd place

Swimmers finishing in first through tenth place in an individual event and first through third in a relay event will receive ribbons. **Please be sure to collect these at the end of the meet.**

MEET**MANAGEMENT:**

Meet Directors: Melanie Stahmer (919) 875-9130
 Meet Referee: Lisa Jackson
 Meet Marshall: Mila Mason

MEETINGS:**Coaches**

There will be a coaches' meeting Friday, December 12 at 4:30 pm and as announced by the Meet Referee.

Officials

There will be an officials' meeting Friday, December 12 at 4:00 pm and 30 minutes prior to the start of each of the other sessions.

WARM-UPS: Guidelines will be published in the coach's packet. Packets will be available at the Clerk of Course upon presentation of current USA Swimming coach credentials. Please begin warm-up procedures at the starting end of the pool only in the competition course. During the conduct of the meet, the bulkhead is for use of Meet Officials only. Diving will not be allowed until the specific warm-up period is announced. Specific warm-up procedures will be described in the coach's packet as well.

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. As at any pool, the deck may be slippery and caution should be taken to prevent accidents. NO blocking of fire exits, which includes doorways and passages. 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.

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

VOLUNTEERS: Volunteer timers are always welcomed. Announcements for timers and officials may be made prior to the start of each session.
Swimmers in the 500 Free must provide their own timers and volunteers to count for them.

USA Swimming, Inc., North Carolina Swimming, Inc., The New Wave Swim Team, Inc., the 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.

Holiday Inn Hotel and Suites Cary

5630 Dillard Drive • Cary, NC 27518
919-851-1220
www.holidayinn.com/raleigh/cary

New Wave Swim Team rates
\$79.00 standard room
\$89.00 two room suite

Please contact
Nikole Jasso
Director of Sales
for group reservations
919-851-1220 or
hicarysales@cmchotels.com

Best Western Cary Inn and Extended Stay Suites

1722 Walnut Street • Cary, NC 27511
919-481-1200
www.bestwestern.com/caryinnsuites

New Wave Swim Team rates
\$75.00 standard room
\$85.00 two room suite

Please contact
Cynthia Ferguson
Director of Sales
for group reservations
919-795-4642 or
cferguson@cmchotels.com

HOTEL INFORMATION:
<http://www.triangleaquatics.org/Events/PreferredHotels/>

Also for your convenience Macaroni Grill will provide catering at your hotel. For information please call Chris Nocera at 919-467-7727.

FALL STATES 2008
Order of Events
Friday, December 12, 2008
Evening Session

Warm-ups will start at 3:30 pm. Timed finals begin at 4:45 pm.

Note that positive check-in is required for the 500 Free by the end of warm-ups.

Girls	Event	Boys
1	9 & Under 200yd IM	2
3	10yr 200yd IM	4
5	11yr 200yd IM	6
7	12yr 200yd IM	8
9	13yr 200yd IM	10
11	14yr 200yd IM	12
13	10 & Under 500yd Freestyle	14
15	11-12yr 500yd Freestyle	16
17	13-14yr 500yd Freestyle	18

FALL STATES 2008
Order of Events
Saturday, December 13, 2008
Morning Session

Warm-ups will start at 8:00 am. Timed finals begin at 9:00 am.

Girls	Event	Boys
19	11yr 200yd Freestyle	20
21	10yr 200yd Freestyle	22
23	9 & Under 200yd Freestyle	24
25	11yr 100yd Backstroke	26
27	10yr 100yd Backstroke	28
29	9 & Under 100yd Backstroke	30
31	11yr 100yd Butterfly	32
33	10yr 100yd Butterfly	34
35	9 & Under 100yd Butterfly	36
37	11yr 50yd Breaststroke	38
39	10yr 50yd Breaststroke	40
41	9 & Under 50yd Breaststroke	42
43	11yr 200 Breaststroke	44
45	11yr 50yd Freestyle	46
47	10yr 50yd Freestyle	48
49	9 & Under 50yd Freestyle	50
51	10-11 200yd Medley Relay	52
53	9 & Under 200yd Medley Relay	54

Saturday, December 13, 2008
Afternoon Session

Warm-ups will start at 12:00 pm. Timed finals begin at 1:00 pm.

Girls	Event	Boys
55	14yr 200yd Freestyle	56
57	13yr 200yd Freestyle	58
59	12yr 200yd Freestyle	60
61	14yr 100yd Backstroke	62
63	13yr 100yd Backstroke	64
65	12yr 100yd Backstroke	66
67	14yr 100yd Butterfly	68
69	13yr 100yd Butterfly	70
71	12yr 100yd Butterfly	72
73	14yr 50yd Breaststroke	74
75	13yr 50yd Breaststroke	76
77	12yr 50yd Breaststroke	78
79	12-14 200yd Breaststroke	80
81	14yr 50yd Freestyle	82
83	13yr 50yd Freestyle	84
85	12yr 50yd Freestyle	86
87	12-14 200yd Medley Relay	88

FALL STATES 2008
Order of Events
Sunday, December 14, 2008
Morning Session

Warm-ups will start at 8:00 am. Timed finals begin at 9:00 am.

Girls	Event	Boys
89	11yr 100yd Freestyle	90
91	10yr 100yd Freestyle	92
93	9 & Under 100yd Freestyle	94
95	11yr 50yd Butterfly	96
97	10yr 50yd Butterfly	98
99	9 & Under 50yd Butterfly	100
101	11yr 200yd Butterfly	102
103	11yr 100yd Breaststroke	104
105	10yr 100yd Breaststroke	106
107	9 & Under 100yd Breaststroke	108
109	11yr 50yd Backstroke	110
111	10yr 50yd Backstroke	112
113	9 & Under 50yd Backstroke	114
115	11yr 200yd Backstroke	116
117	11yr 100yd IM	118
119	10yr 100yd IM	120
121	9 & Under 100yd IM	122
123	10-11 200yd Freestyle Relay	124
125	9 & Under 200yd Freestyle Relay	126

Sunday, December 14, 2008
Afternoon Session

Warm-ups will start at 12:00 pm. Timed finals begin at 1:00 pm.

Girls	Event	Boys
127	14yr 100yd Freestyle	128
129	13yr 100yd Freestyle	130
131	12yr 100yd Freestyle	132
133	14yr 50yd Butterfly	134
135	13yr 50yd Butterfly	136
137	12yr 50yd Butterfly	138
139	12-14 200yd Butterfly	140
141	14yr 100yd Breaststroke	142
143	13yr 100yd Breaststroke	144
145	12yr 100yd Breaststroke	146
147	14yr 50yd Backstroke	148
149	13yr 50yd Backstroke	150
151	12yr 50yd Backstroke	152
153	12-14 200yd Backstroke	154
155	14yr 100yd IM	156
157	13yr 100yd IM	158
159	12yr 100yd IM	160
161	12-14 200yd Free Relay	162