

YSST FALL INVITATIONAL SWIM MEET
November 7 – 8, 2009

Sanction: Held under sanction of USA Swimming Inc., by North Carolina Swimming, Inc. Sanction No. NC09103

Location: Hickory Foundation YMCA, 701 1st St NW, Hickory, NC.

Rules: The meet will be conducted in accordance with the current USA Swimming Code, the NCS Official Handbook, and NCS Safety Program.

Facility: 25 yard, 8 lane pool, water depth from 3 ½ feet to 8 feet, with non-turbulent lane markers, KDI Paragon starting blocks, and 7 foot wide lanes. Colorado timing system will be used with an eight line scoreboard.

Classification: 12 & Under BB+/B/C Invitational

Eligibility: All swimmers must be registered with USA Swimming.

Meet Format: Saturday & Sunday AM Sessions (BB+ & **11-12 B/C**):
Warm-up 7:30 AM Start 8:30 AM
Saturday & Sunday PM Sessions (10 & U B/C):
Warm-up 12:30 PM Start 1:30 PM

PLEASE NOTE THAT THE 11-12 B/C SWIMMERS COMPETE IN THE MORNING SESSIONS. All individual events will be pre-seeded with the exception of the 500 Freestyle. A positive check-in will be required for this event. Failure to check-in will be considered a scratch. 10 & under swimmers must have a “BB” time in the 200 freestyle to be entered in the 500 free.

Entries: List swimmer’s age as of November 7, 2009. **THERE WILL BE NO ON DECK REGISTRATION AVAILABLE AT THIS MEET.** No telephone entries will be accepted. Late entries may be accepted at the discretion of the Meet Director at double the entry fees. **HY-TEK’S MEET MANAGER SOFTWARE WILL BE USED. THE PREFERRED METHOD FOR ENTRIES IS VIA EMAIL.**

Entry Limit: Swimmers are limited to 4 individual events per day and one relay event per day. **Entries will be limited to 250 swimmers per session** and will be accepted in the order of receipt until the entry deadline. Entries not properly completed will be considered not received. Teams will not be allowed to compete if payment is not received prior to the start of the meet.

Entry Deadline: Entries must be received by Wednesday, October 28, 2009.

Submit entries to:
Jon Jolley
701 1st Street NW
Hickory, NC 28601
(828) 381-8806
jtjolley@twave.net

Fees: Individual Events: \$2.50
Relay Events: \$8.00
NCS Travel fund per swimmer: \$2.00
Facility surcharge per swimmer: \$6.00
Make checks payable to YSST.

Meet Director: Jon Jolley
701 1st Street NW
Hickory, NC 28601
(828) 381-8806
jtjolley@twave.net

Awards: Individual Events: Ribbons will be given for 1st – 8th place for each age group.
Relay Events: Ribbons will be given for 1st – 3rd place.

Warm-ups: Warm-ups will be as follows (with modifications on deck by the Meet Referee as conditions warrant):
1st 30 minutes: General warm-up for all lanes. No Diving.
2nd 30 minutes: Specific warm-up:
Lanes 1 & 8: Push off beginning at the starting end of the pool.
Circle swim. No Diving.
Lanes 2,3,6, & 7: Racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
Lanes 4 & 5: General warm-up.

Safety: The NCS Safety Program is in effect for this meet and warm-up procedures will be in effect. Coaches are advised to closely supervise their swimmers at all times. No running or horseplay will be tolerated.

Release: USA Swimming, Inc., North Carolina Swimming, Inc., YMCA of Catawba Valley, and YSST 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.

**Officials &
Workers:**

A list of certified officials should be submitted with entries. Lane assignments for timers and workers will be made after the team entries are received. **There will be an Officials meeting 45 minutes prior to the start of each session in the Hospitality room.**

Meet Referee: Jon Fox

Meet Marshall: David Weisgerber

Certifications: 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.

Coaches

Meeting:

The general coaches meeting will be held at 7:15 am on Saturday on the pool deck at the computer/starter's area. Further coaches meetings will be called at the discretion of the Meet Referee and/or Meet Director. All pertinent information will be distributed to coaches prior to the meet.

General

Information:

Lane assignments for timing will be posted at each lane. Concessions and lunches will be available. Shower and restroom facilities are available.

ORDER OF EVENTS

SATURDAY AM BB+ & 11-12 B/C SESSION
STARTS 8:30 AM, WARM-UPS 7:30 AM

GIRLS		BOYS
1	11-12 100 IM (B/C)	2
3	11-12 200 IM (BB+)	4
5	10 & U 200 IM	6
7	11-12 100 FREE (BB+)	8
9	10 & U 100 FREE	10
11	11-12 100 BACK (B/C)	12
13	11-12 50 BACK (BB+)	14
15	10 & U 50 BACK	16
17	11-12 50 BREAST (B/C)	18
19	11-12 100 BREAST (BB+)	20
21	10 & U 100 BREAST	22
23	11-12 50 FLY (B/C)	24
25	11-12 50 FLY (BB+)	26
27	10 & U 50 FLY	28
29	11-12 200 FREE (B/C)	30
31	10 & U 200 FREE RELAY	32
33	11-12 200 FREE RELAY (B/C)	34
35	12 & U 200 FREE RELAY (BB+)	36
37	12 & U 500 FREE (BB+)	38

SATURDAY PM 10 & U B/C SESSION
STARTS 1:30 PM, WARM-UPS 12:30 PM

GIRLS		BOYS
39	10 & U 200 FREE RELAY	40
41	8 & U 200 FREE RELAY	42
43	10 & U 100 FREE	44
45	8 & U 50 FREE	46
47	10 & U 50 FLY	48
49	8 & U 25 FLY	50
51	10 & U 100 IM	52
53	8 & U 50 BACK	54
55	10 & U 100 BACK	56
57	8 & U 25 BREAST	58
59	10 & U 50 BREAST	60
	10 MINUTE BREAK	
61	10 & U 200 FREE	62

ORDER OF EVENTS

SUNDAY AM BB+ & 11-12 B/C SESSION

STARTS 8:30 AM, WARM-UPS 7:30 AM

GIRLS		BOYS
63	11-12 100 FREE (B/C)	64
65	11-12 200 FREE (BB+)	66
67	10 & U 200 FREE	68
69	11-12 50 BACK (B/C)	70
71	11-12 100 BACK (BB+)	72
73	10 & U 100 BACK	74
75	11-12 100 BREAST (B/C)	76
77	11-12 50 BREAST (BB+)	78
79	10 & U 50 BREAST	80
81	11-12 100 FLY (B/C)	82
83	11-12 100 FLY (BB+)	84
85	10 & U 100 FLY	86
87	11-12 50 FREE (B/C)	88
89	11-12 50 FREE (BB+)	90
91	10 & U 50 FREE	92
93	11-12 200 IM (B/C)	94
95	11-12 100 IM (BB+)	96
97	10 & U 100 IM	98
99	11-12 200 MED RELAY (B/C)	100
101	12 & U 200 MED RELAY (BB+)	102
103	10 & U 200 MED RELAY	104

SUNDAY PM 10 & U B/C SESSION

STARTS 1:30 PM, WARM-UPS 12:30 PM

GIRLS		BOYS
105	10 & U 200 MED RELAY	106
107	8 & U 200 MED RELAY	108
109	10 & U 200 IM	110
111	8 & U 25 FREE	112
113	10 & U 50 FREE	114
115	8 & U 50 BREAST	116
117	10 & U 100 BREAST	118
119	8 & U 25 BACK	120
121	10 & U 50 BACK	122
123	8 & U 50 FLY	124
125	10 & U 100 FLY	126