

**2010 NC WAVE SWIMMING**  
**SPRING DISTANCE - IMX INVITATIONAL**  
**MAY 1-2, 2010**



**SANCTION:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC10048.

**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 with a variable depth ranging from 7 to 12 feet. The competition course is 8-lanes, each is 9-feet wide. 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 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. Chase starts may be used if swimmer numbers and timeline deem it necessary. Hy-Tek Meet Manager Pro software will be used. Locker rooms for changing are available.

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](http://www.triangleaquatics.org).

**Supporting Amenities:**

**Parking:** There is parking 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 for swimmers and parents. 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.

**CLASSIFICATION:** This is an age group and senior invitational meet. All events are timed finals.

**FORMAT:** **Events are Timed Finals and will be swum as consolidated events (mixed genders). Boys and girls will be seeded together, swum together, and scored together.** No time standards will be used. All events will be pre-seeded, with the exception of events 400 meters or longer. Please notify meet administration if you have advance scratches. The 800 Freestyle and 1500 Freestyle will be swum fastest to slowest. The 400 IM and the 400 Freestyle will be swum slowest to fastest.

Meet management reserves the right to split any session as needed in order to comply with the four-hour rule and accommodate all teams interested in competing. Meet management reserves the right to limit the meet to the first 300 swimmers.

Meet Management reserves the right to swim the 800 and 1500 free with two swimmers per lane if entries for those events require it in order to accommodate all swimmers.

Swimmers entering the 1500 Free and/or the 800 must have a provable entry time of at least the 13-14 "A" time standard.

### **IM Xtreme (IMX)**

The second phase in the IMX Challenge is called IM Xtreme (or IMX) and is comprised of a series of five or six events at longer distances. The following single age groups and event combinations are tabulated and scored for both male and female:

#### 9 & Under; 10-year olds:

200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

#### 11-year olds; 12-year olds:

400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

#### 13, 14, 15, 16, 17, & 18-year olds:

400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

**ELIGIBILITY:** All participants must be registered, athlete members of USA Swimming. Age as of May 1, 2010 determines age for entire meet. **Swimmers with a disability as described in the USA Swimming Technical Rules, Article 105, shall be permitted to enter any meet sanctioned by NC Swimming.**

**SCRATCH RULE:** The NC Scratch Rule (NCS 205.3.2) will be in effect for the deck-seeded events (1500M Free, 400M IM, 800M Free, and 400M Free). Swimmers who are positively checked in for these events and do not show for their heat will be scratched from their next event. Deck seeded events will be closed for seeding according to the schedule given below.

**ENTRIES:** Please email entries using Hy-Tek Team Manager for entries. Entries may be sent via email and must include the following: 1) a Hy-Tek compatible entry file 2) team entry report and 3) financial report.

**Please note that the Meet Director will strictly enforce the following entry rules:**

- 1) Payment must be received by the start of the meet in order to get coaches packet. No swimmer will compete until payment is received.

- 2) There may be on-deck event entries taken at this meet, but in open lanes only and double fees paid at time of entry. All deck-entered swimmers must be USA Swimming athlete members. Please bring proof of registration.
- 3) All swimmers must be properly registered before May 1, 2010. The list of swimmers competing in the meet will be forwarded to the NCS Registration Chair for approval.
- 4) Please list all coaches that will be in attendance. The NCS Registration chair will provide meet management with a list of current coach certifications. Coaches who are not current in all required certifications will not be allowed on deck.
- 5) Due to the presence in this meet of several distance event offerings, this meet may be limited to 300 swimmers by order of receipt in order to maintain the timeline.

**Please include a coach's email address for communication purposes.**

**ENTRY LIMITS:** All swimmers will be limited to a **maximum of four (4) individual events** per day and a **maximum total of eight (8) individual events** for the entire meet.

Meet management reserves the right to limit meet size to comply with NC Swimming's four-hour rule. Meet management reserves the right to limit the number of entries per event in any event 400 meters or longer. Reasonable effort will be made to accommodate all entries submitted.

**ENTRY DEADLINE:** **Wednesday, April 21, 2010.** Entries will be accepted up to 7:00 pm. Late entries may be accepted, but only at the discretion of the Meet Director.

**ENTRY FEES:**

Individual Events:	\$ 2.50 per event
Facility Surcharge	\$15.00 per swimmer
NCS Travel Fund	\$ 2.00 per swimmer

Double entry fees will be charged for late entries, if accepted. A late entry is any entry received on or after 7:00pm on Wednesday, April 21, 2010. All fees are non-refundable unless events are cancelled to maintain the four-hour time limit. Late entries are limited to teams already entered in the meet, unless permission is granted by the meet director. No new heats will be created.  
**No scratches to enter another event will be allowed.**

**A check made payable to the "New Wave Swim Team" must accompany entries.**

**MAIL ENTRIES TO:** WAVE Swimming  
P.O. Box 18012  
Raleigh, NC 27619  
(919) 981-0644  
[wavemeets@nc.rr.com](mailto:wavemeets@nc.rr.com)

**NOTE:** All e-mail correspondence should be directed to:  
Lana Sanders – [wavemeets@nc.rr.com](mailto:wavemeets@nc.rr.com)

A TM event file will be made available from the WAVE website at [www.newwaveswimteam.org](http://www.newwaveswimteam.org) as well as the NCS website [www.ncswim.org](http://www.ncswim.org).

**MEET SCHEDULE:**

Saturday & Sunday Morning	8:00 am warm-up 9:00 am Start
Saturday Afternoon	Not before 11:00 am warm-up Not before 12:00 pm Start
Sunday Afternoon	Not before 2:00 pm warm-up Not before 3:00 pm Start

**CHECK IN EVENTS:** Check in for) 800M Free (#1) by Saturday at 8:30 am  
Check in for 400M IM (#6) by Saturday at 12:30 pm  
Check in for 400M Free (#11) by Sunday at 8:30 am  
Check in for 1500M Free (#12) by Sunday at 2:30 pm

**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.** Lane assignments will be based on the number of participants from each club. Assignments will be posted and a copy available in the coach's packet. Specific warm-up procedures will be described in the coach's packet as well.

**ORDER OF EVENTS:** Please see attached schedule.

**SCORING**

**& AWARDS:** Individual events will be scored: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1  
Team awards will be given to the top three teams.

**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.

**COACHES:** A coach's packet will be available for all clubs at the start of warm-ups on Saturday. A current 2010 USA Swimming coach membership card will be required to obtain the packet and must be displayed prominently at all times on deck **by all coaches.**

There will be a coaches' meeting Saturday, May 1, 2010 at 8:50 am in the TAC hospitality room and as announced by the Meet Referee.

**OFFICIALS:** There will be an officials' meeting Saturday, May 1, 2010 at 8:15 am in the TAC Hospitality room and 30 minutes prior to the start of each of the other sessions as needed.

We welcome all certified and apprentice officials. If you know in advance that you will be volunteering for this meet, please notify the Meet Referee: Ken Clark

***"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."***

**MEET**

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

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

**VOLUNTEERS:** Volunteer timers are always welcomed. Announcements for timers and officials may be made prior to the start of each session.

Timers' meeting: 30 minutes before the start of each session.

Each swimmer must provide their own timer for the 400 IM and their own timer and counter for the 400 Freestyle, 800 Freestyle, and 1500 Freestyle events.

**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.**

# WAVE SWIMMING

## SPRING DISTANCE - IMX INVITATIONAL

### MAY 1 - 2, 2010

Saturday, May 1, 2010

Session 1

Warm-ups: 8:00 am

Meet Starts: 9:00 am

EVENT #	AGE GROUP	EVENT
1	SENIOR	*800 FREE

\*Swimmers must check in by **8:30 am** Saturday

\*Swimmers entering the 800 Free must have a provable entry time of at least the 13-14 "A" time standard

\*Swimmers must provide their own counter and timer for the event.

Saturday, May 1, 2010

Session 2

Warm-ups: Not before 11:00 am

Meet Starts: Not before 12:00 pm

EVENT #	AGE GROUP	EVENT
2	12 & UNDER	100 Fly
3	SENIOR	200 Fly
4	12 & UNDER	100 Back
5	SENIOR	200 Back
	<b>10 minute break</b>	
6	SENIOR	*400 IM

\*Swimmers must check in by **12:30 pm** Saturday

\*Swimmers must provide their own timer for the event.

Sunday, May 2, 2010

Session 3

Warm-ups: 8:00 am

Meet Starts: 9:00 am

EVENT #	AGE GROUP	EVENT
7	12 & UNDER	100 Breast
8	SENIOR	200 Breast
9	10 & UNDER	200 Free
10	SENIOR	200 IM
	<b>10 minute break</b>	
11	SENIOR	*400 FREE

\*Swimmers must check in by **8:30 am** Sunday

\*Swimmers must provide their own counter and timer for the event.

Sunday, May 2, 2010

Session 4

Warm-ups: Not before 2:00 pm

Meet Starts: Not before 3:00 pm

EVENT #	AGE GROUP	EVENT
12	SENIOR	*1500 FREE

\*Swimmers must check in by **2:30 pm** Sunday

\*Swimmers entering the 1500 Free must have a provable entry time of at least the 13-14 "A" time standard

\*Swimmers must provide their own counter and timer for the event.