



Triad Tropic Invite

Hosted by STAR Aquatics
 December 6 – December 8, 2013
 The Greensboro Aquatic Center
 1921 West Lee Street, Greensboro, NC 27403

Held under the Sanction of USA Swimming, Inc.,
 issued by North Carolina Swimming, Inc.

Sanction #NC13130

MEET DIRECTOR	MEET ENTRY COORDINATOR ADMINISTRATIVE OFFICIAL
Jay Dodson (336)337-0169 jay@staraquatics.net	Michele Hendrix (336)847-2613 Michele@staraquatics.net
MEET REFEREE/OFFICIALS CONTACT	MEET MARSHALL
Brad Martin (336)644-6640 bmartin@newbreed.com	Kevin Hinman

FACILITY

The Greensboro Aquatics Center is a 50 meter pool which can be broken into two short course venues with a separate diving well. This competition will use a 10 lane short course competition venue with continuous warm-up and cool down lanes available throughout the meet. The pool depth is 9'-10' at the start and turn ends and 4' lane lines will be used to reduce turbulence. The lane width is 7'. A Colorado Timing System 6 with a Daktronics Pro-Star LED Video Scoreboard Display will display results simultaneously. Starting platforms are Colorado Competition deck anchored platforms. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

No outside Food or Drink will be permitted. There is a spectator seating area with a capacity of 1850 persons. Spectators are not allowed on the deck at any time. The 650 bleacher seats on deck are reserved for swimmers only.

VENUE SHOPS

CAST-A-WAY Swim wear is located near the main entrance. Food and drink may be purchased from various Food Carts located throughout the venue

PARKING

Parking will be \$5.00 per day (or a discounted rate for entire the week-end) with re-entry allowed. Parking for Coaches and Officials will be provided.

MEET FORMAT

There are five (5) sessions in the meet including 10 & Under Timed Finals and 11-12, 13-14 and Open Prelim/Finals. Friday will be a timed finals session. Saturday and Sunday Evening Finals will be as follows:

- 11 year olds will have one (1) heat of finals for each event.
- 12 year olds will have one (1) heat of finals for each event.
- 13 year old 100 and 50 Events two (2) heats of finals (B and A in that order); 200 and over events will have one (1) heat of finals.
- 14 year old 100 and 50 Events two (2) heats of finals (B and A in that order); 200 and over events will have one (1) heat of finals.
- Senior events will have two (2) heats of finals (B and A in that order).
- A & B finals will score points. Two pools will be used during the morning session with one pool being used in the evening at finals.

MEET SCHEDULE AND DEADLINES

- Officials meetings will be 45 minutes prior to all sessions.

Friday December 6, 2013- Evening Timed Finals	Time
General Coaches' Meeting	3:30 pm
Warm-Up -	3:45-4:45 pm
Positive Check-In Deadline for 400 IM and 500 Free	4:15 pm
Relay Cards due for the 400 Free Relay	4:30 pm
Meet Start -	5:00 pm
Saturday December 7, 2013- Morning Prelims and Timed Finals	Time
Warm-Up -	7:00-8:30 am
Relay cards due for 12 & Under 200 Free Relays	8:30 am
Meet Start -	8:45 am
Saturday December 7, 2013- Finals 11 and Over	Time
Warm-Up -	4:30-5:15 pm
Relay cards due for 13-14 & Open 200 Free Relays	4:45 pm
Meet Start -	5:30 pm
Sunday December 8, 2013- Morning Prelims and Timed Finals	Time
Warm-Up -	7:00-8:30 am
Relay cards due for all relays	8:30 am
Meet Start -	8:45 am
Sunday December 8, 2013- Finals 11 and Over	Time
Warm-Up -	4:00-4:45 pm
Meet Start -	5:00 pm

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.

RACING STARTS

Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

RULES

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. to participate. Swimmers without current proof of membership will not swim. **THERE WILL BE NO ON DECK REGISTRATION.**

SWIMMERS WITH DISABILITIES

Star Aquatics welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit Star Aquatics' ability to accommodate all requests.

ENTRIES

Please email entries using Hy-Tek Team Manager for entries. List all swimmers' ages as of **December 6, 2013**. Entries may be sent via email and must include the following:

- 1) A Hy-Tek compatible entry file
 - 2) Team entry report
 - 3) Financial report
 - 4) List of all coaches who will be in attendance to confirm current credentials.
- A swimmer's age on the first day of the meet will determine their age for the entire meet.

ENTRY LIMITATIONS

11 & Over swimmers are limited to a maximum of 3 individual events per day and 8 individual events throughout the weekend.

10 & Under swimmers are limited to a maximum of 4 individual events per day and 10 individual events throughout the weekend.

Relays are not included in the limit. Meet Management reserves the right to limit and/or eliminate events to allow the meet to run in the allotted time.

ENTRY VERIFICATION An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES The Meet Entry Coordinator must receive entries **10:00 pm Tuesday, November 26th**. Late entries may be accepted at the discretion of the Meet Referee. There may be on-deck entries but only in open lanes and at the discretion of the meet director. **Double fees will apply to all late entries and must be paid before entry can be done on deck.**

ENTRY FEES

Make checks payable to: Star Aquatics; All fees are non-refundable	
Individual Timed Final Event	\$4.00 per event
Individual Prelim/Final Event	\$5.50 per event
Relay Event	\$0.00 per relay
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$10.00 per swimmer
WOW Surcharge	\$13.00 per swimmer

SEEDING The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order. There will be no course conversion for this meet. The 400 IM and 500 Free will be deck seeded slowest to fastest and may be limited to the top 3 heats to stay within the allotted time.

CHECK-IN A positive check-in, located at clerk of course, will be required for the following events:

- 400 IM
- 500 Free

Check in for events will be as stated in the Deadline and Meeting Summary. Swimmers that fail to check in will be scratched from the event and not seeded. In the positive check-in events, a swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event. Swimmers will have to provide their own lap counters. Swimmers may have to provide their own timers.

SCRATCHES The North Carolina Scratch rule will be in effect. (NCS Swimming Rules and Regulations 208.3)***All Swimmers are requested to scratch their events regardless of place if they are not returning for Sunday Finals.**

SCORING Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 (only the top two relays from each team will score)

AWARDS

Individual Events : 1st – 3rd place medals, 4th – 8th place ribbons
-Relays: 1st – 3rd place ribbons

RESULTS

Live results will be posted on STAR Aquatics' website. At the conclusion of the meet results will be sent to each team via email attachment.

COACHES

All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration and shall prominently display their registration cards at all times while on deck. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches meetings.

**OFFICIALS/TIMERS/
VOLUNTEERS**

There will be a need for officials. Star Aquatics welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of certification/registration. Officials shall prominently display their registration cards at all times while on deck. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area at the date and time listed in the Meet Schedule and Deadlines table.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand carts.

WARM-UP

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/down in the diving well. There is to be no diving or horseplay in this area.

WAIVER/RELEASE

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. STAR

Aquatics, Greensboro Aquatic Center, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

ORDER OF EVENTS

Friday, December 6, 2013		
Warm-up: 3:45 pm Meet Start: 5:00 pm		
Girls	Events	Boys
1	Open 500 Free	2
3	Open 400 IM	4
5	13-14 400 Freestyle Relay	6
7	Senior 400 Freestyle Relay	8
Saturday Dec 7, 2013		
Warm-Ups 7:00 am/Meet Start 8:45 am Prelims and Timed Finals		
Warm-Ups for Finals 4:30 pm/Finals start at 5:30 pm		
Girls	Events	Boys
9	10 & Under 200 Freestyle	10
11	11-12 200 Freestyle	12
13	13-14 200 Freestyle	14
15	Open 200 Freestyle	16
17	10 & Under 50 Butterfly	18
19	11-12 50 Butterfly	20
21	13-14 100 Butterfly	22
23	Open 100 Butterfly	24
25	10 & Under 100 Backstroke	26
27	11-12 100 Backstroke	28
29	13-14 200 Backstroke	30
31	Open 200 Backstroke	32
33	10 & Under 50 Freestyle	34
35	11-12 50 Freestyle	36
37	13-14 50 Freestyle	38
39	Open 50 Freestyle	40
41	10 & Under 100 Breaststroke	42
43	11-12 100 Breaststroke	44
45	13-14 100 Breaststroke	46
47	Open 100 Breaststroke	48
49	10 & Under 100 IM	50
51	11-12 100 IM (Optional 10 Min Break)	52
53	10 & Under 200 Free Relay	54
55	11-12 200 Free Relay	56
57	13-14 200 Free Relay (**During Finals Only**)	58
59	Open 200 Free Relay (**During Finals Only**)	60

Sunday Dec 8, 2013 Warm-Ups 7:00 am/Timed Finals and Prelims start at 8:45 am Warm-Ups for Finals 4:00 pm/Finals start at 5:00 pm		
Girls	Events	Boys
61	10 & Under 100 Butterfly	62
63	11-12 100 Butterfly	64
65	13-14 200 Butterfly	66
67	Open 200 Butterfly	68
69	10 & Under 100 Freestyle	70
71	11-12 100 Freestyle	72
73	13-14 100 Freestyle	74
75	Open 100 Freestyle	76
77	10 & Under 50 Breaststroke	78
79	11-12 50 Breaststroke	80
81	13-14 200 Breaststroke	82
83	Open 200 Breaststroke	84
85	10 & Under 50 Backstroke	86
87	11-12 50 Backstroke	88
89	13-14 100 Backstroke	90
91	Open 100 Backstroke	92
93	10 & Under 200 IM	94
95	11-12 200 IM	96
97	13-14 200 IM	98
99	Open 200 IM	100
101	10 & Under 200 Medley Relay	102
103	11-12 200 Medley Relay	104
105	13-14 200 Medley Relay (**End of Morning Session**)	106
107	Open 200 Medley Relay (**End of Morning Session**)	108