

**TAR HEEL AQUATIC TEAM
TRICK OR TREAT MEET
12 & UNDER INVITATIONAL SWIM MEET**

SEPTEMBER 29 - 30, 2007

- Sanction:** Held under the sanction of United States Swimming, Inc.
Issued by North Carolina Swimming, Inc.
Sanction # NC07078
- Site:** Triangle Sportsplex
One Dan Kidd Drive
Hillsborough, NC 27278
(919) 644-0339
- Facility:** The Sportsplex pool is an 11 lane, 25 yard course pool with non-turbulent lane markers and deck-anchored starting blocks. It is 5 feet deep at the starting end. The Colorado Timing System will be used along with watches in each of 10 lanes for competition. A 10 lane digital scoreboard will be used as well. For the 8 and under 25 yard events, the swimmers will begin from the starting blocks and only watches will be used for those events.
In addition to the competition pool, there is a warm-up/warm-down pool with 3 lanes for continuous use throughout the meet. Spectator seating for approximately 400 people is available on one side of the pool and there is deck space for additional folding chairs. The facility also has a snack bar. Boys' and girls' locker rooms are available.
- Facility Rules:** This facility forbids coolers, food or beverages from being brought into the building. **PLEASE INFORM YOUR FAMILIES OF THIS RULE!**
Also:
 - No smoking is allowed in the facility.
 - No glass containers are allowed.
 - Shoes are required in the lobby due to ice skaters on the premises.
 - Spectators may not film or watch from behind the blocks. Spectators may stand on the bulkhead behind the ropes. Violators will be removed or barred from further competition for failure to adhere to these rules.
 - All persons on deck must be card carrying, certified coaches, officials, registered swimmers or meet volunteers.

Dates & Times: Saturday, September 29th, 2007 & Sunday, September 30th, 2007

Morning Session: All 11/12 and 10 & U BB and Faster Swimmers and 11/12 B/C Swimmers

Warm-ups: 7:30 – 8:30 AM

Timed Finals Begin: 8:30 AM

Afternoon Session: 10 & under B/C Swimmers

Warm-ups: Not before 12 noon.

Timed Finals Begin: No later than 1 hour after warm-ups begin. Warm-ups will be 45 minutes.

Rules: The meet will be conducted in accordance with the current USA SWIMMING Rules and Regulations, the NCS Official Handbook, and the NCS Safety Program, except where rules are optional and exceptions are stated. All events are timed finals.

Classification: BB and Faster and B/C 12 and Under Age Group Meet.

Eligibility: All swimmers must be registered with USA SWIMMING, Inc.

Entries: Please submit entries on Hy-Tek Meet Manager compatible diskettes accompanied by the enclosed summary form. List the swimmer's age as of September 29th, 2007. Only properly completed forms accompanied with payment will be accepted.

Please note that the following entry guidelines will be strictly enforced by the Meet Director:

- 1) **Payment MUST be attached with all entries.**
- 2) There may be on-deck event entries taken at this meet, but in open lanes only, with double fees paid AT THE TIME OF ENTRY. All deck entered swimmers must be USA Swimming athlete members.
- 3) Entries are welcome on disk which must be compatible with Hy-Tek's Meet Manager program and accompanied by hard copy documentation.
- 4) **All relay only swimmers must be listed on the summary sheet and must pay the NCS travel fund and facility surcharge.**

Entry Limit: All swimmers are limited to a **maximum of four (4) individual events per day.**

Entry Deadline: **Wednesday, September 19th, 2007.** Entries will be accepted up to 9 PM on Wednesday, September 19th. Telephone entries will not be accepted, although changes to entries will be accepted by phone or e-mail. Please follow-up to be sure that the meet director has received any meet entry changes, however. Late entries may be accepted at the discretion of the meet director. Please do not ask to enter new swimmers who are not already in the meet at the meet as their USA membership cannot be validated at that point. Entries will be accepted in the order in which complete entries are received. Entries may be limited at the discretion of the meet director in order to manage the timeline. Teams planning to come to the meet are strongly encouraged to e-mail the meet director at martaitken@aol.com indicating approximate numbers for each session, preferably by September 10th.

Entry Fees: \$2.00 per individual event (NCS registered swimmers)
\$2.25 per individual event (outside NCS-LSC swimmers)
\$8.00 per relay
\$5.00 per swimmer facility surcharge
\$2.00 per swimmer NCS Travel Fund

Double fees will be charged for late entries, if accepted. A late entry is any entry received on or after 9 PM Wednesday, September 19th, 2007. All fees are non-refundable. **A check made out to “Tar Heel Aquatic Team” must accompany entries.**

Send Entries to: Martha Aitken
1118 Stonebridge Drive
Durham, NC 27712
(H) 919-479-1290
(W) 336-597-3635
Martaitken@aol.com

Order of Events: See attached schedule.

Awards: Individual Events: 1st – 8th place ribbons
Relays: 1st – 3rd place ribbons

Warm-Up Schedule: Specific warm-ups will be held in accordance with the NCS Safety Program. Lane assignments for warm-ups will be available in the coaches’ packets. A current coach’s card will be required to obtain the packet and must be with the coach at all times on deck. Please

begin warm-up procedures at the starting end of the pool only. Diving will not be allowed until the specific warm-up period is announced. Specific warm-up procedures will be described in the coaches' packets as well.

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 allowed.

Coaches' Meeting: There will be a coaches' meeting Saturday, September 29th at 8:20 AM if the Meet Referee feels it is necessary.

Meet Director: Martha Aitken (919) 479-1290

Meet Referee: Pending

Meet Marshall: George Aitken

Officials' Meeting: There will be an officials' meeting at 8:00 AM Saturday and 30 minutes prior to the start of each of the other sessions as needed.

Hospitality: Drinks and snacks will be provided to the coaches, officials and meet workers.

Concessions: Concessions are available at the Sportsplex.

Volunteers: Volunteer timers and officials are always welcomed.

Release Statement:

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., TAR HEEL AQUATIC TEAM, INC., TRIANGLE SPORTSPLEX 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.

Signature on the entry summary and subsequent entry into this meet constitutes understanding and acceptance of the above release.

TAR HEEL AQUATIC TEAM TRICK OR TREAT MEET

BB and Faster and

11/12 B/C Session

Warm-ups 7:30 AM. Meet starts at 8:30 AM

Saturday, September 29th, 2007

ORDER OF EVENTS

| GIRLS | EVENTS | BOYS |
|-------|-------------------------------|------|
| 1 | 10 & Under 200 Yd Freestyle | 2 |
| 3 | 11/12 BB 200 Yd Freestyle | 4 |
| 5 | 11/12 B/C 200 Yd Freestyle | 6 |
| 7 | 10 & Under 100 Yd Backstroke | 8 |
| 9 | 11/12 BB 100 Yd Backstroke | 10 |
| 11 | 11/12 B/C 100 Yd Backstroke | 12 |
| 13 | 10 & Under 50 Yd Breaststroke | 14 |
| 15 | 11/12 BB 50 Yd Breaststroke | 16 |
| 17 | 11/12 B/C 50 Yd Breaststroke | 18 |
| 19 | 11/12 BB 200 Yd Breaststroke | 20 |
| 21 | 10 & Under 50 Yd Freestyle | 22 |
| 23 | 11/12 BB 50 Yd Freestyle | 24 |
| 25 | 11/12 B/C 50 Yd Freestyle | 26 |
| 27 | 10 & Under 100 Yd Butterfly | 28 |
| 29 | 11/12 BB 100 Yd Butterfly | 30 |
| 31 | 11/12 B/C 100 Yd Butterfly | 32 |
| 33 | 10 & Under 100 Yd IM | 34 |
| 35 | 11/12 BB 100 Yd IM | 36 |
| 37 | 11/12 B/C 100 Yd IM | 38 |
| | 10 minute Break | |
| 39 | 10 & Under 200 Medley Relay | 40 |
| 41 | 11/12 BB 200 Medley Relay | 42 |
| 43 | 11/12 B/C 200 Medley Relay | 44 |

10 & Under B/C Session

Warm-ups not before 12 Noon. Meet starts 1 hour after warm-ups begin.

Saturday, September 29th, 2007

ORDER OF EVENTS

| GIRLS | EVENTS | BOYS |
|-------|-------------------------------|------|
| 45 | 8 & Under 50 Yd Freestyle | 46 |
| 47 | 10 & Under 100 Yd Freestyle | 48 |
| 49 | 8 & Under 25 Yd Backstroke | 50 |
| 51 | 9/10 50 Yd Backstroke | 52 |
| 53 | 8 & Under 100 Yd IM | 54 |
| 55 | 9/10 100 Yd IM | 56 |
| 57 | 8 & Under 50 Yd Butterfly | 58 |
| 59 | 10 & Under 100 Yd Butterfly | 60 |
| 61 | 8 & Under 25 Yd Breaststroke | 62 |
| 63 | 9/10 50 Yd Breaststroke | 64 |
| | 10 minute Break | |
| 65 | 8 & Under 100 Yd Medley Relay | 66 |
| 67 | 10 & Under 200 Medley Relay | 68 |

TAR HEEL AQUATIC TEAM TRICK OR TREAT MEET

BB and faster and

11/12 B/C Session

Warm-ups 7:30 AM. Meet starts at 8:30 AM

Sunday, September 30th, 2007

ORDER OF EVENTS

| GIRLS | EVENTS | BOYS |
|-------|--------------------------------|------|
| 69 | 11/12 BB 200 Yd Butterfly | 70 |
| 71 | 10 & Under 50 Yd Butterfly | 72 |
| 73 | 11/12 BB 50 Yd Butterfly | 74 |
| 75 | 11/12 B/C 50 Yd Butterfly | 76 |
| 77 | 10 & Under 100 Yd Freestyle | 78 |
| 79 | 11/12 BB 100 Yd Freestyle | 80 |
| 81 | 11/12 B/C 100 Yd Freestyle | 82 |
| 83 | 11/12 BB 200 Yd Backstroke | 84 |
| 85 | 10 & Under 50 Yd Backstroke | 86 |
| 87 | 11/12 BB 50 Yd Backstroke | 88 |
| 89 | 11/12 B/C 50 Yd Backstroke | 90 |
| 91 | 10 & Under 100 Yd Breaststroke | 92 |
| 93 | 11/12 BB 100 Yd Breaststroke | 94 |
| 95 | 11/12 B/C 100 Yd Breaststroke | 96 |
| 97 | 10 & Under 200 Yd IM | 98 |
| 99 | 11/12 BB 200 Yd IM | 100 |
| 101 | 11/12 B/C 200 Yd IM | 102 |
| | 10 minute break | |
| 103 | 10 & Under 200 Yd Free Relay | 104 |
| 105 | 11/12 BB 200 Yd Free Relay | 106 |
| 107 | 11/12 B/C 200 Yd Free Relay | 108 |

10 & Under B/C Session

Warm-ups not before 12 Noon. Meet starts 1 hour after warm-ups begin.

Sunday, September 30th, 2007

ORDER OF EVENTS

| GIRLS | EVENTS | BOYS |
|-------|--------------------------------|------|
| 109 | 8 & Under 25 Yd Freestyle | 110 |
| 111 | 9/10 50 Yd Freestyle | 112 |
| 113 | 8 & Under 50 Yd Backstroke | 114 |
| 115 | 10 & Under 100 Yd Backstroke | 116 |
| 117 | 8 & Under 25 Yd Butterfly | 118 |
| 119 | 9/10 50 Yd Butterfly | 120 |
| 121 | 8 & Under 50 Yd Breaststroke | 122 |
| 123 | 10 & Under 100 Yd Breaststroke | 124 |
| 125 | 10 & Under 200 Yd IM | 126 |
| | 10 minute break | |
| 127 | 8 & Under 100 Free Relay | 128 |
| 129 | 10 & Under 200 Free Relay | 130 |

TAR HEEL AQUATIC TEAM
TRICK OR TREAT MEET
MEET ENTRIES/ENTRY FEES SUMMARY FORM

| AGE GROUP | TOTAL # SWIMMERS | NCS TRAVEL FUND @ \$2 PER SWIMMER | FACILITY SURCHARGE @ \$5 PER SWIMMER | TOTAL INDIVIDUAL ENTRIES | INDIV ENTRIES @ \$2 NC \$2.25 OUT OF STATE | TOTAL # RELAYS | TOTAL RELAY FEES @ \$8 PER RELAY |
|-------------|------------------|-----------------------------------|--------------------------------------|--------------------------|--|----------------|----------------------------------|
| 8 UND GIRLS | | | | | | | |
| 9-10 GIRLS | | | | | | | |
| 11-12 GIRLS | | | | | | | |
| 8UND BOYS | | | | | | | |
| 9-10 BOYS | | | | | | | |
| 11-12 BOYS | | | | | | | |
| TOTALS | | | | | | | |

TOTAL NCS TRAVEL \$ _____
TOTAL FACILITY SURCHARGE \$ _____
TOTAL INDIVIDUAL ENTRY FEES \$ _____
TOTAL RELAY FEES \$ _____

TOTAL FEES DUE WITH ENTRY \$ _____

Please return this summary sheet with entry fees, disk and hard copy of entries to:
Martha Aitken martaitken@aol.com
1118 Stonebridge Drive (H) 919-479-1290
Durham, NC 27712 (W) 336-597-3635

Make your check payable to "Tar Heel Aquatic Team".

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Head Coach's Signature _____ Phone _____
Print Coach's Name _____ E-mail address _____
ClubName _____ ClubCode _____ ClubAddress _____
City _____ State _____ Zip Code _____

