

*Frosty Invitational*  
*January 19-20, 2008*

**Host:** Aquatic Team of Mecklenburg

**Sanction:** Held under the Sanction of United States Swimming, Inc.,  
Issued by North Carolina Swimming Inc., Sanction# NC08002

**Sponsor:** Aquatic Team of Mecklenburg (ATOM)

**Facility:** **Mecklenburg County Aquatic Center**, (Downtown)  
800 East Martin Luther King, Jr. Blvd., Charlotte, North Carolina 28204  
(704.336.3483)

The Competition pool is 8-Lane, 25 Yard course featuring nine-foot wide lanes separated by non-Turbulent lane lines: paragon starting blocks: and a minimum pool depth of six feet. A Colorado Electronic Timing System and an 8-Lane scoreboard will be used. Warm-up and Warm Down lanes will be available. There is ample seating for 1000 spectators and competitors.

**Rules:** The meet will be conducted in accordance with the current USA Swimming Rules and Regulations and the NCS Official Handbook and NCS Safety program, except where rules therein are optional and exceptions are herein stated.

**Classification:** Closed League Meet Age Group/Senior Meet

**Eligibility:** Blue Ridge Swim League Members. All swimmers must be properly registered with USA Swimming, Inc.

**Entries:** Submit TM entry files via email to [jer29.11@earthlink.net](mailto:jer29.11@earthlink.net) no later than entry deadline. Mail entry summary file with payment to Meet Director at address below. There will be no "on deck" registration available at the meet. All relay-only swimmers including alternates must be listed and pay the NCS Travel Fund Surcharge.

**Entry Limit:** A swimmer may enter 4 events a day, plus relays

**Entry Deadline:** All entries, forms and fees must be received by Wednesday, January 9<sup>th</sup>. Late entries may be accepted at the discretion of the meet director. Late entries will be charged Double Entry Fees and will not be seeded.

**Entry Fees:** Make check payable to: **Spearhead Booster Club**

**\$2.00 per event – all ages**

**\$8.00 per relay**

**\$2.00 NCS Travel Fee**

**\$5.00 per swimmer – Facility Surcharge**

**ENTRY FEES ARE NON-REFUNDABLE**

**Mail to:** Kay Bryant  
340 Wednesbury Blvd  
Charlotte, NC 28262  
704-549-4522

**Awards:** **Metals** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Place Individual, 1<sup>st</sup> Place Relay  
**Ribbons** 4<sup>th</sup> – 8<sup>th</sup> Individual; 2<sup>nd</sup>, 3<sup>rd</sup> Place Relay

**Safety:** The NCS safety program will be in effect. Coaches are advised to closely supervise their swimmer at all times. No running or horseplay will be tolerated.

**Warm-Ups: For all Sessions –**

The first 30 minutes will be general circle swim only. Team lanes will be assigned. Last 25 minutes: Lane 1 & 8 pace Lanes: Lanes 2 – 7  
Race starts from start end of pool. One way swim only. Exit from opposite end of pool.

**Hospitality:** Hospitality room will be provided by Atom Booster and open to all Officials, Coaches and Meet workers.

**Coaches' and Officials' Meetings:** Coaches' meetings will be held on pool deck at 10:55 on Saturday and at 9:10 on Sunday immediately after warm-ups. Officials' meetings will be held 30 minutes prior to the start of each session in the hospitality room.

**Meet Release:** USA Swimming, Inc., North Carolina Swimming, Inc., Atom and MCAC shall be held free and harmless from all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

**Meet Director:** Kay Bryant 704-549-4522

**Meet Referee:** Bob Esch

**Meet Starter:**

**Safety Marshall:** Mike Bryant

**Concessions provided by ATOM Booster**

**Saturday, January 20th Warm-ups 10:00 AM - Meet starts @ 11:00**

<b>EVENTS#</b>	<b>AGE GROUPS</b>	<b>EVENTS</b>
<b>1-2</b>	<b>8&amp;U</b>	<b>100 Medley Relay</b>
<b>3-4</b>	<b>10&amp;U</b>	<b>200 Medley Relay</b>
<b>5-6</b>	<b>11 &amp; 12</b>	<b>200 Medley Relay</b>
<b>7-8</b>	<b>13 &amp; 14</b>	<b>400 Medley Relay</b>
<b>9-10</b>	<b>Senior</b>	<b>400 Medley Relay</b>
<b>11-12</b>	<b>8&amp;U</b>	<b>100 IM</b>
<b>13-14</b>	<b>10&amp;U</b>	<b>100 IM</b>
<b>15-16</b>	<b>11 &amp; 12</b>	<b>100 IM</b>
<b>17-18</b>	<b>13 &amp; 14</b>	<b>200 IM</b>
<b>19-20</b>	<b>Senior</b>	<b>200 IM</b>
<b>21-22</b>	<b>8&amp;U</b>	<b>25 Back</b>
<b>23-24</b>	<b>10&amp;U</b>	<b>100 Back</b>
<b>25-26</b>	<b>11 &amp; 12</b>	<b>100 Back</b>
<b>27-28</b>	<b>13 &amp; 14</b>	<b>200 Back</b>
<b>29-30</b>	<b>Senior</b>	<b>200 Back</b>
<b>31-32</b>	<b>8&amp;U</b>	<b>25 Fly</b>
<b>33-34</b>	<b>10&amp;U</b>	<b>50 Fly</b>
<b>35-36</b>	<b>11 &amp; 12</b>	<b>50 Fly</b>
<b>37-38</b>	<b>13 &amp; 14</b>	<b>200 Fly</b>
<b>39-40</b>	<b>Senior</b>	<b>200 Fly</b>
<b>41-42</b>	<b>8&amp;U</b>	<b>25 Breast</b>
<b>43-44</b>	<b>10&amp;U</b>	<b>50 Breast</b>
<b>45-46</b>	<b>11 &amp; 12</b>	<b>50 Breast</b>
<b>47-48</b>	<b>13 &amp; 14</b>	<b>100 Breast</b>
<b>49-50</b>	<b>Senior</b>	<b>100 Breast</b>
<b>51-52</b>	<b>8&amp;U</b>	<b>25 Free</b>
<b>53-54</b>	<b>10&amp;U</b>	<b>100 Free</b>
<b>55-56</b>	<b>11 &amp; 12</b>	<b>100 Free</b>
<b>57-58</b>	<b>13 &amp; 14</b>	<b>100 Free</b>
<b>59-60</b>	<b>Senior</b>	<b>100 Free</b>
<b>61-62</b>	<b>Senior</b>	<b>500 Free</b>

**Sunday, January 21st Warm-ups at 8:30 AM - Meet starts at 9:15**

<b>EVENTS#</b>	<b>Age Groups</b>	<b>Events</b>
<b>63-64</b>	<b>10&amp;U</b>	<b>200 Free Relay</b>
<b>65-66</b>	<b>11&amp;12</b>	<b>200 Free Relay</b>
<b>67-68</b>	<b>13&amp;14</b>	<b>400 Free Relay</b>
<b>69-70</b>	<b>Senior</b>	<b>400 Free Relay</b>
<b>71-72</b>	<b>10&amp;U</b>	<b>200 IM</b>
<b>73-74</b>	<b>11&amp;12</b>	<b>200 IM</b>
<b>75-76</b>	<b>Senior</b>	<b>400 IM</b>
<b>77-78</b>	<b>10&amp;U</b>	<b>200 Free</b>
<b>79-80</b>	<b>11&amp;12</b>	<b>200 Free</b>
<b>81-82</b>	<b>13&amp;14</b>	<b>200 Free</b>
<b>83-84</b>	<b>Senior</b>	<b>200 Free</b>
<b>85-86</b>	<b>10&amp;U</b>	<b>100 Breast</b>
<b>87-88</b>	<b>11&amp;12</b>	<b>100 Breast</b>
<b>89-90</b>	<b>13&amp;14</b>	<b>200 Breast</b>
<b>91-92</b>	<b>Senior</b>	<b>200 Breast</b>
<b>93-94</b>	<b>10&amp;U</b>	<b>50 Back</b>
<b>95-96</b>	<b>11&amp;12</b>	<b>50 Back</b>
<b>97-98</b>	<b>13&amp;14</b>	<b>100 Back</b>
<b>99-100</b>	<b>Senior</b>	<b>100 Back</b>
<b>101-102</b>	<b>10&amp;U</b>	<b>50 Free</b>
<b>103-104</b>	<b>11&amp;12</b>	<b>50 Free</b>
<b>105-106</b>	<b>13&amp;14</b>	<b>50 Free</b>
<b>107-108</b>	<b>Senior</b>	<b>50 Free</b>
<b>109-110</b>	<b>10&amp;U</b>	<b>100 Fly</b>
<b>111-112</b>	<b>11&amp;12</b>	<b>100 Fly</b>
<b>113-114</b>	<b>13&amp;14</b>	<b>100 Fly</b>
<b>115-116</b>	<b>Senior</b>	<b>100 Fly</b>
<b>117-118</b>	<b>Senior</b>	<b>1000/1650 Free</b>

The Meet Director reserves the right to split the Saturday session if we receive a large number of entries. Also, there may be a combination of Boys and Girls Heats in 50 Free, 400 IM, and the 1000/1650 Free.