



MAC DISTANCE DAY SATURDAY JANUARY 5, 2008

Sanction: Hold under sanction of USA Swimming, issued by North Carolina Swimming, Inc.
Sanction #NC08007

Host: Mecklenburg Aquatic Club

Facility: Mecklenburg Aquatic Club
9850 Providence Road
Charlotte, NC 28277
(704) 846-5335

The MAC Swim Center is a 30,000 square-foot facility featuring a 50-meter by 25-yard Paddock Pool racing tank. In the 10-lane 25 yard competition course, pool depth ranges from 6 to 12 feet with lanes that are 8-foot wide. Up to 11 lanes will be available for continuous warm-up and warm-down. The facility also features a Colorado 5000 system, single pedestal Paddock stainless steel starting platforms and 10-lane scoreboard. There is bleacher seating for 600 competitors and spectators

Schedule: SATURDAY

Session I

Warm-up	11:00AM
Timed Finals	12:00Noon

Session II

Warm-up:	1:30PM
Timed Finals:	2:30PM

Format & Seeding All events will be conducted on a timed final basis. The age groups will be as follows:
Session I: 12 & Under, Session II 11-14 & 15 & older. There will be a positive check-in for each event during warm-up. Meet Management reserves the right to combine heats of the 1650 Free.

Eligibility: All swimmers must be registered with USA Swimming and be members of the Mecklenburg Aquatic Club.

Entry Limits: Swimmers are limited to one individual event.

Rules: This meet will be conducted in accordance with the current USA Swimming Code and the NCS Official Handbook, except where Rules therein are optional and exceptions are stated. 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.

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.

During the competition, there will be lanes available for continuous warm-up/warm-down. There is to be no diving or horseplay in this area.

Entry Forms: Entries can be submitted on a 3.5" Disk generated by HY-TEK Team Manager OR the enclosed meet entry forms and summary sheet. All computer entries must be accompanied by a hard copy of the entire entry. Please list each swimmer's age as of January 5, 2008.

All entries, manual or computer generated, must include the following forms:

1. Official Summary Sheet
2. Payment of Fees

Fees: \$8 per swimmer.
Please make check payable to Mecklenburg Aquatic Club.

Entry Limit: Entries must be received by **Wednesday, December 19, 2007 by 7:30PM**. No Fax or phone entries. Late entries will be accepted at the discretion of Meet Director.
Please mail entries to:

Mecklenburg Aquatic Club
9850 Providence Road
Charlotte, NC 28277
Attention: Distance Day Meet Directors

Officials: MAC welcomes and encourages the assistance of certified officials from visiting teams. To volunteer, please contact the Meet Director by telephone or the Meet Referee once you arrive.

Meet

Management: Meet Director: Laura Glanton
Meet Referee: Dick Van Halsema
Meet Marshall: Larry Hough

Meetings: There will be an Officials' briefing at 11:40 am and 2:10 pm in the Aerobics Room.
There will also be a Coaches' meeting at 11:55 am and 2:25 pm in the Aerobics Room as well.

Hospitality &

Concessions: There will be hospitality room open to all coaches and officials.

Release: USA Swimming, North Carolina Swimming Inc., MAC @ Charlotte Latin School, and the Mecklenburg Aquatic Club and all employees and representatives of these organizations 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.

Attachments: Order of Events
Individual Entry Forms
Entry Summary Form

Information: Please contact Alan Pfau at 704-846-5335 Ext. 108 for more information.



Distance Day January 5, 2008

Club Name _____ Abbreviation _____
 Address _____
 City _____ State _____ Zip Code _____
 Head Coach _____ Home Phone: _____
 Asst. Coach _____ Work Phone: _____
 Asst. Coach _____ Fax: _____
 Asst. Coach _____
 E-Mail: _____

All coaches identified above are currently registered as coaches with USA Swimming Inc., and are responsible for the swimmers entered in this meet during the meet.

Signature _____ Date _____

Entry Deadline: Received by 7:30pm Wednesday December 19, 2007

Mail Entries to: Meet Directors
 Distance Day Meet
 9850 Providence Road
 Charlotte, NC 28277

ENTRY FEE SUMMARY

# of Swimmers		X \$8 each	
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Make check payable to the Mecklenburg Aquatic Club

USA Swimming, North Carolina Swimming Inc., the Mecklenburg Aquatic Club Inc., and Charlotte Latin School, shall be held free and harmless for any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

Signature _____ Date _____



**DISTANCE DAY
SATURDAY, JANUARY 5, 2008**

Host: Mecklenburg Aquatic Club

Facility: Mecklenburg Aquatic Club
9850 Providence Road
Charlotte, NC 28277
(704) 846-5335

Schedule: Session I (12 & Under swimmers needing to swim the 500 Free. Each swimmer must have achieved the BB time in the 200 Free in their respective age-group.)
Warm-ups: 11:00am
Timed Finals: Noon

Session II (11 & Older)
Warmup: 1:30pm
Timed Finals: 2:30pm

**11-12 Athletes need to check with their coach to verify which session they will swim.*

Eligibility This meet is open to Bronze, Silver, Gold, White, Orange, and Senior III. Other swimmers may be added at coach's discretion.

Entry Limit: Swimmers may swim one event.

Entry Fees: Individual Events: \$8.00

Non-Participation: If you will not be competing in this meet you must return the non-participation form by Monday December 17th, 2007, otherwise you will be entered and your escrow debited.

**MAC DISTANCE DAY JANUARY 5, 2008
Non-Participation Form
Due Monday December, 17th, 2007**

NAME _____ GROUP _____

REASON _____

SIGNED _____ DATE _____



**DISTANCE DAY
SATURDAY, JANUARY 5, 2008
ORDER OF EVENTS**

**Saturday
January 5, 2007**

	Warm-ups:	11:00AM
Session I	Meet:	12:00Noon
 Event #		
Girls		Boys
1	12 & Under 500 Free	2

Session II	Warm-up:	1:30PM
	Meet:	2:30PM
 Event #		
Girls		Boys
3	13 & Over 500 Free	4
5	11-14 1650 Free	6
7	15 & Over 1650 Free	8
9	11-14 400 IM	10
11	15 & Over 400 IM	12

SESSION I ELIGIBILITY

To be eligible to swim the 12 & Under 500 Free, swimmers must have achieved a BB time in the 200 Free in their respective age-group.

SESSION II. ELIGIBILITY

In order to swim the 500 Free, swimmers must have competed in the 200 Free or be entered at the coach's discretion. To be eligible for the 1650 Free, swimmers must have competed in the 500 Free. In order to swim the 400 IM, you must have swum the 200 IM or be entered at the coach's discretion.