



**NATIONAL DUAL MEET  
SwimMAC VS DYNAMO  
NOVEMBER 14-15, 2009**

**Sanction:** Hold under sanction of USA Swimming, issued by North Carolina Swimming, Inc.  
Sanction #NC09116

**Host:** SwimMAC

**Facility:** SwimMAC  
9850 Providence Road  
Charlotte, NC 28277  
(704) 846-5335

The SwimMAC 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 and 10-lane scoreboard. Paragon competition blocks will be used. There is bleacher seating for 600 competitors and spectators.

**Schedule:** SATURDAY  
Warm-up 12:00-1:20pm  
Timed Finals 1:30PM

SUNDAY  
Warm-ups 9:00-10:20AM  
Timed Finals 10:30AM

**Classification:** This is a closed invitational to the USA Swimming registered members of the following teams:  
**SwimMAC and Dynamo Swim Club**

**Format:** This meet will be conducted in accordance with the current USA Swimming Code and the NCS Official Handbook and NCS Safety Program, except where rules therein are optional and exceptions herein stated. All events will be conducted on a timed final basis.

Dynamo will be in ODD lanes and MAC will be in EVEN lanes.

All events will be conducted on a timed final basis; seeded slowest to fastest. The 400 IM and 500 Free will be slowest to fastest in event number order. The 1000 Free will be swum slowest to fastest alternating girls and boys.

**Positive Check In:** A positive check in will be required for the 400 IM, 500 Free, and all relays. Check-in must be completed by 1:15 pm on Saturday and 10:15 am on Sunday at the clerk of course. There will not be a penalty for those who fail to check in but it will count against your event total for the day.

**Eligibility:** All swimmers must be registered with USA Swimming. The meet will be considered Open. Each team may select the criteria for selection for their respective team.

**Entry Limits:** Swimmers are limited to 4 individual events per day. A team may enter up to 5 relays but only 3 may score.

**Rules:** This 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 stated.

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.

**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:** Please list each swimmer's age as of November 7, 2009.  
All entries, manual or computer generated, must include the following forms:

1. Official Hy-Tek Summary Sheet
2. Payment of Fees

The entry file and hard copy file can be emailed.

**Fees:** \$2.25 per swimmer.  
\$8.00 per relay.  
\$2.00 for all non-NC registered swimmers  
Please make check payable to SwimMAC.

**Entries:** Send entries in by **Tuesday, November 3, 2009.**  
Please mail check to:

SwimMAC  
9850 Providence Road  
Charlotte, NC 28277  
Attention: National Dual Meet Director

Email entries to Russ Kasl at [rkasl@swimmaccarolina.org](mailto:rkasl@swimmaccarolina.org).

**Scoring:** Individual events: 11-9-8-7-6-5-4-3-2-1 points. Relays: 22-18-16-14-12 points.

**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. An officials' meeting will be held in Hospitality 45 minutes prior to the start of each session.

#### **Meet**

<b>Management:</b>	Meet Director:	Jeff Levinson	<a href="mailto:jeff@fillsailmarketing.biz">jeff@fillsailmarketing.biz</a>
	Meet Referee:	Dave Olack	<a href="mailto:daolack@yahoo.com">daolack@yahoo.com</a>
	Marshall:	Russ Kasl	<a href="mailto:rkasl@swimmaccarolina.org">rkasl@swimmaccarolina.org</a>

#### **Coaches'**

**Meeting:** There will be a coaches' meeting at 1:00 pm on Saturday and 9:30 am on Sunday in Hospitality.

**Hospitality:** There will be a hospitality room open to all coaches, officials, and volunteers.

**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 is permitted. Glass containers or bottles are not permitted in the MAC Swim Center.

**Release:** USA Swimming, North Carolina Swimming Inc., Charlotte Latin School and 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.

**Information:** For more information, contact Russ Kasl at 704-846-5335, ext. 2106 or email at [rkasl@swimmaccarolina.org](mailto:rkasl@swimmaccarolina.org).

## **National Dual Meet**

November 14-15, 2009

Saturday Session- November 14, 2009

Warm-up 12:00-1:20pm Start 1:30pm

Girls	Event	Boys
1	400 IM	2
3	100 Backstroke	4
5	200 Butterfly	6
7	100 Freestyle	8
9	200 Breaststroke	10
11	500 Freestyle	12
	10 MINUTE BREAK	
13	400 Freestyle Relay	14

Sunday Session- November 15, 2009

Warm-up 9:00-10:20pm Start 10:30pm

Girls	Event	Boys
15	200 Freestyle	16
17	100 Breaststroke	18
19	100 Butterfly	20
21	200 Backstroke	22
23	50 Freestyle	24
25	200 IM	26
27	1000 Freestyle	28
	10 MINUTE BREAK	
29	400 Medley Relay	30