

NORTHWEST AQUATIC CLUB SWIMMING, INC.

2010 NACS "11 & Under Swim Your Own Age" Championship Sunday, February 21, 2010

- SANCTION:** This meet is sanctioned by USA Swimming and Indiana Swimming. Sanction # IN 10211.
- LOCATION:** NACS Natatorium, Carroll High School, 3903 Carroll Road, Fort Wayne, IN. 25 yard indoor pool, with minimum diving depth of 4', Colorado Timing system with 8 lane scoreboard, seating for over 300 spectators, separate warm-down pool, and free parking.
- ELIGIBILITY:** Current USA and Indiana Swimming rules will govern. Swimmers' ages as of February 21, 2010 will determine age group eligibility for this meet. **No entries will be accepted unless the entrant is either registered or certified with USA Swimming, Inc.** The swimmer(s) registration number must accompany the swimmer(s) entry. Coaches and officials **MUST** constantly display their current USA Swimming coach credential to gain deck access. The meet referee reserves the right to ask for coach and official credential display and/or deny deck access if coach or official does not comply or card is no longer valid/current. **ONLY** volunteers listed with the deck access Marshall will be allowed on the pool deck.
- USA Swimming Rules 202.3.2 – At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.*
- MEET FORMAT:** This meet will be conducted as Timed Finals and governed by the rules and regulations in the (2010) USA Swimming Official handbook. The "no recall" starting procedure will be observed for all events in this meet. Attached is a schedule of warm-up times and events.
- SIGN IN SHEETS:** Positive check-in will be required. Each swimmer must highlight his/her name on the Sign In Sheet located in the lobby area at least **30** minutes before the start of the meet. Failure to do so will result in the swimmer being scratched from the meet. There will be a Clerk of Course for the 8 and Under session.
- EVENTS:** Each swimmer is limited to 5 individual events and 2 relays. In order to maintain the time line of the meet, it may not be possible for swimmers to have the 12 – 15-minute rest between events. Heats may be combined in order to keep the meet moving on schedule. If so, scoring will remain as stated below.
- ENTRIES:** Hy-Tek users may e-mail entries using Hy-Tek file format, which is the preferred entry method. A confirmation entry list will be emailed back to the person who sent the email entry. All team entries larger than 5 swimmers must be done in Hy-Tek file format. Team entries larger than 5 swimmers not in electronic Hy-Tek format (either email or 3.5 diskette) will be charged a \$50.00 administration fee. Enter each swimmer with his/her first and last name, birthday (mm/dd/yy), and USA number in the entry report format for Hy-Tek

Team Manager. Make sure you age up your swimmers. **Enter Swimmers Using Yard Times Only.**

**ACCEPTANCE
CRITERIA:**

If meet entries exceed capacity, NACS has sole discretion to determine which entries to accept. In exercising its discretion, NACS will consider: 1)that teams not be divided, 2)the order of arrival of entries submitted before the entry deadline, 3)geographic diversity, 4)level of competition, and 5)number of volunteers submitted as part of the entry package.

ENTRY FEES:

\$4.00 per individual event
\$6.00 per relay event
\$1.50 IN Swimming surcharge
\$5.50 per individual deck entry (must be a registered USA Swimming member)
\$8.50 per relay deck entry (must all be registered USA Swimming members)

AWARDS:

Individual Events: 1st through 8th place – Ribbons
Relay Events: 1st through 3rd place - Ribbons
Per Age Group (6 & Under, 7, 8, 9, 10, 11) 1st Place High Point Trophies, 2nd Place High Point Medals (Boys and Girls).

SCORING:

Individual Scoring: 1st through 8th, 9-7-6-5-4-3-2-1
Relay Scoring: 1st through 8th, 18, 14, 12, 10, 8, 6, 4, 2

**SPECTATOR
ADMISSION:**

\$1.00 for adults over 18 years old. Children under 18 are free.

PSYCH SHEETS:

\$3.00 for the entire session.

FINAL RESULTS:

One copy of meet results will be mailed to each represented team of five or more swimmers.

DEADLINE:

Entries will be accepted beginning **January 22, 2010 until Sunday, February 7, 2009**. Deadline will be extended if the meet is not full. Host will NOTIFY teams being turned away by phone, fax, or email, within 72-hours after the meet entry deadline or 72-hours after the meet becomes full, whichever comes first. Email entries and mail entry forms and check to:

NACS Team
1304 Windsor Road
Fort Wayne, IN 46825
(260) 602-4442
email: gina.snyder@swimnacs.com

SUIT RULE:

THE USA SWIMMING SWIM SUIT RULE (102.9.1 B) IS IN EFFECT. In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel or below the knees, and for women, shall not cover the neck, extend past the shoulders, nor extend below the knee.

**FOOD AND FACILITY NOTE
(PLEASE SHARE THIS WITH YOUR TEAM)**

Coolers are not allowed in the natatorium. There is no food or drink (except water) allowed in the pool area. Glass containers of any type are not to be anywhere in the natatorium (especially on deck). Please clean up after yourself. No smoking is permitted in the building. Swimmers and spectators are prohibited from entering restricted areas. You must stay in the pool area; you will not be allowed to go into any unauthorized area. No loud whistling, radios, balls or flash cameras will be permitted. Failure to comply with the rules stated above may result in expulsion from the meet and/or the facility.

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Sunday AM

Warm-ups: 9:00am

Meet starts: 9:45am

Girls	Event	Boys
1	8&Under 100 Free Relay	2
3	6&Under – 50 Free	4
5	7 – 50 Free	6
7	8 – 50 Free	8
9	6&Under – 25 Fly	10
11	7 – 25 Fly	12
13	8 – 25 Fly	14
15	6&Under – 25 Back	16
17	7 – 25 Back	18
19	8 – 25 Back	20
21	6&Under – 25 Breast	22
23	7 – 25 Breast	24
25	8 – 25 Breast	26
27	6&Under – 25 Free	28
29	7 – 25 Free	30
31	8 – 25 Free	32
33	8&Under 100 IM	34
35	8&Under 100 Medley Relay	36

Sunday PM

Warm-ups: not before 1:00pm

Meet starts: 1:45pm

Girls	Events	Boys
37	9 - 11 – 200 Free Relay	38
39	9 – 100 Free	40
41	10 – 100 Free	42
43	11 – 100 Free	44
45	9 – 50 Fly	46
47	10 – 50 Fly	48
49	11 – 50 Fly	50
51	9 – 50 Back	52
53	10 – 50 Back	54
55	11 – 50 Back	56
57	9 – 50 Breast	58
59	10 – 50 Breast	60
61	11 – 50 Breast	62
63	9 – 50 Free	64
65	10 – 50 Free	66
67	11 – 50 Free	68
69	9 - 11 – 200 IM	70
71	9 - 11 – 200 Medley Relay	72

RETURN THIS PAGE AS PART OF YOUR ENTRY

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TIMER VOLUNTEER SHEET

Club Club _____ Code _____

Name	Phone	AM	PM

OFFICIALS VOLUNTEER SHEET

Club Club _____ Code _____

Name	Phone	AM	PM

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RELEASE AND HOLD HARMLESS AGREEMENT

Club Club _____ Code _____

IN CONSIDERATION OF BEING PERMITTED TO PARTICIPATE THE ABOVE REFERENCED SWIM MEET, CLUB, AND ITS SWIMMERS, COACHES, PARENTS, MEMBERS AND VOLUNTEERS HEREBY RELEASE AND FOREVER DISCHARGE NACS, USA SWIMMING, INDIANA SWIMMING, TRUSTEES, DIRECTORS, OFFICERS, AGENTS, EMPLOYEES, MEMBERS, SUCCESSORS AND ASSIGNS OF EACH OF THEM, AND ALL OTHER PERSONS OR ENTITIES IN ANY WAY CONNECTED WITH SPONSORING OR HOLDING THIS WIM MEET, OR AN FROM ANY AND ALL LIABILITIES, CLAIMS, DEMANDS, ACTION, CAUSES OF ACTION, LOSSES, DAMAGES, OR EXPENSES, OR WHATEVER KIND OR CHARACTER, ARISING OUT OF OR IN CONNECTION WITH SAID SWIM MEET AND THE FACILITIES AND PERSONNEL FOR IT. FURTHER, CLUB AND ITS SWIMMERS, COACHES, PARENTS, MEMBERS AND VOLUNTEERS SHALL INDEMNIFY AND HOLD HARMLESS NACS, TRUSTEES, DIRECTORS, OFFICERS, AGENTS, EMPLOYEES, MEMBERS, SUCCESSORS AND ASSIGNS EACH OF THEM, AND ALL OTHER PERSONS OR ENTITIES IN ANY WAY CONNECTED WITH SPONSORING OR HOLDING THIS SWIM MEET, OR AN FROM ANY AND ALL LIABILITIES, CLAIMS, DEMANDS, ACTIONS, CAUSES OF ACTION, LOSSES, DAMAGES OR EXPENSES, OR WHATEVER KIND OR CHARACTER, ARISING OUT OF OR IN CONNECTION WITH ANY INJURY TO ANY PERSON, INCLUDING DEATH, OR INJURY OR DAMAGE TO ANY PROPERTY.

THE UNDERSIGNED REPRESENTS THAT HE/SHE IS AUTHORIZED BY THE CLUB, AND ITS SWIMMERS, COACHES, PARENTS, MEMBERS AND VOLUNTEERS TO EXECUTE THIS RELEASE AND HOLD HARMLESS AGREEMENT ON BEHALF OF EACH OF THEM, BINDING CLUB, AND ITS SWIMMERS, COACHES, PARENTS, MEMBERS AND VOLUNTEERS TO THE TERMS HEREOF.

EXECUTED THIS _____ DAY OF _____, 201__

SIGNATURE _____

PRINTED NAME _____

POSITION _____

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TEAM SUMMARY REPORT

A SUMMARY REPORT IN A FORMAT SIMILAR TO THIS MUST BE COMPLETED AND RETURNED WITH ALL ENTRIES BY SUNDAY, FEBRUARY 7, 2009. PLEASE MAKE CERTAIN TO INCLUDE ALL OF THE FOLLOWING:

1. COMPLETED TEAM SUMMARY REPORT FROM TEAM MANAGER (I.E. THIS FORM)
2. CHECK FOR ENTRY FEES PAYABLE TO NACS, INC.
3. TIMER/OFFICIALS VOLUNTEER FORM
4. RELEASE AND HOLD HARMLESS AGREEMENT
5. COMMLINK FILE ON DISK AND PRINTED ENTRY COPY IF NOT SENT VIA EMAIL

MAIL TO: NACS Team, 1304 Windsor Road, Fort Wayne, IN 46825

EMAIL TO: gina.snyder@swimnacs.com

Club _____ Club Code _____

Entries and Fee:

Total Swimmer Entered: _____ @ \$1.50 IN Swimming Athlete Surcharge = _____
Girls Individual Entries: _____ @ \$4.00 per event = _____
Boys Individual Entries: _____ @ \$4.00 per event = _____
Relay Entries: _____ @ \$6.00 per event = _____
TOTAL FEES DUE = _____

CLUB OFFICIAL SUBMITTING ENTRY:

NAME: _____
STREET: _____
CITY: _____
STATE: _____ ZIP: _____
HOME PHONE: _____
WORK PHONE: _____
FAX: _____
EMAIL: _____

COACHES' NAMES

EMAIL: _____

Results Form: Hard Copy (Snail Mail or .htm File Emailed) Meet Manager Back-up (Emailed)
 Team Manager .cl2 File (Emailed) All of the Above

Email Address to Send Results: _____