

NCISAA STATE 3A SWIMMING CHAMPIONSHIPS

Mecklenburg County Aquatic Center, Charlotte, N.C.

hosted by

Charlotte Christian School

Monday February 22, 2010

- Site:** Mecklenburg County Aquatic Center
800 East Martin Luther King Jr. Blvd.
Charlotte, NC 28202
- Facility:** The MCAC includes an indoor 8-lane 50-meter competition pool, separate 4-lane 25-yard warm-up pool, Colorado 6000 timing system and alpha-numeric scoreboard, spacious locker rooms, and ample spectator seating.
NO TOBACCO USE ALLOWED IN ANY PART OF THE BUILDING
- Meet Format:** NCISAA 3A State Championships. Prelims and finals meet. All individual events are prelim and final events with the exception of the 500 Free. 500 Frees will be timed final events in the **PRELIM** session with the exception of the fastest 8 seeded swimmers male and female (8 males, 8 females) who swim in **FINALS**.
All relays will swim in the finals sessions as timed final events.
- Eligibility:** Meet is open to all Seventh through Twelfth Grade swimmers who belong to N.C. Independent Athletic Association 3A Private Schools. All swimmers must have met or surpassed the NCISAA Qualifying times in the events they are entered in.
- Rules:** Meet will be conducted in accordance with the 2009-2010 National Federation of State High School Association's Official Swimming and Diving Rules with the following exception; 1) No 1 Meter Diving.
- Entry Limit:** Each team may enter an unlimited amount of entries in individual events as long as they meet the NCISAA meet-qualifying standard. As per NCISAA Guidelines, only four swimmers from any one team will be allowed to swim and score in finals for the events entered.
Only 1 relay team per relay event.
A competitor will be allowed to enter a maximum of 2 individual and 2 relay events or 1 individual and 3 relay events. Proof of time, date, and opponent will be required for all 500 Free swims.
A maximum of four participants from one team are eligible to score points in one event.

Entries: A Swim Team Management program such as Hy-Tek Team Manager, must do entries. The Hy-Tek TM II Lite program can be downloaded for free from the HY-Tek website(www.hy-tek.com). Directions are included. Show grades 7 & 8 as a number 07 or 08, names for Fresh, Soph, Jr. and Sr. Use best yard times achieved. All events will be pre-seeded. Please alert the Meet Director or Meet Referee of any scratches upon arrival to the meet.

The entry deadline is Monday, February 15, 2010 at 7:00 PM. Entries must be submitted via e-mail in a file generated by Hy-Tek Team Manager to Marty Fehr at martinfehr@windstream.net The meet PSYCH SHEET will be e-mailed to all teams on Tuesday February 16th.

Scoring: Individual Events: 14-11-10-9-8-6-4-3-2-1
Relay Events: 28-22-20-18-16-12-8-6-4-2

Awards: Team - Championship Trophy and 20 individual medals (Boys and Girls)
Runner-Up Trophy and 20 individual medals (Boys and Girls)
Individual - Championship Plaques 1st Place
Medals for 2nd and 3rd places
Relay - Championship plaques 1st place, Medals for 2nd and 3rd place.

Hospitality: Hospitality provided for all coaches and officials.

Parking: Parking is available in the main lot of the Mecklenburg County Aquatic Center. Parking is also available behind the MCAC in the Walton Lot, located on Stonewall St.

Safety: Coaches are reminded to closely supervise their swimmers at all times. Failure to comply with safety requests can result in expulsion from the meet.

Prelims: Warm-ups: **7:30 AM – 8:20 AM**
7:30 AM – 8:10 AM General Warm-up
8:10 AM - 8:25 AM Specific Warm-up from the starting blocks in the competition pool.
8:15 AM – 8:25 AM Brief Coaches Meeting
8:30 AM Prelims begin

Finals: Warm-ups: **2:30 PM – 3:20 PM**
2:30 - 3:00 PM General Warm-up
3:00 PM - 3:20 PM Specific Warm-up from the starting blocks in the competition pool.
3:30 PM Finals begin

**** The Meet Director reserves the right to change Prelim and Final warm-up start times and meet start times due to number of entries and the projected time line of the meet.**

Meet Director: Marty Fehr (704)560-1285

Meet Referee: Marty Fehr

Meet Marshall: John Keith

The meet has been authorized for observation of compliance with USA Swimming rules for loading of times into SWIMS: State championships will have prelims and finals observed.

2010 ORDER OF EVENTS AND 3A QUALIFYING TIMES

MORNING WARM-UPS 7:30 AM

PRELIMS 8:30 AM

<u>Event #</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Event #</u>
1	NT	200 MEDLEY RELAY	NT	2
3	2:28.99	200 FREESTYLE	2:19.99	4
5	2:49.99	200 INDIVIDUAL MEDLEY	2:35.99	6
7	:31.40	50 FREESTYLE	:28.05	8
9	1:22.99	100 BUTTERFLY	1:12.99	10
11	1:09.19	100 FREESTYLE	1:02.39	12
13	6:24.32	500 FREESTYLE	6:20.99	14
15	NT	200 FREESTYLE RELAY	NT	16
17	1:23.99	100 BACKSTROKE	1:18.99	18
19	1:30.78	100 BREASTSTROKE	1:21.99	20
21	NT	400 FREESTYLE RELAY	NT	22

EVENING WARM-UPS 2:30 PM

FINALS 3:30 PM

TEAM and COACHES INFORMATION
(This form must be returned with entry file)

<u>SCHOOL:</u>	
<u>SCHOOL</u> <u>NICKNAME:</u>	
<u>SCHOOL</u> <u>ADDRESS:</u>	
<u>ATHLETIC</u> <u>DIRECTOR:</u>	
<u>PHONE</u> <u>NUMBER:</u>	
HEAD COACH:	
HOME PHONE:	
WORK PHONE:	
EMAIL ADDRESS:	
ASST. COACH:	
HOME PHONE:	
WORK PHONE:	
EMAIL ADDRESS:	
ASST. COACH:	
HOME PHONE:	
WORK PHONE:	
EMAIL ADDRESS:	
PARENT CONTACT: (Someone who can help with parent volunteers from your school)	
HOME NUMBER:	
WORK NUMBER:	
ANY CERTIFIED OFFICIALS ON YOUR TEAM:	
HOW TO CONTACT THEM?	

Please return this page via email

Directions for Team Manager

LET'S GET STARTED

Open the Hy-Tek TM II Lite program

Top MENU BAR

Click File – Open/New – Name the File (Your team name ex. RAVENS)

Select: Male/Female

Show School Year

Last Name First

Default Team Registration is

Default Team Type is **HS**

Default Citizenship is **USA**

Default LSC is

Default State is **NC**

Meet Start Date

Click OK

Top MENU BAR

Set-up – Groups/Sub Groups/Codes

School Year – Add – Code 07

Description – Click School Year – OK

Repeat for 8th grade

Close Window

Top MENU BAR

Team

Add – Fill in all team information

Top MENU BAR

Athletes – Open team name

Add – Last name – First name – Male or Female – Team – School Year

(you can add any additional information you would like but you only need what is listed above)

DO FOR ALL ATHLETES

Top MENU BAR

Meets

Add – then Name of meet ex. **2010 NCISAA State Swim Championships**

Course – **YO Yard Times Only**

Meet Type – **HS**

Start Date (meet start date)

End Date (Meet end date)

OK

Meets – **Events**

Add – do event order, click appropriate boxes, **RELAY** for relay events,
INDIVIDUAL for individual events
Gender - **Male or Female**
Age Range - **Open/Senior**
Distance – **ex 200**
Stroke - **Free**
OK

You are now ready to enter your swimmers!!

INDIVIDUAL ENTRIES

Top MENU BAR

Meets – Entries – Entries by Name
Entries for Team – (your team name)
School year for each swimmer
Enter times just entering numbers and to the 100th of a second.
ex. One minute flat would be 10000 when enter is pushed the program will put
in the punctuation 1:00.00
In order to specify meet entry times for a meet you will need to enter the time in
the CUSTOM TIME FIELD

RELAY ENTRIES

Meets – Entries – Entry by Event
Find correct relay event
Click NEW RELAY – A appears – NT appears
Click Custom Time Field - enter time in field
Do all relays here (remember only one relay per team)

When all entries are done, go to main screen

Top MENU BAR

Reports
Performance – Meet Entries
Select your team
All
Sort by name
Other options – include team address
Individual – Create Report
Print and check your entries (once heat sheet is printed entries are final)
Repeat for relays
Print and check your entries (once heat sheet is printed entries are final)

It is each coach's responsibility to make sure your entries are correct. Once you are sure your entries are correct it is time to send your entries via email.

Top MENU BAR

File

Export – Meet entries (put 3.5 floppy in drive a:)

Export to floppy (make sure export relay box is checked)

OK

Email this zipped file (named probably your team name 0001.zip)