

Richard W. Averill Foundation  
Greater Winston-Salem Swimming Championships (City Meet)

*Hosted by the Northwest NC YMCA Riptyde (TYDE) Swim Team*

**Date/Time:** Friday, June 25, 2010:

6 & Under, 8 & Under, 9-10 age groups  
Warm up - 10:00 AM / Meet start - 10:30 AM

11-12, 13-14, Open age groups  
Warm up - 4:30 PM / Meet start - 5:30 PM

*(times may be adjusted for efficiency following entry deadline)*

**Weather Delays:** Decisions regarding weather delays will be made as conditions develop. Every effort will be made to complete the meet on Friday. There will be no rain date for the meet. **All fees are nonrefundable.**

**Sponsors:** Richard W. Averill Foundation & the Northwest NC YMCA Riptyde (TYDE) Swim Team

**Location:** Bolton City Park Pool  
1590 Bolton Street  
Winston-Salem, NC

**Facility:** Bolton pool is an outdoor L-shaped pool. It is a 6-lane, 25-yard course with Keifer McNeil continuous flow through lane lines. Electronic timing with touch pads and button backup will be used. Spectator space will be available.

**Meet Director:** Mike Brady

**Meet Referee:** Bob Probst

**Eligibility:** The objective of this championship meet is to provide an opportunity for all swimmers from the greater Winston-Salem area to compete regardless of experience, team affiliation, skill level or age. Any swimmer living in the greater Winston-Salem area may compete including summer league, USA, YMCA and Master swimmers. Team affiliation is not required for individual events, however, individuals swimming unattached will not be able to have their points considered for team scoring. Team affiliation is required for relay teams.

**Team Affiliation Defined:** Team affiliation is required for individuals wishing to have their points credited to a team for high point team consideration and for relay teams. In order to be affiliated with a team, individuals must meet at least one of the following requirements:

1. Swimmer is **current** member of the swim team.
2. Swimmer is **current** member of the affiliated pool.
3. Swimmer is **currently** a coach or lifeguard of the affiliated team/pool.

**Age Groups:** There will be six boys' and six girls' age groups:  
6 & under, 8 & under, 9-10, 11-12, 13-14 and Open

**THE SWIMMER'S AGE AS OF JUNE 1, 2010 WILL DETERMINE THE AGE GROUP IN WHICH HE/SHE IS TO COMPETE.**

No "aging up" is permitted if the event is age specific (e.g. 9-10 boys).  
The open age group is open to any swimmer regardless of age.

**Rules:** Meet will be conducted using USA Swimming technical rules.

**Release:** United States Swimming, Inc., North Carolina Swimming, Inc., Bolton Park Pool, City of Winston-Salem and YMCA of Northwest NC 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 meet.

**Clerk of Course:** All 25 yard events will report to Clerk of Course located at the back of the water play area behind the diving well. Swimmers may start 25 yard events from either the concrete deck or gutter, but not both.

**Entry Fees:** Entry fee is \$2.50/event and \$10.00/relay plus an additional \$5.00 surcharge per swimmer for pool and timing system rental. **Fees are nonrefundable.**

**Entry Limit:** Each swimmer is limited to 4 individual events and 2 relays. Teams may enter an unlimited number of relays in each event. Designate relays as "A" or "B" etc. on entry form.

**Seeding:** All events will be pre-seeded by age group.

**Coach Check In:** All coaches or team representatives must check in at the Clerk of Course, located at the timers and officials table, 30 minutes before the beginning of each session to receive important meet information and updates.

**Awards:** Individual events:  
Distinctive medals - 1st-3rd  
Ribbons - 4th-16th  
Relay events:  
Distinctive medals - 1st-3rd  
Ribbons - 4th-8th

High Point Team Awards:  
One overall winner will receive the City Meet Trophy to keep at their club for the next year. In addition, high point trophies will be awarded to the top three scoring teams in two different categories:

Large Team - 26 or more swimmers  
Small Team - 25 or fewer swimmers

Large and small team categories will be determined by the number of swimmers entered BEFORE the meet PLUS the number of swimmers added AT THE MEET. This number WILL NOT be reduced by scratches or no shows.

**Scoring:** Scoring for the individual events will be 7, 5, 4, 3, 2, 1.  
Scoring for the relay events will be 14, 10, 8, 6, 4, 2.

**Alcohol & Drug Policy:** No alcohol or drugs are allowed inside Bolton Park including the pool deck, locker rooms, and parking lot! If any member of your team, family member or guest of one of your swimmers is caught violating this rule your **ENTIRE TEAM WILL BE DISQUALIFIED!**

**Entry**

**Deadline:** **All entries and fees must be received no later than Wednesday, June 16, 2010.**

**Entry**

**Process:** Teams submitting four (4) or more swimmers are **REQUIRED** to send entries in a HY-TEK Team Manager File. A copy of HY-TEK Team Manager Lite along with installation instructions were provided to each team in 2003. HY-TEK Team Manager Lite can also be downloaded directly from HY-TEK at: <http://www.hy-tek ltd.com/downloads.html>. HY-TEK Team Manager Lite instructions can be found at: [http://www.hy-tek ltd.com/Updates/TM\\_Lite.pdf](http://www.hy-tek ltd.com/Updates/TM_Lite.pdf).

The event file for Team Manager will be posted on the TYDE Swim Team website, ([www.swimTYDE.org](http://www.swimTYDE.org)), in early May for teams to download.

Teams and unattached swimmers are required to supply the meet director with entry times. Failure to provide the meet director with an entry time will result in a "no time" entry resulting in a first or second heat seeding.

**Please be careful to spell swimmers' names correctly.** Names will be printed on the meet t-shirts and swimmers and parents will want to have their names spelled correctly.

Make checks payable to 'YMCA of Northwest North Carolina'. **Only one check per team will be accepted. NO CASH WILL BE ACCEPTED. Your entries may be rejected if you do not comply with this rule.**

Email Hy-Tek file and/or send entry forms with full payment to:

Mike Brady  
775 West End Blvd.  
Winston-Salem, NC 27101  
336-721-2100 ext 2156  
[coachmike@swimtyde.org](mailto:coachmike@swimtyde.org)

**Entry Check**

**List:**

Please remember to include the following items with your meet entries

1. HY-TEK file for teams with four (4) or more swimmers.
2. For teams with three (3) or fewer swimmers - completed entry forms for individual events.
3. COMPLETED and BALANCED Entry Fee Calculation Sheet
4. T-shirt Order Form (second tab on Entry Fee Calculation Sheet)
5. Check for Entry Fees and T-shirts (made payable to 'YMCA of Northwest North Carolina')
6. Only one check per team!
7. NO CASH will be accepted!
8. Check for Event Sponsorship Requests

**Scratches &** If at all possible, please notify the meet director of scratches PRIOR to June 25, 2010!

**Late Entries:** Late entries will be accepted AT DOUBLE THE ENTRY FEE

**Deadline for 10&U session late entries - June 25 at 10:00 AM**

**Deadline for 11&Over session late entries - June 25 at 5:00 PM**

**Psych Sheet:** The psych sheet will be posted on the TYDE Swim Team website, ([www.swimTYDE.org](http://www.swimTYDE.org)), as soon as it is available.

**Heat Sheets:** Heat sheets will be sold on site.

**Concessions:** Concessions will be available on site.

**Timers:** Each team is expected to provide at least two (2) timers per session.

**Parking:** In order to minimize issues with parking, PLEASE encourage your swimmers and parents to carpool. With the exception of a limited number of meet volunteers, NO PARKING IS ALLOWED along the dirt road beside or behind the pool. Overflow parking is available at Bolton Elementary School or Trinity Presbyterian Church. Both are located one block from the pool on Bolton Street just beyond the exit ramp to Silas Creek Parkway. Parking will be enforced by the Winston-Salem Police Department and parking illegally will result in cars being towed! Your cooperation is greatly appreciated.

**Meet Theme:** Hollywood

**Discounted City Meet T-shirts:** Get your City Meet t-shirts early! T-shirts ordered prior to the meet are \$12 each. T-shirts purchased at the meet are \$15 each. The t-shirt design has not been finalized, but will include the name of every team and swimmer entered on or before the entry deadline! Pre-orders must be received by **Wednesday, June 16, 2010**. Make checks payable to 'YMCA of Northwest North Carolina' and include with your entry forms.

**Event Sponsorship:** The perfect opportunity to celebrate your favorite swimmer, team, coach, friend or occasion – Event Sponsorships! Be creative! You will have 4 lines of text with 36 characters in each line. But! Be quick! All event sponsorships must be received by **Wednesday, June 16, 2010**. Requests will be made on a first come first served basis so reserve your special event TODAY! Event sponsorships are \$5/each. Make checks payable to 'YMCA of Northwest North Carolina' and include with your entry forms. Your request must include your name, the event number and event name that you wish to sponsor and your message.

**FREE Stroke Clinic:** Any team or pool who would be interested in a FREE stroke clinic for your group during the summer of 2010, please contact Mike Brady, Director of Competitive Swimming, at 721-2100 ext 2156 or [coachmike@swimtyde.org](mailto:coachmike@swimtyde.org). FREE stroke clinics can be tailored to your needs and time constraints and are available to everyone in the greater Winston-Salem area!

**Interest in TYDE:** Any swimmers interested in swimming competitively year-round for TYDE should contact Mike Brady, Director of Competitive Swimming, at 721-2100 ext 2156 or [coachmike@swimtyde.org](mailto:coachmike@swimtyde.org). More information can also be found at the TYDE Swim Team website, ([www.swimTYDE.org](http://www.swimTYDE.org)).

**Friday Afternoon Session**  
**Warm up - 10:00 AM / Meet start – 10:30 AM**

<u>Women</u>			<u>Men</u>
1	10-U	100 Yd. Freestyle Relay	2
3	8-U	100 Yd. Freestyle Relay	4
5	6-U	100 Yd. Freestyle Relay	6
7	9-10	100 Yd. I.M.	8
9	8-U	100 Yd. I.M.	10
11	9-10	25 Yd. Freestyle	12
13	8-U	25 Yd. Freestyle	14
15	6-U	25 Yd. Freestyle	16
17	9-10	25 Yd. Breaststroke	18
19	8-U	25 Yd. Breaststroke	20
21	9-10	25 Yd. Butterfly	22
23	8-U	25 Yd. Butterfly	24
25	9-10	25 Yd. Backstroke	26
27	8-U	25 Yd. Backstroke	28
29	9-10	50 Yd. Freestyle	30
31	8-U	50 Yd. Freestyle	32
33	10-U	100 Yd. Medley Relay	34
35	8-U	100 Yd. Medley Relay	36

**Friday Evening Session**  
**Warm up - 4:30 PM / Meet start - 5:30 PM**

<u>Women</u>			<u>Men</u>
37	Open	200 Yd. Medley Relay	38
39	14-U	200 Yd. Medley Relay	40
41	12-U	200 Yd. Medley Relay	42
43	Open	50 Yd. Freestyle	44
45	13-14	50 Yd. Freestyle	46
47	11-12	50 Yd. Freestyle	48
49	Open	50 Yd. Breaststroke	50
51	13-14	50 Yd. Breaststroke	52
53	11-12	50 Yd. Breaststroke	54
55	Open	100 Yd. I.M.	56
57	13-14	100 Yd. I.M.	58
59	11-12	100 Yd I.M.	60
61	Open	50 Yd. Butterfly	62
63	13-14	50 Yd. Butterfly	64
65	11-12	50 Yd. Butterfly	66
67	Open	50 Yd. Backstroke	68
69	13-14	50 Yd. Backstroke	70
71	11-12	50 Yd. Backstroke	72
73	Open	100 Freestyle	74
75	13-14	100 Freestyle	76
77	11-12	100 Freestyle	78
79	Open	200 Freestyle Relay	80
81	14-U	200 Freestyle Relay	82
83	12-U	200 Freestyle Relay	84