

Triad Twitch, Novice @ Noon & Monster Challenge
Hosted by TYDE
Kernersville Family YMCA
January 22-23, 2011

Sanction

This is a closed YMCA meet. The meet will be USA Swimming approved and will be conducted in accordance with current USA Swimming Technical Rules. **Approval #:**

Facility Information

Kernersville Family YMCA
1113 W Mountain Street
Kernersville, NC 27284
(336) 996-2231

Pool is an eight-lane 25 yard course with non-turbulent lane lines and stationary starting blocks. Pool depth is 6 feet at the start end, 3.5 feet at the turn end and offers 6 foot lane width. Electronic timing will be used. Spectator seating is available.

Schedule/Format/Awards

Triad Twitch

Saturday, January 22

Prelims Warm Up: 8:00 AM

Prelims Start: 9:00 AM

Finals Warm Up: not before 5:00 PM

Finals Warm Up: 60 minutes after the start of warm up, (not before 6:00 PM)

* The Triad Twitch is a sprint meet for swimmers of all ages. Events are timed finals for 10 & unders and prelims/finals for all 11 & over events. The top 8 swimmers from every 11 & over event will return at night for finals. Medals will be awarded for the top 8 finishers in all events.

Novice @ Noon

Saturday, January 22

Warm Up: not before 12:00 PM

Meet: 60 minutes after the start of warm up, (not before 1:00 PM)

* The Novice @ Noon is intended ONLY for developmental swimmers who are new to the sport of swimming. No swimmer should be entered in an event where they have a BB time or better. All events are timed finals. Ribbons will be awarded for the top 8 finishers.

Monster Challenge

Sunday, January 23

Warm Up: 12:00 PM

Meet: 1:00 PM

* The Monster Challenge is a distance meet for swimmers of all ages. All events are timed finals. Ribbons will be awarded for the top 8 finishers. Any swimmer who competes and legally finishes all five of the offered events will receive a Monster Challenge t-shirt.

Eligibility

This is a YMCA meet. All swimmers must be members of a YMCA swim team.

Age for Meet

Age of January 22, 2011

Additional Format

This meet will be conducted in accordance with current USA Swimming Technical Rules, the NCS Swimming Handbook, and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated.

1. Scratches and deck entries (only to fill empty lanes) will be taken until 30 minutes prior to the start of each session.
2. The North Carolina Scratch Rule will be in effect for all deck seeded events.
3. All Sunday events will be deck seeded, slowest to fastest. Positive check-in is required 30 minutes prior to the conclusion of warm up for these events. Swimmers not checked in by this deadline will be scratched.
4. Meet management reserves the right to limit any Sunday events to the fastest 40 girls and the fastest 40 boys.
5. The referee and meet management reserve the right to combine heats.

Entry Limit.

Five (5) individual events per day.

Entries

Entries will be accepted in HY-TEK format only and must be received no later than **midnight on Friday, October 1, 2010**. Entries must be submitted electronically. The meet may be limited to 225 swimmers per session and entries will be accepted on a first come first served basis. Deck entries will only be accepted to fill empty lanes.

Mail to:

Mike Brady
775 West End Blvd
Winston-Salem, NC 27103
(336) 721-2100 ext. 2156
coachmike@swimtyde.org

Entry fees

- \$3.50 per prelims/finals event (Triad Twitch)
- \$2.50 per timed final individual event (Novice @ Noon and Monster Challenge)
- \$8.00 surcharge for each swimmer.

Warm Ups:

Warm up assignments will be handed out in the coach's packet prior to the start of the meet.

Coaches Meeting:

There will be a coaches meeting prior to the start of the Saturday morning session at 7:45am in the Hospitality Room.

Officials Meeting:

An officials meeting will be conducted prior to the start of each session in the Hospitality Room.

Meet Referee:

Jon Fox

Concessions:

Concessions will be sold in the lobby.

Vendors:

A vendor will be located on site on the patio.

Release

United States Swimming, Inc., North Carolina Swimming, Inc., Kernersville Family YMCA, Northwest NC YMCA Riptyde Swim Team (TYDE) and the YMCA of Northwest North Carolina 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.

Safety:

The NCS Safety Program is in effect for this meet. Coaches are required to closely supervise their swimmers at all times. In the event that a swimmer or others associated with a team are found to be violating posted rules for use of the Kernersville Family YMCA or any other restrictions that are posted for the safety of the people in attendance or to protect Kernersville Family YMCA property the individuals will be reported to the Meet Director or one of the Meet Marshals who will notify the coach. Any coach notified will be expected to take appropriate disciplinary action up to and including expulsion of the person from the meet. The Meet Director, Meet Marshal, or Referee may also take disciplinary action.

Triad Twitch Order of Events

Saturday Prelims: Warm-ups at 8:00 AM - Meet at 9:00 AM

Saturday Finals: Warm-ups at 5:00 PM – Meet at 6:00 PM

(timed finals for all 10 & Under individual events and prelims/finals for all 11 & Over individual events)

GIRLS		EVENT	MEN
1	10 & Under	50 Fly	2
3	11-12	50 Fly	4
5	13-14	50 Fly	6
7	15 & Over	50 Fly	8
9	10 & Under	50 Back	10
11	11-12	50 Back	12
13	13-14	50 Back	14
15	15 & Over	50 Back	16
17	10 & Under	50 Breast	18
19	11-12	50 Breast	20
21	13-14	50 Breast	22
23	15 & Over	50 Breast	24
25	10 & Under	25 Free	26
27	11-12	25 Free	28
29	13-14	25 Free	30
31	15 & Over	25 Free	32
33	10 & Under	100 IM	34
35	11-12	100 IM	36
37	13-14	100 IM	38
39	15 & Over	100 IM	40

Novice @ Noon Order of Events

Saturday: Warm-ups not before 12:00 PM – Timed finals 60 minutes later, (not before 1:00 PM)

GIRLS		EVENT	MEN
41	8 & Under	25 Free	42
43	9-10	50 Free	44
45	11-12	50 Free	46
47	13 & Over	50 Free	48
49	8 & Under	25 Fly	50
51	9-10	50 Fly	52
53	11-12	50 Fly	54
55	13 & Over	100 Fly	56
57	8 & Under	25 Back	58
59	9-10	50 Back	60
61	11-12	50 Back	62
63	13 & Over	100 Back	64
65	8 & Under	25 Breast	66
67	9-10	50 Breast	68
69	11-12	50 Breast	70
71	13 & Over	100 Breast	72
73	8 & Under	100 IM	74
75	9-10	100 IM	76
77	11-12	100 IM	78
79	13 & Over	200 IM	80

Monster Challenge Order of Events

Sunday: Warm-ups at 12:00 PM – Timed Finals at 1:00 PM

GIRLS		EVENT	MEN
81	12 & Under	200 Fly	82
83	13-14	200 Fly	84
85	15 & Over	200 Fly	86
87	12 & Under	200 Back	88
89	13 -14	200 Back	90
91	15 & Over	200 Back	92
93	12 & Under	200 Breast	94
95	13-14	200 Breast	96
97	15 & Over	200 Breast	98
99	12 & Under	200 Free	100
101	13-14	200 Free	102
103	15 & Over	200 Free	104
105	12 & Under	400 IM	106
107	13-14	400 IM	108
109	15 & Over	400 IM	110