

Summer In The Mountains

June 27-29, 2008

SANCTION: Held under the sanction of USA Swimming issued by North Carolina Swimming, Inc. Sanction#NC08073

HOST: Asheville Swim Club in cooperation with the City of Asheville Parks and Recreation Department

FACILITIES: **Recreation Park Pool**
75 Gashes Creek Rd
Asheville, NC 28805
(828) 298-0880

The Recreation Park Pool is an eight-lane, 50 meter pool. Water depth ranges from 3 ½ feet to 12 feet. Starting blocks will conform to all USA Swimming height regulations. Warm-up will be available prior to each session. A small warm-up/down area is available. The facility offers Colorado Electronic Timing System with a single panel display scoreboard. In the event that we have less than 300 swimmers, we will use only 6 of the 8 lanes for competition. One lane will be used for continuous warm-up/down.

TIME SCHEDULE:

	Warm Up	Meet Start
Friday	11:00 AM	12:00 PM
Saturday/Sunday AM	7:30 AM	8:30 AM
Saturday/Sunday PM	12:30 PM	1:30 PM

CLASSIFICATION: Open Invitational. Age group/Senior.

ELIGIBILITY: All swimmers must be registered with USA Swimming,

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

ENTRY LIMIT: Swimmers may compete in no more than **five (5)** individual events. Swimmers whose entries exceed the daily limit will need to be scratched in order to adhere to the five per day limit.

ENTRIES: All entries should be submitted by e-mail using Hy-Tek Team Manager entries list. Please enclose Hy-Tek entry report with attached **entry summary sheet** and check for entry fees. There will be no “on deck” registration available at this meet. The Meet Director reserves the right to limit the number of heats in the distance events to keep the meet to a reasonable length. **Entries without full payment will be considered “not received”.**

Entries will be accepted on a first come/first served basis, and the Meet Director reserves the right to close the meet when it is deemed necessary to do so for the purpose of complying with the USA Swimming and NCS regulations. There will be no deck seeded entries.

ENTRY FEES: \$2.00 per individual event. Late entry fees are doubled: \$4.00 per individual event. A facility surcharge of \$5.00. A NCS Travel Fund surcharge of \$2.00 per swimmer. Please make checks payable to: Asheville Swim Club. **All fees must be paid prior to any swimmer entering the pool.**

ENTRY DEADLINE: All entries must be received by midnight on **Monday, June 16, 2008.**

Please mail to:
Rodney Marett
319 Old US 70 East
Black Mountain, NC 28711
Email: rtmarett@charter.net
Phone: (828) 777-4343

SCORING: Individual Events: 9-7-6-5-4-3-2-1
Individual events will be scored out to 8 places.

AWARDS: Individual Awards: First thru eighth place ribbons.

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 will be tolerated. Glass containers or bottles are not permitted in the Recreation Park Pool area. Coaches must present a current USA Swimming membership card to the Meet Director to receive their entry package and must display their membership at all times that they are on deck.

SEEDING: All events 200 meters or less will be pre-seeded. Events 400 meters and longer will be deck seeded. The 13-14 and Senior 400 meter IM and 400 meter freestyle will be seeded and swam together but will be scored separately. These events may be limited to the five (5) fastest heats of each sex. Women and men may be alternated. The Open 800 meter freestyle will be a seeded and swam together but scored separately. The 800 meter freestyle will be swam fastest to slowest and may be limited to the three (3) fastest heats of each sex. Women and men may be alternated. The 11-12 400 meter freestyles may be limited to the five (5) fastest heats of each sex. **Positive check-in for all distance events.**

SCRATCHES: A swimmer may scratch a pre-seeded event on the blocks without penalty. Swimmers entered in a deck seeded event, who has checked-in for that event, must swim in the event unless they notify the Clerk of Course (before seeding for that event has been completed).

NOTE: Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which they are entered, whether it is that day or the next day.

CHECK-IN: Swimmers must check-in at the Clerk of Course for deck-seeded events as follows:

Friday afternoon: 11:15 AM

Saturday/Sunday afternoon: 1:00 PM

There will be a 10 minute break between the last individual event and distance events.

8 & UNDER: There will be an 8 and under session in the mid-morning. The session will start 30 minutes after completion of the morning session. 8 and under swimmers are allowed to swim in the 10 and under events but are limited to five (5) events per day. There will be an awards ceremony for the 8 and under swimmers following the conclusion of this session.

COACHES' MEETING: There will be a coaches' meeting at 10:45am, on deck, Friday June 27, 2008, and at other times as announced by the Meet Referee.

OFFICIAL'S MEETING: There will be an official's meeting Friday at 11:30am, at the clerk of course, and 30 minutes prior to the start of the other sessions.

OFFICIALS: Visiting officials are encouraged and welcome. All officials must wear current USA membership card while on deck and must present current Officials Certification card to Meet Referee at check-in. Please contact Joe Schmidt at joe-schmidt@charter.net with level of certification and sessions you desire to work. The NCS dress code of white shirts and navy bottoms will be worn for all sessions.

TIMERS: Timers from participating teams are encouraged and appreciated.

HEAD OFFICIALS: Kathy Young, Meet Director, wakyoung@charter.net ; Joe Schmidt, Meet Referee; Bill Young, Meet Marshall.

WARM-UP RULES: Specific lanes for general warm-up will be assigned by meet host and e-mailed to teams.

A. General Warm-up

1. No diving or racing starts allowed from blocks or edge of pool.

B. Specific Warm-up (last 15 minutes) Teams will not have assigned lanes.

- | | | |
|--------------|-------|------------------|
| 1. OPEN/PACE | ----- | Lanes 1 and 8 |
| 2. SPRINTS | ----- | Lanes 2, 3, 6, 7 |
| 3. GENERAL | ----- | Lanes 4 and 5 |

HOSPITALITY: There will be a hospitality area open to all coaches and officials.

CONCESSION: Concessions will be available in the picnic area.

HOTELS: One hotel has given a special rate of \$89/nite for the meet with a 50 room block. **Call by 20 May 08** and say you are with “Summer In the Mountains”. Ramada-Asheville @ River Ridge, 800 Fairview Rd, Asheville, NC 28803, 828-298-9141.

OTHER: Please contact the following websites for more information on lodging, restaurants and activities:

Asheville Area Chamber of Commerce: www.ashevillechamber.org (828) 258-6101

Asheville Convention & Visitors Bureau: www.exploreasheville.com (828) 258-6101

Asheville Downtown Association: www.ashevilledowntown.org (828) 251-9973

Order of Events
Summer In The Mountains
June 27-29, 2008

Friday, June 27th, Warm-up 11:00 AM, Start 12:00 PM

Girls	Event	Boys
1	9-10 200 IM	2
3	11-12 200 IM	4
5	13 & Over 400 IM	6
7	9-10 200 Freestyle	8
9	11-12 400 Freestyle	10
11	13 & Over 400 Freestyle	12

Saturday, June 28th, Warm-up 7:30 AM, Start 8:30 AM

Girls	Event	Boys
13	10 & Under 100 Freestyle	14
15	11-12 100 Freestyle	16
17	10 & Under 100 Butterfly	18
19	11-12 100 Butterfly	20
21	10 & Under 50 Backstroke	22
23	11-12 50 Backstroke	24
25	10 & Under 50 Breaststroke	26
27	11-12 50 Breaststroke	28

Saturday, June 28th, Warm-up following previous session, Start 30 minutes after completion of previous session

Girls	Event	Boys
29	8 & Under 50 Freestyle	30
31	8 & Under 50 Butterfly	32
33	8 & Under 50 Backstroke	34
35	8 & Under 50 Breaststroke	36
37	8 & Under 100 Freestyle	38

Saturday, June 28th, Warm-up 12:30 PM, Start 1:30 PM

Girls	Event	Boys
39	13-14 50 Freestyle	40
41	Senior 50 Freestyle	42
43	13-14 200 Backstroke	44
45	Senior 200 Backstroke	46
47	13-14 100 Breaststroke	48
49	Senior 100 Breaststroke	50
51	13-14 200 Butterfly	52
53	Senior 200 Butterfly	54
55	13-14 100 Freestyle	56
57	Senior 100 Freestyle	58
	Ten Minute Break	
59	Open 800 Free	60

Sunday, June 29th, Warm-up 7:30 AM, Start 8:30 AM

Girls	Event	Boys
61	11-12 50 Freestyle	62
63	10 & Under 50 Freestyle	64
65	11-12 50 Butterfly	66
67	10 & Under 50 Butterfly	68
69	11-12 100 Backstroke	70
71	10 & Under 100 Backstroke	72
73	11-12 100 Breaststroke	74
75	10 & Under 100 Breaststroke	76
77	11-12 200 Freestyle	78

Sunday, June 29th, Warm-up 12:30 PM, Start 1:30 PM

Girls	Event	Boys
79	13-14 200 IM	80
81	Senior 200 IM	82
83	13-14 100 Backstroke	84
85	Senior 100 Backstroke	86
87	13-14 200 Breast	88
89	Senior 200 Breast	90
91	13-14 100 Fly	92
93	Senior 100 Fly	94
95	13-14 200 Freestyle	96
97	Senior 200 Freestyle	98

**2008 Summer In The Mountains Open Invite Swim Meet
Entry Summary Sheet**

Team Name _____

USA Team Abbrev. _____ **Coach** _____

Address _____ **City** _____

State _____ **Zip** _____ **Email** _____

Total Individual Entries _____ x **\$2.00 Entry Fee**= _____

Total Swimmers _____ x **\$7.00 (#)** = _____

(#) \$5.00 Facility Surcharge + \$2.00 NCS Travel Fund

TOTAL DUE _____

Mail Entries to:
Rodney Marett
319 Old US 70 East
Black Mountain, NC 28711

Entry Deadline: June 16, 2008, Midnight

Email Entries to: rtmarett@charter.net

LIABILITY RELEASE: USA Swimming, North Carolina Swimming, Asheville Parks and Recreation, and the Asheville Swim Club shall be held free from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the meet.

Coach's Signature: _____