



NORTH CAROLINA AMATEUR SPORTS

**North Carolina Swimming Clubs
Powerade State Games of North Carolina - June 26 & 27, 2010**

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Enclosed is the Meet Information for the 2010 Powerade State Games of North Carolina along with the Master Entry Information for both Individual and Teams. This meet will be run as a USA Swimming approved meet.

1. **Coaches must submit a meet entry disk from Hy-tek Team Manager along with a printout of entries to the Competition Manager. In addition, all teams must register their team using the online system at www.ncsports.org. This can be done using a Visa or MasterCard.**
2. **Each swimmer, whether they are on a team or an individual, must sign the agreement to participate form (see enclosed document) or agree to the terms when registering online.** A parent or guardian must sign the Agreement to participate if the child is under the age of 18. *These forms must be completed for each swimmer, attached to the club entry and summary form and sent to the State Games Office. Entries cannot be accepted without the signed Agreement to Participate form.* Please copy these forms as necessary.
3. If you are mailing your payment, please attach entry fees of \$25.00 **per athlete** and a roster that includes name, address, age, and birthday and send to:

**Powerade State Games of NC
Dept. SW
406 Blackwell Street, Suite 120
Durham, NC 27701**
4. At the discretion of the Competition Manager, late entries will be accepted to fill empty lanes.
5. Entries may be limited to control the size of the meet and will be accepted in the order received. Entries missing the Agreement to Participate form, Information Sheets and/or fees will be considered incomplete and will not be accepted until all items are received.
6. Team/Club Entry must include the following:
 - All teams may register online at www.ncsports.org
 - HyTek or Entry form for clubs entering four or more swimmers
 - Entry Summary Sheet
 - Swimmer Roster Information in Excel Format: Information must include Name, Address, Date of Birth, and Age (for data and State Games purposes only). This information will not be sold to third parties.
 - Signed Agreement to Participate form for each swimmer (signed by parent and swimmer)
 - Entry Fees

ENTRY DEADLINE IS Wednesday, June 16, 2010.

406 Blackwell Street, Suite 120, Durham, NC 27701
(919) 361-1133 • (919) 361-2559 fax
E-mail: ncas@ncsports.org • Web site: www.ncsports.org

2010 POWERADE STATE GAMES OF NORTH CAROLINA SWIM MEET

Hosted by: Queen City Dolphins

Saturday, June 26 & Sunday, June 27

**Location: Mecklenburg County Aquatic Center
Charlotte, NC**

- APPROVAL:** Held under the Sanction of USA Swimming, Inc, issued by North Carolina Swimming, Inc.
Sanction # NC10068.
Recognized by LMSC for NC, for USMS, Inc. **Recognition #**
- FACILITY:** The Mecklenburg County Aquatic Center pool is a certified by USA Swimming. It is an indoor, ten lane, 50 meter course with non-turbulent lane lines and features Paragon starting blocks. Lanes are 8ft wide. Minimum depth is 6ft at scoreboard end and 13ft at the deep end. **Warm up and cool down swimming is available in an adjacent 25 yard, 4 lane warm pool.** For competition, the Colorado 5000 electronic timing system with scoreboard will be used. The facility has seating for 1000 spectators and ample parking area within 100 yards of the Facility doors. Smoking at the facility is prohibited.
- RULES:** Except as stated herein, the meet will be conducted in accordance with the current USA Swimming Rules & regulations and the NCS Official Handbook and NCS Safety program, except where rules therein are optional and exceptions are herein stated. All events will also be run in accordance with relevant United States Masters Swimming (USMS) rules.
- ELIGIBILITY:** All amateur swimmers under the age of 19 are eligible to swim in the age group events. Swimmers may be registered members of North Carolina Swimming (NCS), but registration is not required. Swimmers must compete in the age group corresponding to their age group as of the first day of the meet (June 26, 2010). Swimmers born on June 27th must swim at their new age. No swimmer will be permitted to swim in an older age group. **EXCEPTION:** 8 & under swimmers may compete in 10 & under events to the extent that they do not compete in the same 8 & under event and they do not exceed the maximum number of events. All masters swimmers age 18 and older are eligible to swim in the masters events and may be registered with USMS for 2010, but registration is not required. Masters age calculation is determined by their age as of December 31.
- CLASSIFICATION:** Age Group/Senior/Masters Meet
- ENTRIES:** All team entries should be submitted in HyTek format to the Meet Director via email or snail mail. Non-team entries may be done so online at www.ncsports.org. Payment must be sent to the State Games office. This can be done so online or by mailing the payment. Once the payment has been received, an athlete roster will be sent to the coach for all registered athletes and or parents to sign. This must be done in order for athletes to compete.
- ENTRY LIMIT:** Swimmers are limited to four (4) events per day and eight (8) events for the meet. To control the size of the meet and avoid long sessions the meet management reserves the right to limit the number of entries. If it becomes necessary to return entries that may have been received prior to or on the entry deadline, entries will be accepted as deemed proper by the meet management, giving preference to those competing both days of the meet whose entries are complete in every respect and those that agree to provide volunteer officials, timers and other workers. Use the accompanying form for indicating the names of persons volunteering to help at the meet. If it becomes necessary to control the length of competition, meet management also reserves the right to limit the number of heats of the 400-meter freestyle events.
- FORMAT:** All events are Long Course Meters and swum as timed finals. Events 200 meters and shorter will be pre-seeded in the order specified in the attached Order of Events. Meet management reserves the right to combine heats on deck if scratches allow. The 400-meter freestyle events will be deck seeded with check-in with the Clerk of Course required prior to the beginning of the meet session for that event. Each swimmer is responsible for reporting promptly to the Clerk of Course and/or the blocks. Meet management reserves the right to combine the 15-18 and 19+ age groups within an event for those

sessions if meet entries dictate. Please note that 13 and older swimmers will compete in the morning sessions and 12 and under swimmers will compete in the afternoon sessions.

ENTRY DEADLINE:

Midnight, Wednesday, June 16, 2010

Late entries will be accepted only at the discretion of the Meet Director. Late entries may not be seeded. We reserve the right to limit or suspend the addition of swimmers or heats to accommodate late entries.

ENTRY FEE:

\$25 – Regardless of the number of events entered, but 4 event max per day. Fees for late entries not accepted will be returned promptly. Entry fees are Non-Refundable.

Payment of fees may be done online at www.ncsports.org.

For all mail in fees:

Make checks payable to: Powerade State Games of NC

Mail Fees to: Powerade State Games – Swimming
406 Blackwell Street, Ste. 120
Durham, NC 27701

MAIL HY-TEK ENTRIES:

Rodney Sellars

800 E. Martin Luther King Jr. Blvd.
Charlotte, NC 28202

704-336-7859 (office) Rodney.Sellars@mecklenburgcountync.gov

AWARDS:

Gold (1st place), Silver (2nd place) and Bronze (3rd place) medals for each event for the following age groups – 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18, 19-29, 30-39, 40-49, etc.

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. Anyone failing to comply with this safety request may forfeit his or her privilege to participate.

MEET DIRECTOR:

Rodney Sellars

800 E. Martin Luther King Jr. Blvd.
Charlotte, NC 28202

Rodney.Sellars@mecklenburgcountync.gov

MEET REFEREE:

RICHARD POCKAT

MEET MARSHAL:

MARTY FEHR

We strongly recommend each team assign a marshal to monitor warm-up sessions in addition to host team marshals.

WARM-UP PROCEDURES:

Warm-up assignments will be determined after the entries have been received and will be included in the coaches' packets.

SESSION SCHEDULE:

Competition starts at 8:00 a.m. each day for morning sessions. The pool will open for warm-ups at 6:45 a.m. Competition starts no earlier than 1:00 p.m. for afternoon sessions. Warm-ups will start no earlier than 12:00 p.m.

VOLUNTEERS:

All teams are asked to provide a minimum of three (3) volunteers who are willing and able to assist with conducting the meet and other jobs. Please list names of all volunteers on the volunteer form and indicate those that are NCS certified officials. Volunteers who work a minimum of four (4) hours will receive a free State Games Volunteer T-shirt.

COACHES MEETING:

A coaches meeting will be held at 7:45 a.m. Saturday, June 26.

RELEASE STATEMENT:

USA Swimming, North Carolina Swimming, Inc., North Carolina Amateur Sports, Queen City Dolphins, Mecklenburg County Parks and Recreation, and the United States Masters Swimming, Inc, 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 event.

**2010 POWERADE STATE GAMES OF NORTH CAROLINA
ORDER OF EVENTS**

Saturday, June 26 AM Session (13 and older)

Pool opens for warm-ups at 6:45 a.m. Session starts at 8:00 a.m.

<u>Girls Event #</u>	<u>Age Group</u>	<u>Distance & Stroke</u>	<u>Boys Event #</u>
001	13-14	200M Freestyle	002
003	15-18	200M Freestyle	004
005	19 & over	200M Freestyle	006
007	13-14	100M Backstroke	008
009	15-18	100M Backstroke	010
011	19 & over	100M Backstroke	012
013	13-14	200M Breaststroke	014
015	15-18	200M Breaststroke	016
017	19 & over	200M Breaststroke	018
019	13-14	100M Butterfly	020
021	15-18	100M Butterfly	022
023	19 & over	100M Butterfly	024
025	13-14	400M Freestyle	026
027	15-18	400M Freestyle	028
029	19 & over	400M Freestyle	030

Saturday, June 26 PM Session (12 and under)

Warm-ups not before 12:00 p.m. Session starts not before 1:00 p.m.

<u>Girls Event #</u>	<u>Age Group</u>	<u>Distance & Stroke</u>	<u>Boys Event #</u>
031	8 & under	50M Backstroke	032
033	9-10	50M Backstroke	034
035	11-12	50M Backstroke	036
037	10 & under	100M Freestyle	038
039	11-12	100M Freestyle	040
041	8 & under	50M Butterfly	042
043	9-10	50M Butterfly	044
045	11-12	50M Butterfly	046
047	10 & under	100M Breaststroke	048
049	11-12	100M Breaststroke	050
051	10 & under	200M Freestyle	052
053	11-12	200M Freestyle	054

**2010 POWERADE STATE GAMES OF NORTH CAROLINA
ORDER OF EVENTS**

Sunday, June 27 AM Session(13 and older)

Pool opens for warm-ups at 6:45 a.m. Session starts at 8:00 a.m.

<u>Girls Event #</u>	<u>Age Group</u>	<u>Distance & Stroke</u>	<u>Boys Event #</u>
055	13-14	50M Freestyle	056
057	15-18	50M Freestyle	058
059	19 & over	50M Freestyle	060
061	13-14	200M Butterfly	062
063	15-18	200M Butterfly	064
065	19 & over	200M Butterfly	066
067	13-14	100M Breaststroke	068
069	15-18	100M Breaststroke	070
071	19 & over	100M Breaststroke	072
073	13-14	200M Backstroke	074
075	15-18	200M Backstroke	076
077	19 & over	200M Backstroke	078
079	13-14	100M Freestyle	080
081	15-18	100M Freestyle	082
083	19 & over	100M Freestyle	084
085	13-14	200M Ind. Medley	086
087	15-18	200M Ind. Medley	088
089	19 & over	200M Ind. Medley	090

Sunday, June 27 PM Session (12 and under)

Warm-ups not before 12:00 p.m. Session starts not before 1:00 p.m.

<u>Girls Event #</u>	<u>Age Group</u>	<u>Distance & Stroke</u>	<u>Boys Event #</u>
091	8 & under	50M Breaststroke	092
093	9-10	50M Breaststroke	094
095	11-12	50M Breaststroke	096
097	10 & under	100M Butterfly	098
099	11-12	100M Butterfly	100
101	8 & under	50M Freestyle	102
103	9-10	50M Freestyle	104
105	11-12	50M Freestyle	106
107	10 & under	100M Backstroke	108
109	11-12	100M Backstroke	110
111	10 & under	200M Ind. Medley	112
113	11-12	200M Ind. Medley	114

END OF MEET

**2010 POWERADE STATE GAMES OF NORTH CAROLINA
JUNE 26 – 27, 2010
MECKLENBURG COUNTY AQUATIC CENTER
CHARLOTTE, NORTH CAROLINA**

Entry Deadline: Wednesday, June 16, 2010

SWIMMING SUMMARY SHEET

CLUB: _____ **CODE:** _____

COACH: _____ **PHONE:** (____) _____

HOME: (____) _____ **FAX:** (____) _____

STREET ADDRESS: _____ **EMAIL:** _____

CITY: _____ **STATE:** _____ **ZIP CODE:** _____

TOTAL GIRLS _____ **TOTAL BOYS** _____

Total number of swimmers _____ @ \$25 = _____ Fees

List volunteers willing to assist with the meet:

- | | |
|----------|--------------|
| 1. _____ | Phone: _____ |
| 2. _____ | Phone: _____ |
| 3. _____ | Phone: _____ |
| 4. _____ | Phone: _____ |

Check List:

- Hy-Tek Meet Entry Disc to be sent to Competition Manager
- Master Entry Form - for each age group
- Entry Fees - \$25.00 per swimmer (4 events max per swimmer/day)
- Swimmer Information Roster – excel format that includes name, address, DOB, and age
- Signed Agreement to Participate for EACH swimmer*
- Volunteer forms with signed Agreement to Participate

***Required items - entry will not be accepted if missing**

Send HyTek Entries to: Rodney Sellars
800 E. Martin Luther King Jr. Blvd.
Charlotte, NC 28202
704-336-7859 (office)
Rodney.Sellars@mecklenburgcountync.gov

Send Entry Fee, Summary Sheet
And Team Information Roster to: **Powerade State Games of NC**
Dept. SW
406 Blackwell Street, Suite 120
Durham, NC 27701

OFFICE USE ONLY: Date _____ Check/Cash _____ Amount _____ ATP _____ Proc. By _____

2010 POWERADE STATE GAMES OF NORTH CAROLINA SWIMMING VOLUNTEER FORM



Volunteers are critical to the success of the Powerade State Games of North Carolina events. This year, the Powerade State Games of NC are participating in Disney's "Give a day. Get a Disney Day" program where volunteers are rewarded by receiving a 1-day, 1-theme park ticket to the Disneyland® Resort or Walt Disney World® resort free. In addition, each volunteer who works a minimum of four hours will receive a commemorative 2010 Powerade State Games Volunteer T-shirt. Complete the information below, sign the AGREEMENT TO PARTICIPATE on the reverse side and return to:

**Powerade State Games NC
Attention: Volunteer Director
406 Blackwell Street, Suite 120
Durham, NC 27701**

Or, if you are associated with an NCS member club, the form and the signed waiver may be returned with the club's entries.

Name: _____

Club: _____

Address: _____

City: _____

NC _____ Zip _____

Phone: (____) _____

T-shirt size: _____

I will be available to work at the State Games Age Group Swimming competition during the indicated session(s):

_____ Saturday, 6/26 Morning _____ Afternoon _____

_____ Sunday, 6/27 Morning _____ Afternoon _____

Please indicate your certified NCS Official status: referee starter stroke/turn

Note: In addition to certified officials, a number of volunteers are needed to serve as timers, assistants to the Clerk of Course, meet administration, etc.

To control the size and duration of the meet sessions, it may be necessary to return entries. In this case, acceptance will be at the discretion of the Meet Administration, with preference given to those clubs who provide officials and other volunteers.

All volunteers must sign the AGREEMENT TO PARTICIPATE on the next page.



2010 POWERADE STATE GAMES OF NORTH CAROLINA INDIVIDUAL SWIMMING ENTRY FORM

The individual entry fee for swimming is \$25 regardless the number of events entered (8 max, but no more than 4 per day). **You can save \$5 by registering online at www.ncsports.org.** Competition starts at 8:00 a.m. each day for morning sessions. The pool will open for warm-ups at 6:45 a.m. Competition starts no earlier than 1:00 p.m. for afternoon sessions. Warm-ups will start no earlier than 12:00 p.m. The entry deadline for this sport is Wednesday, June 16. Fill out the form completely including the Event Name/Division at the bottom. Be sure to sign the Agreement to Participate (or have a Parent or Legal Guardian sign if under 18) on the back of the form or your registration will not be accepted.

PARTICIPANT INFORMATION – PLEASE TYPE OR PRINT CLEARLY

_____ () _____ - _____
 Last Name First Name Day Phone
 _____ () _____ - _____
 Evening Phone

 Mailing Address DOB _____ - _____ - _____ Age* Sex
 Month Day Year

 City Zip Code County
 E-mail Address _____ @ _____
 Team Name: _____

**Note: Please give your age as of the first day of your competition.*

PERSON TO CONTACT IN CASE OF AN EMERGENCY

_____ () _____ - _____
 Last Name First Name Day Phone
 _____ () _____ - _____
 Evening Phone

EVENT NAME/DIVISIONS

See the list of events and divisions on page 4 and 5 of this document.

Enter Swimming Events: 4 Max per day

<p>Events</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p>	<p>Make check payable to State Games of NC</p> <p>Entry fee \$ <u>25</u></p> <p>Please consider a tax- deductible donation When you register. \$ _____</p> <p>Total Enclosed \$ _____</p>
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ENTRANT MUST READ AND SIGN THE AGREEMENT TO PARTICIPATE ON THE NEXT PAGE OR THE ENTRY WILL BE RETURNED

(Parent or legal guardian must sign if the entrant is under 18 years old.)



ATHLETE AGREEMENT TO PARTICIPATE FORM

In consideration of being allowed to participate in any way in the POWERADE STATE GAMES OF NORTH CAROLINA athletic/sports program and its related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS NORTH CAROLINA AMATEUR SPORTS, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event (“Releasees”), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

X _____

PRINTED NAME OF PARTICIPANT

X _____

PARTICIPANT’S SIGNATURE DATE

FOR PARTICIPANTS OF MINORITY AGE

(UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to my minor child’s involvement or participation in these programs as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE.

X _____

PARENT/GUARDIAN’S SIGNATURE

EMERGENCY PHONE #

DATE