



WAVE Swimming's
BLUE MOON INVITATIONAL SWIM MEET
November 7-9, 2008

SANCTION: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC08107

HOST: New Wave Swim Team
P.O. Box 18012
Raleigh, NC 27619
(919) 981-0644

FACILITY: Triangle Aquatic Center
275 Convention Drive
Cary, NC 27511
(919) 459-4045

Competition Pool: The Triangle Aquatic Center facility features a 50-meter pool divided into two courses which include an 8-lane, 25-yard competition course and a 10-lane, 25-yard competition course, with a variable depth ranging from 7 to 12 feet. Both courses will be used if swimmer numbers and timeline deem it necessary. An additional 10-lane, 25-yard pool is available for continuous warm-up/warm-down. The pool is equipped with state-of-the-art, anti-turbulent lane lines and Paragon starting blocks. The facility features a Daktronic Pro timing system and two digital matrix scoreboards. Stopwatches will also be used in each competition lane. Hy-Tek Meet Manager Pro software will be used. Locker rooms for changing are available.

Only meet volunteers, USA Swimming registered athletes and USA Swimming registered officials may be on deck.

NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME

Spectator Seating:

The seating area is above the deck and designed for comfort and enjoyment for spectators. There is viewing for 1,000 people, bench seating with back support, a 12-foot wide walkway for easy access, and an integrated sound system. There are five 47" televisions with FM radio transmitters, and free wireless access to the internet to track live meet results on www.triangleaquatics.org.

Supporting Amenities:

Parking: There are 150 parking spaces directly in front of the facility available for early arrivals, coaches, officials and volunteers. There is additional parking at the Cary Towne Center Mall, directly adjacent & within easy walking distance of the facility. Athletes may be dropped off beside the facility before parking at the Mall.

Café Splash Down: A full service café located just inside the main entrance offering healthy meals, smoothies, coffees, drinks and snacks.

All American Swim Shop: The fully stocked swim shop is located beside the front desk and carries swimwear, apparel, swim supplies and accessories

Open Swim: During most meets, the Program pool and Instruction pool is open for recreation and fitness swimming. Check with the front desk for the cost of a day pass.

Facility Rules: Please inform all families of the following pool rules.

- 1) **NO** smoking is allowed inside the facility.
- 2) **NO** outside food, drinks or coolers allowed inside the facility.
- 3) **NO** glass containers allowed inside the facility.
- 4) **NO** chairs allowed in the spectator level. Athletes and coaches may bring chairs on deck, but they must be removed each day.

RULES: This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, and the current North Carolina Swimming Rules and Regulations, and the current North Carolina Swimming Safety Program. These rules will serve as the official guide for technical and procedural rules, except wherein are optional and exceptions are herein stated.

CLASSIFICATION: Senior Open/Age group Timed final meet

FORMAT:

- (1) All events are timed finals.
- (2) Entrants in the 500 Free, the 1000 Free and the 400 IM are required to check in at the clerk of course per the attached schedule. Swimmers not checked in by these deadlines will be scratched from the events. They may swim at the discretion of the Meet Referee in open lanes only. Meet management may limit entries for the 500 Free, the 1000 Free, and the 400 IM to stay within the four-hour time limit for each session.
- (3) The 500 Free and the 1000 Free will be swum fastest to slowest, alternating girls and boys. A combined heat of girls and boys may be swum at the discretion of the Meet Referee. In the event that the events are conducted in two courses, the same procedure will be followed except it will not be necessary to alternate women and men's heats.

SCHEDULE: Friday, November 7, 2008

Afternoon Session: 13 and Over
Warm ups: 4:00 pm – 4:45 pm
Timed Finals Begin: 5:00 pm

Saturday, November 8, 2008 and Sunday, November 9, 2008

Morning Session: 13 and Over	Afternoon Session: 12 and Under
Warm-ups: 7:00 am – 7:45 am	Warm-ups: 12:00 pm - 12:45 pm
Timed Finals Begin: 8:00 am	Timed Finals Begin: 1:00 pm

Please note that warm-up and start times may be changed due to numbers of swimmers entered in the 13 and over sessions.

ELIGIBILITY: All swimmers must be registered with USA SWIMMING, Inc.

ENTRIES: Please email entries using Hy-Tek Team Manager. Entries may be sent via email and must include a Hy-Tek compatible entry file, team entry report and financial report. **Please note the following entry rules will be strictly enforced by the Meet Directors:**

- (1) **Payment must be included with all entries and must be received by the start of the meet in order to get coaches packet.**
- (2) Please list the swimmer's age as of November 7, 2008.
- (3) There may be on-deck event entries taken at this meet, but in open lanes only, with double fees paid at time of entry. All deck-entered swimmers must be USA Swimming athlete members. Please bring proof of registration.

ENTRY LIMIT: All swimmers will be limited to a **maximum of five (5) individual events** per day and a total of ten (10) events for the meet plus **1 (one) relay**.

ENTRY FEES: \$2.50 per individual event (NCS registered swimmers)
\$8.00 per relay
\$10.00 per swimmer Facility Surcharge
\$2.00 per swimmer NCS Travel Fund

Double entry fees will be charged for late entries, if accepted. A late entry is any entry received on or after 11:00pm on Tuesday, October 28, 2008. All fees are non-refundable unless events are cancelled.

A check made payable to the "New Wave Swim Team" must accompany entries.

ENTRY DEADLINE: **Tuesday, October 28, 2008.** Entries will be accepted up to 11:00 pm that day. Telephone entries will not be accepted, although changes to entries will. Late entries may be accepted at the discretion of the Meet Director, but only to fill open lanes.

CHECK-IN:	Event	Check-in Deadline
	13 & Over - 400 IM	Friday by 4:20 pm
	13 & Over - 1000 Free	Friday by 4:20 pm
	11-12 - 400 IM	Saturday by 12:20 pm
	13 & Over - 500 Free	Sunday by 8:00 am
	10 & Under – 500 Free	Sunday by 12:20 pm
	11-12 – 1000 Free	Sunday by 1:00 pm

**EXPRESS MAIL,
FED EX OR UPS
ENTRIES TO:** **Karen Garbarino**
P. O. Box 18012
Raleigh, NC 27619
(919) 247-4990
wavemeets@nc.rr.com

ORDER OF EVENTS: Please see attached schedule.

AWARDS: Individual Events: 1st – 8th place ribbons
Relays: 1st – 3rd place ribbons

**MEET
MANAGEMENT:** Meet Directors: Karen Garbarino and Lana Sanders
Meet Referee: Lisa Jackson
Meet Marshals: Mila Mason

MEETINGS: **Coaches**
There will be a coaches' meeting Friday, November 7th at 4:45 pm and as announced by the Meet Referee. Coaches will be required to have their current USA Swimming card visible at all times while on deck.

Officials
There will be an officials' meeting Friday, November 7 at 4:15 and 30 minutes prior to the start of each of the other sessions as needed.

**WARM-UP
SCHEDULE:** Warm-ups will be held in accordance with the NCS Safety Program. Lane assignments for warm-ups will be available in the coach's packet. **A current coach's card will be required to obtain the packet and must be worn on deck.**

SAFETY: The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Running and horseplay will not be allowed. As at any pool, the deck may be slippery and caution should be taken to prevent accidents. NO blocking of fire exits, which includes doorways and passages. Coaches must carry their coach certification cards at all times when on the pool deck and must hold current certifications and registration with USA Swimming.

HOSPITALITY: There will be a hospitality room available to all coaches, officials and meet volunteers.

VOLUNTEERS: Volunteer timers and officials are welcomed. Announcements for timers and officials will be made prior to the start of each session.
Swimmers in the 500 Free and 1000 Free must provide their own timers and lap counters.

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., THE NEW WAVE SWIM TEAM, INC., TRIANGLE AQUATIC CENTER AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS SHALL BE HELD FREE AND HARMLESS FROM ANY AND ALL LIABILITIES ON CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

**Holiday Inn Hotel
and Suites Cary**

5630 Dillard Drive • Cary, NC 27518
919-851-1220
www.holidayinn.com/raleigh/cary

New Wave Swim Team rates
\$79.00 standard room
\$89.00 two room suite

Please contact
Nikole Jasso
Director of Sales
for group reservations
919-851-1220 or
hicarysales@cmchotels.com

**Best Western Cary Inn
and Extended Stay Suites**

1722 Walnut Street • Cary, NC 27511
919-481-1200
www.bestwestern.com/caryinnsuites

New Wave Swim Team rates
\$75.00 standard room
\$85.00 two room suite

Please contact
Cynthia Ferguson
Director of Sales
for group reservations
919-795-4642 or
cferguson@cmchotels.com

HOTEL INFORMATION:

<http://www.triangleaquatics.org/Events/PreferredHotels/>

Also, for your convenience, Macaroni Grill will provide catering at your hotel. For information please call Chris Nocera at 919-467-7727.

WAVE SWIMMING'S BLUE MOON INVITATIONAL SWIM MEET

Order of Events

Friday, November 7, 2008

Open session

Warm-ups: 4:00 pm Meet starts: 5:00 pm

Women	Events	Men
1	13 and over 400yd IM	2
3	13 and over 50yd Free	4
5	13 and over 1000yd Free	6

Saturday, November 8, 2008

13 and over session

Warm-ups: 7:00 am

Meet Starts: 8:00 am

Women	Events	Men
7	13 and over 100yd Free	8
9	13 and over 200yd Back	10
11	13 and over 100yd Breast	12
13	13 and over 200yd Fly	14
15	13 and over 200yd IM	16
17	13 and over 200yd Free Relay	18

Saturday, November 8, 2008

12 and under session

Warm-ups: 12:00 pm

Meet Starts: 1:00 pm

Girls	Events	Boys
19	11-12 400yd IM	20
21	8 & Under 25yd Backstroke	22
23	10 & Under 50yd Backstroke	24
25	11-12 100yd Backstroke	26
27	8 & Under 50yd Breaststroke	28
29	9-10 50yd Breaststroke	30
31	11-12 50yd Breaststroke	32
33	11-12 200yd Breaststroke	34
35	8 & Under 50yd Butterfly	36
37	9-10 100yd Butterfly	38
39	11-12 50yd Butterfly	40
41	11-12 200yd Butterfly	42
43	8 & Under 25yd Freestyle	44
45	9-10 100yd Freestyle	46
47	11-12 100yd Freestyle	48
49	10 & Under 100yd IM	50
51	11-12 100yd IM	52
53	8 & Under 100 Freestyle Relay	54
55	10 & Under 200yd Freestyle Relay	56
57	11-12 200yd Freestyle Relay	58

Sunday November 9, 2008

13 and over session

Warm-ups: 7:00 am

Meet Starts: 8:00 am

Women	Events	Men
59	13 and over 200yd Free	60
61	13 and over 100yd Back	62
63	13 and over 200yd Breast	64
65	13 and over 100yd Fly	66
67	13 and over 500yd Free	68

Sunday, November 9, 2008

12 and under session

Warm-ups: 12:00 pm

Meet Starts: 1:00 pm

Girls	Events	Boys
69	10 & Under 500yd Freestyle	70
71	11-12 200yd Freestyle	72
73	10 & Under 200yd Freestyle	74
75	11-12 50yd Backstroke	76
77	11-12 200yd Backstroke	78
79	9-10 100yd Backstroke	80
81	8 & Under 50yd Backstroke	82
83	11-12 100yd Breaststroke	84
85	9-10 100yd Breaststroke	86
87	8 & Under 25yd Breaststroke	88
89	11-12 200yd IM	90
91	10 & Under 200yd IM	92
93	11-12 100yd Butterfly	94
95	9-10 50yd Butterfly	96
97	8 & Under 25yd Butterfly	98
99	11-12 50yd Freestyle	100
101	9-10 50yd Freestyle	102
103	8 & Under 50yd Freestyle	104
105	11-12 1000yd Freestyle	106