

**2010 NC 4<sup>th</sup> ANNUAL BOB PRATT INVITATIONAL SWIM MEET**  
**June 11 - 13, 2010**

- Sanction:** Held under sanction of USA Swimming Inc., by North Carolina Swimming, Inc. Sanction No. NC10056.
- Location:** Hickory Foundation YMCA, 701 1<sup>st</sup> St NW, Hickory, NC.
- Rules:** The meet will be conducted in accordance with the current USA Swimming Rules, the NCS Official Handbook, and NCS Safety Program.
- Facility:** 50 meter, 8 lane pool (lanes are 6 feet wide), water depth from 3 ½ feet to 8 feet, with non-turbulent lane markers and KDI Paragon starting blocks. The pool is NOT certified by USA Swimming. Automatic timing system will be used. **There is an additional 9,000 square feet of deck space at the facility.** Spectators are encouraged to bring their own chairs.
- Classification:** Open Invitational
- Eligibility:** All swimmers must be registered with USA Swimming.
- Registration:** All coaches and officials on deck must be registered and certified with USA Swimming. Meet management will require all coaches and officials to show proof of certification/registration. Coaches and officials shall prominently display their registration cards while on deck.
- Meet Format:** Friday PM Session (All Ages):  
Warm-up 4:00 PM Start 5:00 PM  
Saturday & Sunday AM Sessions (8-U, 9-10, and 11-12 boys):  
Warm-up 7:30 AM Start 8:30 AM  
Saturday & Sunday PM Sessions (11-12 girls, 13-14, and Senior):  
Warm-up not before 12:00 Noon, the meet will not start before 1:00 PM
- All individual events will be pre-seeded with the exception of the 1500 & 400 Freestyles and the 400 IM. A positive check-in will be required for these events. Failure to check-in will be considered a scratch.
- Please note that the 11-12 boys will swim in the AM session and the 11-12 girls will swim in the PM session.**
- Entries:** List swimmer's age as of June 11, 2010. No telephone entries will be accepted. Late entries may be accepted at the discretion of the Meet Director at double the entry fees. **HY-TEK'S MEET MANAGER SOFTWARE WILL BE USED AND YOUR ENTRIES SHOULD BE SUBMITTED ON A HY-TEK PRINTED REPORT AND ON DISKETTE. E-MAIL ENTRIES ARE ENCOURAGED.**

**Entry Limit:** Swimmers are limited to 4 individual events and one relay event per day. **Entries will be limited to 250 swimmers per session** and will be accepted in the order of receipt until the entry deadline. Entries not properly completed will be considered not received.

**Entry Deadline:** Entries must be received by **Tuesday, June 1, 2010**. **The only changes to meet entries after the entry deadline will be if there is an error by Meet Management.**

Mail entries to:  
Jon Jolley  
701 First Street NW  
Hickory, NC 28601  
(828) 381-8806  
[jtjolley@twave.net](mailto:jtjolley@twave.net)

**Fees:** Individual Events: \$2.50  
Relay Events: \$8.00  
NCS Travel fund per swimmer: \$2.00  
Facility surcharge per swimmer: \$6.00  
**Make checks payable to YSST.**

**Meet Director:** Jon Jolley  
701 First Street NW  
Hickory, NC 28601  
(828) 381-8806  
[jtjolley@twave.net](mailto:jtjolley@twave.net)

**Awards:** Individual Events: Ribbons will be given for 1<sup>st</sup> – 8<sup>th</sup> place for each age group.  
Relay Events: Ribbons will be given for 1<sup>st</sup> – 3<sup>rd</sup> place.

**Warm-ups:** Warm-ups will be as follows (with modifications on deck by the Meet Referee as conditions warrant):  
1<sup>st</sup> 30 minutes: General warm-up for all lanes. No Diving.  
2<sup>nd</sup> 30 minutes: Specific warm-up:  
Lanes 1 & 8: Push off beginning at the starting end of the pool.  
Circle swim. No Diving.  
Lanes 2,3,6, & 7: Racing start only. Swim one length only. All swimmers begin at the starting end of the pool.  
Lanes 4 & 5: General warm-up.

**Safety:** The NCS Safety Program is in effect for this meet and warm-up procedures will be in effect. Coaches are advised to closely supervise their swimmers at all times. No running or horseplay will be tolerated.

**Release:** USA Swimming, Inc., North Carolina Swimming, Inc., YMCA of Catawba Valley, and YSST 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.

**Officials &**

**Workers:** A list of certified officials should be submitted with entries. Lane assignments for timers and workers will be made after the team entries are received. **There will be an officials briefing 45 minutes prior to each session in Hospitality.**

**Meet Referee:** Jon Fox

**Meet Marshall:** David Weisgerber

**Coaches**

**Meeting:** There will be a coach's meeting at 4:45 PM on Friday. Other meetings may be called at the discretion of the Referee or Meet Director.

**General**

**Information:** Lane assignments for timing will be posted at each lane. Concessions and lunches will be available. Shower and restroom facilities are available.

## ORDER OF EVENTS

**FRIDAY EVENING SESSION:      WARM-UP 4:00 PM      START 5:00 PM**

GIRLS		BOYS
1	SENIOR 400 IM	2
3	12 & U 400 FREE	4
5	SENIOR 1500 FREE	6

**SATURDAY AM SESSION:      WARM-UP 7:30 AM      START 8:30 AM**

GIRLS		BOYS
7	10 & U 200 FREE	8
	11-12 200 FREE	10
11	8 & U 100 FLY	12
13	9-10 100 FLY	14
	11-12 100 FLY	16
17	8 & U 50 BREAST	18
19	9-10 50 BREAST	20
	11-12 50 BREAST	22
23	8 & U 100 BACK	24
25	9-10 100 BACK	26
	11-12 100 BACK	28
29	8 & U 50 FREE	30
31	9-10 50 FREE	32
	11-12 50 FREE	34
35	8 & U 200 MED RELAY	36
37	10 & U 200 MED RELAY	38
	12 & U 200 MED RELAY	40

**SATURDAY PM SESSION: WARM-UP NOT BEFORE 12:00 NOON  
START NOT BEFORE 1:00 PM**

GIRLS		BOYS
41	11-12 200 FREE	
43	13-14 400 FREE	44
45	SENIOR 400 FREE	46
47	11-12 100 FLY	
49	13-14 200 FLY	50
51	SENIOR 200 FLY	52
53	11-12 50 BREAST	
55	13-14 100 BREAST	56
57	SENIOR 100 BREAST	58
59	11-12 100 BACK	
61	13-14 200 BACK	62
63	SENIOR 200 BACK	64
65	11-12 50 FREE	
67	13-14 100 FREE	68
69	SENIOR 100 FREE	70
71	11-12 200 MED RELAY	
73	14 & U 200 MED RELAY	74
75	SENIOR 200 MED RELAY	76

## ORDER OF EVENTS

**SUNDAY AM SESSION:      WARM-UP 7:30 AM      START 8:30 AM**

GIRLS		BOYS
77	10 & U 200 IM	78
	11-12 200 IM	80
81	8 & U 100 BREAST	82
83	9-10 100 BREAST	84
	11-12 100 BREAST	86
87	8 & U 50 BACK	88
89	9-10 50 BACK	90
	11-12 50 BACK	92
93	8 & U 100 FREE	94
95	9-10 100 FREE	96
	11-12 100 FREE	98
99	8 & U 50 FLY	100
101	9-10 50 FLY	102
	11-12 50 FLY	104
105	8 & U 200 FREE RELAY	106
107	10 & U 200 FREE RELAY	108
	12 & U 200 FREE RELAY	110

**SUNDAY PM SESSION:      WARM-UP NOT BEFORE 12:00 NOON  
START NOT BEFORE 1:00 PM**

GIRLS		BOYS
111	13-14 200 IM	112
113	SENIOR 200 IM	114
115	11-12 200 IM	
117	13-14 50 FREE	118
119	SENIOR 50 FREE	120
121	11-12 100 BREAST	
123	13-14 200 BREAST	124
125	SENIOR 200 BREAST	126
127	11-12 50 BACK	
129	13-14 100 BACK	130
131	SENIOR 100 BACK	132
133	11-12 100 FREE	
135	13-14 200 FREE	136
137	SENIOR 200 FREE	138
139	11-12 50 FLY	
141	13-14 100 FLY	142
143	SENIOR 100 FLY	144
145	11-12 200 FREE RELAY	
147	14 & U 200 FREE RELAY	148
149	SENIOR 200 FREE RELAY	150