



**WINGATE UNIVERSITY
FALL FRENZY INVITE
FRIDAY, NOVEMBER 21 TO SUNDAY, NOVEMBER 23, 2014**

HOST: WINGATE UNIVERSITY MEN'S AND WOMEN'S SWIMMING

LOCATION: MECKLENBURG COUNTY AQUATIC CENTER

800 EAST MARTIN LUTHER KING JR BLVD

CHARLOTTE, NC 28202

704-336-DIVE

COURSE:

8 LANE, 25 YD COMPETITION POOL

DEPTH 7-9 FEET, LANES 9 FEET WIDE

ADJACENT WARM-UP/WARM-DOWN THROUGHOUT MEET

COLORADO TIMING SYSTEM WITH SCOREBOARD

ALL EVENTS CONTESTED IN ONE POOL

WARM-UP:

NO ASSIGNED LANES FOR GENERAL WARM-UP.

PACE AND SPRINT LANES WILL OPEN 40 MINUTES PRIOR TO THE START OF EACH SESSION AND ANNOUNCED OVER PA SYSTEM.

THE POOL WILL BE CLEARED 10 MINUTES PRIOR TO THE START OF EACH SESSION.

START TIMES:

SESSION ONE: FRIDAY, NOVEMBER 21st - PRELIMS: WARM-UP 8:30 AM-STARTS 10:00 AM

SESSION TWO: FRIDAY, NOVEMBER 21st - FINALS: WARM-UP 4:30 PM-STARTS 6:00 PM

SESSION THREE: SATURDAY, NOVEMBER 22nd - PRELIMS: WARM-UP 8:30 AM-STARTS 10:00 AM

SESSION FOUR: SATURDAY, NOVEMBER 22nd - FINALS: WARM-UP 4:30 PM-STARTS 6:00 PM

SESSION FIVE: SUNDAY, NOVEMBER 23rd - PRELIMS: WARM-UP 8:30 AM-STARTS 10:00 AM

SESSION SIX: SUNDAY, NOVEMBER 23rd - FINALS: WARM-UP 3:30 PM-STARTS 5:00 PM

TIME TRIALS:

IMMEDIATELY FOLLOWING THE CONCLUSION OF PRELIMS ON FRIDAY AND SATURDAY AND BEFORE THE 1650 DURING PRELIMS ON SUNDAY; ALSO DURING THE 20 MINUTE BREAKS BEFORE RELAYS IN THE FINAL SESSIONS. ALL TIME TRIALS WILL START WITH THE CURRENT DAY'S EVENTS AND THEN MOVE TO THE FOLLOWING DAY THEN PRECEDING DAYS; I.E. SATURDAY TIME TRIALS START WITH SATURDAY EVENTS, THEN SUNDAY, THEN FRIDAY. PLEASE,

NO TIME TRIALS FOR PERSONAL BESTS, TEAM RECORDS, FRESHMAN RECORDS, ETC. TIME TRIAL ENTRIES WILL BE TAKEN UNTIL 1 HOUR AFTER THE BEGINNING OF EACH SESSION. TOTAL TIME FOR EACH TIME TRIAL SESSION WILL BE 20 MINUTES MAXIMUM.

FORMAT:

THE 1650 AND ALL RELAY EVENTS WILL BE CONTESTED AS TIMED FINALS WITH ALL RELAYS SWIMMING AT NIGHT. ALL PRELIM/ FINAL EVENTS WILL HAVE AN A, B, AND C FINAL. WE WILL SWIM FINALS IN CBA ORDER. PLEASE USE LIFE TIME BEST TIMES FOR THE 1650 EVENT AS SOME TEAMS MAY NOT CONTEST THE EVENT PRIOR TO THE INVITATIONAL. USE SEASONAL BEST TIMES IN ALL OTHER EVENTS INCLUDING RELAYS.

ENTRY LIMIT:

EACH SWIMMER IS LIMITED TO A MAXIMUM OF SEVEN (7) EVENTS WITH NO MORE THAN (4) FOUR INDIVIDUAL EVENTS. TIME TRIALS DO NOT COUNT TOWARD THE MAXIMUM, HOWEVER A SWIMMER MAY TIME TRIAL A SPECIFIC EVENT ONLY ONCE.

INDIVIDUAL & RELAY TEAM ENTRIES:

NO LIMIT! EACH TEAM MUST LIST (18) SCORERS FOR INDIVIDUAL EVENTS WITH A TEAM MAXIMUM OF 25 TOTAL SWIMMERS PER GENDER; INDIVIDUAL SWIMMERS 19-25 MUST BE LISTED AS EXHIBITION. THIS ROSTER MUST BE SUBMITTED WITH ENTRIES. ALL TEAM MEMBERS ARE ELIGIBLE TO SWIM IN RELAYS, HOWEVER ONLY THE TWO (2) FASTEST RELAYS PER TEAM WILL BE ELIGIBLE TO SCORE.

EXHIBITION SWIMMERS WILL BE SEEDED LAST IN TIMED FINAL EVENTS WITH A LANE OF SEPARATION BETWEEN THEM AND SCORING SWIMMERS. EXHIBITION SWIMMERS CANNOT SWIM IN AN A, B, OR C FINAL UNLESS SCRATCHES, DISQUALIFICATIONS, OR ALL SCORING COMPETITORS ARE EXHAUSTED AND ONLY EXHIBITION REMAIN TO FILL A FINALS HEAT.

1650

THE 1650 IS A TIMED FINAL EVENT AND WILL BE LIMITED TO THE FASTEST 32 FOR EACH GENDER. IT WILL BE SEEDED AND SWUM SLOW TO FAST. ANY EXHIBITION SWIMS WILL BE SEEDED LAST WITH A LANE OF SEPARATION BETWEEN THEM AND SCORING SWIMMERS.

PLEASE SEE SUNDAY SCHEDULE FOR HOW THE 1650 WILL BE SWUM. IF WE DO NOT HAVE 4 HEATS, WE WILL CONDENSE USING A SIMILAR FORMAT LISTED, WITH THE FASTEST HEATS FOR EACH GENDER SWIMMING DURING FINALS.

SCRATCHES:

SCRATCHES FROM PRELIMINARIES MUST BE GIVEN TO THE HY-TEK OPERATOR BY 6:30 PM ON FRIDAY AND SATURDAY FOR THE FOLLOWING DAY'S EVENTS. SCRATCHES FOR FRIDAY'S EVENTS MUST TAKE PLACE BY WEDNESDAY, NOVEMBER 19 AT 5:00 PM TO LISA AT lisa.olack@yahoo.com. PLEASE KEEP IN MIND THAT RELAYS AND THE 1650 MUST BE POSITIVELY CHECKED IN BY THE ENTRY DEADLINES.

NO SHOWS:

IN ACCORDANCE WITH CHAMPIONSHIP RULES, A NO SHOW (FAILURE TO COMPETE) DURING ANY EVENT FOR PRELIM/FINALS, SWIM-OFFS, ETC. WILL DISQUALIFY A SWIMMER FROM THAT EVENT AND SHALL PROHIBIT FURTHER COMPETITION IN THE MEET.

COACHES MEETING:

30 MINUTES PRIOR TO THE START OF SESSION ONE

SCORING:

24 PLACE CHAMPIONSHIP SCORING

RELAY: 64-56-54-52-50-48-46-44-40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

INDIVIDUAL: 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

TEAM ENTRY FEE:

\$225.00 PER GENDER OR \$450.00 TOTAL FOR M&W.

PAYABLE TO WINGATE UNIVERSITY AQUATICS.

ENTRY PROCEDURES:

ENTRIES MUST BE SUBMITTED USING HY-TEK OR COMPATIBLE SOFTWARE. A TEAM MANAGER EVENTS FILE WILL BE SENT TO EACH PARTICIPATING COACH BY SATURDAY, NOVEMBER 8TH.

ENTRY DEADLINE WILL BE SUNDAY, NOVEMBER 16TH AT 1:00PM. PLEASE SEND ENTRIES

ALONG WITH ROSTERS TO: lisa.olack@yahoo.com BY THE ENTRY DEADLINE.

A PSYCH SHEET WILL BE EMAILED TO HEAD COACHES (PLEASE INCLUDE PREFERRED EMAIL WITH ENTRIES) BY MONDAY, NOVEMBER 17 AT 10 PM.

SCRATCHES FROM EVENTS HELD ON FRIDAY MUST BE SENT TO lisa.olack@yahoo.com BY WEDNESDAY, NOVEMBER 19 AT 5 PM.

A HEAT SHEET FOR FRIDAY'S PRELIMINARY SESSION WILL BE EMAILED TO HEAD COACHES BY THURSDAY, NOVEMBER 20 AT NOON.

LATE ENTRIES:

LATE ENTRIES, AND ON DECK ENTRIES WILL BE INCLUDED AT THE DISCRETION OF THE MEET HOST ON A LANE AVAILABLE BASIS. ANY ADDED EVENTS WILL BE CONTESTED AS EXHIBITION SWIMS. NO EXTRA HEATS WILL BE ADDED!

ADMISSION:

\$5.00 PER SESSION OR \$20 ALL SESSION. COLLEGE STUDENTS \$3.00 PER SESSION OR \$15 ALL SESSION. HEAT SHEETS \$2.00 PER SESSION OR \$10 ALL SESSION. CHILDREN 12 AND UNDER ADMITTED FREE. CHILDREN 13-18 YRS WITH CURRENT YEAR USA SWIMMING MEMBERSHIP CARD ADMITTED FREE

AWARDS:

THERE WILL BE NO AWARDS FOR THIS COMPETITION

ATHLETIC TRAINING PERSONNEL:

WINGATE WILL HAVE A FULL TIME CERTIFIED TRAINER AVAILABLE TO ASSIST WHEN NEEDED. ICE WILL BE AVAILABLE. IF A STUDENT OR FULL TIME TRAINER IS NOT TRAVELING WITH

YOUR TEAM PLEASE BRING SUPPLIES FOR MINOR NEEDS SUCH AS ICE BAGS, BAND-AIDS, TAPE, ASPRIN, ETC. THERE IS NO TRAINING ROOMS AVAILABLE AT MCAC. IF NECESSARY, THE E.A.P. WILL BE UTILIZED IF AN EMERGENCY OCCURS.

INSURANCE:

PLEASE HAVE YOUR HEAD TRAINER SEND MATT JAKUBOWSKI AT mathew.jakubowski@mecklenburgcountync.gov A COPY OF YOUR INSURANCE NAMING MCAC AS ADDITIONALLY INSURED FOR LIABILITY DURING THE DATES OF THE FALL FRENZY.

HOTELS:

<http://www.marriott.com/hotels/travel/cltru?groupCode=BSFBSFC&app=resvlink&fromDate=11/16/12&toDate=11/18/12>

OPERATIONAL PERSONNEL	ASSIGNMENT
LESLEY PELKA	MEET REFEREE
LISA OLACK lisa.olack@yahoo.com 704-577-5002	HY-TEK AND MEET OPERATIONS
MARK WIEBKE	DECK REFEREE
DAVE OLACK	STARTER
RODNEY SELLARS	COLORADO TIMING SYSTEM
KEVIN POLANSKY	ANNOUNCER
MATT JAKUBOWSKI	FACILITY COORDINATOR
KIRK SANOCKI (WINGATE)	MEET HOST
TBA	FOUR STROKE AND TURN OFFICIALS

DATES TO REMEMBER:

DAY/DATE	TIME	FOR
Sunday, November 16	1:00 PM	Entries, roster, coaches contact info due
Monday, November 17	10:00 PM	Psych sheet issued
Wednesday, November 19	5:00 PM	Scratches for Friday events due
Thursday, November 20	Noon	Friday heat sheets issued

EVENT ORDER

WOMEN	SESSION ONE: FRIDAY PRELIMS 10:00 AM	MEN
3	500 FREESTYLE	4
5	200 INDIVIDUAL MEDLEY	6
7	50 FREESTYLE	8
	TIME TRIALS	

WOMEN	SESSION TWO: FRIDAY FINALS 6:00PM	MEN
1	200 FREESTYLE RELAY	2
3	500 FREESTYLE	4
5	200 INDIVIDUAL MEDLEY	6
7	50 FREESTYLE	8
	20 MINUTE BREAK-(TIME TRIALS)	
9	400 MEDLEY RELAY	10

WOMEN	SESSION THREE: SATURDAY PRELIMS 10:00AM	MEN
13	400 INDIVIDUAL MEDLEY	14
15	100 BUTTERFLY	16
17	200 FREESTYLE	18
19	100 BREASTSTROKE	20
21	100 BACKSTROKE	22
	TIME TRIALS	

WOMEN	SESSION FOUR: SATURDAY FINALS 6:00PM	MEN
11	200 MEDLEY RELAY	12
13	400 INDIVIDUAL MEDLEY	14
15	100 BUTTERFLY	16
17	200 FREESTYLE	18
19	100 BREASTSTROKE	20
21	100 BACKSTROKE	22
	20 MINUTE BREAK-(TIME TRIALS)	
23	800 FREESTYLE RELAY	24

WOMEN	SESSION FIVE: SUNDAY PRELIMS 10:00AM	MEN
25	1650 FREE (W-Heat 1)(M-Heat 1)(W-Heat 2)	26
27	200 BACKSTROKE	28
29	100 FREESTYLE	30
31	200 BREASTSTROKE	32
33	200 BUTTERFLY	34
	20 MINUTE BREAK-(TIME TRIALS)	
25	1650 FREE (M-Heat 2)(W-Heat 3)(M-Heat 3)	26

WOMEN	SESSION SIX: SUNDAY FINALS 5:00PM	MEN
25	1650 FASTEST HEAT	26
27	200 BACKSTROKE	28
29	100 FREESTYLE	30
31	200 BREASTSTROKE	32
33	200 BUTTERFLY	34
	20 MINUTE BREAK-(TIME TRIALS)	

WOMEN	SESSION SIX: SUNDAY FINALS 5:00PM	MEN
35	400 FREESTYLE RELAY	36