**2015 North Carolina Short Course Yards Championships
March 28-29, 2015
Triangle Aquatic Center, Cary N.C.
Hosted by Raleigh Area Masters**

IMPORTANT NOTE: You need to be a 2015 member of USMS to enter this swim meet. Go to www.usms.org/reg/ to join or renew your USMS membership. No USMS one day registration allowed.

Sanctioned by LMSC for NC for USMS, Inc. Sanction #

**Meet Director**: Sue Haugh

Contact meetdirector@swimram.org for questions about meet registration.

Contact sam.harris321@gmail.com for questions about swim meet billing.

**Meet Referee**: Tom Cox

REGISTRATION IS AVAILABLE ONLINE ONLY! IT'S MORE EFFECTIVE AND EASIER!

**Facility:** Triangle Aquatic Center, 275 Convention Drive, Cary, NC 27511, (919) 459-4045. This state-of-the-art, 72,000 square foot facility houses three pools. The competition pool ranges in depth from 7 to 12 feet, with 6-8 lanes configured as short-course. Water temperature is maintained between 79-81 degrees. Two matrix scoreboards for results and competitor names are located above the pool. Spectator capacity within the facility is 1000 with room for additional seating of 600 on deck. Directions can be found via http://triangleaquatics.org/AboutUs/Directions/.

**Rules:** Swimmers must be registered with USMS for 2015. USMS One Day Registration will not be allowed for this meet. USMS rules govern the meet. Swimmers are limited to 5 individual events per day. When warming up, you must enter the pool feet first except in sprint lanes. No paddles or kickboards are allowed. All swimmers must sign the standard USMS waiver upon arriving at the meet. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement. The pool will be measured as required by USMS.

**Fee:** $40 early bird registration accepted until 11:59 pm EST 2/28/2015. After 2/28, $50 flat fee. No charge for relays. There will be no refund unless the meet is cancelled, in which case $10 of the fee paid will be retained, and the remainder will be refunded. The late entry fee is $60.

**Deadline:** Early Bird Entries must be completed online by 11:59pm EST Sunday, February 28th, 2015. Regular Entries must be completed online by 11:59pm EST Wednesday, March 25th, 2015. Online entries are required. Deck entries will be accepted from 7:00am to 8:00 am Saturday, March 28th, 2015 for the 1000 and 1650 if they are not full from online entries. Deck entries will be accepted Saturday March 28th, 2015 from 7:00 am to 11:00 a.m. for the remainder of the meet and between 7:00am and 8:00am Sunday, March 29th, 2015 for Sunday events. A deck entry fee will apply. Heat sheets will be published based on all entries received by Wednesday, March 25th, 2015 at 11:59pm.

**Scoring & Awards**: Individual events will be scored 9-7-6-5-4-3-2-1; relays doubled. Award certificates will be available to each participant. Awards will be given to individuals with the highest points in each age group, male and female.

**Seeding:** All events will be seeded by gender and time except the following events which will be seeded by time only: 1650, 1000, 400 IM and 500 free. In order to be seeded in the 1650, 1000, 400 IM and the 500 free, you must re-confirm at the pool that you will swim. All events will be seeded from slow to fast except the 500 free, which will be seeded fast to slow. “No Time” is not allowed. The Meet Director reserves the right to combine genders in any other events.

**Relays:** Online relay entries will be accepted until the deadline for individual events. Relay entries will also be accepted at the meet by filling out relay cards and turning them in to the meet director. Deadlines for relay entries will be announced by the meet director at the meet but should be done as soon as possible when arriving at the meet

**Schedule:** March 28th-29th, 2015. Saturday morning: Warm up at 8:00am; first heat of the 1650 starts at 8:30am. Saturday afternoon: Warm up not before 11:30am; first heat of 100 Butterfly starts not before 12:30pm. Sunday morning: Warm up 8:00am; first heat of 50 Butterfly starts at 8:30am.

**T-Shirt:** A commemorative T-shirt is available for $12.00 per shirt.

**Hotels:** Triangle Aquatic Center has special arrangements with eight hotels located between 1.6 and 4.5 miles from the pool. Established prices range from $59.99 to $129 per night. Hotel information can be found at http://www.triangleaquatics.org/Events/PreferredHotels/.

**Schedule of Events**

**Saturday March 28th, 2015**

Warm up 8:00 am; Meet starts at 8:30am

W M

 1 1 1,650 yd Freestyle (Limited to first 24 entries, seeded slow to fast, 8 lanes)

 2 2 1,000 yd Freestyle (Limited to first 40 entries, seeded slow to fast, 8 lanes)

Warm up not before 11:30 am; Event 3 starts not before 12:30pm

 3 4 400 yd Free Relay

 5 6 100 yd Butterfly

 7 8 50 yd Breaststroke

 9 10 200 yd Medley Relay

11 12 100 yd Backstroke

13 13 400 yd IM \*\*

Break

14 15 50 yd Freestyle

16 17 200 yd Breaststroke

18 19 200 yd Freestyle

20 21 100 yd IM

22 22 200 yd Mixed Medley Relay

**Sunday March 29th, 2015**

Warm up 8:00am; Meet starts at 8:30am

W M

23 24 400 yd Medley Relay

25 26 50 yd Butterfly

27 28 200 yd IM

29 30 50 yd Backstroke

Break

31 31 200 yd Mixed Free Relay

32 33 100 yd Breaststroke

34 35 200 yd Backstroke

36 37 100 yd Freestyle

38 39 200 yd Butterfly

40 41 200 yd Free Relay

42 42 500 yd Freestyle\*\* (Seeded fast to slow)

\*\* RECONFIRM AT THE POOL IF YOU WILL SWIM IN EITHER OR BOTH OF 400IM and 500 FREE