

**2008 EAST CAROLINA SWIM LEAGUE
LONG COURSE CHAMPIONSHIPS
Morehead City, NC
June 20-22, 2008**

- Sanction: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction #NC08049
- Classification: Open – All sessions are timed finals.
- Host: Carteret Currents Swimming
- Facility: The Sports Center Outdoor Park is an eight lane, 50 meter pool with non-turbulent lane markers and custom paragon starting blocks. Deck area is available for swimmer and spectator seating. We will be using an IST timing system in the semi-automatic mode with two back-up buttons per lane.
- Location: The Sports Center, 701 N. 35th Street, Morehead City, NC
- Rules: This meet will be conducted in accordance with current USA Swimming and NCS Rules as specified in the USA Swimming Rules and regulations and the NCS Official Handbook, except where rules are optional and exceptions are herein stated. The North Carolina scratch rules will be in effect for all deck seeded events.
- Eligibility: All swimmers must be registered with USA Swimming, Inc., and team must be a member of the East Carolina Swim League and any other invited teams.
- Entries:
 1. Submit entries on ENCLOSED entry forms and summary sheets. Hytek software will be used. Disk entries are welcome, but a hard copy of the entries must be included. Disk entries will take precedence over printed copy in case of discrepancies.
 2. Show actual age of swimmer as of June 20, 2008.
 3. Enter METER times only.
 4. Include a copy of the Official Team Roster showing USA Swimming Registration Numbers, otherwise swimmers will be required to present their registration cards as evidence of current registration. There will be no “on deck” registration available at this meet.
 5. Only properly submitted entries, including fees, will be accepted.
- Entry Limit: Each swimmer may enter four individual events, plus one relay, per day.
- Seeding:
 1. All events 200M and shorter will be preseeded. All individual events 400M and longer will be deck seeded.
 2. The 400IM, 800Free, and the 400Free will be swum slowest to fastest, all women’s heats first, then men.
- Entry Deadline: **Entries must be received no later than WEDNESDAY, June 11, 2008.** Late entries may be accepted at the discretion of the Meet Director. All entries received after June 11, 2008, will be considered late and will be charged double fees if accepted and may not be seeded. If the heat sheet has already gone to print, swimmers will only be entered

late if there are existing open lanes. Entries will not be considered complete without full payment of all entry money. No telephone or fax entries will be accepted.

Entry Fees: \$2.00 per individual event
\$8.00 per relay event
\$2.00 NCS Travel Fee per swimmer, (including relay only swimmers)
\$5.00 Facility Surcharge per swimmer
\$8.00 per team Fee for East Carolina Swim League NCS Registration
Entry fees are non-refundable

Make checks payable to Carteret Currents Swimming

Mail Entries To: Carteret Currents Swimming
P.O. Box 2181
Morehead City, NC 28557
(252) 646-4998
carteretswim@yahoo.com

Please include entry fees, entry summary form.

Email Entries To: Montz Burckhardt – Burckhardt@campbell.edu
(919) 893-1353

Meet Director: Tom Mason

Meet Referee: Robert Bittner

Meet Marshal: Bill Costin

Awards: Individual Events: 1-8 Ribbons
Relay Events: 1-3 Ribbons

Scoring: Individual Events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2

Warm-ups: 8:00 am – timed finals begin at 9:00 am.

First 40 minutes: General warm-up all lanes. No diving during this period.

Last 10 minutes: Specific warm-up.

Lanes 1&8: Pace, no diving.

Lanes 2, 3, 4, 5, 6, 7: Dive start sprints.

Coaches: Team packets will be available at the Clerk of Course upon presentation of Verification: 2008 USA Swimming card in a visible place while on the pool deck. Coaches meeting will be held at the Clerk of Course at 4:50pm on Friday, June 20, 2008. Check in for the events 400m and longer will need to be done 15 minutes prior to the beginning of each session.

Officials: Briefing will be held near the starting area at 4:50pm on Friday, June 20, 2008.

- 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.
- Release:** USA Swimming, Inc., North Carolina Swimming, Inc., Carteret Currents Swimming, Inc., The Sports Center, Morehead City, NC, 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.
- Lodging:** See attached information.
- Special Note:** Please contact Robert Bittner,
Cell: (252) 808-5329 Work: (252) 223-3171
If your club can provide meet officials.
- Lane Timers:** If your team is entering 10 or more swimmers in the competition, please be prepared to help provide lane timers during the conduct of the meet. Entrants in the 400 and above will need to provide their own timer and lap counter for this event.
- Hospitality:** Hospitality will be available for all officials, coaches, and meet volunteers.
- Concessions:** A variety of food, drinks and snacks will be available for sale at the concession stand at the entrance to the pool.

ECSL LONG COURSE CHAMPIONSHIPS

ORDER OF EVENTS

FRIDAY, JUNE 20, 2008

WARMUPS: 4:00pm

MEET BEGINS: 5:00pm

| <u>Women</u> | | <u>Events</u> | | <u>Men</u> |
|--------------|--------|---------------|------|------------|
| 1 | OPEN | 400 | IM | 2 |
| 3 | 10 & U | 200 | IM | 4 |
| 5 | 11-12 | 200 | IM | 6 |
| 7 | 13-14 | 200 | IM | 8 |
| 9 | OPEN | 400 | Free | 10 |

ECSL LONG COURSE CHAMPIONSHIPS

ORDER OF EVENTS

SATURDAY, JUNE 21, 2008

WARMUPS: 8:00am

MEET BEGINS: 9:00am

| <u>Women</u> | | <u>Events</u> | | <u>Men</u> |
|--------------|-------|---------------|------|------------|
| 11 | 8 & U | 100 | Free | 12 |
| 13 | 9-10 | 100 | Free | 14 |
| 15 | OPEN | 200 | Free | 16 |
| 17 | 11-12 | 50 | Free | 18 |
| 19 | 13-14 | 50 | Free | 20 |
| 21 | OPEN | 50 | Free | 22 |
| 23 | 8 & U | 50 | Back | 24 |
| 25 | 9-10 | 50 | Back | 26 |
| 27 | 11-12 | 50 | Back | 28 |
| 29 | 13-14 | 100 | Back | 30 |
| 31 | OPEN | 100 | Back | 32 |

*****30 MINUTE BREAK*****

(POOL WILL BE AVAILABLE FOR AFTERNOON SESSION WARM-UPS)

| | | | | |
|----|--------|-----|------------|----|
| 33 | 8 & U | 200 | Free Relay | 34 |
| 35 | 10 & U | 200 | Free Relay | 36 |
| 37 | 12 & U | 200 | Free Relay | 38 |
| 39 | 14 & U | 200 | Free Relay | 40 |
| 41 | OPEN | 200 | Free Relay | 42 |
| 43 | OPEN | 200 | Fly | 44 |
| 45 | 8 & U | 50 | Breast | 46 |
| 47 | 9-10 | 50 | Breast | 48 |
| 49 | 11-12 | 50 | Breast | 50 |
| 51 | 13-14 | 100 | Breast | 52 |
| 53 | OPEN | 100 | Breast | 54 |

*****10 MINUTE BREAK*****

| | | | | |
|----|------|-----|------|----|
| 55 | OPEN | 800 | Free | 56 |
|----|------|-----|------|----|

ECSL LONG COURSE CHAMPIONSHIPS
ORDER OF EVENTS
SUNDAY, JUNE 22, 2008

WARMUPS: 8:00am
MEET BEGINS: 9:00am

| <u>Women</u> | <u>Events</u> | | | <u>Men</u> |
|--------------|---------------|-----|--------------|------------|
| 57 | OPEN | 200 | Back | 58 |
| 59 | 8 & U | 50 | Free | 60 |
| 61 | 9-10 | 50 | Free | 62 |
| 63 | 11-12 | 100 | Free | 64 |
| 65 | 13-14 | 100 | Free | 66 |
| 67 | OPEN | 100 | Free | 68 |
| 69 | 8 & U | 200 | Medley Relay | 70 |
| 71 | 10 & U | 200 | Medley Relay | 72 |
| 73 | 12 & U | 200 | Medley Relay | 74 |
| 75 | 14 & U | 200 | Medley Relay | 76 |
| 77 | OPEN | 200 | Medley Relay | 78 |

*****30 MINUTE BREAK*****

(POOL WILL BE AVAILABLE FOR AFTERNOON SESSION WARM-UPS)

| | | | | |
|----|-------|-----|--------|----|
| 79 | OPEN | 200 | Breast | 80 |
| 81 | 8 & U | 50 | Fly | 82 |
| 83 | 9-10 | 50 | Fly | 84 |
| 85 | 11-12 | 50 | Fly | 86 |
| 87 | 13-14 | 100 | Fly | 88 |
| 89 | OPEN | 100 | Fly | 90 |

*****10 MINUTE BREAK*****

| | | | | |
|----|------|-----|----|----|
| 91 | OPEN | 200 | IM | 92 |
|----|------|-----|----|----|

THE SPORTS CENTER OUTDOOR POOL
701 N. 35TH STREET
MOREHEAD CITY, NC

DIRECTIONS

Traveling east on Highway 70, (HWY 70 is also Arendell Street):

From the stoplight just after K-Mart, it is approximately 2 miles to 35th Street.

Carteret General Hospital is on the left.

Turn left onto N. 35th Street.

At the next stoplight on Bridges Street, there is a post office on the left, and a First Citizens Bank on the right.

Continue straight on N. 35th Street.

The Sports Center is on the west, or left, side of the street as you're heading north, at 701 N. 35th Street.

The outdoor pool is on the north end of the complex.

CARTERET CURRENTS SWIM TEAM
SUPPORTERS AND SPONSERS

MOTEL/HOTEL LIST

| | | |
|------------------------------|--------------------|-------------------------------|
| Best Western Buccaneer Inn | Morehead City, NC | 252-726-3115 |
| Comfort Inn | Morehead City, NC | 800-422-5404 252-247-3434 |
| Days Inn & Suites | Atlantic Beach, NC | 252-247-6400 |
| Parkerton Inn | Cape Carteret, NC | 800-393-9909 |
| Sandpiper Motel | Atlantic Beach, NC | 252-726-3148 |
| Seahawk Motor Lodge & Villas | Atlantic Beach, NC | 800 -682-6898 252-726-4146 |

You may also call 1-800-SunnyNC or go online: www.sunnync.com, for a complete listing of area accommodations.