

2010 Northern Divisional Championships

Gabrielsen Natatorium, UGA
Athens, Georgia – March 26th – 28th
Sanction: GA 10

Host Club: Athens Bulldog Swim Club

Meet Director: Jonathan Foggin
E-mail: jsfoggin@gmail.com

Meet Referee: Kathleen Schmaltz
E-mail: kathleenschmaltz@rocketmail.com

Facility: UGA's Ramsey Student Center/Gabrielsen Natatorium
330 River Rd.
Athens, GA 30602

The meet will take place in the Gabrielsen Natatorium's state of the art 50M x 25yd competition pool. Two eight lane 25yd courses will be available for competition during the meet. An Eight lane 25yd warm-up/down pool will be available throughout the course of the meet. A Colorado System 6 automatic timing system, non-slip touch pads, non-turbulent lane lines, and two 8-lane score boards will be used.

Eligibility: Open to all swimmers registered with teams in the Georgia Northern Division.

Format: All events Friday will be timed finals. All events Saturday and Sunday (with the exception of the 1650 Free) will be swum in a prelims/finals format for the 11-12, 13-14, and Senior age groups. Finals will be run with an A and B final for the 11-12, 13-14 and Senior age groups. A finals will swim first to ensure a full heat. All 10 & Under events will be contested as timed finals. All relays will be contested in the prelim sessions as timed finals. All 10 & Under events will be swum in a mid-day timed final session. The meet will be run in two competition courses.

Friday, March 26th, 2010

Timed finals warm-up	4:00 PM – 4:50 PM
Timed Finals start time	5:00 PM

Saturday, March 27th, 2010

Preliminary warm-up	7:00 AM – 8:00 AM
Preliminary start time	8:15 AM
Timed Finals warm-up	11:30 AM – 12:20 PM
Timed Finals start time	12:30 PM
Finals warm-up	4:00 PM – 4:50PM
Finals start time	5:00 PM

Sunday, March 28th, 2010

Preliminary warm-up	7:00 AM – 8:00 AM
Preliminary start time	8:15 AM
Timed Finals warm-up	11:30 AM – 12:20 PM
Timed Finals start time	12:30 PM
Finals warm-up	4:00 PM – 4:50 PM
Finals start time	5:00 PM

Check in events: The 400 IM and 500 Free will be swum slowest to fastest. Swimmers must check in for these events by 4:30 p.m. Friday afternoon. The 1650 Free will be limited to the fastest 16 women and the fastest 16 men. The two heats of 1650s will be swum fastest to slowest. Swimmers must check in for the 1650 by the beginning of the 11 & Over session on Sunday. All relays will be deck seeded and must check in by the beginning of the session in which they are to be swum.

- Scoring:** Individual events will be scored as follows:
20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
Relay points will be double those awarded for individual events.
- Entry Limits:** Swimmers in the 11-12, 13-14, and Senior age groups may enter no more than 3 events per day not including relays. Swimmers in the 8 & under and 9-10 age groups may enter 4 events per day plus relays.
- Entry Fees:** \$4.50 per individual event and \$6.00 per relay.
- Swimmer Surcharge:** There will be a \$15.00 per individual facility surcharge.
- Late Entries:** Late entries will be accepted on lane availability basis. No new heats will be created and all late entries will be entered with NT. Any late entry will need to present proof of USAS registration. The cost will be \$9.00 per individual event and \$12.00 per relay.
- Entry Due Date:** All meet entries must be received by Wednesday March 17th. E-mailed entries will be accepted as long as hard copy, fees, and entry summary form are received by the aforementioned date. No faxed entries will be accepted.
- Awards:** Medals will be given to the top 3 finishers in each individual event and the top finisher in each relay event. Ribbons will be given for the 4th – 8th finishers in individual events and 2nd and 3rd finishers in relay events.
- Officials:** Any officials who are interested in working this meet should contact the Meet Referees as soon as possible. Any certified official or apprentice wishing to work must sign in prior to the required meeting which is held one hour before the start of each session. Anyone wishing a specific assignment must contact the meet referee as soon as possible.
- USA-S Membership:** No entries will be accepted without USA-S numbers. Each club is responsible for the proper registration of its swimmers, officials and coaches. All coaches must be members of USA-S and must meet current USA-S safety training requirements. Any coach not having a current 2010 certification card will be barred from the pool deck. There will be no exceptions. If a swimmer attends the meet without a coach, he or she must arrange to be supervised by a USA-S member coach from another team.
- Scratch Rule:** The current USA scratch rule (which is also the Georgia Swimming scratch rule) as defined in the current USA rule book will be in force (see attached).
- Warm-up:** Georgia Swimming, Inc. warm-up procedures will be in effect for the meet. There will be a controlled warm-up period before prelims in order to assure space for all swimmers. A warm-up schedule will be distributed to all teams. Warm-up marshals will be assigned to monitor warm-up. Coaches must be USA-S certified and are required to supervise their swimmers during warm-up.
- Seating:** When not engaged in activities related to their events, swimmers must sit in the stands. There will be no seating for swimmers or parents on the pool deck.
- Safety:** In the interest of safety, coaches and swimmers shall observe all posted rules and conduct themselves in a safe and prudent manner. No one will be allowed to climb to the three, five, seven, or ten meter tower, the practice boards and mats, or the one and three meter diving boards for any reason. The Gabrielsen Natatorium, the Ramsey Student Center, Athens Bulldog Swim Club, and the University of Georgia will not accept responsibility for any person who climbs to an unsafe height for any reason. Coaches are reminded to tell their swimmers that the depth of the competition pool is 8 feet at the starting ends. Swimmers should always use caution when diving from the starting blocks.

- Coaches Meeting:** Friday, March 26th at 3:45 PM. A coach from each team must attend.
- Divisional Meeting:** There will be a meeting of the Georgia Northern Division in the hospitality room at the conclusion of Saturday's timed final session. All teams are encouraged to send a representative.
- Spirit Award:** An award will be given to the Northern Division club showing the most team spirit. A 5 member spirit award committee comprised of coaches, officials, and pool staff will be selected at the beginning of the meet. Their decision on the winner of the award will be announced at Sunday evening's finals session
- Results:** After each session results will be posted on the Athens Bulldog Swim Club web site. A Hy-tek meet events file may be downloaded from the ABSC website as well (www.athensbulldogs.com).

Order of Events

Friday Timed Finals

Warm-up 4:00 p.m.

Women's Event Number	Qualifying Standard	Event	Qualifying Standard	Men's Event Number
1	3:42.69	10 & Under 200 IM	3:40.89	2
3	3:03.79	11-12 200 IM	3:03.09	4
5	6:10.79	13-14 400 IM	5:50.59	6
7	6:01.49	Senior 400 IM	5:35.79	8
9	8:30.49	10 & Under 500 Free	8:25.79	10
11	7:10.79	11-12 500 Free	7:05.49	12
13	6:51.79	13-14 500 Free	6:31.09	14
15	6:45.29	Senior 500 Free	6:18.39	16

Saturday Prelims

Warm-up 7:00 a.m.

Women's Event Number	Qualifying Standard	Event	Qualifying Standard	Men's Event Number
17		11-12 100 IM		18
19	2:55.49	13-14 200 IM	2:43.69	20
21	2:51.49	Senior 200 IM	2:37.69	22
23		11-12 100 Free		24
35		13-14 100 Free		26
27		Senior 100 Free		28
29		11-12 100 Breast		30
31	3:14.59	13-14 200 Breast	3:02.39	32
33	3:09.99	Senior 200 Breast	2:55.09	34
35		11-12 100 Back		36
37	2:51.79	13-14 200 Back	2:41.29	38
39	2:47.89	Senior 200 Back	2:34.39	40
41		11-12 50 Fly		42
43		13-14 100 Fly		44
45		Senior 100 Fly		46
47		12 & Under 200 Free Relay		48
49		14 & Under 200 Free Relay		50
51		Senior 200 Free Relay		52

Saturday Timed Finals

Warm-up 11:30 a.m.

Women's Event Number	Qualifying Standard	Event	Qualifying Standard	Men's Event Number
53	2:09.99	8 & Under 100 IM	2:09.99	54
55		9-10 100 IM		56
57		8 & Under 25 Free		58
59		9-10 50 Free		60
61		8 & Under 50 Breast		62
63	1:59.99	9-10 100 Breast	1:55.69	64
65		8 & Under 25 Back		66
67		9-10 50 Back		68
69		8 & Under 50 Fly		70
71	1:57.49	9-10 100 Fly	1:55.19	72
73		8 & Under 100 Free Relay		74
75		10 & Under 200 Free Relay		76

Order of Events

Sunday Prelims

Warm-up 7:00 a.m.

Women's Event Number	Qualifying Standard	Event	Qualifying Standard	Men's Event Number
77	2:43.19	11-12 200 Free	2:38.89	78
79	2:36.09	13-14 200 Free	2:26.09	80
81	2:32.09	Senior 200 Free	2:20.09	82
83		11-12 50 Breast		84
85		13-14 100 Breast		86
87		Senior 100 Breast		88
89		11-12 50 Back		90
91		13-14 100 Back		92
93		Senior 100 Back		94
95		11-12 100 Fly		96
97	2:53.39	13-14 200 Fly	2:43.69	98
99	2:48.59	Senior 200 Fly	2:35.59	100
101		11-12 50 Free		102
103		13-14 50 Free		104
105		Senior 50 Free		106
107		12 & Under 200 Medley Relay		108
109		14 & Under 200 Medley Relay		110
111		Senior 200 Medley Relay		112
113	Fastest 16	Senior 1650 Free	Fastest 16	114

Sunday Timed Finals

Warm-up 11:30 a.m.

Women's Event Number	Qualifying Standard	Event	Qualifying Standard	Men's Event Number
115	1:54.59	8 & Under 100 Free	1:51.59	116
117	3:20.19	9-10 200 Free	3:09.89	118
119		8 & Under 25 Breast		120
121		9-10 50 Breast		122
123		8 & Under 50 Back		124
125	1:45.69	9-10 100 Back	1:42.89	126
127		8 & Under 25 Fly		128
129		9-10 50 Fly		130
131		8 & Under 50 Free		132
133		9-10 100 Free		134
135		8 & Under 100 Medley Relay		136
137		10 & Under 200 Medley Relay		138

Georgia Swimming

Meet Safety Guidelines and Warm-up Procedures

I. Meet Safety Guidelines

A. Coaches Responsibilities

1. Coaches shall instruct their swimmers regarding swimming safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
2. Coaches shall instruct their swimmers regarding swimming safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
3. Coaches shall actively supervise their swimmers throughout the warm-up session at meets and at all practices.
4. Coaches should maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
5. Coaches should stand near the starting end of the pool when starting swimmers on sprint or pace work.

B. Host Team Responsibilities

1. Marshaling

- a. A minimum of two marshals who report to and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session.
 - b. When ever a sprint lane is open, an additional Marshall must be assigned to that lane's starting block.
 - c. Marshals shall be members of United States Swimming.
 - d. Marshals shall have the authority to move from the deck for the remainder of the warm-up session any swimmer or coach who is in violation of safety guidelines of warm-up procedures.
2. Host teams shall provide signs for each lane at both ends of the pool which indicate the designated use during warm-up.
 3. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area. The following statement shall appear in the meet information:
"Georgia Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet."
 4. An announcer shall be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
 5. Hazards in locker rooms, on deck areas, used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
 6. All starting platforms shall be anchored to the deck or bulkhead to remain stable at all times in accordance with United States Swimming rules.

C. Miscellaneous

1. Backstrokers shall insure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
2. During competition, backstrokers shall enter the water feet first when given permission by the starter to enter the water. The penalty for failure to comply is disqualification.

GEORGIA SWIMMING INC. SCRATCH RULE

The Scratch Rule used in all meets in Georgia where the meet format has preliminary heats, consolation finals, and finals is the same "Scratch Rule" as that found in the current USA Swimming Rules and Regulations, Rule 207.5.9 D and E.

A. Scratching from finals:

1. Any swimmer qualifying for a C, B, or A (bonus and consolation final or) final race in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in paragraph E.
2. In the event of withdrawal or barring of a swimmer from competition the Referee shall fill the C, B, or A (bonus and consolation final or) final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.
3. Where C and B (bonus and consolation) finals have not been swum and a barring or withdrawal is known to the Referee, the Referee shall re-seed the C, B, or A (bonus final, consolation final or) final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.
4. If a C or B (bonus and consolation) final has already been contested, the companion final shall be swum without reseeding for the empty lane(s).

B. Exceptions for failure to compete – No penalty shall apply for failure to withdraw or compete in an individual event if:

1. The Referee is notified in the event of illness or injury and accepts the proof thereof.
2. A swimmer qualifying for a C, B or A (bonus or consolation final or) final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers for that race that they may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event.
3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

*LSC ADDITIONS (Adopted 9/2006)

1. Swimmers who qualify for any additional heats beyond the above mentioned "C, B and A" final races will also be subject to the above rules concerning scratching from finals.
2. In deck seeded events, a swimmer who has checked in, been seeded and fails to compete in said event, shall be barred from his or her next individual event, except as noted in section E above. This rule also applies in timed finals meets where the meet management has placed limits on the number of heats to be contested or the number of individual entries to be accepted for deck-seeded events, unless otherwise stated in the Meet Information.
3. There is no scratch rule governing relays and there is no penalty regarding relay scratches.
4. Qualifiers for all finals heats and first and second alternates are those as identified on the original results of the preliminary heat.
5. The meet official designated to receive initial intentions not to compete and final intentions shall be announced at the beginning of each session. It is suggested that this official be the Clerk of Course.
6. On the final day of LSC Championship competition, any swimmer who has checked in for finals and fails to show will be assessed a \$50 fine. This fine must be paid before the next LSC Championship meet in which the swimmer intends to compete or the swimmer will be barred from competition.
7. "Positive check-in", (for deck seeding), designating a swimmer's intent to swim a race, shall be denoted by the swimmer's or coach's initials next to the swimmer's name on the official entry sheet posted at the Clerk of Course.

Northern Divisional Official Entry Summary

Team Name _____

Official Abbreviation _____ Coach _____

Address _____

City _____ State _____ Zip _____

Phone Numbers (w) _____ (h) _____ (e-mail) _____

Total Swimmers _____ **X \$15.00 Surcharge** =

Total Ind. Entries _____ **X \$4.50 Entry fee** =

Total Relay Entries _____ **X \$6.00 Entry fee** =

Total Due

Make checks payable to: Athens Bulldog Swim Club (Please write one check only)

**Send Entries to:
Athens Bulldog Swim Club
Attention: Jonathan Foggin
139 Hope Avenue
Athens, GA 30606**

**Entries may be e-mailed to
Jonathan Foggin
jsfoggin@gmail.com**

Entries must be received by **Wednesday, March 17th, 2010.**

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:

I, the undersigned coach or team representative verify that all of the swimmers and coached listed on the enclosed entry are registered with USA Swimming.

I acknowledge that I am familiar with the safety rules of USA Swimming and Georgia Swimming Inc. regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet.

The University of Georgia, Athens Bulldog Swim Club, Georgia Swimming, Inc. and USA Swimming., its agents, employees and coached shall be free from any liability or claim for damages rising by reason of illness or injury to anyone during the conduct of this meet.

Signature/Title

HOTEL INFORMATION

Best Western

**170 N Milledge Avenue
Athens, Ga 30601**

(706) 546-7311

4 miles to Natatorium

Located in the Heart of Athens Historic District the Best Western features an elaborate continental breakfast. Each 3-diamond rated guest room is equipped with voice mail, microwave/refrigerator, coffee brewer, iron w/board, and electronic keycard door locks. Directly across from the famous Varsity Restaurant.

Courtyard by Marriott

**166 Finley Street
Athens, Ga 30601**

(706) 369-7000

4 miles to Natatorium

The Courtyard By Marriott was renovated in 1998. It features a restaurant serving hot breakfast, a lounge, an exercise room, an outdoor pool with Jacuzzi, laundry facilities, and a southern style porch with rocking chairs. All rooms include a coffee maker, cable and HBO, computer data ports, electronic key card locks. Two blocks from downtown Athens and UGA.

Holiday Inn

**197 E Broad Street
Athens, Ga 30603**

(706) 549-4433

2 miles to Natatorium

Holiday Inn is Athens' only full service and four diamond hotel with 308 guest rooms and suites. Holiday Inn guests enjoy the comfort of in house restaurant, lounge, meeting rooms for up to 300, exercise facility and indoor pool, sundeck and whirlpool. Deluxe accommodations are available. Across the street from Downtown and UGA Campus.

Holiday Inn Express

**513 W Broad Street
Athens, Ga 30603**

(706) 549-4433

2.5 miles to Natatorium

As one of Athens' newest hotels it features a deluxe continental breakfast bar, fitness and business center, outdoor pool, great rooms, free local calls, coffee maker, hair dryers, iron, and data ports.

Microtel Inn

**1050 Ultimate Drive
Athens, GA 30606**

(706) 548-5676

5 miles to Natatorium

Another of Athens newly constructed hotels it features quality, comfort, value, and safety. All rooms are interior corridor with queen size beds, data ports, remote cable TV with ESPN, CNN and HBO. Complimentary breakfast is served each morning. In addition, we offer guest washers and dryers, vending machines, and a microwave. Hair dryers, irons, boards, cribs, rollaways, & laundry valet service are available upon request.

Hilton Garden Inn

**390 East Washington Street
Athens, GA 30601**

(706) 353-6800

1.5 miles to Natatorium

The The Hilton Garden Inn Athens Downtown hotel in Georgia is located in the heart of historic downtown Athens. Across the street from the hotel is the Classic Center, the premier convention and performing arts center in Athens. This Georgia hotel is within walking distance to downtown restaurants, shops and world renowned music scene. The Hilton Garden Inn Athens hotel is two blocks from the University of Georgia. The Hilton Garden Inn Athens has 185 guestrooms that include a spacious work desk, 2 phones (each with two lines) data port and voicemail. The hotel business center and fitness center are both accessible 24-hours a day.

The Foundry Park Inn

**295 East Dougherty St
Athens, GA 30601**

(706) 549-7020

2.5 miles to Natatorium

Built in a village setting, The Foundry Park Inn is the newest most exclusive Inn and Spa in Athens. Built on the location of one of Athens' oldest historic sites it is centrally located in Downtown Athens. The Athens Steam Company Pub is on site and open for breakfast, lunch and dinner as well as specialty beverages. Each room is equipped with a High Bed featuring feather down comforter & pillows, hair dryers and spa toiletries, two telephones-two lines with voice mail to accommodate your data port for internet access, ironing board & iron, coffee maker, AM/FM Clock Radio, Cable TV, and a complimentary weekday newspaper.

We hope you will find your visit to Athens an enjoyable one.