

NBSL CHAMPIONSHIPS – ASHBOURNE SWIM CLUB

FRIDAY, JULY 22nd 2011

18 & UNDER / 14 & UNDER (GIRLS & BOYS)

Pool Schedule

3:30 PM	Gates Open
4:00	1 st warm-up
4:15	2 nd warm-up
4:30	3 rd warm-up
4:45	Pool Closed Division Award Winner Trophy Presentations
4:50	Final call for the first event
5:00	Meet begins

Coaches & Officials

3:45	Officials report and sign in
4:30	Timers meeting with Head Timer

Place Judges and Stroke & Turn meeting with Referee

4:30 Coaches meeting with meet director for final corrections/scratches and any other business.
Relay swimmers names presented at scorers table. (Please attend promptly)

Rules

- 1) All league rules in effect. Swimmer age is as of June 1st.
- 2) Due to the NBSL pool depth addendum, only 4 lanes will be used for the diving events. 6 lanes will be used for all backstroke events.
- 3) All swimmers must have competed in at least one dual meet.
- 4) Swimmers may swim up in age, but may not swim the same stroke in different age groups.
- 5) Awards for the first ten places.
 - Individual Events: 1 – 6 medals / 7 – 10 ribbons
 - Relay Events: 1 -3 medals / 4 – 10 ribbons

Only Coaches May Pick Up Awards!

- 6) Scoring will be based on the final results as decided by the meet director. Place and time will be determined primarily by the Colorado Timing System.
- 7) Only top two swimmers from team will score.
- 8) Swimmers are limited to **2 individual** events and 2 relays. Swimmers are permitted to swim in both championship events (prelims and championships) provided they meet the qualifying times for that specific event.
- 9) Respect and appreciate your NBSL representatives!!!
- 10) Have Fun!!!

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Swimmers

- 3:30pm - Gates Open

- Swimmer Warm-ups as follows:
4:00pm - 4:15pm (Lane, Shellcrest, River Road, JCC, Arden, Graylyn, Crestview)
4:15pm - 4:30pm (Tatnall, Elks, Silverside, Ashbourne, Green Acres, High Point)
4:30pm - 4:45pm (Darley, Del Vets, Fair Blue, Timberlane, Crestview, Windybush)

*** Please note lanes 5 and 6 will be designated as sprint lanes for warm ups***

- Division Award Winner Trophy Presentations - 4:45pm
- First Call – 4:45pm
- Meet Begins - 5:00pm
- Award Presentations (at completion of the backstroke events)
- Meet Finish - Approximately 9:30pm

Coaches & Officials

- Officials report and sign-in - 3:45pm
 - Timers meeting with head timer - 4:30pm
 - Starters/Place Judge/Stroke & Turn Meeting with Meet Referee - 4:30pm
 - Coaches Meeting with Meet Referee & Scoring Table for final corrections/scratches and any questions - 4:30pm
- Relay swimmer names on index cards due to Scoring Table 4:30 PM.

NBSL CHAMPIONSHIP ORDER OF EVENTS
18 & Under / 14 & Under (Girls and Boys)
Friday, July 22nd, 2011

Event Description

Boys 14 & Under 200 Medley Relay
Girls 14 & Under 200 Medley Relay
Men 18 & Under 200 Medley Relay
Women 18 & Under 200 Medley Relay

Boys 14 & Under 100 IM
Girls 14 & Under 100 IM
Men 18 & Under 100 IM
Women 18 & Under 100 IM

Boys 14 & Under 100 Freestyle
Girls 14 & Under 100 Freestyle
Men 18 & Under 100 Freestyle
Women 18 & Under 100 Freestyle

Boys 14 & Under 50 Breaststroke
Girls 14 & Under 50 Breaststroke
Men 18 & Under 50 Breaststroke
Women 18 & Under 50 Breaststroke

Boys 14 & Under 50 Backstroke
Girls 14 & Under 50 Backstroke
Men 18 & Under 50 Backstroke
Women 18 & Under 50 Backstroke

Boys 14 & Under 50 Butterfly
Girls 14 & Under 50 Butterfly
Men 18 & Under 50 Butterfly
Women 18 & Under 50 Butterfly

Boys 14 & Under 200 Freestyle Relay
Girls 14 & Under 200 Freestyle Relay
Men 18 & Under 200 Freestyle Relay
Women 18 & Under 200 Freestyle Relay

* Note: Actual event order subject to change