

## NBSL PRELIMINARY CHAMPIONSHIPS

### GRAYLYN CREST SWIM CLUB

SATURDAY, JULY 16<sup>th</sup> 2011

#### Pool Schedule

6:45 AM	Gates Open
6:45 – 7:30	Swimmer Check-In: <b><u>Mandatory Positive Check-In for ALL Swimmers!!!</u></b>
7:00 – 8:00	Warm Up
8:20	Final call for the first event
8:30	Meet begins

#### Coaches & Officials

6:45	Officials report and sign in
7:30 – 8:00	Swimmer Seeding
7:50	Timers meeting with Head Timer Place Judges and Stroke & Turn meeting with Referee
8:00	Coaches meeting with meet director (Please attend promptly)

#### Rules

- 1) All league rules in effect. Swimmer age is as of June 1<sup>st</sup>.
- 2) Due to the NBSL pool depth addendum, only 5 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 two dual meets.
- 4) Swimmers may swim up in age, but may not swim the same stroke in different age groups.
- 5) Swimmer heat and lane assignments will be made on the day of the meet after swimmers have checked in. If a swimmer is not checked in by 7:30, we will do our best to accommodate the swimmer, but due to the nature of this meet, we cannot guarantee the entry. **Therefore, make certain all swimmers arrive for mandatory check-in!**
- 6) Awards for the first ten places.
  - Individual Events: 1 – 6 medals / 7 – 10 ribbons

Only Coaches May Pick Up Awards!

  - Participation ribbons will be awarded to all 6U swimmers if they do not finish in the Top 10
- 7) 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.
- 8) Swimmers are limited to **2 individual** events. 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!!!

**NBSL PRELIMINARY CHAMPIONSHIPS –**  
**GRAYLYN CREST SWIM CLUB**  
**SATURDAY, JULY 16<sup>th</sup> 2011**

Swimmers

- 6:45am - Gates Open, Mandatory Check In for all swimmers begins.
  - Swimmer Warm-ups as follows:
    - 7:00am - 7:15am (Lane, Shellcrest, River Road, JCC, Arden, Graylyn Crest)
    - 7:15am - 7:30am (Tatnall, Elks, Silverside, Ashbourne, Green Acres, High Point)
    - 7:30am - 7:45am (Darley, Del Vets, Fair Blue, Timberlane, Crestview, Windybush)
    - 7:45am – 8:00am (Open warmup)
- \*\*\* Please note lanes 1 and 2 will be designated as sprint lanes for warm ups\*\*\*
- First Call – ~8:10am
  - Final Call - ~8:20am
  - Meet Begins - ~8:30am
  - 6U Backstroke Award Presentation (at the completion of the backstroke events)
  - Meet Finish - ~1:00pm

Coaches & Officials

- Officials report and sign-in - 6:45am
- Timers meeting with head timer - 7:50am
- Starters/Place Judge/Stroke & Turn Meeting with Meet Referee - 7:50am
- Coaches Meeting with Meet Referee & Scoring Table for final corrections/scratches and any questions - 8:00am
- Relay swimmer names on index cards due to Scoring Table - 8:30am

## Preliminary Championship Meet Format / Rules

- Preliminaries are scheduled for Saturday, July 16<sup>th</sup>.
  - All league rules are in effect. Swimmers age is as of June 1<sup>st</sup>.
  - All swimmers must have competed in at least one dual meet.
  - Swimmers may swim up in age, but may not swim the same stroke in different age groups.
  - Swimmers who have **NOT** met a Championships qualifying time for a given stroke can be entered into Preliminaries.
  - Swimmers should not be entered into an event if they cannot consistently swim a stroke.
  - Preliminaries will be run as a dual meet. If a qualifying time is met during an event, it will qualify the swimmer to be entered in Championships on the following weekend.
  - Swimmers are permitted to swim in both championship events (prelims and championships) provided they meet the qualifying times for that specific event. However, swimmers are limited to 2 individual events. For example, a swimmer can be entered into 1) one event at Prelims and one event at Champs or 2) two events at Prelims or 3) two events at Champs.
  - Mixed 150 freestyle relays will be swum at Prelims after the Backstroke events. The mixed relay will consist of a 6U, 8U, 10U, 12U & 14U. Each team can enter two relays.
  - Entry times for swimmers will be due on Sunday, July 11th, with the meet taking place on the Saturday of the same week. Programs may not be provided the day of the meet, but psych sheets will be distributed electronically by the end of the week to all coaches and reps once all the data has been entered. A psych sheet will rank each swimmer per event (no heat or lane assignments), based on the times provided. Additionally, psych sheets will be posted around the pool on the day of the meet.
  - Preliminaries will be run as a positive check-in meet. Swimmer heat and lane assignments will be made on the day of the meet after swimmers have checked in. If a swimmer is not checked in by 7:30am, we will do our best to accommodate the swimmer, but due to the nature of this meet, we cannot guarantee the entry. **Therefore, make certain all swimmers arrive for mandatory check-in!**
  - Warm-ups will begin at approximately 7:15am.
  - Once all swimmers have checked in, heat and lane assignments will be made per event. Several copies will be provided to the coaches and copies will be given to the various officials. Once a full stroke ranking is complete and copies have been provided, the meet will begin.
  - All league stroke and turn rules are in effect. Additionally, dual confirmation of a stroke or turn disqualification will be in effect for all events as Preliminary swimmers at this age sometimes have awkward, but proper, mechanics.
- Special rules will be in effect for 6U swimmers. 6U swimmers may only swim 6U Freestyle and 6U Backstroke at Prelims. 6U who wish to swim Breaststroke or Butterfly may swim as an 8U but will be subject to 8U disqualification rules.
  - A 6U should only be entered into the event if they can consistently swim the stroke. This is no different than any other age or stroke requirements we have today. There WILL BE disqualifications of a 6U event during Preliminaries. Swimmers, who swim the event without being disqualified, and finish in the Top 10, will receive a medal or place ribbon. All other participants will receive a participation ribbon, even if they were disqualified. Third, no 6U events will be swum at Champs, although a 6U who has met an 8U qualifying time can swim at Champs.
- If a coach has a question or an issue during the course of the meet, it should be directed only to the meet referee. The referee will be announced prior to the start of the meet. Additionally, please refer to the NBSL code of conduct for the proper conduct during an NBSL sanctioned event.
  - Awards will be provided for the first ten places. First place through sixth place will receive medals and seventh place to tenth place will receive ribbons. Heat winner ribbons will also be provided. Only coaches may pick up awards.
  - Scoring will be based on the final results as decided by the referee. Place and time will be determined primarily by the Colorado Timing System.
  - Have Fun!