

North Georgia Regional Championships

Swimming & Diving

January 22-23, 2010

- SANCTION:** Sanctioned by:
Georgia High School Association
- HOST:** Dalton High School
- FACILITY:** Dalton High School Natatorium (map to the facility is on ccacswimming.org web site)
1500 Manly Street Dalton, GA 30720
- The pool is a 6-lane, 25-yard competition pool with a 4-foot minimum depth, non-turbulent lane lines, and fully automatic Omega electronic timing system and scoreboard with a lane/time/place display. Bleacher seats provide ample seating for spectators. Ample parking is available in the east parking lot of the high school.
- MEET DIRECTOR:** The Meet Director is George News; (706) 313 5515 daltonswim20@hotmail.com
- OFFICIALS:** The Meet Referee will be Judy Rehberg; (706) 278-5241
jmrehberg@hotmail.com
- The Starter will be Larry Alexander
- Dalton High School Swim Team welcomes and encourages the assistance of certified officials and apprentices from the visiting teams. Please contact the Meet Referee in advance or when you arrive, if you are interested in officiating. Please arrive at least 60 minutes before the start of the session. Please wear a white shirt and blue slacks.
- SAFETY MARSHALL:** The Safety Marshall for this meet will be Julie Tharpe.
- COACHES:** There will be a mandatory Coaches' Meeting at **9:45 AM on Saturday**, January 23,2010 in the hospitality room. The pool will be cleared during the meeting.
- ELIGIBILITY:** Open to "ALL" North Georgia High School swimming & diving teams (A, AA,AAA, AAAA, and AAAAA)
- All participants must be enrolled at their appropriate high school. Teams will be entered by their coach/ athletic director. On deck registrations will not be accepted.
- TIME STANDARDS:** No time standards.
- RULES:** The current National High School Federation, Rules and Regulations will govern the conduct of the meet, unless noted otherwise herein. Swimmers are responsible for swimming in assigned heats and lanes.
- Dive-over starts may be utilized at the discretion of the meet referee and meet management.
- WARM UP:** Georgia HS Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet. The Meet Director will post and announce the warm-up assignments prior to the start of the meet warm-up.

STARTING TIMES:	<u>Session</u>	<u>Warm-up</u>	<u>Competition</u>
	Friday 22 PM:	3:30 PM Diving	5:30 PM Diving
	Saturday	8:30 AM Swimming	10:00 AM
	Saturday 23 Finals:	5:00 PM Swimming	6:00 PM

ENTRIES: Teams who have HYTEK'S Meet/Team Manager should submit their entries on a 3-1/2" disk (please send in COM link file format or WIN-MM format). E-mailed HYTEK entries will be accepted. Entry forms must be completely filled out including the swimmers' best times for yards. Please provide a written copy of entries for verification purposes. Disks with results will be returned at the end of the meet.

DISABILITIES: Swimmers with disabilities are welcome and must complete the attached *Information Form for Disabled Swimmers* and return it with the entries.

DEADLINE: Entry disks and/or printouts, summary/release sheets, and entry fees, must be received by the Meet DIRECTOR on or before:

Friday January 14th ,2010

Completed entries must be mailed & emailed to:

George News Attn: Dalton Fin Club
 1202 Peabody DR.
 Dalton, GA 30720
 (706) 313-5515
daltonswim20@hotmail.com

FEES: \$3.00 per individual event; \$8.00 for Relays.

Please make checks payable to: Dalton Fin Club.

All entry fees are non-refundable.

LIMITS: Eligibility: Each school may enter as many swimmers as they want in any individual event, however, only your top 2 swimmers are eligible to score points. Swimmers may swim 2 individual events and 2 relay events or 1 individual event and 3 relays. Teams may enter 2 relays in relay events but only 1 relay will score points. Ribbons will be awarded from 1st – 12th place regardless of scoring restrictions on individual events and 1st-6th on relays. Points will be awarded through 12th place.

MEET FORMAT: This is a Prelim and finals meet. All events will be pre-seeded and swum according to the GHSA order of events.

Psyche Sheet: A psyche sheet will be posted on the homepage of the Carpet Capital Aquatics Club (www.ccacswimming.org) on Wednesday, January 20th, 2010.

Results will be available after the meet on this same web site.

AWARDS/SCORING: Scoring: Individual Events: 14-11-10-9-8-7-6-5-4-3-2-1
 Relay Events : 28-22-20-18-16-14-12-10-8-6-4-2

Awards: 1st place in all events will receive a "Region Champ" medal (that includes all four relay winners); ribbons 2nd through 12th place. Relays (2nd – 6th place will receive ribbons). Team Trophy's 1st – 3rd place in each division (Boys and Girls).

Friday--- **DIVING Warm-ups:** pool open's at 3:30PM

Morning Warm-ups: Early Session 8:30– 9:10 AM

Late Session 9:10 – 9:40 AM

Competition Begins 10:00 AM

Final warm-up's = Open Lanes from 5:00 to 5:55 PM

MEN	Event	WOMEN
1	200 Medley Relay	2
3	200 Freestyle	4
5	200 IM	6
7	50 Freestyle	8
9	Diving (1 meter)	10
11	100 Butterfly	12
13	100 Freestyle	14
15	500 Freestyle	16
17	200 Free Relay	18
19	100 Backstroke	20
21	100 Breaststroke	22
23	400 Free Relay	24

Concessions: The Dalton Fin Club will have full concessions available throughout the meet.

Hospitality: Coaches, officials and volunteers will be served hospitality throughout the meet.

Hotels:

LaQuinta Inn (Formerly Wingate Inn)-706-272-9099 (meet sponsor)

Hampton Inn-706-226-4333

Best Inn-706-226-1100

Courtyard by Marriott 706-275-7215

Country Inn & Suites 706-278-9700

Directions:

From Atlanta- I 75 North to exit 333 (Walnut Ave.)—turn right – travel through 4 stoplights and turn left on Tibbs Rd (@Steak-n-Shake)- travel north 3 stoplights to Waugh Street and turn right—go over hill and turn right onto Manly Street. Enter Dalton HS at main entrance (with guard station). Park in the east parking lot and walk towards practice football fields and track. The pool overlooks the football field/ track.

From Chattanooga, Tn.- I75 south to exit 336 (Rocky Face)- Head east on North by-pass, turn right on Shuggart. Turn left at first stop light Waugh Street, go over hill and turn right onto Manly Street. . Enter Dalton HS at main entrance (with guard station). Park in the east parking lot and walk towards the practice football field and track. The pool overlooks the football field/ track.

TEAM INFORMATION

High School Name: Team Abbreviation:		Mascot:
ADDRESS:		
	HEAD COACH:	
CONTACT PERSON:		PHONE NUMBER:
FAX NUMBER:	CELL PHONE:	EMAIL:
COACHES ATTENDING:	NAME	
	1.	
	2.	
	3.	
CERTIFIED OFFICIALS WHO MAY WISH TO WORK:	1.	
	2.	
	3.	
	4.	
NUMBER OF SWIMMERS ENTERED:		
	TOTAL:	

SUMMARY OF FEES

NUMBER OF IND. EVENTS:		X \$3.00 PER EVENT ENTRY FEE =	
NUMBER OF Relay entries		X \$8.00 Per Relay (s) =	
TOTAL DUE:			