

Nu Wave Long Course Invitational
June 4 - 6, 2010
UNO Lakefront Arena
New Orleans, Louisiana

Schedule	Friday	Warm up 4:30 p.m.	Meet 5:30 p.m.
	Saturday, 13 & O	Warm up: 8:00 am	Meet: 9:15 a.m.
	Saturday, 12 & U	Warm up 1:15 p.m.	Meet 2:30 p.m.
	Sunday, 13 & O	Warm up 7:00 a.m.	Meet 8:15 a.m.

Host team reserves the right to adjust Warm Up and Meet start times based on entries received.

Sanction Sanctioned by Louisiana Swimming, Inc. Sanction #_____.

Host Nu Wave Swim Club

Location UNO Lakefront Arena
6801 Franklin Avenue
New Orleans, LA 70148

Facilities Indoor, Heated, 8 lane 50 meter pool with non-turbulent lane ropes. Pool depth: 16 feet in deep end (start end for all races longer than 50 meters), 4 feet in shallow end (start end for all 50 meter races, and turn end for longer races). Separate warm up area available.

Timing Colorado automatic timing system with touch pads will be the primary system. Secondary system will be manual/electronic with 1 button and 1 digital watch per lane.

Rules Current USA Swimming Technical rules and code of regulations apply.

Disability Swimmers with a disability as described in the USA Swimming technical rules, Article 105, shall be permitted to enter any meet sanctioned by Louisiana Swimming Inc.

Entry Fees \$2.50 per event plus
\$4.00 surcharge; make check payable to
Swim New Orleans, d/b/a NuWave Swim Club.

Entry Deadline All meet entries are due by Friday, May 28, 2010. Please submit entries in Hy Tek format, via e-mail to ltriess@riessfirms.com

Eligibility The meet is open to invited USA Swimming-registered swimmers. Swimmer's age as of June 4, 2010, determines age for the meet.

- Conduct** All timed final events under 400 meters in length will be swum slowest to fastest. All timed final events of 400 meters or more will be swum fastest to slowest. In order to provide better competition for everyone, and save time by eliminating empty lanes, etc. - all age groups, and male and female events will be combined. Swimmers will be seeded by time.
- Entries** Except for Saturday afternoon's session, each swimmer may enter a maximum of three individual events per day. In the 12 & Under session Saturday afternoon, each swimmer may enter 4 events. Meet management reserves the right to limit meet size to comply with Louisiana Swimming, Inc.'s four-hour rule. Meet management reserves the right to limit the number of entries per event. If entries in a particular event are limited, meet management will use the criteria of fastest entry (seed) times. Every effort will be made to accommodate entries received. If entries are limited, meet management will use the criteria of first received basis. All entries received after this time will be promptly returned. All teams will be notified of any such limitations or changes.
- Scoring** Top eight places will be scored for individual events in the 12 & under age groups.
The open 400 free will be scored 12 & U and 13 & O.
9-12 events will be scored 9-10 and 11-12.
12 & U 50 meter events will be scored as 11-12, 9-10, and 8 & U.
12 & U 100 meter events will be scored as 11-12 and 10 & U.
- Awards** Ribbons will be awarded for first through eighth place for individual events in the 12 & under age groups (8 & U, 9-10, 11-12, or 10 & U, 12 & U, where applicable).
- Warm-up** Lanes to be announced prior to the start of warm-up. USS rules require all warm-ups to be closely supervised by a USS registered coach or official. A 6 lane outdoor pool will be available for warm up & cool down during the meet.
- Coaches** All coaches attending this meet are required to be a member of USA Swimming.
- Timers** Each team entering this meet will be required to supply timers based on the number of entries received.
- Director** Lucy Riess, Nu Wave Swim Club. E-Mail: ltriess@riessfirms.com
- Meet Referee** Larry Wong, Nu Wave Swim Club. E-Mail: lauwong@bellsouth.net

Nu Wave Long Course Invitational Event Order

Friday

Warm up 4:30 p.m., Meet 5:30 p.m.

Mixed	Event
1	9-12 200 Free
2	Open 400 Free (limited to 8 heats)
3	9-12 200 IM
4	13 & O 400 IM (limited to 6 heats)

Saturday, 13 & O Session

Warm up 8 a.m., Meet 9:15 a.m.

Mixed	Event
5	200 Free
6	100 Breast
7	200 Back
8	100 Fly
9	50 Free

Saturday, 12 & U Session

Warm up 1:15 p.m., Meet 2:30 p.m

Mixed	Event
10	100 Fly
11	50 Free
12	100 Breast
13	50 Back
14	100 Free
15	50 Fly
16	100 Back
17	50 Breast

Sunday, 13 & O Session

Warm up 7 a.m., Meet 8:15 a.m.

Mixed	Event
18	200 IM
19	100 Back
20	200 Fly
21	100 Free
22	200 Breast
23	800 Free (limited to 4 heats)