

NBSL INVITATIONAL MEET

Friday and Saturday July 20-21, 2018

(Sunday July 22, 2018 – Rain date)

JCC

101 Garden of Eden Rd, Wilmington DE 19810

Directions	From Concord Pike (Rt 202): When on southbound Concord Pike turn right onto Garden of Eden Rd just past WaWa, the JCC will be on your right after 0.3 miles
Parking	JCC has a parking lot at the facility – additional information will come via email.
Eligibility	<ul style="list-style-type: none"> ▪ Swimmers who have met the qualifying time for an individual event. ▪ Swimmers must have competed in at least 2 dual meets during NBSL season. ▪ Swimmers are allowed to participate in relay events at this meet if they participated in relay events at the Classic meet.
Eligibility Limitations	If a swimmer participated in an individual event at the Classic meet, they are only allowed to participate in the same event at the Invitational if they achieved a last chance qualifying time at the Classic. They may also swim in an individual event for which they have achieved a qualifying time. They may also participate in a relay.
Rules	<ul style="list-style-type: none"> ▪ All NBSL league rules and the Code of Conduct will be in effect. ▪ Swimmer's age is as of June 1st, same as for dual meets. ▪ Relay in-water starts are in place for the shallow end of the pool. ▪ Dual confirmation of stroke or turn disqualification will be in effect for all events. ▪ 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 name of the referee will be announced prior to the start of the meet.
Entry procedures	<ul style="list-style-type: none"> ▪ Swimmers are limited to 2 individual events at this meet. In addition to the 2 individual events, swimmers may participate in relay events. Each club may enter only one relay team per age group per relay event. ▪ Swimmers may swim up in age, but may not swim the same stroke in different age groups. ▪ Fee is \$2.75 per individual event and \$4.00 for each relay. <p>Coaches must submit the names of swimmers attending this meet, their entry times and payment (by check) for entries to the NBSL on Monday July 16, 2018 at Graylyn Crest, 6:00 PM. Entries must be email to entries@nbslswim.com.</p>

	<ul style="list-style-type: none"> Coaches must attend a meeting at JCC pool from 6:00-7:00 pm to review entries, scheduled for Thursday, July 19, 2018. This is the final opportunity for last minute changes, which will not be in the program, and to pick up pre-meet information. Changes may not be accepted the day of the meet. 	
Meet Volunteers	<ul style="list-style-type: none"> The NBSL requires that each swim team provide volunteers to help run this meet. All of the positions needed for a Dual meet are needed for this meet as well – timers, runners, starters, announcer and Stroke and Turn officials. Each team’s coach or NBSL representative will be responsible for ensuring names of volunteers are submitted by the Wednesday before the meet via a Sign-Up Genius (an internet-based sign-up program). Please check the NBSL website for the current link for this meet at www.nbslswim.com Volunteers do not work the whole meet! Each job is broken into shifts and volunteers work for 2-3 hours in their specific job. Kids, 13 and up, can volunteer to be runners. Kids over 16 can volunteer to be timers. Volunteer hours can count as community service. 	
Admission Fees	Officials/Volunteers/ Swimmers/NBSL Reps	Free
	Families/Guests	\$5.00 per spectator, children under 12 are free.
Awards <i>Only coaches may pick up the awards.</i>	Individual Events <ul style="list-style-type: none"> 1st - 6th will receive medals; 7th - 10th place will receive ribbons. 	Relay Events <ul style="list-style-type: none"> 1st – 3rd will receive medals 4th – 10th will receive ribbons
	Heat winner ribbons will also be provided.	
Scoring of the Meet	<ol style="list-style-type: none"> Scoring will be based on the final results of the event. The top 16 individuals and relays in each event will score points for their team as follows: 20, 17, 16, 15, 14, 12, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay points are double. Individual events: only the top two swimmers from each team will score points. Place and time will be determined primarily by the Colorado Timing System. This meet will be scored and declare its own champion. These points determine the team’s standing at the end of the swim season. 	
Refreshments	JCC will host a Snack bar with a variety of food and drinks. Teams and individuals are also allowed to bring in food and drinks for their own consumption.	
Tee Shirt sales	NBSL will be selling T shirts with the League’s 2018 logo at the meet in a variety of sizes for swimmers and families.	

Session #1: Friday, July 20, 2018

Ages 18U and 14U Girls and Boys

Schedule for the Day	3:30 pm	Gates Open
	4:00-4:45 pm	Warm-ups
	4:45 pm	First call for first event
	5:00 pm	Meet begins
	10:00 pm	Meet Finish (approximate)
Special Award Presentations: (at completion of the backstroke events) Bruce E Smith Trophy 18 & U Girls Back		
Warm ups	Warm up schedules will be determined based on meet entries and will be announced at least 48 hours before the meet. The schedule will be sent to coaches and posted on the NBSL website (www.nbslswim.com) and at the meet.	
Official's Coach's Meetings	3:45 pm	Officials report and sign-in
	4:30 pm	Timers meeting with Head Timer
	4:30 pm	Place Judges and Stroke & Turn Meeting with Referee
	4:30 pm	Coaches Mtg for final corrections/scratches and any questions
	4:30 pm	Relay swimmer names are due to Scoring Table

Order of Events

WARM-UP 4:00-4:45 pm START 5:00 pm		
Boys Event #	EVENT	Girls Event #
1	14 & U 200 Medley Relay	2
3	18 & U 200 Medley Relay	4
5	14 & U 100 IM	6
7	18 & U 100 IM	8
9	14 & U 100 Freestyle	10
11	18 & U 100 Freestyle	12
13	14 & U 50 Breaststroke	14
15	18 & U 50 Breaststroke	16
17	14 & U 50 Backstroke	18
19	18 & U 50 Backstroke	20
21	14 & U 50 Butterfly	22
23	18 & U 50 Butterfly	24
25	14 & U 200 Freestyle Relay	26
27	18 & U 200 Freestyle Relay	28

See the NBSL Website for Qualifying Times

Session #2: Saturday, July 21, 2018

Ages 8U to 12U Girls and Boys

Schedule for the Day	7:45 am	Gates Open
	8:00-8:45 am	Warm-ups
	8:45 am	First call for first event
	9:00 am	Meet begins
	3:00 pm	Meet Finish (approximate)
Special Award Presentations: (at completion of the backstroke events) Chris Starkey Trophy 12 &U Boys Free Stella Williams Trophy 12 & U Girls Breast 10 & U Boys and Girls Medley Relay Trophy		
Warm ups	Warm up schedules will be determined based on meet entries and will be announced at least 48 hours before the meet. The schedule will be sent to coaches and posted on the NBSL website (www.nbslswim.com) and at the meet.	
Officials Meetings	7:45 am	Officials report and sign-in
	8:30 am	Timers meeting with head timer
	8:30 am	Place Judge and Stroke & Turn Meeting with Meet Referee
	8:30 am	Coaches Meeting for final corrections/scratches and any questions
	8:30 am	Relay swimmer names due to Scoring Table

Session #2: Saturday, July 21, 2018

Ages 8U to 12U Girls and Boys

Order of Events

WARM-UP 8:00-8:45 am START 9:00 am		
Boys Event #	EVENT	Girls Event #
29	12 & U 200 Medley Relay	30
31	10 & U 100 Medley Relay	32
33	12 & U 100 IM	34
35	8 & U 25 Freestyle	36
37	10 & U 25 Freestyle	38
39	12 & U 50 Freestyle	40
41	8 & U 25 Breaststroke	42
43	10 & U 25 Breaststroke	44
45	12 & U 50 Breaststroke	46
47	8 & U 25 Backstroke	48
49	10 & U 25 Backstroke	50
51	12 & U 50 Backstroke	52
53	8 & U 25 Butterfly	54
55	10 & U 25 Butterfly	56
57	12 & U 50 Butterfly	58
59	8 & U 100 Freestyle Relay	60
61	10 & U 200 Freestyle Relay	62
63	12 & U 200 Freestyle Relay	64

See the NBSL Website For Qualifying Times