



7TH Annual

***NATIONAL BLACK HERITAGE
CHAMPIONSHIP SWIM MEET***

***Memorial Day Weekend
MAY 23-24, 2009***

- SANCTION:** Held under the Approved Meet Sanction of USA Swimming, Inc. issued by North Carolina Swimming, Inc. Approval # NC09031AP
- SPONSOR/HOST:** North Carolina Aquablazers Swim Team
- LOCATION:** **Triangle Aquatic Center**
275 Convention Drive
Cary, NC 27511
(919) 459-4045
www.triangleaquatics.org.
- DATE:** May 23-24, 2009
- SITE INFORMATION:**
- A. Competition Pool: West Competition Pool – 25 yards, 10 lanes, with depth of 7 to 12 feet
 - B. Starting Platforms: Anchored to the deck
 - C. Timing/Starting System: Dacktronics OmniSport 2000 ProSwimming
 - D. Warm-up/Warm-down Pool: East Competition Pool – 25 yards, 10 lanes, with a depth of 7 to 12 feet (West Competition Pool will also be used for warm-ups prior to the start of each session)
 - E. There is also a separate program pool and warm water instruction pool that will be open to the public during the meet. There is ample space on deck for swimmers, coaches, officials and timers. Spectator seating for 1000 people above deck offers bleacher seating with backs, tables and open seating. The Triangle Aquatic Center (TAC). Special Group Hotel rates have been arranged in cooperation with the Sports Marketing Group of the Greater Raleigh Convention and Visitors Bureau. Hotel information is attached
- WARM-UPS:** Warm-up Lane assignments will be determined after the entries have been received and will be included in the coaches' packets.

SCHEDULE:

Our tentative schedule of events is provided below. The start times listed below for the afternoon sessions are subject to change once we get all entries, run the Hytek Sessions Reports/Timelines and determine an approximate end time for each morning session. Teams will be notified of any changes prior to the meet.

Friday, May 22nd	Coaches' Meeting/Dinner K & S Cafeteria South Hills Mall – Cary 1177 Buck Jones Road Raleigh, NC 27606 (919) 462-8404	7:00 PM
Saturday, May 23rd	Session 1 13 & Over Warm Ups Coaches' Meeting 13 & Over Timed Finals	7:00 AM 7:45 AM 8:00 AM
Saturday, May 23rd	Session 2 12 and Under Warm Ups Coaches' Meeting 12 and Under Timed Finals	Noon 12:45 PM 1:00 PM
Sunday, May 24th	Session 3 13 & Over Warm Ups Coaches' Meeting 13 & Over Timed Finals	7:00 AM 7:45 AM 8:00 AM
Sunday, May 24th	Session 4 12 & Under Warm Ups Coaches' Meeting 12 & Under Timed Finals	Noon 12:45 PM 1:00 PM

RULES:

This meet will be conducted in accordance with the current USA Swimming Rules, the North Carolina Swimming (NCS) Official Handbook and NCS Safety Program, except where the rules therein are optional and exceptions are herein stated.

No deck seeding will be permitted.

No penalty shall apply for failure to compete in or scratch an individual event.

CLASSIFICATION:

This meet is classified as an Open Championship Meet. All ages may enter. Swimmers will compete in the following Age Group/Senior designations: 8 and Under, 9-10, 11-12, 13-14, 15 and Over. All events, including relays, will be swum as timed finals.

ELIGIBILITY:

This meet is open to all swimmers. Both USA Swimming athletes and non-USA Swimming athletes may compete in this approved meet. Swimmers must compete in their age-group only, except for relays. In relays, swimmers are allowed to "swim-up" as necessary.

ENTRIES: List each swimmer's age as of the first day of the meet. The preferred method of entry submission is electronic entry. Submit your entries by e-mail to the Meet Director using Hy-Tek. If you do not have the Team Manager program to make a Hy-Tek entry, but would like to make an electronic entry, you can download a copy of Team Manager II Lite at no charge from the Hy-Tek website: www.hy-tek.com. Entries may also be submitted on the enclosed entry forms.

Electronic entries must be followed by a hard copy. The electronic entry, hard copy and fees must be received by the entry deadline. **Please include summary totals in the body of your email; this helps us check for errors.**

ENTRY LIMIT: **Individual Swimmers** are limited to no more than three (3) individual events per day and a total of six (6) individual events for the meet. **Each swimmer shall be limited to two (2) relay events.**

Each team can enter a maximum of two (2) **Relays** per event. **Only one (1) of the 2 eligible team relays can score per event.** Swimmers are allowed to "swim up" if necessary. Swimmers participating on **relay teams only** must be listed on the entry forms. **All relays** must be submitted by the entry deadline. Relays can be submitted without the names of the relay swimmers. If teams intend to provide names of relay swimmers, those names must be provided within 30 minutes prior to the start of each session.

There will be **No Deck Seeding** of individuals or relays.

ENTRY FEES:

Individual Events:	\$5.25 per event
Relay Events:	\$8.00 per relay
Swimmer Surcharge	\$10.00 per swimmer

All fees are non-refundable. Entries will not be accepted unless accompanied by entry fees by the meet deadline. Fees can be paid by cashier's check, money order or credit card. No personal checks will be accepted. Please make all cashier's checks or money orders payable to North Carolina Aquablazers, Inc. Credit card payments may be made online using PayPal. Our website address is <http://blackheritageswimming.org>. The payment option is included under Meet Information.

ENTRY DEADLINE: **All Entries** and fees must be received by **5:00 pm - Friday, April 18, 2009**. No telephone entries will be accepted. No late entries will be accepted. **Corrections to entries submitted by the initial deadline will be allowed up to and including Friday, April 24, 2009.**

E-MAIL ENTRIES: Please send the entries by e-mail to: kcfromnc@mindspring.com

MAIL ENTRIES: Please mail hard copies of entries to:
Kathy Cooper
Meet Director
2417 Deanwood Drive
Raleigh, NC 27615

ORDER OF EVENTS: Attached

SCORING: The meet will be scored by age group 8 and Under, 9-10, 11-12, 13-14, 15 and Over

Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Team scores and individual high point scores will be posted throughout the meet. Team points will be scored from 1st through 16th place. **Only 1 of 2 eligible team relays can score per event.** Individual awards will be given only from 1st through 8th places and relay awards will be given only from 1st through 3rd places.

Any challenges to results must be made by the swimmers' coach to the Meet Referee within 30 minutes of the conclusion of the last session on Sunday. No challenges by parents will be considered.

AWARDS:

Individual Events:	1 st , 2 nd - 3 rd Trophies, 4 th – 8 th Ribbons
Relays:	1 st Trophies, 2 nd & 3 rd Medals
Team Place Awards:	1 st – 6 th Team Trophies
Team Spirit Award	Trophy
High Point Awards:	Plaques and bags to top individual female and male swimmers with the highest point totals in each age group

Individual and Relay awards will be labeled throughout all sessions and will be available for team pick-up at the end of the afternoon sessions each day. High Point Awards for the 13-14 and 15 and Over swimmers and the Luqman El-Amin Men's 15 and Over 100 Fly Award will be presented on Sunday at the conclusion of the morning session. High Point Awards for the 8 and Under, 9-10 and 11-12 swimmers, along with the Team Trophies and Team Spirit Awards, will be presented on Sunday at the conclusion of the afternoon session.

RESULTS Results will be posted throughout the meet at the TAC facility – on deck and in the spectator seating area. Final Results will be posted on the meet website, the TAC website and the NCS website.

SPECIAL EVENTS: **Olympian Maritza Correia** will be with us this year signing autographs, taking pictures, and hosting three 30-minute clinics for interested swimmers on Saturday, May 23rd at the close of the Second Session

In addition, we plan to continue to honor Luqman El-Amin, an outstanding young swimmer with the City of Atlanta Dolphins Swim Team who passed away on December 19, 2006 in a car accident. The Men's 15 & Over 100 Fly is named after him and we will give a special award to the winner of that event.

Saturday, May 23rd	Swim Clinic with Olympian Maritza Correia	5:00 PM
Saturday, May 23rd	<i>Swimmers' Social</i>	7:00 – 10:00 PM
Sunday, May 24th	<i>Immediately Following Session 3</i> High Point Awards Presentation 13 & Over Swimmers Luqman El-Amin 100 Fly Award Presentation	
	<i>Immediately Following Session 4</i> High Point Awards 12 & Under Swimmers Top 6 Teams, Team Spirit Awards Presentation	

SAFETY: The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. **No running or horseplay is allowed. The pool is slippery when wet and care should be taken when walking on deck.** Shoes such as “cros” are not recommended on the pool deck.

COACHES MEETING: See Schedule for Coaches' Dinner and Meetings. Coaches' packages with warm-up times, lane assignments and any updates to the meet will be provided at the Coaches' Dinner and at the Registration Table for those coaches who do not attend the coaches' dinner.

**MEET
MANAGEMENT:**

Meet Director Kathy Cooper
2417 Deanwood Drive
Raleigh, NC 27615
(919) 522-9275
kcfromnc@mindspring.com

Meet Marshal and Promotions Manager
Kenny Cross
2020 Aurora Drive
Raleigh, NC 27615
(919) 218-1072
blackheritageswim@mac.com

Meet Referee Robert Figuers

OFFICIALS: Each team is requested to provide at least one USA Swimming-certified official for the meet. Please include your meet officials with your meet

entries. Officials' meetings will be held in the hospitality room 20 minutes after the start of warm-ups for each session.

TIMERS: Each team is requested to provide at least two timers for the meet. Please include your meet officials and timers with your meet entries. Timers' meetings will be held on deck 15 minutes before the start of each session.

RELEASE: USA Swimming Inc, North Carolina Swimming, Inc. the Triangle Aquatics Center, North Carolina Aquablazers, Inc., and all employees and representatives of these organizations, shall be held free and harmless from any and all liabilities on claims for damages arising by reason of injuries to anyone during the conduct of this meet.

HOSPITALITY: There will be hospitality for all coaches, officials, and volunteers.

CONCESSIONS: Refreshments will be available at the Café Splash Down.

MAPS, HOTELS & RESTAURANTS: Hotel information is attached. Maps and Restaurant information will be provided.

TEAM PICTURES: Each team should send a team picture to the Meet Director to put in the meet program. There is no charge for the team picture.

ADVERTISEMENTS: If teams want to place an additional ad in the meet program, the cost for ads is \$25 for a quarter page; \$50 for a half page; \$100 for a full page, \$250 for a professional page and \$500 for the inside front and back cover.

Ads can also be placed on the electronic timing system and will be scrolled continuously throughout the meet. The cost for the timing system ad is \$300.00 per ad.

Ads can either be e-mailed to the Meet Director or copied onto a CD and mailed to her at the addresses provided above. The deadline for team pictures and/or heat sheet ad submission is **April 24, 2009**.

ATTACHMENTS: Entry Form/Entry Summary Sheet, Order of Events, Hotel Information

**7TH ANNUAL
NATIONAL BLACK HERITAGE CHAMPIONSHIP SWIM
MEET**

May 23-24, 2009

OFFICIAL ENTRY FORM

CLUB NAME _____ ABBREVIATION _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

HEAD COACH _____

WORK PHONE (____) _____ - _____ HOME PHONE (____) _____ - _____

CELL PHONE (____) _____ - _____

e-mail address _____

TEAM HOTEL _____ # Rooms Reserved _____

ASST. COACH _____ ASST. COACH _____

ASST. COACH _____ ASST. COACH _____

ASST. COACH _____ ASST. COACH _____

All coaches identified above are currently registered as coaches with United States Swimming, Inc., and are responsible for the swimmers entered on this meet entry form during the conduct of the meet.

Signature _____ Date _____

**MAIL ENTRIES TO: KATHY COOPER
MEET DIRECTOR
2417 DEANWOOD DRIVE
RALEIGH, NC 27615**

ENTRY FEE SUMMARY

	INDIVIDUAL ENTRY #S	X \$10.00 SURCHARGE	IND. ENTRY TOTALS	X \$5.25 INDIVIDUAL FEE	INDIVIDUAL \$ TOTALS	RELAY ENTRY #S	X \$8.00 RELAY \$ TOTALS	TOTALS
8 & UNDER								
9-10								
11-12								
13-14								
15 & OVER								

MAKE ALL CHECKS PAYABLE TO NORTH CAROLINA AQUABLAZERS, INC. TOTAL _____

NORTH CAROLINA AQUABLAZERS, INC. AND TRIANGLE AQUATIC CENTER SHALL BE HELD FREE AND HARMLESS FOR ANY AND ALL LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

SIGNATURE _____ DATE _____

**7TH ANNUAL
NATIONAL BLACK HERITAGE CHAMPIONSHIP SWIM
MEET**

May 23-24, 2009

**Saturday May 23, 2009
Women**

**Warm-ups: 7:00 am
Event Name**

**Timed Finals: 8:00 am
Men**

1	15 & Over 200 yd Freestyle	2
3	13-14 200 yd Freestyle	4
5	15 & Over 50 yd Breaststroke	6
7	13-14 50 yd Breaststroke	8
9	15 & Over 100 yd Butterfly	10
11	13-14 100 yd Butterfly	12
13	15 & Over 50 yd Backstroke	14
15	13-14 50 yd Backstroke	16
17	15 & Over 200 yd Individual Medley	18
19	13-14 200 yd Individual Medley	20
21	15 & Over 200 yd Freestyle Relay	22
23	13-14 200 yd Freestyle Relay	24

**Saturday May 23, 2009
Women**

**Warm-ups: NOON
Event Name**

**Timed Finals: 1:00 pm
Men**

25	11-12 200 yd Freestyle	26
27	9-10 200 yd Freestyle	28
29	8 & Under 100 yd Freestyle	30
31	11-12 50 yd Breaststroke	32
33	9-10 50 yd Breaststroke	34
35	8 & Under 25 yd Breaststroke	36
37	11-12 100 yd Butterfly	38
39	9-10 100 yd Butterfly	40
41	8 & Under 50 yd Butterfly	42
43	11-12 50 yd Backstroke	44
45	9-10 50 yd Backstroke	46
47	8 and Under 25 yd Backstroke	48
49	11-12 200 yd Individual Medley	50
51	9-10 100 yd Individual Medley	52
53	8 and Under 100 yd Individual Medley	54
55	11-12 200 yd Freestyle Relay	56
57	9-10 200 yd Freestyle Relay	58
59	8 and Under 100 yd Freestyle Relay	60

**7TH ANNUAL
NATIONAL BLACK HERITAGE CHAMPIONSHIP SWIM
MEET**

May 23-24, 2009

**Sunday May 24, 2009
Women**

**Warm-ups: 7:00 am
Event Name**

**Timed Finals: 8:00 am
Men**

61	15 & Over 100 yd Freestyle	62
63	13-14 100 yd Freestyle	64
65	15 & Over 50 yd Butterfly	66
67	13-14 50 yd Butterfly	68
69	15 & Over 100 yd Backstroke	70
71	13-14 100 yd Backstroke	72
73	15 & Over 100 yd Breaststroke	74
75	13-14 100 yd Breaststroke	76
77	15 & Over 50 yd Freestyle	78
79	13-14 50 yd Freestyle	80
81	15 & Over 200 yd Medley Relay	82
83	13-14 200 yd Medley Relay	84

**Sunday May 24, 2009
Women**

**Warm-ups: NOON
Event Name**

**Timed Finals: 1:00 pm
Men**

85	11-12 100 yd Freestyle	86
87	9-10 100 yd Freestyle	88
89	8 & Under 50 yd Freestyle	90
91	11-12 50 yd Butterfly	92
93	9-10 50 yd Butterfly	94
95	8 & Under 25 yd Butterfly	96
97	11-12 100 yd Backstroke	98
99	9-10 100 yd Backstroke	100
101	8 and Under 50 yd Backstroke	102
103	11-12 100 yd Breaststroke	104
105	9-10 100 yd Breaststroke	106
107	8 & Under 50 yd Breaststroke	108
109	11-12 50 yd Freestyle	110
111	9-10 50 yd Freestyle	112
113	8 & Under 25 yd Freestyle	114
115	11-12 200 yd Medley Relay	116
117	9-10 200 yd Medley Relay	118
119	8 and Under 100 yd Medley Relay	120

**7TH ANNUAL
NATIONAL BLACK HERITAGE CHAMPIONSHIP SWIM
MEET**

May 23-24, 2009

Hotel Information

(will be provided soon)