



**2009 QUAD Meet**  
**MOR, Machine Aquatics, NSS, Duke Aquatics**

- Location:** Pullen Aquatic Center  
410 Ashe Avenue- Pullen Park  
Raleigh, NC, 27606  
919-831-6197
- Parking:** Parking will be available in the main lot in front of the building and around the park. Please park in Spaces only- not on grass or lawn.
- Facility:** The pool at Pullen Aquatic Center is a 50m Pool. The competition will take place in an 8 lane, 25 Yard course which is 14 feet deep at the start end and tapers to 7 feet at the bulkhead turn wall, lanes are 9 feet wide. A Colorado 500 timing System will be used along with watches in each of the 8 lanes for competition. An 8-lane digital scoreboard is on site for our use as well.
- Warm up and Warm down: There are additional lanes for continuous warm up and warm down.
- Spectator seating for approximately 400 people is available. Boys and Girls locker rooms are available.
- Date:** November 13-15, 2009
- |               |                          |                   |             |
|---------------|--------------------------|-------------------|-------------|
| <b>Times:</b> | Friday-combined Session  | Warm-ups: 3:30pm  | Meet: 5pm   |
|               | Saturday/Sunday 13-over  | Warm-ups: 7:45am  | Meet 9am    |
|               | Saturday/Sunday 12-under | Warm-ups: 12:30pm | Meet 1:30pm |
- Sanction:** Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC09105
- All Coaches and Officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification/registration. Coaches and officials shall prominently display their registration cards while on deck.
- Sponsor:** Marlins of Raleigh
- Rules:** The meet will be conducted in accordance with the current USA Swimming code And the NCS Official handbook and NCS Safety Program, except where rules Therein are optional and are herein stated.
- Eligibility:** All swimmers must be registered with USA Swimming and a member of MOR, Machine Aquatics, DUKE Aquatics or NSS.
- Entry Limit:** 1 event Friday, 7 events combined on Saturday/Sunday with no more than 4 Events/day 8 for the meet.  
Friday Distance events may be limited at the discretion of the meet director. If events are Limited clubs will be refunded for entry fees that were eliminated.
- Entries:** Please submit entries in HyTek comlink format.

Entry Deadline: Nov. 3, 2008. Mail entries to: MOR, 4900 Waters  
Edge Dr., Suite 200, Raleigh, NC, 27606. Phone: 919-851-3000  
E-mail entries to: [coachcara45@aol.com](mailto:coachcara45@aol.com) and [bayrtvrs@nc.rr.com](mailto:bayrtvrs@nc.rr.com) :

Entry Fees: Individual Events-\$2.25 Relay Events- \$8.00  
NC Travel Surcharge-\$2 swimmer, Facility Surcharge- \$10/swimmer  
(Relay only swimmers must pay Travel and Facility Surcharge)

Awards: Team trophy to winning team

Scoring: Ind. Events 9, 5, 4, 3, 2, 1 Relays 18, 10, 8, 6, 4, 2

Coaches Mtg: 3:20pm in the Hospitality room on Nov. 13th  
Officials Mtg: Friday: 4:15pm in Hospitality room  
Saturday and Sunday: 8:15am in Hospitality Room  
Saturday and Sunday: 11:50am in Hospitality Room

Meet Director: Pam Rocque [bayrtvrs@nc.rr.com](mailto:bayrtvrs@nc.rr.com)  
Cara Cameron [coachcara45@aol.com](mailto:coachcara45@aol.com)

Host Coach: Paul Silver 919-851-3000 [morsilver@bellsouth.net](mailto:morsilver@bellsouth.net)

Marshal: Ted Pierson

Meet Referee: Bob Figuers

Host Hotel: Allison Donnelly from Helms Briscoe is developing a list of hotels that she is negotiating  
the best price available. For hotel information for this meet, please contact  
[ADonnelly@HelmsBriscoe.com](mailto:ADonnelly@HelmsBriscoe.com) for assistance.

Release Statement: USA Swimming, Inc. NC Swimming and the Marlins of Raleigh, Inc. and  
Pullen Aquatic Center shall be held free and harmless from any and all liabilities or claims  
for damages arising by reason of injuries to anyone during the conduct of this event.

## Order of Events:

### Friday, Nov. 13

1-2 10-u 200 Medley Relay  
3-4 11-12 200 Medley Relay  
5-6 13-14 200 Medley Relay  
7-8 Senior 200 Medley Relay  
9-10 11-12 500 Freestyle  
11-12 13-14 500 Freestyle  
13-14 Senior 1000 Freestyle

### Saturday, Nov. 14

15-16 13-14 200 yard Free  
17-18 Sr. 200 yard Free  
19-20 13-14 100 Back  
21-22 Sr. 100 Back  
23-24 13-14 200 yard Breast  
25-26 Sr. 200 yard Breast  
27-28 13-14 50 Free  
29-30 Sr. 50 Free  
31-32 13-14 200 yard Fly  
33-34 Sr. 200 yard Fly  
35-36 13-14 400 yard IM  
37-38 Sr. 400 yard IM  
39-40 13-14 400 yard Free Relay  
41-42 Sr. 400 yard Free Relay

### 12-under Session

43-44 10-u 200 yard Free  
45-46 11-12 200 yard Free  
47-48 10-un 50 yard Back  
49-50 11-12 50 yard Back  
51-52 10-u 100 yard Breast  
53-54 11-12 100 yard Breast  
55-56 10-u 50 yard Free  
57-58 11-12 50 yard Free  
59-60 10-u 100 yard Fly  
61-62 11-12 100 yard Fly  
63-64 10-u 500 yard Free

### Sunday, Nov. 15

65-66 13-14 100 yard Free  
67-68 Sr. 100 yard Free  
69-70 13-14 200 yard IM  
71-72 Sr. 200 yard IM  
73-74 13-14 100 yard Fly  
75-76 Sr. 100 yard Fly  
77-78 13-14 200 yard Back  
79-80 Sr. 200 yard Back  
81-82 13-14 100 yard Breast  
83-84 Sr. 100 yard Breast  
85-86 13-14 500 yard Free  
87-88 Sr. 500 yard Free  
89-90 13-14 400 Med Relay  
91-92 Sr. 400 Med Relay

### 12-under Session

93-94 10-u 100 yard Free  
95-96 11-12 100 yard Free  
97-98 10-u 50 yard Breast  
99-100 11-12 50 yard Breast  
101-102 10-u 100 yard Back  
103-104 11-12 100 yard Back  
105-106 10-u 50 yard Fly  
107-108 11-12 50 yard Fly  
109-110 10-u 100 yard IM  
111-112 11-12 200 yard IM  
113-114 10-u 200 Free Relay  
115-116 11-12 200 Free Relay