



2010 NC B/C STATES MEET INFO

Facility: Pullen Aquatic Center
 410 Ashe Avenue- Pullen Park
 Raleigh, NC, 27606
 919-831-6197

Parking: Parking will be available in marked spaces only. Please park in spaces only- not on grass or lawn. The main lot is reserved for coaches, officials and MOR workers- please notify parents.

Facility: Competition Pool: 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 5000 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. Pullen Aquatic Center is not registered with USA Swimming due to the bulkhead.

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.

Dates: March 5-7, 2010

Times:	Fri.-Combined Session	W-up-4:15 pm	Meet-5:15 pm
	Sat./Sun 9-10, 11-12 Boys	W-up-7:30am	Meet-8:15am
	Sat./Sun. 8-unders	W-up 11:45am	Meet-12:15pm
	Sat./Sun. 11-12 Girls, 13-18	W-up 3:00pm	Meet- 4:00pm

***MOR reserves the right to combine sessions if timelines warrant the need. Notification will be given Monday, March 1st. If you have NOT heard from us on March 1st please contact coachcara45@aol.com**

Sanction: USA Swimming Sanction # NC10035

Sponsor: Marlins Of Raleigh Swim Team

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.

The 400 IM and 500 Free will be deck seeded. Positive check-in will be required prior to warm-ups on the day of the event. NC Scratch rule will apply.

Meet management reserves the right to limit the total size of the meet and/or limit or combine heats and events as needed.

All swimmers entering relays must be listed on the entry sheets. Relays will be seeded and posted along with the individual events. Relays cards with names and order of the relay team are to be handed to the clerk of course before the beginning of the Fly events for each session.

8-U events will start from the blocks. Results from the 8-U will be posted as soon as possible, but because of the manual entry of the times, there may be a delay.

Check-in:

Positive Check-in is required for all relays, 500 Free and 400 IM. Deadline for Check-in is the start of the session in which these events will be swum.

Eligibility:

All swimmers must be registered with USA Swimming of invited teams.
9-10 & All 8 and under B/C Sessions - 9-10 swimmers cannot have more than 1 BB stroke to swim in the meet.
11-12 B/C, 13-18 Development Sessions - 11-12 cannot have more than 1 BB stroke to swim in the meet. 13-18 swimmers must be Development swimmers. (13-18 with 13-14 AA in 1 or less strokes)

Entry Limit:

9 and over swimmers: Limited to 2 events Friday and 4 events per day on Saturday and Sunday. **8-U swimmers:** Limited to 4 events per day. All Swimmers are limited to 1 relay per day.

Entries:

Submit entries on Team Manager by emailing them to Meet Directors on or before February 23, 2010 by 9:00pm. List the swimmers age as of March 5, 2010. Per NCS rules, a roster of swimmers entered in the meet will be sent to NC Swimming for verification of USA Swimming registration. A Hard copy of entries in a word file is to be sent with HyTek entries

All swimmers in the meet must be NCS registered, including payment, by AT LEAST THREE DAYS PRIOR TO THE FIRST DAY OF THE MEET. Teams that need other arrangements should email Meet Mgmt.

All relay only swimmers including alternates must be listed on the Meet entry forms and pay the NCS Travel fund surcharge and facility surcharge.

Late entries may be accepted at the discretion of the meet director, but will not be seeded and will be charged double fees.

Entry Deadline: **Feb. 23, 2010** Entries will not be accepted without payment of entry fees. Entries may be limited at the discretion of the meet director in order to manage the timeline. When sending your entries by email, please send a financial summary. **If you are requesting a late entry, DO NOT send a new file.. Please submit in word form by email to Pam Rocque at bavrtvrs@nc.rr.com Include, Name, sex, id number, event # and event.**

Teams planning on attending the meet are requested to email bavrtvrs@nc.rr.com and coachcara45@aol.com, indicating their approximate numbers of swimmers for each age group and session by Feb. 10, 2010.

Mail entries to: **Meet Director, 4900 Waters Edge Dr., Suite 200, Raleigh, NC 27606, 919-454-6919, email: bavrtvrs@nc.rr.com and coachcara45@aol.com**

Entry Fees: Ind. Events-\$2.50
Relay Events-\$8.00
NC Travel Surcharge-\$2/swimmer,
Facility Surcharge \$10 per swimmer
(Relay only swimmers must pay Travel & Facility Surcharge)

Awards: Individual Events-1st-3rd Medals, 4th-8th-Ribbons
Relays- 1st- 3rd Ribbons

Warm-up: Warm-up lane assignments will be determined after entries are received. Lane assignments will be posted around the pool.

Time Schedule: The meet director reserves the right to change warm-up and start times based on the time line. Any changes to the meet schedule will be posted at www.marlinsofraleigh.com by March 1, 2010. Teams that have included their email address with their entries will also be updated by email as soon as possible.

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 will be tolerated.

- USA Swimming Membership:** Coaches must present a current USA Swimming membership card to Meet Management to receive their entry package and must display their membership card at all times that they are on deck.
- Coaches Meeting:** To be held by the starters table at 4:45pm on Friday, March 5th.. One member from your coaching staff is asked to attend. Any other information will come from the Meet Referee at his discretion and will be announced.
- Meet Director:** bayrtvrs@nc.rr.com Pam Rocque
Coachcara45@aol.com Cara Cameron (please copy on all emails)
** Please include the number of coaches that are going to be in attendance at this meet for your team for hospitality and printing reasons.
- Meet Referee:** Lee Martin
- Meet Marshall:** Ted Pierson
- Officials Meeting:** There will be an officials meeting:
Friday PM: hospitality room at 4:00pm
Saturday/ Sunday AM: hospitality room 7:30am
Saturday/ Sunday PM: hospitality room 12:00pm
Saturday/ Sunday PPM: hospitality room 3:30pm
Changes in meet warm up times will affect meeting times. Please note that each officials meeting will be at the start of warm ups at each session.
- Hospitality:** Drinks, snacks, breakfast, lunch will be provided to the coaches, officials, and meet workers.
- Volunteers:** MOR welcomes volunteer officials. Please contact Lee Figuers at swimlady477@gmail.com
- Release Statement:** USA Swimming, Inc. NC Swimming, Inc., Marlins Of Raleigh, Inc., The City of Raleigh and Pullen Aquatic Center and all employees and representatives of these organizations 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 March 5, 2010

Combined Session

1-2 9-10 200 IM
3-4 11-12 200 IM
5-6 13-18 200 IM
7-8 11-12 500 Free
9-10 13-18 500 Free

Saturday March 6, 2010

9-10 & 11-12 Boys Session

11-12 9-10 50 Fr
14 11-12 50 Fr
15-16 9-10 100 Br
18 11-12 100 Br
19-20 9-10 50 Bk
22 11-12 50 Bk
23-24 9-10 100 Fly
26 11-12 100 Fly
27-28 9-10 200 FR
30 11-12 200FR
31-32 10-U 200 Fr. Relay
34 11-12 200 Fr. Relay

8-U Session

35-36 25 FR
37-38 50 BR
39-40 25 BK
41-42 50 Fly
43-44 100 IM
45-46 100 FR Relay

11-12 Girls, 13-18 Session

13 11-12 50 FR
47-48 13-18 50 FR
17 11-12 100 BR
49-50 13-18 100 BR
21 11-12 50 BK
51-52 13-18 200 BK
25 11-12 100 Fly
53-54 13-18 100 Fly
29 11-12 200 FR
55-56 13-18 200 FR

Sunday March 7, 2010

9-10 & 11-12 Boys Session

59-60 9-10 100 Fr
62 11-12 100 Fr
63-64 9-10 50 BR
66 11-12 50 BR
67-68 9-10 100 Bk
70 11-12 100 Bk
71-72 9-10 50 Fly
74 11-12 50 Fly
75-76 9-10 100 IM
78 11-12 100 IM
79-80 9-10 200 Med. Relay
82 11-12 200 Med. Relay

8-U Session

83-84 50 FR
85-86 25 BR
87-88 50 BK
89-90 25 Fly
91-92 100 FR
93-94 100 Med. Relay

11-12 Girls, 13-18 Session

61 11-12 50 Fly
95-96 13-18 200 Fly
65 11-12 100 Fr
97-98 13-18 100 Fr
69 11-12 50 Br
99-100 13-18 200 Br
73 11-12 100 Bk
101-102 13-18 100 Bk
77 11-12 100 IM
103-104 13-18 400 IM

33 11-12 200 FR. Relay
 57-58 13-18 200 FR. Relay

81
 105-106

11-12 200 Med. Relay
 13-18 200 Med. Relay

**2010
 B/C States**

ENTRIES/ENTRY FEES SUMMARY FORM

AGE GROUP	TOTAL # OF SWIMMERS	NCS TRAVEL FEE @ \$2.00 PER SWIMMER	FACILITY SURCHARGE @\$10 PER SWIMMER	TOTAL INDIVIDUAL ENTRIES	INDIVIDUAL ENTRY FEES @\$2.50 (\$2.75 out of state) PER SWIMMER		
Girls 8&U							
Girls 9-10							
Girls 11-12							
Girls 13-14							
Girls 15-18							
Boys 8&U							
Boys 9-10							
Boys 11-12							
Boys 13-14							
Boys 15-18							
TOTALS							

TOTAL FEES \$ _____

Please submit one check with entries to cover your club's total entry fees.

Make your check payable to MOR:

Mail or Fed Ex entries to: Please make sure that if you Fedex you sign the area that allows to drop- off without signature.

**Meet Director
4900 Waters Edge Drive Suite 200
Raleigh, NC, 27606**

USA Swimming, Inc., North Carolina Swimming, Marlins of Raleigh, and the City of Raleigh and Pullen Aquatic Center, and other governing bodies of the facilities shall be held free and harmless for any and all liabilities or claims for damages arising by reasons of injuries to anyone during the conduct of this event.

Name of Coach in charge of notifying team of changes:

Email address of Coach in Charge of entries and notifications: _____

Signature of Coach: _____

Club: _____ Club Abbreviation: _____

Address: _____

Work Phone: _____

Home Phone: _____

**** A check for all applicable fees are required for this to be a valid entry.**

ENTRY CHECKLIST

Coaches:

Please use this checklist to make sure you send in everything that is required for a complete entry. All pages that follow this checklist need to be completed and returned.

1. **Check payable to MOR for fees** _____
2. **Fee Summary Form, COACH INFO** _____
3. **Hard Copy of Entries/ Word document** _____
4. **Valid email address for any changes to the meet.** _____
5. **Entry file of events- emailed to host.** _____

