

2010 North Carolina Eastern Qualifier
Optimist Park Pool
Raleigh, NC
July 9-11, 2010

- SITE:** Optimist Park Pool
5902Whittier Drive
Raleigh, NC, 27609
- SANCTION:** Conducted under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. NCS Sanction# NC10072.
- HOST TEAM:** Marlins of Raleigh
- DATE:** Friday, Saturday and Sunday
July 9-11, 2010
- PARKING:** Parking for the meet staff and meet officials will be in the main parking lot. All others will need to park at the Lower Baseball fields and at Sanderson High School. NO Parking along Whittier Drive leading into the pool. Police will be there to enforce. Officials, coaches and meet personnel will need to show their United States Registration cards. . Vehicles illegally parked in the Optimist lot, on Whittier Drive and in some areas on Northclift Drive are subject to being ticketed or towed.
- TIMES:**
- | | |
|----------|--|
| 13-18: | Friday, Saturday, Sunday 7:30am Warm ups/ 8:30am Start |
| 11-12: | Friday, Saturday 12:30pm Warm ups / 1:30 Start |
| 11-12 | Sunday 7:30am Warm ups/ 8:30am Start |
| 10-under | Friday and Saturday 4:30PM Warm ups/ 5:30PM Start |
- CLASSIFICATION:** This is a qualifier meet and swimmers may swim events in which they have not achieved the 14-under Championship or Senior Championship Qualifying time in the event being swum. Any swimmer who ages up in between Qualifier and NCS Championships meets is able to swim in the higher age bracket. **YOU MUST NOTIFY MEET MANAGEMENT WITH ORIGINAL ENTRY OF THESE CHANGES> failure to provide this information could result in the swimmer not being able to swim the event. Swimmers may NOT swim any Senior event in which they are qualified for the NC 14-U Jo's standard.**
- FACILITY:** Competition Pool: The Optimist Park Pool is a 50 meter pool, with non-turbulent lane markers, deck-anchored starting blocks and a water depth of 5 feet at the starting end and 3.5 feet at the turn end-,the lanes are 9 feet wide. An adjacent diving well will be used for warm-up/warm-down. The Colorado 5000 Timing System will be used as well as watches.
- The diving well will be open for warm up and warm down during the meet ONLY. This will NOT be open during team warm ups.
- There are some bleachers available. Chairs can be set up, but MUST be taken down after each session.

This pool is NOT registered with United States Swimming.

FACILITY RULE:

*No smoking or alcoholic beverages are allowed at the facility.
MAY HAVE A PLASTIC BOTTLE FOR WATER- no glass containers
Each team is responsible for cleaning up their area. Please place all trash
in receptacles provided.

RULES:

The meet will be conducted in accordance with the current USA Swimming Code, the NCS Official Handbook and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated.
All events will be timed finals.
Each swimmer must provide his/her own timer for the events 400M and longer and counters for the 1500
All events will be pre seeded except events that are 400 meters and longer.
These events will require a positive check in by the conclusion of warm-up on the day of these events. Events that are 400 meters will be swum slowest to fastest women then men. The 1500 Freestyle will be swum fastest to slowest alternating women and men. The North Carolina Scratch Rules will be in effect. Please enter swims in long course meter times only. **NT (NO TIMES) entries will NOT be permitted.** Any times that are entered faster than the cut time will be given 24 hours to change.
12-under Swimmers must have achieved a BB time in the 200 Free and 200 IM to swim the 400's of that event. 12-under swimmers must have achieved the BB time in the 100 of stroke to be able to swim the 200 of stroke. Proof of these times must be submitted by placing name, time and meet achieved in word format and **MUST** be sent along with the original emailed entry.
Anyone wishing to get a split time in any event **MUST** inform the Meet Referee of their intention before the end of warm ups along with the names of the 3 timers. You must provide the extra stopwatches for this.

ELIGIBILITY:

All swimmers must be registered with USA SWIMMING, Inc and may not have achieved the North Carolina 14 &U or Sr. Championship Time standard in any event entered.

ENTRIES:

Submit entries using Hy-Tek CL2 format
List swimmers' age as of July 9, 2010. **Use best meter times achieved.** A list of swimmer's attending the meet will be forwarded to the NCS registration coordinator for approval.
Teams using Hy-Tek Team Manager COMMLINK-II format or similar team management formats need to set this up as one meet.
On-deck entries may be taken at the discretion of the Meet Director and in open lanes only and only for swimmers already entered in the meet OR swimmers that you can prove are registered with NCS swimming at the time of due date of entry.
Enter BEST METER TIMES only! (NT's) NOT ACCEPTED!
Hy-tek electronic meet event file can be downloaded from www.ncswim.org
MOR Reserves the right to make changes to start times if the timeline warrants such a change.
12-under Swimmers must have achieved a BB time in the 200 Free and 200 IM to swim the 400's of that event. 12-under swimmers must have achieved the BB time in the 100 of stroke to be able to swim the 200 of stroke.
Proof of 12-under over-distance times MUST BE SUBMITTED to the Meet Director with the entry. Any times not proved by print out from USA Swimming will forfeit the athletes entry from that event.

In the event of a start time change, after receiving approval, notification will be sent out to teams that have entered. The timeline in which this occurs will be dependent on the response from the Sanction Chair. In the event of no changes, a timeline and any pertinent information will be sent on Friday, July 2, 2010.

ENTRY LIMIT:

**13-18 Swimmers: 9 Events Total for three days
4 a day**

7 on Friday and Saturday combined

11-12 Swimmers: 8 Events Total for three days/ 4 a day

No more than 7 for Friday and Saturday

10-under Swimmers: 8 events total/ 4 each day

Swimmers who are entered in more than the allowed number of events will automatically be dropped from the event(s) that put the swimmer over the limit. No refunds will be given for inappropriate entries. Meet management reserves the right to combine heats when necessary.

The meet director may limit the meet to 600 swimmers. Team limits are at meet director's discretion.

ENTRY DEADLINE:

HANDWRITTEN ENTRIES WILL NOT BE ACCEPTED.

Completed Electronic (Hy-Tek, LSA etc...) meet entries are due, June 29 2010 Entries will not be accepted without Summary Sheet and payment of entry fees. Late entries (including additional events or switching of events for swimmers already entered in the meet) may be accepted at the discretion of the Meet Director, but may not be seeded. **DOUBLE ENTRY FEES WILL BE CHARGED FOR ALL LATE OR CHANGED ENTRIES. The Head Coach and Meet Director reserve the right to limit the number of swimmers in the meet to ensure a reasonable session length. Each team can send an entry early but only adds will be made up to the closing time of entries. Please only send one file.**

Please send any correspondence relating to entries via e-mail to Pam Rocque at bayrtvrs@nc.rr.com, and copy to coachcara45@aol.com and Include team name, swimmer, and/or events in question. A response will be sent upon receipt of your message. If you are adding a swimmer before the deadline, please make sure you have full name, date of birth, male, female, times, age, event numbers.

ENTRY FEES:

\$2.50 per individual event (NCS registered swimmers)

\$2.75 per individual event (out of state swimmers)

\$15.00 per swimmer Facility Surcharge

\$2.00 per swimmer NCS Travel Fund

Double entry fees will be charged for late entries, if accepted. A late entry is any electronic entry received after 8:00 pm on, June 28, 2010. All fees are non-refundable.

A check made payable to MOR must accompany entries.

MAIL ENTRIES AND FEES TO:

Meet Director

4900 Waters Edge Drive Suite 200

Raleigh, 27606

bayrtvrs@nc.rr.com coachcara45@aol.com

NOTE: Entries must include:

1. Correct entry fees.

Hardcopy of Entry forms properly completed.

Entries received by July 29, 2010 (email)

Do not send entries in a manner that requires signature for delivery. IF YOU HAVE NOT RECEIVED AN EMAIL FROM MOR'S Meet Director by July 2nd, please contact them for any changes that might have occurred.

AWARDS: Individual Events: Ribbons 1st – 8th place If awards are not ready by the end of meet, you can pick them up from Coach Ted Pierson at the North Carolina 14-under Long course State Championships the following week.

WARM-UPS: First 30 minutes: All lanes general warm-up; no diving.
Next 20 minutes: Lanes 1 and 8 Pace
Lanes 2,3, ,6, and 7 race starts from start end of pool. One-way swimming, exit from opposite end of pool.
Lanes 4 and 5 will be for general warm-up.
The pool will be cleared prior to the start of each session to prepare for competition and for needed meetings of coaches and officials. Please begin warm-up at the starting end of the pool only.
Warm-up assignments will be determined after entries are received and might be changed due to numbers.

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.

COACHES AND OFFICIALS MEETING: There will be coaches' meetings on Friday, **July 9, 2010 at 7:15AM** (and as announced by the Meet Referee) by the starters console. Coach's heat sheets will be distributed when the coaches present their USA Swimming Coach membership card. Coaches without a coach membership card will not be allowed on the pool deck- must be able to show at the door to the pool and all time to officials and meet personnel. Coaches are responsible for all the information at this meeting.

There will be an officials meeting on Friday, July 9, 2010 at 7:45AM outside the hospitality room and 30 minutes prior to each session starting outside the hospitality room

Coaches and Officials are also required to display their registration cards or other access documents prominently while on deck. Credentials must be displayed at ALL times.

MEET DIRECTOR: Cara Cameron coachcara45@aol.com 851-3000
Pam Rocque baytrvrs@nc.rr.com

MEET MARSHALL: Ted Pierson

Hospitality will be open to officials, coaches, and meet workers
T-shirts will be available at this meet.
Kast A Way will be on site.

MEET REFEREE: Bob Figuers

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., THE MARLINS OF RALEIGH AND, Raleigh City Parks and Optimist Park Pool 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.

ORDER OF EVENTS

Friday, July 9, 2010

7:30am Warm ups/ 8:30am Start

1-2 13-18 100 Free
3-4 13-18 200 Back
5-6 13-18 100 Fly
7-8 13-18 200 Breast
9-10 13-18 400 Free

12:30 Warm ups/ 1:30pm Start

11-12 11-12 200 Back
13-14 11-12 50 Back
15-16 11-12 100 Breast
17-18 11-12 200 Fly
19-20 11-12 50 Fly
21-22 11-12 400 IM

4:30 Warm ups/ 5:30pm Start

23-24 10-under 100 Free
25-26 8-under 50 Back
27-28 9-10 50 Back
29-30 10-under 100 Breast
31-32 8-under 50 Fly
33-34 9-10 50 Fly
35-36 10-under 200 IM

Saturday, July 10, 2010

7:30am Warm ups/ 8:30am Start

37-38 13-18 200 Free
39-40 13-18 100 Back
41-42 13-18 200 Fly
43-44 13-18 100 Breast
45-46 13-18 400 IM

12:30pm/1:30pm Start

47-48 11-12 50 Free
49-50 11-12 100 Back
51-52 11-12 200 Breast
53-54 11-12 50 Breast
55-56 11-12 100 Fly
57-58 11-12 200 Free

4:30pm Warm ups/ 5:30pm Start

59-60 9-10 50 Free
61-62 8-under 50 Free
63-64 10-under 100 Back
65-66 9-10 50 Breast
67-68 8-under 50 Breast
69-70 10-under 100 Fly
71-72 10-under 200 Free

Sunday, July 11, 2010

7:30am Warm ups/ 8:30am Start

73-74 13-18 200 IM
75-76 11-12 200 IM
77-78 13-18 50 Free
79-80 11-12 400 Free
81-82 13-18 1500 Freestyle

2010

Eastern LC Qualifier

ENTRIES/ENTRY FEES SUMMARY FORM

| AGE GROUP | TOTAL # OF SWIMMERS | NCS TRAVEL FEE @ \$2.00 PER SWIMMER | FACILITY SURCHARGE @\$15 PER SWIMMER | TOTAL INDIVIDUAL ENTRIES | INDIVIDUAL ENTRY FEES @\$2.75 (\$3.00 out of state) PER SWIMMER | | |
|-------------|---------------------|-------------------------------------|--------------------------------------|--------------------------|---|--|--|
| Girls 8&U | | | | | | | |
| Girls 9-10 | | | | | | | |
| Girls 11-12 | | | | | | | |
| Girls 13-18 | | | | | | | |
| | | | | | | | |
| Boys 8&U | | | | | | | |
| Boys 9-10 | | | | | | | |
| Boys 11-12 | | | | | | | |
| Boys 13-18 | | | | | | | |
| | | | | | | | |
| TOTALS | | | | | | | |
| | | | | | | | |

TOTAL NCS TRAVEL \$ _____

TOTAL FACILITY SURCHARGE \$ _____

TOTAL INDIVIDUAL ENTRY FEES \$ _____

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 Goldsboro Family YMCA, 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.**

2010 Eastern LCQualifier 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. Computer disk with Hy-Tek Meet Manager compatibility and hardcopy printout of entries including relays _____
4. Valid email address for any changes to the meet. _____
5. Entry file of events- emailed to host. _____

LONG COURSE JUNIOR OLYMPICS QUALIFIER

July 8-11, 2010

Hotel Options

Marlins of Raleigh is pleased to present below several room blocks at Hotel properties in close proximity to Optimist Pool. Please review and select as you wish. GROUPS MUST REFERENCE "LONG COURSE JO'S OR LONG COURSE JUNIOR OLYMPICS" TO RECEIVE SPECIAL GROUP RATE AND ASSOCIATED CONCESSIONS. RESERVATIONS ARE REQUIRED BY JUNE 24TH. Group rate may be offered after cutoff date if availability exists.

COURTYARD RALEIGH MIDTOWN - www.marriott.com

1041 Wake Towne Drive
Raleigh, NC 27609
919.821.3400
3.84 miles from Optimist Pool
Rooms: 30 doubles @ \$79

EMBASSY SUITES, CRABTREE - www.raleighcrabtree.embassysuites.com

4700 Creedmoor Road
Raleigh, NC 27612
919.881.0000
4.52 miles from Optimist Pool
Rooms: 30 King Suites @ \$92/night
Amenities: Rate includes full cooked-to-order breakfast and complimentary cocktail reception each evening.

HAMPTON INN - www.hamptoninn.com/hi/raleigh-capital

3621 Spring Forest Road
Raleigh, NC 27616
919.872.7111
5.23 miles from Optimist Pool
Rooms: 30 doubles and 30 kings with pull-out couch @ \$89/night
Amenities: Rate includes extended continental breakfast

HILTON GARDEN INN - www.raleighnortheast.hgi.com

6412 Capital Blvd
Raleigh, NC 27616
919.863.9163
5.66 miles from Optimist Pool
Rooms: 26 doubles @ \$89, 5 suites (queen and king) with pull out double sofa bed @ \$99.
Amenities: Continental Breakfast can be provided for an additional \$10 per room, per night.

HILTON NORTH RALEIGH/MIDTOWN - www.northraleigh.hilton.com

3415 Wake Forest Road
Raleigh, NC 27609
919-872.2323
4 miles from Optimist Pool
Rooms: 50 doubles @ \$95
Amenities: Rate includes 4 breakfast coupons per room per night.

HOLIDAY INN CRABTREE VALLEY - www.holidayinn.com

4100 Glenwood Avenue

Raleigh, NC 27612

919.782.8600

3.97 miles from Optimist Pool

Rooms: 75 doubles @ \$69

Amenities: Buffet breakfast can be purchased for an additional charge.

MARRIOTT RALEIGH CRABTREE VALLEY – www.marriott.com (Raleigh Crabtree)

4500 Marriott Drive

Raleigh, NC 27612

919.781.7000

4.28 miles from Optimist Pool

Rooms: 50 doubles @ \$99

Amenities: Rate includes sports breakfast

RENAISSANCE RALEIGH NORTH HILLS HOTEL - www.renaissancehotels.com

4100 Main at North Hills Street

Raleigh, NC 27609

919.278.1474

2.08 miles from Optimist Pool

Rooms: 15 doubles @ \$119