



2010 NC MARLINS OF RALEIGH  
“SCQ” SHORT COURSE QUALIFIER  
February 12-14, 2010

**SANCTION:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NCI0022

**HOST:** Marlins of Raleigh Swim Team  
4900 Waters Edge Drive, Suite 200  
Raleigh, NC, 27606  
(919) 851-3000

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

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.

Only meet volunteers, USA Swimming registered athletes and current USA Swimming registered officials and coaches may be on deck.

NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME

SPECTATOR SEATING:

The seating area is above the deck and designed for comfort and enjoyment for spectators. There is viewing for 450 people. Chairs will not be allowed to block

A walkway for Fire Code reasons. Chairs will not be allowed to stay overnight.

SUPPORTING AMENITIES:

Parking: There are 150 parking spaces directly in front of the facility that will be available for officials and coaches with proper USA Swimming Credentials as well as Meet personnel.

Kast A Way Swim Shop will be on site on Saturday and Sunday of the meet.

An embroiderer will be on site to purchase or add embroidery to items.

Some snacks will be available for purchase.

DATES: February 12-14, 2010

TIMES: Friday Warm-Up: 3:30pm Meet Starts: 5:00pm

Saturday and Sunday 10-unders: Warm up: 7:30am Meet Starts: 8:15am

Saturday and Sunday 11-12: Warm up: 11:15am Meet Starts: 12:00noon

Saturday and Sunday 13-over Warm up: 3:30pm Meet Starts: 4:30pm

**The Marlins of Raleigh Reserve the right to combine sessions if timelines warrant. Notification will be given by Monday, February 8<sup>th</sup> by email to the coach who sends the entries.**

RULES: This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, and the current NC Swimming Safety Program. These rules will serve as the official guide for technical and procedural rules, except wherein are options and exceptions are herein stated.

CLASSIFICATION: All 14-under swimmers cannot swim an event in which they are qualified for the NC 14-under State Championships and any 15-over swimmer cannot swim an event in which they are qualified for the NC Senior Championship cut.

ELIGIBILITY: All Swimmers must be registered with USA Swimming, Inc. Please list the swimmer's age as of February 12, 2010.

In order to swim the over distance events for 8-12 year olds, swimmers must have achieved the following:

**To Swim:**

11-12 200 Fly, Back, Breast

11-12 400 IM

**Must have achieved:**

BB in 11-12 100 Fly, Back, Breast

BB in 11-12 200 IM

11-12 1650 Free

BB in 11-12 500 Free

10-under 500 Free

BB in 10-under 200 Free

**YOU MUST APPLY PROOF OF TIMES ON HARD COPY ON THE ENTRY DUE DATE**

ENTRIES: Please email entries using Hy-Tek Team Manager. Entries may be sent via email and must include the following: 1) A Hy-Tek compatible entry file 2) team entry report and 3) Financial Report

Payment must arrive at the MOR Office, 4900 Waters Edge Drive, Suite 200, Raleigh, NC, 27606 before the START of the Meet unless arrangements have been made otherwise, with Cara Cameron at [coachcara45@aol.com](mailto:coachcara45@aol.com). If payment is NOT received at the start of the meet no swimmer will compete until payment is received.

All swimmers must be properly registered before February 12, 2010. The list of swimmers competing in the meet will be forwarded to the NCS Registration Chair for approval. No on-deck registration will be allowed unless 1) the swimmer is already registered in the meet or 2) you have proper USA registration card for swimmer

Late entries will be charged double and can be made by emailing Pam Rocque and Cara Cameron at [bayrtvrs@nc.rr.com](mailto:bayrtvrs@nc.rr.com) and [coachcara45@aol.com](mailto:coachcara45@aol.com). PLEASE EMAIL BOTH. Any changes to entries after the due date will result in being charged for previous entries and any new entries.

ENTRY LIMIT: All swimmers are limited to 4 individual events per day.

FORMAT: All events will be swum as timed finals. Each swimmer must provide his/her own timer and counter for the 500 Free, 1650 Free and 400 IM. The 500, 1650 and 400 IM will be deck seeded with positive check-in. Check-in will be required 30 minutes before the start of the meet for the events session. The NCS Scratch rule will be in effect. If your swimmer is checked in and does not show up to swim the event, they will not be allowed to compete in the next event in which they are scheduled to compete.

ENTRY FEES: \$2.50 per individual event  
\$2.75 Out of State Individual events  
\$10.00 Facility Surcharge per swimmer  
\$2.00 NCS Travel Fee per swimmer

ENTRY DEADLINE: Entries will be accepted up to 9:00pm February 2<sup>nd</sup>, 2010.

ENTRIES SENT TO: Pam Rocque [bayrtvrs@nc.rr.com](mailto:bayrtvrs@nc.rr.com) and Cara Cameron [coachcara45@aol.com](mailto:coachcara45@aol.com)

Any late entries should be sent to both email addresses

MAIL CHECKS TO: MOR, 4900 Waters Edge, Suite 200, Raleigh, NC, 27606

AWARDS: Individual Events: Ribbons 1<sup>st</sup>-8<sup>th</sup> place

WARMUPS: First 30 minutes: All general warm-up, no diving

Last 15 minutes: Work within your lanes for diving

SAFETY: The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Running and horseplay will not be allowed. As at any pool, the deck may be slippery and caution should be taken to prevent accidents. NO blocking of fire exits, which includes doorways and passages. Coaches must carry their coach certification cards at all times when on the pool deck and must hold current certifications and registration with USA Swimming.

COACHES MEETING: A coaches meeting will be held by the timers table at 4:50pm on Friday February 12, 2010 and at 8:00am on Saturday, February 13, 2010.

OFFICIALS MEETING: An officials meeting will be held in the hospitality room at 4:15 on Friday February 12, 2010 and on Saturday and Sunday at the beginning of warm ups for each session:

MEET DIRECTOR: Pam Rocque and Cara Cameron [bayrtvrs@nc.rr.com](mailto:bayrtvrs@nc.rr.com) [coachcara45@aol.com](mailto:coachcara45@aol.com)

MEET REFEREE: Lee Martin

MEET MARSHALL: Shawn Blaine

MOR HEAD COACH: Paul Silver

HOSPITALITY: Hospitality will be open to coaches, officials and meet workers and provided by the Marlins of Raleigh Swim Team and various generous supporters.

RELEASE STATEMENT: USA Swimming, Inc., North Carolina Swimming Inc., the Marlins of Raleigh Swim Team and The City of Raleigh shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the the conduct of this meet.

Friday, February 12, 2010 Session 1

1-2 10-under 50 Free  
3-4 11-12 200 Fly  
5-6 Senior 100 Free  
7-8 11-12 200 Back  
9-10 10-under 500 Free  
11-12 11-12 200 Breast  
13-14 Senior 500 Free

Saturday, February 13, 2010- Session 2

15-16 10under 200 Free  
17-18 10-under 100 back  
19-20 10-under 50 Breast  
21-22 10-under 100 Fly  
23-24 10-under 100 IM

Saturday, February 13, 2010 –Session 3

25-26 11-12 200 Free  
27-28 11-12 50 Breast  
29-30 11-12 100 Back  
31-32 11-12 50 Free  
33-34 11-12 100 Fly  
35-36 11-12 100 IM  
37-38 11-12 400 IM

Saturday, February 13, 2010 – Session 4

- 39-40 Senior 200 Free
- 41-42 Senior 100 Breast
- 43-44 Senior 200 Back
- 45-46 Senior 200 Fly
- 47-48 Senior 400 IM

Sunday, February 14, 2010- Session 5

- 49-50 10-under 100 Free
- 51-52 10-under 50 Fly
- 53-54 10-under 100 Breast
- 55-56 10-under 50 Back
- 57-58 10-under 200 IM

Sunday, February 14, 2010- Session 6

- 59-60 11-12 200 IM
- 61-62 11-12 50 Back
- 63-64 11-12 100 Free
- 65-66 11-12 50 Fly
- 67-68 11-12 100 Breast
- 69-70 11-12 500 Free

Sunday, February 14, 2010, -Session 7

- 71-72 Senior 200 IM
- 73-74 Senior 100 Back
- 75-76 Senior 200 Breast
- 79-80 Senior 100 Fly

77-78 Senior 50 Free

81-82 Senior 1650 Free