



2010 Southern Wake Invitational Meet at Lochmere

Facility: 502 East Lochmere Drive, Cary, NC 27511. This is a 10 lane facility with seating around the pool for coaches. No seating will be allowed for swimmers and/or parents on deck. There will be a tent area for all teams that will be available for setup on Saturday after 7PM. Parents may come in to watch their swimmer's heat. There is an upper deck viewing area as well near the clubhouse.

Dates: July 11, 2010

Times: Sun. AM 6 &U, 7-8, 9-10 W-up-8:00 am Meet-9:00 am
Sun. PM 11-12, 13-14, 15-18 W-up-1:30 pm Meet-2:30 pm

Sponsor: Marlins of Raleigh Swim Team and Lochmere Swim Team

Rules: The meet will be conducted in accordance with the current TSA Swimming Code and the NCS Official Handbook and NCS Safety program, except where rules therein are optional and are herein stated.

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. MR relays cards with names and order of the relay team are to be handed to the clerk of course 30 minutes before the beginning of the meet and the FRR must be handed in before the BR events for each session.

Eligibility: All swimmers must be registered and in good standing with their swim team.

Entry Limit: All swimmers may swim 3 events except for 6&U who may swim only 2 events. All swimmers may swim in 2 relays in their age group or older, but may not age up if there are 4 swimmers in their age group.

Entries: All entries must be submitted electronically using Team Manager Lite. No paper entries will be accepted. Please download the needed program at hytek.com. If there are any problems, please email Cindie Lawton at

mor.swimming@gmail.com. All entries should be emailed to:
mor.swimming@gmail.com.

R.S.V.P. Deadline: Teams planning on attending the meet are requested to email:
mor.swimming@gmail.com indicating the approximate number of swimmers for each age group and session by **May 28, 2010**.

Entry Deadline: **July 1, 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.

Mail entries to: **Cindie Lawton, 302 Honeywood Court, Cary, NC 27518, 919-244-1780, email:**
mor.swimming@gmail.com.

Late Entries & Changes:

Late entries and/or substitutions may be accepted after the entry deadline up to midnight on Monday, July 5, 2010 but only in empty lanes. Late entries will be accepted at the discretion of the Meet Director. Double entry fees will be charged for all late entries, substitutions, and/or changes. All entries received after the July 1, 2010 deadline will be considered late, and subject to the double entry fee.

NO LATE ENTRIES OR SUBSTITUTIONS WILL BE ACCEPTED ON THE DAY OF THE MEET.

Entry Fees: Ind. Events-\$2.25
Relay Events-\$8.00
Facility Surcharge-\$6.00/swimmer
(Relay only swimmers must pay Facility Surcharge)

Entry fees are non-refundable.

Awards: Individual Events- 1st-3rd Medals, 4th-16th-Ribbons
Relays -1st place Medals, 2nd - 8th - Ribbons
High Point awards – 1st place for each age group

Awards will be available at the end of the meet. Coaches must be present to accept the awards or they will be left at the Lochmere Pool to be picked up at the coach's leisure.

Scoring: Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
Team scores will be kept and the winning team will receive a banner.

- 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 Wed. July 7th, 2010. Teams that have included their email address with their entries will also be updated by email as soon as possible.
- Parking:** Parents are reminded to not park illegally on curbs etc.
- 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 Meeting:** A coaches meeting will be held 10 minutes prior to the start of the meet.
- Meet Director:** Cindie Lawton, 919-244-1780, mor.swimming@gmail.com
- Meet Referee:** Carol Norman
- Officials Meeting:** There will be an officials meeting 30 minutes prior to the start of each session.
- Hospitality:** Drinks, snacks, breakfast, and lunch will be provided to the coaches, officials, and meet workers.
- Volunteers:** Each team attending the meet with 10 or more swimmers will be required to commit 1 Stroke & Turn Judge and 2 timers for **each** of the 2 sessions. Please include the names of the volunteers and the official with your entry and their preference of session to work.
- Release Statement:** USA Swimming, Inc. NC Swimming, Inc., Marlins Of Raleigh, Lochmere Swim Team and Pool 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:

AM Session

<u>BOYS</u>		<u>GIRLS</u>
1	7-8 100 MR	2
3	9-10 100 MR	4
5	6&U 25 FR	6
7	7-8 25 FR	8
9	9-10 25 FR	10
11	6&U 25 BK	12
13	7-8 25 BK	14
15	9-10 25 BK	16
17	6&U 25 BR	18
19	7-8 25 BR	20
21	9-10 25 BR	22
23	7-8 25 Fly	24
25	9-10 25 Fly	26
27	7-8 100 FRR	28
29	9-10 100 FRR	30

PM Session

<u>BOYS</u>		<u>GIRLS</u>
31	11-12 200 MR	32
33	13-14 200 MR	34
35	15-18 200 MR	36
37	11-12 50 FR	38
39	13-14 50 FR	40
41	15-18 50 FR	42
43	11-12 50 BK	44
45	13-14 50 BK	46
47	15-18 50 BK	48
49	11-12 50 BR	50
51	13-14 50 BR	52
53	15-18 50 BR	54
55	11-12 50 Fly	56
57	13-14 50 Fly	58
59	15-18 50 Fly	60
61	11-12 200 FRR	62
63	13-14 200 FRR	64
65	15-18 200 FRR	66

ENTRY SHEET

Please return with the entry fee for the team to **Cindie Lawton, 302 Honeywood Court, Cary, NC 27518, 919-244-1780, email: mor.swimming@gmail.com.**

TEAM NAME: _____

TEAM Nickname: _____

Head Coach: _____

Email: _____

Number of coaches attending the meet: _____

Stroke & Turn Judge: _____ **AM Session**

Stroke & Turn Judge: _____ **PM Session**

Timer 1: _____ **AM Session**

Timer 2: _____ **AM Session**

Timer 1: _____ **PM Session**

Timer 2: _____ **PM Session**

Number of swimmers: _____ **x \$6.00 =** _____

Number of individual events: _____ **x \$2.25 =** _____

Number of Relays: _____ **x \$8.00 =** _____

Total: _____ **=** _____