



- Meet: MOR B/C States
- Date: March 4-6, 2011
- Site: Optimist Park Pool
5902 Whittier Drive
Raleigh, NC, 27609
- Parking: Parking for Meet Staff and 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 enforcing.
- Facility: The facility consists of a 50 meter pool with 8 competition Short Course lanes and deck anchored starting blocks. Computer results will be used. Colorado Timing will be used. There will be lanes set up for continuous warm up and warm down during the duration of the meet. All spectators are asked to sit in designated areas ONLY. There will be no glass containers allowed on deck. Please make sure that all team areas are clean before leaving the pool deck. This pool is NOT certified by USA Swimming.
- Times: Friday combined Session Warm-up: 4:15pm Meet: 5:15pm
Sat. and Sun 9-10, 11-12 boys Warm-up: 7:30am Meet: 8:15am
Sat. and Sun. 8-unders Warm-up: 11:45am Meet 12:15pm
Sat and Sun. 11-12 girl, 13-over Warm up: 3:00pm Meet 4:00pm

**MOR reserves the right to combine sessions if timeline warrants.
Notification will be given to the coach who sends the entries by Feb.
28, 2011

Sanction: USA Swimming Sanction issued by NC11047.

Host: The Marlins of Raleigh Swim Team

Rules: The meet will be conducted in accordance with the current USA swimming code and NCS Official handbook and NCS Safety program, except where rules therein are optional and are herein stated.

The 400 IM and the 500 Free will be deck seeded. Positive check-in will be required 20minutes after the start of warm up. The 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. Relay cards with names and order of the relay team are to be handed in to the clerk of course (Timing Table) by Warm-ups end.

All 8-under events will start from the blocks.

If a swimmers is travelling without a coach of record, the meet director will assign/find a coach for the swimmer in question. The meet director will also verify their Race Start certification. If the swimmer does not have the certification, the meet director will notify the meet referee and the coach of the swimmer. The meet referee will be responsible in making the officials aware of the situation and require the swimmer to start from the water.

MOR welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require and accommodations are required to provide advance notice in writing to the meet director by the entry deadline accompanying their meet

entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit MOR's ability to accommodate all requests.

Check-In: Positive check-in is required for all relays, 500 Free and 400 IM. Deadline for check-in is 20 minutes after the start of that sessions warm ups.

Eligibility: All swimmers must be registered with USA Swimming. 9-10 and ALL 8-unders B/C Sessions: 9-10 swimmers cannot have more than 1 BB stroke to swim in the meet.

All 11-12's cannot have more than 1 BB Stroke to swim in the meet. All 13-over swimmers must be Development swimmers. (13-18 with 13-14 AA in 1 or less strokes).

Entry Limit: 9-over Swimmers: 2 Events on Friday, 7 Events Total for Saturday and Sunday.

8-under Swimmers: 8 total for Saturday and Sunday.

Entries: Submit entries on Team Manager by emailing them to the Meet Directors. List the swimmers' age as of March 4, 2011. 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 is asked to be sent to the MOR office and/or by email.

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 might not be seeded into the meet heat sheet and will charged double fees.

Entry Deadline: Tuesday, Feb. 22, 2011. Entries will not be accepted without payment of entry fees. When sending your entries by email, please include both

meet directors: Cara and Pam bayrtvrs@nc.rr.com and coachcara45@aol.com If you are requesting a late entry, DO NOT send a new file. Please submit in word form to both addresses and include, NAME, ID NUMBER, Event # and event. Please make sure to bring a copy of your roster to the meet for any deck entries that might be needed. NO one will be entered on the deck without proof of registration.

MOR Address: B/c States, 4900 Waters Edge Drive, Suite 200, Raleigh, NC, 27606.

Entry Fees: Individual Events- \$2.50

Out of State Individual Events- \$2.75

Relay Events-\$8.00

NCS Travel Surcharge(per person)-\$3.00

Facility Surcharge (per person)-\$10.00

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

Relays- 1st-3rd Ribbons

Warm-up: All warm up assignments will be sent to the coach of record as well as posted around the pool and at the Timers Table.

Safety: The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No horseplay will be tolerated.

USA Swimming: Coaches must present and display visibly a current USA Swimming membership card at all times they are on deck and in meet areas.

Coaches Mtg: To be held at the Starters Table at 4:45pm on Friday, March 4.

Meet Directors: Pam Rocque bayrtvrs@nc.rr.com and Cara Cameron
coachcara45@aol.com

Host Coach: Cara Cameron 919-851-3000

Meet Referee: Bob Figuers

Marshal: Ted Pierson

Officials Mtg: Friday PM: by starters table at 4:00pm

Sat./Sun. AM: 7:30am (starters table)

Sat. /Sun PM:12:00pm (starters table)

Sat./Sun. PPM3:30pm (starters table)

Changes in meet warm up times will affect meeting times. Please note that each officials meeting will be at the start of each sessions warm ups.

Hospitality: Drinks, Snacks, breakfast, lunch and dinner will be provided to the coaches, officials and meet workers.

Volunteers: MOR welcomes volunteer officials. Please contact Bob Figuers.

Release Statement: USA Swimming, INC., NC Swimming, INC., Marlins of Raleigh, INC., The City of Raleigh, Optimist Park 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:

Friday March 4, 2011

Combined Session

1-2 9-10 50 Free
3-4 11-12 200 IM
5-6 13-18 200 IM
7-8 9-10 200 IM
9-10 11-12 500 Free
11-12 13-18 500 Free

Saturday March 5, 2011

9-10 & 11-12 Boys Session

16 11-12 50 Fr
17-18 9-10 100 Br
20 11-12 100 Br
21-22 9-10 50 Bk
24 11-12 50 Bk
25-26 9-10 100 Fly
28 11-12 100 Fly
29-30 9-10 200 FR

Sunday March 6, 2011

9-10 & 11-12 Boys Session

73-74 9-10 100 Fr
76 11-12 100 Fr
77-78 9-10 50 BR
80 11-12 50 BR
81-82 9-10 100 Bk
84 11-12 100 Bk
85-86 9-10 50 Fly
88 11-12 50 Fly
89-90 9-10 100 IM

32 11-12 200FR
33-34 10-U 200 Fr. Relay
36 11-12 200 Fr. Relay

92 11-12 100 IM
93-94 9-10 200 Med. Relay
96 11-12 200 Med. Relay

8-U Session

37-38 25 FR
39-40 50 BR
41-42 25 BK
43-44 50 Fly
45-46 100 IM
47-48 100 FR Relay

8-U Session

97-98 50 FR
99-100 25 BR
101-102 50 BK
103-104 25 Fly
105-106 100 FR
107-108 100 Med. Relay

11-12 Girls, 13-18 Session

49 11-12 50 FR
51-52 13-18 50 FR
53 11-12 100 BR
55-56 13-18 100 BR
57 11-12 50 BK
59-60 13-18 200 BK
61 11-12 100 Fly
63-64 13-18 100 Fly
65 11-12 200 FR
67-68 13-18 200 FR
69 11-12 200 FR. Relay
71-72 13-18 200 FR. Relay

11-12 Girls, 13-18 Session

109 11-12 50 Fly
111-112 13-18 200 Fly
113 11-12 100 Fr
115-116 13-18 100 Fr
117 11-12 50 Br
119-120 13-18 200 Br
121 11-12 100 Bk
123-124 13-18 100 Bk
124 11-12 100 IM
127-128 13-18 400 IM
129 11-12 200 Med. Relay
131-132 13-18 200 Med. Relay

**2011
B/C States**

ENTRIES/ENTRY FEES SUMMARY FORM

AGE GROUP	TOTAL # OF SWIMMERS	NCS TRAVEL FEE @ \$3.00 PER SWIMMER	FACILITY SURCHARGE @\$10 PER SWIMMER	TOTAL INDIVIDUAL ENTRIES	INDIVIDUAL ENTRY FEES @\$2.50 (\$2.75 out of state) PER SWIMMER	Relay \$8.00	
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. _____