



**Meet:** 2012 B/C States

**Host Club:** **Marlins of Raleigh Swim Team (MOR)**

**Date:** March 3-4, 2012

**Site:** Pullen Aquatic Center  
410 Ashe Avenue  
Raleigh, NC, 27606  
(919) 831-6197

**Sanction:** Held under sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. Sanction #NC12035

**Parking:** Parking for Meet Staff and Officials will be in the main parking lot.

All others will need to park at the upper lots and cannot park next to yellow-marked curbs or wherever No Parking signs exist. Cars improperly parked will be towed.

**Facility:** The facility consists of a 50-meter pool with an 8-lane, 25yd competition course deck-anchored starting blocks. An additional 9 lanes will be available for continuous warm-up/down. Colorado timing with computer results will be used. All spectators must remain in designated areas ONLY. There are no glass containers allowed on deck and all pool rules must be adhered to. Please make sure that all team areas are clean before leaving the pool deck.

**Times:** **MORNING SESSIONS:** Sat. March 3 and Sun. March 4 (all 9-10s, 11-12 Boys)  
Warm-up: 7:30am Meet starts: 8:15am

**MID-DAY SESSIONS:** Sat. March 3 and Sun. March 4 (all 8&Unders)  
Warm-up (approximately): 12:15pm Meet starts (approximately): 12:50pm

**AFTERNOON SESSIONS:** Sat. March 3 and Sun. March 4 (11-12 Girls; all 13-18 $\Phi$ )  
Warm up (approximately): 3:30pm Meet starts (approximately): 4:15pm

\*\*MOR reserves the right to combine sessions if the timeline warrants. An email will be sent to coaches the week of the meet explaining the timeline and approximate warm-up times, if any are altered.

**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. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

The 400 IM and the 500 Freestyle events will be deck-seeded, swum slowest to fastest and may be limited to the fastest 24 swimmers per event. Positive check-in will be required no later than 20 minutes after the start of warm-ups for those sessions. The NCS 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 the conclusion of warm-ups.

All 8-under events will start from the blocks.

If swimmers are traveling 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.

**Disabilities:** 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 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 session's warm-ups.

**Eligibility:** All swimmers must be registered with USA Swimming. All 8&Unders are eligible to swim in this meet.

**9-10 B/C Sessions:**

9-10 swimmers cannot have more than 1 BB stroke and swim in the meet.

**11-12 Sessions**

11-12 swimmers cannot have more than 1 BB Stroke to swim in the meet.

**13&older Sessions**

13 & older swimmers must be considered Senior Development swimmers that is they may not have more than one 13-14 AA stroke. 15-18 swimmers cannot have more than one 13-14 AA stroke.

**Entry Limit:** All swimmers: 4 events per day.

**Entries:** Submit entries on Hy-Tek's Team Manager by emailing them to the Meet Directors. List each swimmer's age as of **March 3, 2012**. Per NCS Rules, a roster of swimmers entered in the meet will be sent to NC Swimming for verification of USA Swimming Registration.

Please send a hardcopy of your club's entry to the MOR office by mail 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 be charged double fees.

**Entry**

**Deadline:** **Tuesday, Feb. 21, 2012** at 9pm.

Entries will not be accepted without payment of entry fees. When sending your entries by email, please include both Meet Directors:

**Cara Cameron** . [coachcara45@aol.com](mailto:coachcara45@aol.com)

**Pam Rocque** . [bayrtvrs@nc.rr.com](mailto:bayrtvrs@nc.rr.com)

If you are requesting a late entry, DO NOT send a new file. Please submit the late entry in word form to both Meet Directors and include, NAME, USA SWIMMING 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 Club**

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

**Entry**

**Fees:**

Individual Events:	\$2.50 per event
Out of State Individual Events:	\$2.75 per event
Relay Events:	\$8.00 per relay
NCS Travel Surcharge:	\$3.00 per swimmer
Facility Surcharge:	\$10.00 per swimmer

**Awards:**

Individual Events:	Medals: 1st . 3rd Place
	Ribbons: 4th . 8th Place
Relays:	Ribbons: 1st . 3rd Place

**Warm-up:**

All warm-up lane 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.

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

**Coaches Meeting:** To be held at the Starters Table at 7:20am on Saturday, March 3 and will be announced if needed thereafter.

**Meet Directors:** Pam Rocque [bayrtvrs@nc.rr.com](mailto:bayrtvrs@nc.rr.com)  
Cara Cameron [coachcara45@aol.com](mailto:coachcara45@aol.com) . (919) 851-3000 (team office)

**Meet Referee:** Bob Figuers

**Meet Marshal:** Ted Pierson

**Credentials:** All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification/registration. Coaches and officials shall prominently display their registration cards while on deck.

**Officials Meeting:** Sat./Sun. AM: 7:30am (hospitality room)  
Sat. /Sun PM:12:15pm (hospitality room)  
Sat./Sun. Afternoon Session 3:30pm (hospitality room)

Changes in meet warm up times may affect meeting times. Please note that each officials meeting will be at the start of each session's 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 the Meet Referee if you would like to assist us in the officiating of this event.

**Release Statement:** USA Swimming, Inc., NC Swimming, Inc., Marlins of Raleigh, Inc., The City of Raleigh, 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.

# B/C STATES

## ORDER OF EVENTS

MORNING SESSION 9-10 Girls, 9-10 Boys, 11-12 Boys Saturday, March 3, 2012 7:30am warm-ups; 8:15am meet start			MORNING SESSION 9-10 Girls, 9-10 Boys, 11-12 Boys Sunday, March 4, 2012 7:30am warm-ups; 8:15am meet start		
GIRLS	EVENTS	BOYS	GIRLS	EVENTS	BOYS
1	9-10 200 IM	2	69	9-10 100 FREE	70
	11-12 200 IM	4		11-12 100 FREE	72
5	9-10 50 FREE	6	73	9-10 50 BREAST	74
	11-12 50 FREE	8		11-12 50 BREAST	76
9	9-10 100 BREAST	10	77	9-10 100 BACK	78
	11-12 100 BREAST	12		11-12 100 BACK	80
13	9-10 50 BACK	14	81	9-10 50 FLY	82
	11-12 50 BACK	16		11-12 50 FLY	84
17	9-10 100 FLY	18	85	9-10 100 IM	86
	11-12 100 FLY	20		11-12 100 IM	88
21	9-10 200 FREE	22	89	9-10 200 MEDLEY RELAY	90
	11-12 200 FREE	24		11-12 200 MEDLEY RELAY	92
25	9-10 200 FREE RELAY	26		11-12 500 FREE	94
	11-12 200 FREE RELAY	28			

# B/C STATES

## ORDER OF EVENTS

MID-DAY SESSION 8&U Girls and 8&U Boys Saturday, March 3, 2012 12:15pm warm-ups; 12:50pm meet starts			MID-DAY SESSION 8&U Girls and 8&U Boys Sunday, March 4, 2012 12:15pm warm-ups; 12:50pm meet starts		
GIRLS	EVENTS	BOYS	GIRLS	EVENTS	BOYS
29	8&U 25 FREE	30	95	8&U 50 FREE	96
31	8&U 50 BREAST	32	97	8&U 25 BREAST	98
33	8&U 25 BACK	34	99	8&U 50 BACK	100
35	8&U 50 FLY	36	101	8&U 25 FLY	102
37	8&U 100 IM	38	103	8&U 100 FREE	104
39	8&U 100 FREE RELAY	40	105	8&U 100 MEDLEY RELAY	106

# B/C STATES

## ORDER OF EVENTS

AFTERNOON SESSION			MID-DAY SESSION		
11-12 Girls, 13-18 Girls, 13-18 Boys			8&U Girls and 8&U Boys		
Saturday, March 3, 2012			Sunday, March 4, 2012		
3:30pm warm-ups; 4:15pm meet starts			3:30pm warm-ups; 4:15pm meet starts		
GIRLS	EVENTS	BOYS	GIRLS	EVENTS	BOYS
41	11-12 200 IM		107	11-12 50 FLY	
43	13-18 200 IM	44	109	13-18 200 FLY	110
45	11-12 50 FREE		111	11-12 100 FREE	
47	13-18 50 FREE	48	113	13-18 100 FREE	114
49	11-12 100 BREAST		115	11-12 50 BREAST	
51	13-18 100 BREAST	52	117	13-18 200 BREAST	118
53	11-12 50 BACK		119	11-12 100 BACK	
55	13-18 200 BACK	56	121	13-18 100 BACK	122
57	11-12 100 FLY		123	11-12 100 IM	
59	13-18 100 FLY	60	125	13-18 400 IM	126
61	11-12 200 FREE		127	11-12 200 MEDLEY RELAY	
63	13-18 200 FREE	64	129	13-18 200 MEDLEY RELAY	130
65	11-12 200 FREE RELAY		131	11-18 GIRLS 500 FREE	
67	13-18 200 FREE RELAY	68		13-18 BOYS 500 FREE	132

## 2012 B/C States Recap Summary

### ENTRIES/ENTRY FEES SUMMARY FORM

AGE GROUPS	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	# of RELAYS	RELAY COST @ \$8.00 PER RELAY TEAM
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							
Boys15-18							
<b>TOTALS</b>		\$	\$		\$		\$
		A	B	C	D		

TOTAL FEES = \$ \_\_\_\_\_ (A+B+C+D)

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

Make your check payable to **MOR**:

Please make sure that if you Fedex you sign the area that allows to drop-off without signature.

**Mail or Fed Ex entries to:**

**MOR B/C STATES 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 is 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 meet fees \_\_\_\_\_
- 2. Recap Summary Form, COACH INFO (page 7-8) \_\_\_\_\_
- 3. Hard Copy of Entries/ Word document \_\_\_\_\_
- 4. Valid email address for any changes to the meet. \_\_\_\_\_
- 5. Entry file of events- emailed to Meet Directors. \_\_\_\_\_