



**2008 QUAD Meet
MOR, SDS, NSS, Duke Aquatics**

- Location:** Pullen Aquatic Center
410 Ashe Avenue- Pullen Park
Raleigh, NC, 27606
919-831-6197
- Parking:** Parking will be available in the main lot in front of the building and around the park. Please park in Spaces only- not on grass or lawn.
- Facility:** 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 6 feet at the bulkhead turn wall. 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.
- Warm up and Warm down: There are additional lanes for continuous warm up and warm down.
- Spectator seating for approximately 400 people is available. Boys and Girls locker rooms are available.
- Date:** November 14-16, 2008
- Times:**
- | | | |
|--------------------------|-------------------|-------------|
| Friday-combined Session | Warm-ups: 3:45pm | Meet: 5pm |
| Saturday/Sunday 13-over | Warm-ups: 7:45am | Meet 9am |
| Saturday/Sunday 12-under | Warm-ups: 12:30pm | Meet 1:30pm |
- Sanction:** USA Swimming Sanction Issued by North Carolina , sanction # NC08109
- 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.
- Sponsor:** Marlins of Raleigh
- Rules:** The meet will be conducted in accordance with the current USA Swimming code And the NCS Official handbook and NCS Safety Program, except where rules Therein are optional and are herein stated.
- Eligibility:** All swimmers must be registered with USA Swimming
- Entry Limit:** 1 event Friday, 7 events combined on Saturday/Sunday with no more than 4 Events/day 8 for the meet.
Friday Distance events may be limited at the discretion of the meet director. If events are Limited clubs will be refunded for entry fees that were eliminated.
- Entries:** Please submit entries in HyTek comlink format.
- Entry Deadline:** Nov. 3, 2008. Mail entries to: MOR, 4900 Waters Edge Dr., Suite 200, Raleigh, NC, 27606. Phone: 919-851-3000
E-mail entries to: coachcara45@aol.com and bayrtvrs@nc.rr.com :

Entry Fees: Individual Events-\$2.25 Relay Events- \$8.00
NC Travel Surcharge-\$2 swimmer, Facility Surcharge- \$10/swimmer
(Relay only swimmers must pay Travel and Facility Surcharge)

Awards: Team trophy to winning team

Scoring: Ind. Events 9, 5, 4, 3, 2, 1 Relays 18, 10, 8, 6, 4, 2

Coaches Mtg: 5 minutes prior to the start of the Friday session in the hospitality Room.
Officials Mtg: 30 minutes prior to the start of each session in the hospitality room.

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

Host Coach: Paul Silver 919-851-3000 morsilver@bellsouth.net

Marshal: Ted Pierson

Meet Referee: Bob Figuers

Host Hotel: If you are in need of hotel assistance from MOR, please contact Cara Cameron
At coachcara45@aol.com

Release Statement: USA Swimming, Inc. NC Swimming and the Marlins of Raleigh, Inc. and
Pullen Aquatic Center 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, Nov. 14

- 1-2 11-12 500 yard Free
- 3-4 13-14 1000 yard Free
- 5-6 Senior 1000 yard Free
- 7-8 10-under 200 Medley Relay
- 9-10 11-12 200 Medley Relay
- 11-12 13-14 200 Medley Relay
- 13-14 15-18 200 Medley Relay

Saturday, Nov. 15

- 15-16 3-14 200 yard Free
- 17-18 Sr. 200 yard Free
- 19-20 13-14 50 yard free
- 21-22 Sr. 50 yard Free
- 23-24 13-14 200 yard Breast
- 25-26 Sr. 200 yard Breast
- 27-28 13-14 100 yard Back
- 29-30 Sr. 100 yard Back
- 31-32 13-14 200 yard Fly
- 33-34 Sr. 200 yard Fly
- 35-36 13-14 400 yard IM
- 37-38 Sr. 400 yard IM
- 39-40 13-14 400 yard Free Relay
- 41-42 Sr. 400 yard Free Relay

12-under Session

- 43-44 10-u 200 yard Free
- 45-46 11-12 200 yard Free
- 47-48 10-un 50 yard Back
- 49-50 11-12 50 yard Back
- 51-52 10-u 100 yard Breast
- 53-54 11-12 100 yard Breast
- 55-56 10-u 50 yard Free
- 57-58 11-12 50 yard Free
- 59-60 10-u 100 yard Fly
- 61-62 11-12 100 yard Fly
- 63-64 10-u 500 yard Free

Sunday, Nov. 16

- 65-66 13-14 100 yard Free
- 67-68 Sr. 100 yard Free
- 69-70 13-14 200 yard IM
- 71-72 Sr. 200 yard IM
- 73-74 13-14 100 yard Fly
- 75-76 Sr. 100 yard Fly
- 77-78 13-14 200 yard Back
- 79-80 Sr. 200 yard Back
- 81-82 13-14 100 yard Breast
- 83-84 Sr. 100 yard Breast
- 85-86 13-14 500 yard Free
- 87-88 Sr. 500 yard Free
- 89-90 13-14 400 Med Relay
- 91-92 Sr. 400 Med Relay

12-under Session

- 93-94 10-u 100 yard Free
- 95-96 11-12 100 yard Free
- 97-98 10-u 50 yard Breast
- 99-100 11-12 50 yard Breast
- 101-102 10-u 100 yard Back
- 103-104 11-12 100 yard Back
- 105-106 10-u 50 yard Fly
- 107-108 11-12 50 yard Fly
- 109-110 10-u 100 yard IM
- 111-112 11-12 200 yard IM
- 113-1 14 10-u 200 Free Relay
- 115-116 11-12 200 Free Relay