



**Meet:** MOR Instrasquad Distance Day

**Site:** A.E. Finley Athletic Center  
Ravenscroft School  
7409 Falls of Neuse Road  
Raleigh, NC 27615

**Parking:** Parking will be available in the main lot in front of Finley Center and to the right of the Upper School Building. Please do not park on grass or in unmarked spots.

**Date:** Saturday, January 24, 2009

**Time:** Warm ups : 3:30pm      Meet Starts: 4:30pm

**Sanction:** Conducted under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc., NCS Sanction #09014

**Facility:** Ravenscroft is a six lane, 25 yard pool with non-turbulent lane ropes and mounted starting blocks. The min. depth at start is 12 feet.  
Automatic timing system and computer results will be used.

**Rules:** The meet will be conducted in accordance with the current USA Swimming Rules and Regulations and the NCS official handbook and the NCS safety Program, except where rules therein are optional and exceptions are herein stated.

**Eligibility:** All 10-unders must have the BB time in the 200 Free to swim the 500 Free. All 11-12's must have the B in the 100 to do the 200's of stroke and the BB in the 500 to swim the 1000 free and the BB in the 200 IM to swim the 400 IM. 13-18's must have the 13-14 BB to do the following 100 BB's to do the 200's of stroke, BB in the 500 to swim the 1000 and the BB in the 200 IM to swim the 400 IM.

All swimmers must be registered with USA Swimming, Inc. and a member of the Marlins of Raleigh

**Entries:** Submit using Hy-tek CLS format by January 14, 2009. All entries will be

positive check in.

**Entry Limit:** Two events for the entire meet.

**Fees:** NCS Individual Events \$2.50  
NCS Travel Surcharge \$2.00  
Facility Fee \$7.00

**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.

**Release:** USA Swimming, Inc., North Carolina Swimming, Inc., Marlins of Raleigh and Ravenscroft School 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.

**Hospitality:** Provided by MOR

**Meet Directors:** Pam Rocque and Cara Cameron  
[bayrtvrs@nc.rr.com](mailto:bayrtvrs@nc.rr.com) and [coachcara45@aol.com](mailto:coachcara45@aol.com)

*Coaches Certification: It is required that each coach on deck present their USA/NC Swimming Registration card to Meet Management before the start of warm ups on Saturday, January 24, 2009.*

**Meet Referee:** Bob Figuers [itfiguers@nc.rr.com](mailto:itfiguers@nc.rr.com)

**Officials Meeting:** There will be an officials meeting at 4:00pm in the hospitality room.

**Coaches Meeting:** There will be a coaches meeting at 4:20pm in the hospitality room.

**Positive Check in:** Positive Check in for all events are to be completed 15 minutes after The start of warm ups.

**Meet Marshall:** Ted Pierson

**Timers:** Each swimmer attending will need to provide a timer for this meet.

**Saturday, January 24, 2009 3:30pm warm up/ 4:30pm Start**

1-2	10-under 500 Free
3-4	11-12 400 IM
5-6	13-18 400 IM
7-8	11-12 200 Back
9-10	13-18 200 Back
11-12	11-12 200 Breast
13-14	13-18 200 Breast
15-16	11-12 200 Fly
17-18	13-18 200 Fly
19-20	11-12 1000 Free
21-22	13-18 1000 Free