



MARLINS OF RALEIGH

Marlins of Raleigh

“We love swimming” Short Course Qualifier

Sanction: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction #NC09025

Host: Marlins of Raleigh Swim Team
PO Box 4900 Waters Edge Drive
Suite 200
Raleigh, NC, 27606

Facility: Triangle Aquatic Center
275 Convention Drive
Cary, NC 27511
(919) 459-4045

Competition Pool: TAC facility features a 50-meter pool divided into two courses which include an 8-lane, 25-yard competition course and a 10-lane, 25-yard competition course, with a variable depth ranging from 7 to 12 feet. Additional lanes will be used for warm up and warm down. The pool is equipped with state of the art, anti-turbulent lane lines and Paragon Starting Blocks. The facility features a Daktronic Pro timing system and two digital matrix scoreboards. Stopwatches will also be used in each competition lane. Hy-Tek Meet Manager Pro software will be used. Locker rooms for changing are available.

Only meet volunteers, USA Swimming registered athletes. Officials and coaches will be allowed on deck. **NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME.**

Spectator Seating:

The seating area is above the deck and designed for comfort and enjoyment for spectators. There is a viewing for 1,000 people, bench seating with back support, a 12 foot wide walkway for easy access, and an integrated sound system. There are five 47” televisions with

FM radio transmitters, and free wireless access to the internet to track live meet results on www.triangleaquatics.org

Supporting amenities:

Parking: There are 150 parking spaces directly in front of the facility available for early arrivals, coaches, officials and volunteers. There is additional parking at the Cary Towne Center Mall, directly adjacent and within easy walking distance of the facility. Athletes may be dropped off beside the facility before parking at the mall.

There is a concession area and swim shop on site.

Facility Rules: Please inform all families of the following pool rules.

1. NO smoking is allowed inside the facility
2. NO outside food, drinks or coolers are allowed in the facility.
3. NO glass containers allowed inside the facility.
4. NO chairs allowed in the spectator level. Athletes and coaches may bring chairs on deck, but they must be removed each day.

Date: February 13-15, 2009

Times: Friday warm-up 4:15pm Meet Starts at 5:30pm

Saturday and Sunday: 10-unders and 11-12 Boys 7:30am warm ups

Saturday and Sunday: 11-12 Girls and 13-overs 12:30 warm ups

Rules: The meet will be conducted in accordance with the current USA Swimming Rules and Regulations, and the current North Carolina Swimming Rules and Regulations, and the current North Carolina Safety Program. These rules will serve as the official guide for technical and procedural rules, except wherein are optional and exceptions are herein stated.

Format: All events will be swum as timed finals. Each swimmer must provide his/her own timer and counter for the 500 Free, 1650 Free and 400 IM.

The 500, 1650 and 400 IM will be deck seeded with positive check in. Check-in will be required 30 minutes before the start of the meet for the events session. The NCS Scratch rule will be in effect. If your swimmer is checked in and does not show for the event, they will not be allowed to compete in the next event in which they are scheduled to compete.

Eligibility: All swimmers must be registered with USA Swimming, Inc.

All 14-under swimmers can not swim an event in which they are qualified for the NC 14-under State Championships and any 15-over swimmer can not swim an event in which they are qualified for the NC Senior Championship cut.

In order to swim the over distance events for 8-12 year olds,
Swimmers must have achieved:

To Swim:	Must have achieved:
11-12 200 Fly, BK, BR	BB in 11-12 100 Fly, Back, Breast
11-12 400 IM	BB in 11-12 200 IM
11-12 1650 Free	BB in 11-12 500 Free
10-u 500 Free	BB in 10-u 200 Free

You must supply proof of times on hard copy ON THE ENTRY DUE DATE.

Entries: Please email entries using Hy-Tek Team Manager. Entries may be sent via email and must include a Hy-Tek compatible entry files, team entry report and financial report. Please note the following entry rules will be strictly enforced by the Meet Directors.

1. Payment must be included with all entries and must be received by the start of the meet in order to get coaches packet.
2. List the swimmer's age as of February 13, 2009
3. All late entries that are accepted by the Meet Director must be paid in full at the beginning of the meet or during the meet according to when they were entered.
4. Any late entries must be made by emailing Pam Rocque at bayrtvrs@nc.rr.com in word format. Name, Age, Birthdate, Team Name, Event, Event # and event with time in case we can get them in heat sheet. At the meet, please have all this information written out for the Meet Director before asking to late enter.

Entry Limit: All swimmers will be limited to 4 individual events per day.

Entry Fees: \$2.50 per individual event (NCS registered swimmers)

\$2.75 Out of State Individual events

\$10.00 per swimmer facility Surcharge

\$2.00 per swimmer NCS Travel Fund

Double entry fees will be charged for late entries, if accepted. A late entry is any entry received after 9:00pm on February 3, 2009. All fees are non-refundable. A check made payable to MOR must accompany entries.

Entry Deadline: Entries will be accepted up to 9:00pm that day. Telephone entries will not be accepted, although changes to entries will. Late entries may be accepted, but only at the discretion of the Meet Director.

Entries sent to: MOR We love Swimming Meet
4900 Waters Edge, Suite 200
Raleigh, NC, 27606
bayrtvrs@nc.rr.com

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

Awards: Individual Events: Ribbons 1st-10th place

Warm-ups: First 30 minutes: All lanes general warm-up; no diving
Last 25 minutes: Work within your lanes for diving

Safety: Warm up assignments will be determined after entries received. 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 in the hospitality room at 5:00pm on Friday, February 13th and 8:15am on Saturday and Sunday, February 14th and 15th.

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: An officials meeting will be held in the hospitality room at 4:30 pm on Friday, February 13th and 7:45am on Saturday and Sunday, February 14th and 15th.

Meet Referee: Bob Figuers itfiguers@nc.rr.com

Meet Marshall: Shawn Fischer

MOR Head Coach: Paul Silver morsilver@bellsouth.net

Hospitality: Hospitality will be open to officials, coaches, and meet workers and provided by the Marlins of Raleigh Swim Team.

Release Statement: USA Swimming, Inc., North Carolina Swimming, Inc., the Marlins of Raleigh Swim Team and Triangle 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 meet.

In order to swim the over distance events for 8-12 year olds,
Swimmers must have achieved:

To Swim:	Must have achieved:
11-12 200 Fly, BK, BR	BB in 11-12 100 Fly, Back, Breast
11-12 400 IM	BB in 11-12 200 IM
11-12 1650 Free	BB in 11-12 500 Free
10-u 500 Free	BB in 10-u 200 Free

You must supply proof of times on hard copy ON THE ENTRY DUE DATE.

SHORT COURSE QUALIFIER

WE  SWIMMING

FRIDAY AFTERNOON SESSION FEBRUARY 13, 2009 Warm-ups Begin—4:15pm Timed Finals—5:30pm		
Girls	Events	Boys
1	8-10 50yd Freestyle	2
3	11-12 50yd Freestyle	4
5	13-18 50yd Freestyle	6
7	8-10 200yd Individual Medley	8
9	11-12 200yd Individual Medley	10
11	13-18 200yd Individual Medley	12
13	8-12 500yd Freestyle	14
15	13-18 500yd Freestyle	16

SATURDAY MORNING SESSION FEBRUARY 14, 2009 Warm-ups Begin—7:30am Timed Finals— 8:30am		
Girls	Events	Boys
17	8-10 200yd Freestyle	18
*	11-12 200yd Freestyle	20
21	8-10 100yd Backstroke	22
*	11-12 100yd Backstroke	24
25	8-10 50yd Butterfly	26
*	11-12 50yd Butterfly	28
*	11-12 200yd Butterfly	30
31	8-10 100yd Breaststroke	32
*	11-12 100yd Breaststroke	34
35	8-10 100yd IM	36
*	11-12 100yd IM	38
*	11-12 400yd IM	40

SATURDAY AFTERNOON SESSION FEBRUARY 14, 2009 Warm-ups Begin—not before 12:30pm		
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Timed Finals—not before 1:30pm		
Girls	Events	Boys
41	11-12 200yd Freestyle	*
43	13-18 200yd Freestyle	44
45	11-12 100yd Backstroke	*
47	13-18 100yd Backstroke	48
49	11-12 50yd Butterfly	*
51	11-18 200yd Butterfly	52
53	11-12 100yd Breaststroke	*
55	13-18 100yd Breaststroke	56
57	11-12 100yd IM	*
59	11-18 400yd IM	60

SUNDAY MORNING SESSION FEBRUARY 15, 2009 Warm-ups Begin—7:30am Timed Finals— 8:30am		
Girls	Events	Boys
*	11-12 100yd Freestyle	62
63	8-10 100yd Freestyle	64
*	11-12 100yd Butterfly	66
67	8-10 100yd Butterfly	68
*	11-12 50yd Backstroke	70
*	11-12 200yd Backstroke	72
73	8-10 50yd Backstroke	74
*	11-12 50yd Breaststroke	76
*	11-12 200yd Breaststroke	78
79	8-10 50yd Breaststroke	80
*	11-12 1650yd Freestyle	82

SUNDAY AFTERNOON SESSION**FEBRUARY 15, 2009****Warm-ups Begin—not before 12:30pm****Timed Finals—not before 1:30pm**

Girls	Events	Boys
83	13-18 100yd Freestyle	84
85	11-12 100yd Freestyle	
87	13-18 100yd Butterfly	88
89	11-12 100yd Butterfly	
91	11-18 200yd Backstroke	92
93	11-12 50yd Backstroke	
95	11-18 200yd Breaststroke	96
97	11-12 50yd Breaststroke	
99	11-18 1650yd Freestyle	100