



**2010 NC TRI MEET
MOR, Duke Aquatics, Poseidon**

Location: Smithfield Recreation and Aquatic Center
600 Booker Dairy Road
Smithfield, NC 27577
(919) 934-1408

Parking: Parking in the SRAC will be for members, meet officials and Meet volunteers. Adjacent parking will be located at the Smithfield Community Center and Smithfield Selma High School

Facility: Competition Pool: SRAC provides an eight lane 25-yard competition pool with depth of four to nine feet. Paragon starting blocks will be used for the start of all events. Competition lanes are 5 feet wide. Colorado timing system 6 with one scoreboard will be used. This pool is not certified with USA Swimming.

Warm up and Warm down: There will be a lane used for continuous warm up and warm down. This pool is not certified by USA Swimming.

Spectator seating is available in bleachers along with upstairs overview seating. No chairs will be allowed for spectators- only swimmers in the splash pool area.

Date: November 12-14, 2010

Times:	Friday-combined Session	Warm-ups: 3:30pm	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 NC10103.
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.

If a swimmer is travelling without 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 any 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 [Host Team Name here] ability to accommodate all requests

Eligibility: All swimmers must be registered with USA Swimming and a member of MOR, DUKE, Poisedon

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. 2, 2010 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-\$4 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: 3:20pm in the Hospitality room on Nov. 12th
Officials Mtg: Friday: 4:15pm in Hospitality room
Saturday and Sunday: 8:15am in Hospitality Room
Saturday and Sunday: 11:50am in 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: Ken Clark

Host Hotel: Allison Donnelly Please email: ADonnelly@HelmsBriscoe.com for assistance.

Release Statement: USA Swimming, Inc. NC Swimming and the Marlins of Raleigh, Inc. and SRAC 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. 12

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

Saturday, Nov. 13

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

12-under Session

41-42 10-u 200 yard Free
43-44 11-12 200 yard Free
45-46 10-un 50 yard Back
47-48 11-12 50 yard Back
49-50 10-u 100 yard Breast
51-52 11-12 100 yard Breast
53-54 10-u 50 yard Free
55-56 11-12 50 yard Free
57-58 10-u 100 yard Fly
59-60 11-12 100 yard Fly
61-62 10-u 200 yard Med Rel
63-64 12-12 200 yard Med Rel

Sunday, Nov. 14

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

113-114 10-u 200 Free Relay

115-116 11-12 200 Free Relay