2014 B/C STATES INVITATIONAL SWIM MEET

Hosted by the
MARLINS OF RALEIGH SWIM TEAM
March 7-9, 2014

Pullen Aquatic Center
410 Ashe Avenue, Raleigh, NC

Held under the Sanction of USA Swimming, Inc.,
issued by North Carolina Swimming, Inc.
SANCTION #NC14066 REVISED 3/03

MEET DIRECTOR	MEET ENTRY COORDINATOR
Cara Cameron 4900 Waters Edge Drive, Suite 200 Raleigh, NC 27606 (919) 851-3000 **Coachcara45@aol.com**	**Pam Rocque** **mormeets@gmail.com** **Administrative Official:** **Pam Rocque**
SPONSORS	
MEET REFEREE	**MEET MARSHALL**
Wade Martin **Wmartin144@nc.rr.com**	**Shawn Blaine**

PARKING: Parking for meet staff and officials will be in the main parking lot adjacent to the facility. All others may park in the park or at the Governor Morehead School for the Blind (Sat. and Sun.) as well as the NCSU Parking Deck. Please park only in designated parking spots as you will be towed. Coaches and Officials MUST show their USA Registration card.

FACILITY: The Pullen Aquatic Center pool is a 50-meter pool with a bulkhead dividing two 25yd courses. There are eight (8) lanes on the competition course which has deck-anchored starting blocks and non-turbulent lane ropes. A Colorado Timing System and digital scoreboard will be available. Spectator seating for 350 is available in the balcony area and all spectators must view the competition from designated areas only. Chairs are not allowed to block the walkways according to fire code regulations nor are they allowed to remain in place overnight. Spectators are **not** allowed on the pool deck. Please notify parents of this rule that applies to all parents who are not active meet volunteers assisting in the Marlins of Raleigh with meet operations. Only meet volunteers, USA Swimming registered athletes, current USA Swimming registered officials, and coaches may be on deck. The competition course has not been certified in accordance with 104.2.2C (4). The facility also prohibits smoking, glass containers of any kind and boisterous behavior of patrons. Visitors must adhere to all pool rules. Please help the facility by making sure all team areas are clear of trash after each session.

MEET FORMAT: This is a timed final Age Group swim meet. Each swimmer must provide his/her own timer for the 500 Free and a person to count laps (if desired) for the 500 Free. The 500 Free and 400 IM will be deck-seeded, require a positive check-in, be swum slowest to fastest and may be limited to the fastest 32 athletes per event. Check-in will be required 30 minutes before the start of the session in which the event is offered. The NCS Scratch Rule is in effect during this meet Meet management reserves the right to limit the total size of the meet and/or limit or combine heats and events as needed.

All 8 & Under events will start from the blocks.

If the meet should need to have warm-ups changed to an earlier or later time, all coaches will be notified by Monday, March 3, 2014.

WARM-UP SCHEDULE:

Session	Day	Warm-up	Meet Start	Age Group
1	**Friday, March 7 Afternoon**	**4:15pm**	**5:15pm**	**10&U, 11-12, 13 and Over**
2	**Saturday, March 8 Morning**	**7:30am**	**8:15am**	**All 9-10; 11-12 Boys**
3	**Saturday, March 8 Mid-Day**	**Not before 12:15am**	**Not before 12:50pm**	**All 8&Unders**
4	**Saturday, March 8 Afternoon**	**Not before 3:30pm**	**Not before 4:15pm**	**11-12 Girls; all 13 and Over**
5	**Sunday, March 9 Morning**	**8:00am**	**8:45am**	**All 9-10; 11-12 Boys**
6	**Sunday, March 9 Mid-Day**	**Not before 12:35pm**	**Not before 1:20pm**	**All 8&Unders**
7	**Sunday, March 9 Afternoon**	**Not before 3:30pm**	**Not before 4:30pm**	**11-12 Girls; all 13 and Over**

The Marlins of Raleigh meet management reserves the right to combine/alter sessions if timelines warrant. Notification will be given by Monday, March 3 by email to the coach who sends in the entry.

DEADLINE AND MEETING SUMMARY:

Day/Date	Time	For	Location
Tues. Feb. 25	**9:00pm**	**ENTRY DEADLINE**	
Friday, March 7	3:30pm	Officials Meeting	Hospitality Area
Friday, March 7	4:00pm	Coaches Meeting	By Starter's Table
Saturday, March 8	8:00am	Coaches Meeting	By Starter's Table
Sat/Sun, March 8-9	Start of warm-ups for each session	Officials Meeting	Hospitality Area

SAFETY: The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their athletes at all times. NO running or horseplay will be tolerated. As at any pool, the deck may be slippery and caution should be taken to prevent accidents. NO blocking of fire exits, which includes doorways and passages, is allowed. Coaches must carry their coach certification cards at all times when on the pool deck and must hold current certifications and registration with USA Swimming. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

RACING STARTS: Any swimmer entered in the meet, who is unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

RULES: This meet will be conducted in accordance with USA Swimming Rules, Regulations, and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated. All events are timed finals.

Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms, locker rooms or behind the starting areas.

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 assistance required and/or registered service animals. Failure to provide advance notice may limit **MOR**ôs ability to accommodate all requests.

For athletes traveling to this meet without a coach of record, the Meet Director will assign/find a coach for the athlete/s in question. The Meet Director will also verify the race start certification for athletes attending without a coach. If the athlete does not have the certification, the Meet Director will inform the Meet Referee. The Meet Referee will be responsible to make the officials aware of the situation and require the athlete to start from the water.

CLASSIFICATION: All events are timed finals.

ELIGIBILITY: All swimmers must be registered with USA Swimming, Inc. prior to the meet entry deadline. Please list the swimmerôs age as of the first day of the meet (March 8, 2013) and this age will determine their age for the whole competition. All 8 & Under swimmers are allowed to enter this meet. For other age groups the following restrictions are in place:

9-10 Events
Athletes age 9-10 cannot have more than one (1) 10&U BB stroke and swim in this meet.

11-12 Events
Athletes age 11-12 cannot have more than one (1) 11-12 BB stroke and swim in this meet.

13 and Over Events
Athletes age 13-14 must be considered ñSenior Developmentòswimmersð they may not have more than one (1) 13-14 AA stroke. 15 and over athletes cannot have more than one (1) 13-14 AA stroke.

ENTRIES: Please email entries using Hy-Tek Team Manager or Team Unify software. The Hy-Tek order of events file can be found on the NCS website at www.ncswim.org or coaches may email Pam Rocque at mormeets@gmail.com to receive a copy. Late entries may be accepted at the discretion of the Meet Director. Entries submitted after the entry deadline should be emailed to the Meet Director. New entry files will not be accepted after the meet entry deadline, however new entries via Word files may be accepted at the discretion of the Meet Director.

ENTRY LIMITS: Swimmers may not enter more than four (4) events per day. Swimmers who are entered in more than four events will be automatically dropped from the event(s) that put them over the limit. No refunds will be given for incorrect entries.

ENTRY DEADLINE: Completed meet entries on Hy-Tek, Team Unify or similar team management software are due **by Tuesday, February 25, 2014 at 9:00pm**. Entries will not be accepted without a completed Summary Sheet and payment of entry fees unless arranged with

the Entry Coordinator. Late entries, including adding additional events or switching events, may be accepted by the Meet Director but may not be seeded. **Double entry fees will be charged for all late or changed entries after the entry deadline**. Telephone and fax entries will not be accepted. Please direct all entry correspondence to both the Meet Director and the Meet Entry Coordinator (see first page for contact information). Include your club name, and the swimmer/events in question. All clubs should receive a confirmation of the receipt of their entry. If you do not get a confirmation within 48 hours of emailing your entry, please contact us at (919) 851-3000.

ENTRY FEES:

Please make checks payable to: Marlins Of Raleigh Swim Team (MOR)	
NCS Individual Event	$3.50 per event
Out-of-state Individual Event	$4.50 per event
NCS Travel Fund	$3.00 per swimmer
Facility Surcharge	$10.00 per swimmer
Relays	$8.00 per relay

Entry fees must accompany entry and are non-refundable.

SEEDING: The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.

SCRATCHES: There are no penalties for scratching pre-seeded events at the block.

SCORING: No team or individual scoring will be kept.

AWARDS:

EVENTS	AGE GROUP	AWARD	PLACE
Individual Events	All age groups	Medals	1st ï 3rd Place
		Ribbons	4th-8th Place
Relays	All age groups	Ribbons	1st-3rd Place

MAIL ENTRY & FEES TO:

MOR B/C STATES INVITATIONAL MEET
4900 Waters Edge Drive; Suite 200
Raleigh, NC 27606

Email Entries To: mormeets@gmail.com (Pam Rocque)
Coachcara45@aol.com (Cara Cameron)
Please note that there will be no entries accepted without a hard copy.

Final entry must:
1) Include check payable to MOR for correct entry fees
2) Include properly completed Summary Form
3) Be received by the meet entry deadline
4) Not be sent in a manner requiring a signature for delivery.

WARM-UPS: In accordance with USA Swimming guidelines there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Meet Marshalls will ensure that all clubs, coaches, and swimmers follow the warm-up procedure. This information will be communicated to clubs attending the week of the meet. **Meet management reserves the right to change warm-up times according to the number of entries. Each warm-up period will begin with a general warm-up and end with time and lanes available for diving from the block-end of the course.**

HOSPITALITY: Hospitality will be available for all coaches, officials and meet volunteers provided by the Marlins of Raleigh Swim Team and various generous supporters.

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 and coaches and officials shall display their registration cards prominently at all times while on deck.

All clubs are requested to have at least one coach present at all announced coaches meetings.

APPAREL: Kast-a-way Swimwear will provide swimming apparel items during the meet.

RELEASE STATEMENT: USA Swimming, Inc., North Carolina 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 due to injuries to anyone during the conduct of this event.

OFFICIALS: MOR welcomes any officials who would like to assist at this meet. Available officials should contact the Meet Referee if you are willing to volunteer your time. All officials must be registered and certified with USA Swimming.

B/C STATES INVITATIONAL – ORDER OF EVENTS

Friday, March 7, 2014
SESSION 1

GIRLS EVENT #	EVENTS	BOYS EVENT #
1	9-10 50yd Freestyle	2
3	11-12 200yd Individual Medley	4
5	13 and Over 200yd Individual Medley	6
7	9-10 200yd Individual Medley	8
9	11-12 500yd Freestyle	10
11	13 and Over 500yd Freestyle	12

Saturday, March 8, 2014
SESSION 2 – All 9-10's; 11-12 Boys

GIRLS EVENT #	EVENTS	BOYS EVENT #
	11-12 50yd Freestyle	14
15	9-10 100yd Breaststroke	16
	11-12 100yd Breaststroke	18
19	9-10 50yd Backstroke	20
	11-12 50yd Backstroke	22
23	9-10 100yd Butterfly	24
	11-12 100yd Butterfly	26
27	9-10 200yd Freestyle	28
	11-12 200yd Freestyle	30
31	9-10 200yd Free Relay	32
	11-12 200yd Free Relay	34

Saturday, March 8, 2014
SESSION 3 – ALL 8 & Unders

GIRLS EVENT #	EVENTS	BOYS EVENT #
35	8&U 25yd Freestyle	36
37	8&U 50yd Breaststroke	38
39	8&U 25yd Backstroke	40
41	8&U 50yd Butterfly	42
43	8&U 100yd Individual Medley	44
45	8&U 100yd Freestyle Relay	46

Saturday, March 8, 2014
SESSION 4 – All 13 and Over's; 11-12 Girls

GIRLS EVENT #	EVENTS	BOYS EVENT #
47	11-12 50yd Freestyle	
49	13 and Over 50yd Freestyle	50
51	11-12 100yd Breaststroke	
53	13 and Over 100yd Breaststroke	54
55	11-12 50yd Backstroke	
57	13 and Over 200yd Backstroke	58
59	11-12 100yd Butterfly	
61	13 and Over 100yd Butterfly	62
63	11-12 200yd Freestyle	
65	13 and Over 200yd Freestyle	66
67	11-12 200yd Freestyle Relay	
69	13 and Over 200yd Freestyle Relay	70

Sunday, March 9, 2014
SESSION 5 – All 9-10's; 11-12 Boys

GIRLS EVENT #	EVENTS	BOYS EVENT #
71	9-10 100yd Freestyle	72
	11-12 100yd Freestyle	74
75	9-10 50yd Breaststroke	76
	11-12 50yd Breaststroke	78
79	9-10 100yd Backstroke	80
	11-12 100yd Backstroke	82
83	9-10 50yd Butterfly	84
	11-12 50yd Butterfly	86
85	9-10 100yd Individual Medley	88
	11-12 100yd Individual Medley	90
91	9-10 200yd Medley Relay	92
	11-12 200yd Medley Relay	94

Sunday, March 9, 2014
SESSION 6 – All 8 & Unders

GIRLS EVENT #	EVENTS	BOYS EVENT #
95	8&U 50yd Freestyle	96
97	8&U 25yd Breaststroke	98
99	8&U 50yd Backstroke	100
101	8&U 25yd Butterfly	102
103	8&U 100yd Freestyle	104
105	8&U 100yd Medley Relay	106

Sunday, March 9, 2014
SESSION 7 – All 13 and Over's; 11-12 Girls

GIRLS EVENT #	EVENTS	BOYS EVENT #
107	11-12 50yd Butterfly	
109	13 and Over 200yd Butterfly	110
111	11-12 100yd Freestyle	
113	13 and Over 100yd Freestyle	114
115	11-12 50yd Breaststroke	
117	13 and Over 200yd Breaststroke	118
119	11-12 100yd Backstroke	
121	13 and Over 100yd Backstroke	122
123	11-12 100yd Individual Medley	
125	13 and Over 400yd Individual Medley	126
127	11-12 200yd Medley Relay	
129	13 and Over 200yd Medley Relay	130

ENTRY SUMMARY SHEET
2014 B/C STATES INVITATIONAL SWIM MEET
MARCH 7-9, 2014

Use this form for a summary of entry fees.

AGE GROUP	NO. OF ATHLETES	PER ATHLETE FEES $13 per athlete ($3 NCS Fee + $10 Facility Fee)	NUMBER OF ENTRIES	ENTRY FEE NC athletes $3.50/event Out-of state $4.50/event	NUMBER OF RELAYS	RELAYS FEE (# of relays X $8/entry)	TOTAL ENTRY FEES (add total of yellow shaded columns)
8&U GIRLS							
8&U BOYS							
9-10 GIRLS							
9-10 BOYS							
11-12 GIRLS							
11-12 BOYS							
13 and Over GIRLS							
13 and Over BOYS							
						TOTAL FEES	$

TOTAL FEES

Return this summary sheet with entry fees payable to MOR, official rosters and entry forms to:

MOR B/C STATES INVITATIONAL SWIM MEET
4900 WATERS EDGE DRIVE; SUITE 200
RALEIGH, NC 27606

USA Swimming, Inc., North Carolina Swimming, Inc., Marlins of Raleigh, Inc., the City of Raleigh, Pullen Aquatic Center and the employees and representatives of these organizations shall be held free and harmless from any and all liabilities or claims for damages arising due to injuries to anyone during the conduct of this event.

Signature (Head Coach): _____

Name of Coach in charge of notifying team of changes: _____
*Email address of this coach: _____

Approximate number of coaches who will be in attendance at the meet: _____

Club: _____ Club Code: _____

Club Address: _____

Work Phone: _____

E-Mail: _____

***Please supply the email address above at which we can contact the appropriate coach in case of changes or in the case of needing more information.**