

**2009 North Carolina Eastern Qualifier  
Optimist Park Pool  
Raleigh, NC  
July 9-11, 2009**

- SITE:** Optimist Park Pool  
5902 Whittier Drive  
Raleigh, NC, 27609
- SANCTION:** Conducted under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. NCS Sanction#NC09075 Rev. 1
- HOST TEAM:** Marlins of Raleigh
- DATE:** Thursday, Friday, Saturday  
July 9-11, 2009
- PARKING:** Parking for the meet staff and meet officials will be in the main parking lot. All others will need to park at the Lower Baseball fields and at Sanderson High School. NO Parking along Whittier Drive leading into the pool. Police will be there to enforce.
- TIMES:**
- |                   |                               |
|-------------------|-------------------------------|
| <b>Session 1:</b> | 4:15 Warm-ups- 5:15pm Start   |
| <b>Session 2</b>  | 7:30am Warm-ups- 8:30am Start |
| <b>Session 3</b>  | 12:30 Warm-ups- 1:30pm Start  |
| <b>Session 4</b>  | 7:30am Warm-ups- 8:30am Start |
| <b>Session 5</b>  | 12:30 Warm-ups- 1:30 pm Start |
- CLASSIFICATION:** This is a qualifier meet and swimmers may swim events in which they have not achieved the 14-under Championship or Senior Championship Qualifying time in the event being swum. Any swimmer who ages up in between Qualifier and NCS Championships meets is able to swim in the higher age bracket. **YOU MUST NOTIFY MEET MANAGEMENT WITH ORIGINAL ENTRY OF THESE CHANGES> failure to provide this information could result in the swimmer not being able to swim the event.**
- FACILITY:** Competition Pool: The Optimist Park Pool is a 50 meter pool, with non-turbulent lane markers, deck-anchored starting blocks and a water depth of 5 feet at the starting end and 3.5 feet at the turn end. An adjacent diving well will be used for warm-up/warm-down. The Colorado 5000 Timing System will be used as well as watches.
- Other Site Information: Parking in the Optimist pool parking lot is limited to meet officials and staff. Additional parking is available in the Sanderson High School parking lot and adjacent ballpark lots. Vehicles illegally parked in the Optimist lot, on Whittier Drive and in some areas on Northcliff Drive are subject to being ticketed or towed.
- The diving well will be open for warm up and warm down during the meet ONLY. This will NOT be open during team warm ups.
- There are some bleachers available. Chairs can be set up, but MUST be taken down after each session.
- FACILITY RULES:** \*No smoking or alcoholic beverages are allowed at the facility.  
MAY HAVE A PLASTIC BOTTLE FOR WATER- no glass containers

**Each team is responsible for cleaning up their area. Please place all trash in receptacles provided.**

**RULES:**

1. The meet will be conducted in accordance with the current USA Swimming Code, the NCS Official Handbook and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated.
2. All events will be timed finals.
3. Each swimmer must provide his/her own timer for the events 400M and longer and counters for the 1500
4. All events will be pre seeded except events that are 400 meters and longer. These events will require a positive check in by the conclusion of warm-up on the day of these events. Events that are 400 meters will be swum slowest to fastest women then men. The 1500 Freestyle will be swum fastest to slowest alternating women and men. The North Carolina Scratch Rules will be in effect.
5. Please enter swims in long course meter times only. **NT (NOTIMES) entries will NOT be permitted.**
6. 12-under Swimmers must have achieved a BB time in the 200 Free / 200 IM to swim the 400's of the event. 12-under swimmers must have achieved the BB time in the 100 of stroke to be able to swim the 200 of the stroke.

**ELIGIBILITY:**

All swimmers must be registered with USA SWIMMING, Inc and may not have achieved the North Carolina 14 &U or Sr. Championship Time standard in any event entered.

**ENTRIES:**

1. Submit entries on disk using Hy-Tek CL2 format
2. List swimmers' age as of July 9, 2009. **Use best meter times achieved.** A list of swimmer's attending the meet will be forwarded to the NCS registration coordinator for approval.
3. Teams using Hy-Tek Team Manager COMMLINK-II format or similar team management formats need to set this up as one meet.
4. On-deck entries may be taken at the discretion of the Meet Director and in open lanes only and only for swimmers already entered in the meet OR swimmers that you can prove are registered with NCS swimming at the time of due date of entry.
5. **Enter BEST METER TIMES only! (NT's) NOT ACCEPTED!**
6. **Hy-tek electronic meet event file can be downloaded from [www.ncswim.org](http://www.ncswim.org).**
7. **MOR reserves the right to change this meet to three sessions if the timeline warrants such a change**
8. 12-under Swimmers must have achieved a BB time in the 200 Free / 200 IM to swim the 400's of the event. 12-under swimmers must have achieved the BB time in the 100 of stroke to be able to swim the 200 of the stroke.
9. **Proof of 12-under over-distance times MUST BE SUBMITTED to the Meet Director upon arrival on your team's first day of competition. Any times not proved by print out from USA Swimming will forfeit the athletes entry from that event.**

**ENTRY LIMIT:**

**Swimmers are limited to four (4) individual events per day.** Swimmers who are entered in more than the allowed number of events will automatically be dropped from the event(s) that put the swimmer over the limit. No refunds will be given for inappropriate entries. Meet management reserves the right to combine heats when necessary.

**ENTRY DEADLINE:**

**HANDWRITTEN ENTRIES WILL NOT BE ACCEPTED.**  
**Completed Electronic (Hy-Tek, LSA etc...) meet entries are due, June 29 2009** Entries will not be accepted without Summary Sheet and payment of entry

fees. Late entries (including additional events or switching of events for swimmers already entered in the meet) may be accepted at the discretion of the Meet Director, but will not be seeded. **DOUBLE ENTRY FEES WILL BE CHARGED FOR ALL LATE OR CHANGED ENTRIES. The Meet Director reserves the right to limit the number of swimmers in the meet to ensure a reasonable session length .**

Please send any correspondence relating to entries via e-mail to Pam Rocque at [bayrtvrs@nc.rr.com](mailto:bayrtvrs@nc.rr.com), and copy to [coachcara45@aol.com](mailto:coachcara45@aol.com) and Include team name, swimmer, and/or events in question. A response will be sent upon receipt of your message. If you are adding a swimmer before the deadline, please make sure you have full name, date of birth, male, female, times, age, event numbers.

**ENTRY FEES:**

\$2.50 per individual event (NCS registered swimmers)  
\$15.00 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 electronic entry received after 8:00 pm on, June 29, 2009. All fees are non-refundable.**

**A check made payable to MOR must accompany entries.** If you are not able to include a check with your entry, prior arrangements must be made with the Meet Director in order for your entry to be accepted and must be received by the start of warm-ups on the first day of competition.

**MAIL ENTRIES & FEES TO:**

**Meet Director**  
**4900 Waters Edge Drive Suite 200**  
**Raleigh, 27606**  
**[bayrtvrs@nc.rr.com](mailto:bayrtvrs@nc.rr.com) [coachcara45@aol.com](mailto:coachcara45@aol.com)**

**NOTE: Entries must include:**

1. Correct entry fees.
2. Hardcopy of Entry forms properly completed.
3. Entries received by
4. **Do not send entries in a manner that requires signature for delivery.**
5. **IF YOU HAVE NOT RECEIVED AN EMAIL FROM MOR'S Meet Director by July 5<sup>th</sup>, please contact them for any changes that might have occurred.**

**AWARDS:**

Individual Events: Ribbons 1<sup>st</sup> – 8<sup>th</sup> place If awards are not ready by the end of meet, you can pick them up from Coach Ted Pierson at the North Carolina 14-under Long course State Championships the following week.

**WARM-UPS:**

First 30 minutes: All lanes general warm-up; no diving.  
Next 20 minutes: Lanes 1 and 8 general warm-up swim.  
Lanes 2,3, ,6, and 7 race starts from start end of pool.  
One-way swimming, exit from opposite end of pool.

Lanes 4 and 5 will remain available.

The pool will be cleared prior to the start of each session to prepare for competition and for needed meetings of coaches and officials. Please begin warm-up at the starting end of the pool only.

**Warm-up assignments will be determined after entries are received and might be changed due to numbers.**

**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. No parents on deck.

**COACHES and OFFICIALS MEETING:**

There will be coaches' meetings on Thursday, **July 9, at 4:00pm** (and as announced by the Meet Referee) outside the hospitality room. Coach's packets

will be distributed when the coaches present their USA Swimming Coach membership card. Coaches without a coach membership card will not be allowed on the pool deck- must be able to show at the door to the pool. Coaches are responsible for all the information distributed in the packet and at this meeting.

There will be an officials meeting on Thursday, July 9 at 4:30pm outside the hospitality room and 30 minutes prior to each session starting outside the hospitality room.

Coaches and Officials are also required to display their registration cards or other access documents prominently while on deck. Credentials must be displayed at ALL times.

**MEET DIRECTOR:** Cara Cameron [coachcara45@aol.com](mailto:coachcara45@aol.com) 851-3000  
Pam Rocque [baytrvrs@nc.rr.com](mailto:baytrvrs@nc.rr.com)

**MEET REFEREE:** Bob Figuers

**MEET MARSHALL:** Ted Pierson

**HOSPITALITY:** Hospitality will be open to officials, coaches, and meet workers.

**T-Shirts:** T-shirts can be purchased at this meet.

Kast A Way will be on site.

**RELEASE STATEMENT:** USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., THE MARLINS OF RALEIGH AND, Raleigh City Parks and Optimist Park Pool AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS SHALL BE HELD FREE AND HARMLESS FROM ANY AND ALL LIABILITIES ON CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

# ORDER OF EVENTS

## Thursday, July 9

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	13-18 200 IM	2
3	11-12 200 IM	4
5	13-18 50 Free	6
7	11-12 50 Free	8
9	13-18 400 Free	10
	12-under 400 Free	

## Friday, July 10

	11-12 100 Free	14
15	10-under 100 Free	16
	11-12 50 Back	18
	11-12 200 Back	20
21	9-10 50 Back	22
23	8-under 50 Back	24
	11-12 100 Breast	26
27	10-under 100 Breast	28
	11-12 50 Fly	30
	11-12 200 Fly	32
33	9-10 50 Fly	34
35	8-under 50 Fly	36
37	10-un 200 IM	38
	11-12 400 IM	40

## Friday JULY 10

41	13-18 200 Free	42
43	11-12 100 Free	
45	13-18 100 Back	46
47	11-12 50 Back	
	11-12 200 Back	
51	13-18 100 Breast	52
53	11-12 100 Breast	
55	13-18 200 Fly	56
57	11-12 50 Fly	
	11-12 200 Fly	
61	11-18 400 IM	62

## Saturday, JULY 11

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
63	9-10 50 Free	64
65	8-u 50 Free	66
	11-12 100 Back	68
69	10-u 100 Back	70

	11-12 50 Breast	72
	11-12 200 Breast	74
75	9-10 50 Breast	76
77	8-under 50 Breast	78
	11-12 100 Fly	80
81	10-u 100 Fly	82
	11-12 200 Free	84
85	10-under 200 Free	86

**Saturday, JULY 111**

87	13-18 100 Free	88
89	11-12 100 Back	
91	13-18 200 Back	92
93	11-12 50 Breast	
	11-12 200 Breast	
97	13-18 200 Breast	98
99	11-12 100 Fly	
101	13-18 100 Fly	102
103	11-12 200 Free	
105	13-18 1500 Free	106

**2009  
Eastern Qualifier**

**ENTRIES/ENTRY FEES SUMMARY FORM**

AGE GROUP	TOTAL # OF SWIMMERS	NCS TRAVEL FEE @ \$2.00 PER SWIMMER	FACILITY SURCHARGE @\$15 PER SWIMMER	TOTAL INDIVIDUAL ENTRIES	INDIVIDUAL ENTRY FEES @\$2.50 (\$2.75 out of state) PER SWIMMER		
Girls 8&U							
Girls 9-10							
Girls 11-12							
Girls 13-18							
Boys 8&U							
Boys 9-10							
Boys 11-12							
Boys 13-18							
<b>TOTALS</b>							

TOTAL NCS TRAVEL \$ \_\_\_\_\_

TOTAL FACILITY SURCHARGE \$ \_\_\_\_\_

TOTAL INDIVIDUAL ENTRY FEES \$ \_\_\_\_\_

TOTAL FEES \$ \_\_\_\_\_

Please submit one check with entries to cover your club's total entry fees.

Make your check payable to MOR:

Mail or Fed Ex entries to: Please make sure that if you Fedex you sign the area that allows to drop off without signature.

**Meet Director  
4900 Waters Edge Drive Suite 200  
Raleigh, NC, 27606**

USA Swimming, Inc., North Carolina Swimming, Marlins of Raleigh, and the Goldsboro Family YMCA, and other governing bodies of the facilities shall be held free and harmless for any and all liabilities or claims for damages arising by reasons of injuries to anyone during the conduct of this event.

**Name of Coach in charge of notifying team of changes:** \_\_\_\_\_

Email address of Coach in Charge of entries and notifications: \_\_\_\_\_

Signature of Coach: \_\_\_\_\_

Club: \_\_\_\_\_ Club Abbreviation: \_\_\_\_\_

Address: \_\_\_\_\_

Work Phone: \_\_\_\_\_

\_\_\_\_\_

Home Phone: \_\_\_\_\_

\_\_\_\_\_

**\*\* A check for all applicable fees are required for this to be a valid entry.**

## **2009 Eastern Qualifier ENTRY CHECKLIST**

Coaches:

**Please use this checklist to make sure you send in everything that is required for a complete entry. All pages that follow this checklist need to be completed and returned.**

1. **Check payable to MOR for fees** \_\_\_\_\_
2. **Fee Summary Form, COACH INFO** \_\_\_\_\_
3. **Computer disk with Hy-Tek Meet Manager compatibility and hardcopy printout of entries including relays** \_\_\_\_\_
4. **Valid email address for any changes to the meet.** \_\_\_\_\_
5. **Entry file of events- emailed to host.** \_\_\_\_\_