

North Carolina Swimming 14 & Under Age Group Championships

Thursday, February 17 - Sunday, February 20, 2011



SANCTION: Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. Sanction # NC11021.

HOST: Duke Aquatics
3020 Pickett Road, Suite 424
Durham, NC 27705
(919) 968-0303 (office)
(919) 321-2338 (fax)

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

Competition Pool: The Triangle Aquatic Center facility features a 50-meter pool divided into two courses, which include an 8-lane, 25-yard by 9-feet wide competition course and a 10-lane, 25-yard by 7-feet wide competition course, with a variable depth ranging from 7 to 12 feet. Both courses will be used if swimmer numbers and timeline deem it necessary. An additional 10-lane, 25-yard pool is available for continuous warm-up/warm-down. The pool is equipped with state-of-the-art, anti-turbulent lane lines and Paragon starting blocks on both ends. 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 and current USA Swimming registered officials and coaches may be 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 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 is parking directly in front of the facility available for coaches, officials and volunteers. There is additional parking at the Cary Towne Center Mall, directly adjacent & within easy walking distance of the facility for swimmers and parents. Athletes may be dropped off beside the facility before parking at the Mall.

Splash Café: A full service café located just inside the main entrance offering healthy meals, smoothies, coffees, drinks and snacks.

All American Swim Shop: The fully stocked swim shop is located beside the front desk and carries swimwear, apparel, swim supplies and accessories.

Open Swim: During most meets, the Program pool and Instruction pool are open for recreation and fitness swimming. Check with the front desk for the cost of a day pass.

Facility Rules:

- 1) NO smoking is allowed inside the facility.
- 2) NO outside food, drinks or coolers allowed inside 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.

CLASSIFICATION:	An Age Group Championship meet in prelims/finals format with qualifying time standards as listed on the order of events.
ELIGIBILITY:	This meet is open to North Carolina registered swimmers who have achieved the 2011 NCS 14 & Under Short Course Age Group Championship qualifying standard, as listed on the order of events, for each event entered in this meet.
INDIVIDUAL ENTRIES:	11-12 and 13-14 swimmers are limited to nine individual events for the meet, and no more than three individual events per day. 10 & Under swimmers may swim up to four individual events per day, not to exceed nine individual events for the meet.
RELAY ENTRIES:	The number of relay entries allowed is determined by the number of swimmers from each team who are entered in individual events. At least one swimmer entered in an individual event must swim on each relay team or the relay team will be disqualified. 1-4 individual event swimmers: Maximum of one relay team 5-8 individual event swimmers: Maximum of two relay teams 9-12 individual event swimmers: Maximum of three relay teams 13 or more individual event swimmers: Maximum of four relay teams Each club may enter up to four relay teams (per age group) in each relay event. Only two relays teams may score. The two highest placing relays per club will be scored, regardless of designation. Swimmers designated as 'relay only' in the OME may ONLY swim relays. All relay swimmers, including alternates, must be listed on the Meet Entry Form and must pay the swimmer surcharges.
ENTRIES/PROOF OF TIME/ENTRY DEADLINE:	The OME system will be used for on-line entries, including relays. OME will close Monday (February 14) at 12:00 NOON of the week that the meet is scheduled to begin. OME will open on the Monday four weeks before the meet starts. If a time override is used in OME, proof must be submitted to the Meet Director by the beginning of warm-ups on the first day of the meet or the entry will be invalid. Proof of time consists of a copy of the final meet results proving the entry time from a USA sanctioned or observed meet, including sanction numbers, date and location. Hy-Tek Team Manager results will not be accepted as proof. Prior to the deadline, proof of time may be faxed to (919) 321-2338. Each fax will be followed by e-mail confirmation for receipt of proof. <u>PLEASE BE AWARE OF THE EVENTS PER DAY LIMITS FOR EACH AGE GROUP</u> Questions or problems with OME should be directed to USA Swimming, Susan Woessner swoessner@usaswimming.org ENTRIES WILL ONLY BE ACCEPTED FROM OME. NO LATE ENTRIES WILL BE ACCEPTED.
SCHEDULE:	Thursday, February 17, 2011 13-14, 11-12 Timed Finals Warm-ups: 5:00-5:50 pm Starts: 6:00 pm Friday, February 18, 2011 13-14, 11-12 Preliminaries Warm-ups: 7:00-8:20 am Starts: 8:30 am 10 & Under Finals Warm-ups: 12:30-1:10 pm Starts: 1:20 pm 13-14, 11-12 Finals Warm-ups: 4:30-5:20 pm Starts: 5:30 pm Saturday, February 19, 2011 13-14, 11-12 Preliminaries Warm-ups: 7:00-8:20 am Starts: 8:30 am

	<p>10 & Under Finals Warm-ups: 12:30-1:10 pm Starts: 1:20 pm</p> <p>13-14, 11-12 Finals Warm-ups: 4.30-5:20 pm Starts: 5:30 pm</p> <p><u>Sunday, February 20, 2011</u></p> <p>13-14, 11-12 Preliminaries Warm-ups: 7:00-8:20 am Starts: 8:30 am</p> <p>10 & Under Finals Warm-ups: 12:30-1:10 pm Starts: 1:20 pm</p> <p>13-14, 11-12 Finals Warm-ups: 4:30-5:20 pm Starts: 5.30 pm</p> <p>* 10 & Under events will be timed finals throughout the competition. ** A split period warm-up may be utilized if participant numbers warrant. ***The Meet Referee has the authority to adjust or add breaks to any session if deemed necessary. Warm-up lane assignments will be communicated to teams prior to the meet.</p>																		
RULES:	This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, NCS Official Handbook and the NCS Safety Program.																		
FORMAT:	<p>Except for the relay events, the 1000 and 1650 Free for the 13-14 age group and the 500 free for the 11-12 age group, all events will be conducted on a preliminary and finals basis for the 11-12 and 13-14 age groups. A & B Heats will be swum in Finals for 11-12 and 13-14 age groups. The fastest eight swimmers compete in the A Final (Championship) and the next fastest eight swim in the B Final (Consolation). The B Final will be swum prior to the A Final. Alternates should be ready to swim and identify themselves to the starter.</p> <p>The 10 & Under age group will be timed finals.</p> <p>All relays will be swum as timed final events from slow to fast, all girls, and then all boys per age group. The 200 yd relay events will be swum in the preliminary sessions. The fastest 16 relay teams in the 400 yd relay events will be swum last in the evening finals sessions. The remaining teams will swim at the end of the preliminary session.</p>																		
READY ROOM:	The top eight qualifiers for the A final should report to the ready room five minutes prior to their event for the parade of the final heat.																		
ELIGIBILITY AND TECHNICAL JURY:	An Eligibility and Technical Jury will be appointed by NC Swimming consisting of one coach, one swimmer and one non-coach/non-athlete member of NC Swimming should an eligibility or technical protest arise.																		
QUALIFYING PERIOD:	A swimmer must have achieved the qualifying time listed per event from September 1, 2009.																		
SEEDING:	<p>All times will be seeded by SCY first, then LCM. The meet will be conducted in 2 pools, girls' and boys'. Combined heats may be swum at the discretion of meet management. All events that are 400 yards and longer will be deck seeded. A positive check-in by the deadline indicated below is required to be seeded into the event. Failure to check in by the deadline will result in the swimmer not being able to swim the event.</p> <table border="0"> <thead> <tr> <th><u>Individual Events</u></th> <th><u>Check-in Deadline</u></th> <th></th> </tr> </thead> <tbody> <tr> <td>13-14 1000 Free</td> <td>Thursday, Feb. 17</td> <td>5:15pm</td> </tr> <tr> <td>11-12 500 Free</td> <td>Thursday, Feb. 17</td> <td>5:15pm</td> </tr> <tr> <td>13-14 400 IM</td> <td>Friday, Feb. 18</td> <td>8:45am</td> </tr> <tr> <td>13-14 500 Free</td> <td>Saturday, Feb. 19</td> <td>8:45am</td> </tr> <tr> <td>13-14 1650 Free</td> <td>Sunday, Feb. 20</td> <td>8:45am</td> </tr> </tbody> </table>	<u>Individual Events</u>	<u>Check-in Deadline</u>		13-14 1000 Free	Thursday, Feb. 17	5:15pm	11-12 500 Free	Thursday, Feb. 17	5:15pm	13-14 400 IM	Friday, Feb. 18	8:45am	13-14 500 Free	Saturday, Feb. 19	8:45am	13-14 1650 Free	Sunday, Feb. 20	8:45am
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SCRATCHES:	The current NCS Scratch Rule will be in effect during the conduct of this meet for prelim/finals and deck seeded events. (see attachment). This will serve as the official guide for technical and procedural rules, except when stated otherwise in the Meet Information.																																								
HOSPITALITY:	There will be a hospitality room available to all coaches, officials and meet volunteers.																																								
MEET DIRECTOR:	Michele Schaefer, Rashmi Chandra, & Gretchen Stuart dukeinvite@yahoo.com Coaches with questions may call: Michele Schaefer - 919-302-0545																																								
MEET REFEREE:	Jon Fox																																								
ADMIN REFEREE:	Trish Martin																																								
MEET MARSHAL:	Tina Siemens & Kristin Bilden																																								
REGISTRATION:	USA Swimming Registration is required of all swimmers and will be verified. On deck registration <u>WILL NOT BE PERMITTED.</u>																																								
ENTRY FEES:	- \$4.00 per event - \$8.00 per relay event - \$3.00 per swimmer NCS Travel Fund - \$10 Facility Use Surcharge, excluding relay only swimmers All fees are non-refundable, except if entry is rejected for non-compliance.																																								

	PAYMENT OF ENTRY FEES MUST BE BY CHECK TO “DUKE AQUATICS” PRIOR TO COMPETITION. CREDIT CARD PAYMENT WILL NOT BE ACCEPTED FOR THIS MEET.
AWARDS:	<ul style="list-style-type: none"> - Individual events: 1st – 8th place medals - Relays: 1st - 3rd place medals - Team Place Awards: 1st – 6th place - Individual High Point Awards will be presented to the male and female swimmers with the highest point totals in individual events for each age group. <p>There will not be an awards ceremony at evening finals for 11-12 & 13-14 Events.</p> <p>Awards for 10 & Unders will be at the end of the following event. ALL 10 & Unders will be announced at the blocks for each event.</p>
SCORING:	<ul style="list-style-type: none"> - Individual events: 20-17-16-15-14-13-12-11- 9-7-6-5-4-3-2-1 Swimmers must achieve the qualifying time standard or faster in each event to score. - Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 Only two relays per gender can score for each team. <p>Team scores and individual high point scores will be published in the heat sheet at each finals session.</p>
COACHES:	<p>There will be a coaches’ meeting at 4:30 pm on Thursday afternoon. Coaches are responsible for any information presented at the meeting. Meetings may also be held at other times announced by the Meet Referee.</p> <p>All coaches and Officials on deck must wear their current USA swimming membership card in a visible place. Those failing to do so could be barred from the deck. Coaches and Officials will need to show their credentials when checking in.</p>
VOLUNTEERS:	<p>Volunteer workers and officials are welcome. Announcements for timers and officials will be made prior to the start of each session. Each club participating in this meet is requested to provide timers during the conduct of this meet. Lane assignments will be emailed to each team prior to the meet. Swimmers in the 500 yd, 1000 yd, 1650 yd Free and 400 yd IM must provide their own timers and/or lap counters.</p>
OFFICIALS:	<p>There will be an officials’ meeting at 5:00 pm on Thursday afternoon. We welcome all certified officials on deck. If you are able to help, please fill out the application available here: http://ncswim.org/application.php</p>
SAFETY:	<p>The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Running and horseplay will not be allowed. 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. 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.</p> <p>No spectators will be allowed on deck.</p> <p>Any swimmer entered in the meet, 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.</p>
RELEASE:	<p>USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., DUKE AQUATICS, TRIANGLE AQUATIC CENTER, 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.</p>

NCS Scratch Rule

205.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet information shall specify all mandatory check-in and scratch deadlines and procedures.

- .1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
- .2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet information states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet information.
- .3 Preliminary and Finals Events
 - A Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck then 205.3.2 applies
 - B Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 205.3. For events occurring on the last day of a meet, a fine of \$100 per missed swim shall also be assessed to the club by the appropriate Division Chair for failure to compete.
 - C In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete
 - D When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim
 - E If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)
- .4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:
 - A The Referee is notified in the event of illness or injury and accepts the proof thereof.
 - B The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
 - C The swimmer was not named in any finals heat during the initial announcement of results
 - D It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

205.4. RELAY SCRATCH RULE

- .1 All Meets - Any relay or relay member, in a relay event that fails to compete in or report for that event shall not be penalized.

2011 NORTH CAROLINA SWIMMING
14 & UNDER SHORT COURSE AGE GROUP CHAMPIONSHIP
13-14 & 11-12 PRELIMINARIES & FINALS
10 & UNDER TIMED FINALS
ORDER OF EVENTS

Thursday, February 17

Warm-ups 5:00-5:50 pm

Timed Finals 6:00 pm

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
1	10:23.39	11:40.39	13-14 1000yd Freestyle	11:16.09	10:07.19	2
3	5:19.89	5:54.49	11-12 500yd Freestyle	5:55.99	5:21.49	4

Friday, February 18

Warm-ups 7:00-8:20 am

Preliminaries 8:30 am

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
5	2:31.69	2:13.59	11-12 200yd Freestyle	2:14.19	2:32.49	6
7	2:21.39	2:04.49	13-14 200yd Freestyle	1:58.09	2:16.29	8
9	41.59	37.29	11-12 50yd Breaststroke	37.89	43.39	10
11	1:26.39	1:15.49	13-14 100yd Breaststroke	1:12.79	1:24.09	12
13	1:20.79	1:11.29	11-12 100yd Butterfly	1:12.69	1:22.59	14
15	1:14.49	1:05.49	13-14 100yd Butterfly	1:03.09	1:10.99	16
17	---	1:10.49	11-12 100yd IM	1:11.29	---	18
19	5:39.59	4:59.19	13-14 400yd IM	4:49.69	5:30.89	20
21	NQT	NQT	11-12 400yd Medley Relay **	NQT	NQT	22
23	NQT	NQT	13-14 400yd Medley Relay **	NQT	NQT	24

** The fastest 16 seeded relay teams of each age & gender will swim the 400y Medley Relay in finals. All others will swim during prelims.

Friday, February 18

Warm-ups 12:30-1:10 pm

Timed Finals 1:20 pm

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
25	2:58.19	2:35.89	10-Under 200yd Freestyle	2:33.79	2:54.29	26
27	48.79	42.49	10-Under 50yd Breaststroke	43.59	49.69	28
29	1:39.29	1:27.29	10-Under 100yd Butterfly	1:28.09	1:39.59	30
31	---	1:21.89	10-Under 100yd IM	1:22.19	---	32

Friday, February 18

Warm-ups 4:30-5:20 pm

Meet Starts 5:30 pm

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
5	2:31.69	2:13.59	11-12 200yd Freestyle	2:14.19	2:32.49	6
7	2:20.39	2:03.49	13-14 200yd Freestyle	1:58.09	2:16.29	8
9	41.59	37.29	11-12 50yd Breaststroke	37.89	43.39	10
11	1:26.39	1:15.49	13-14 100yd Breaststroke	1:12.79	1:24.09	12
13	1:20.79	1:11.29	11-12 100yd Butterfly	1:12.69	1:22.59	14
15	1:14.49	1:05.49	13-14 100yd Butterfly	1:03.09	1:10.99	16
17	---	1:10.49	11-12 100yd IM	1:11.29	---	18
19	5:39.59	4:59.19	13-14 400yd IM	4:49.69	5:30.89	20
21	NQT	NQT	11-12 400yd Medley Relay **	NQT	NQT	22
23	NQT	NQT	13-14 400yd Medley Relay **	NQT	NQT	24

** The fastest 16 seeded relay teams of each age & gender will swim the 400y Medley Relay in finals. All others will swim during prelims.

2011 NORTH CAROLINA SWIMMING
14 & UNDER SHORT COURSE AGE GROUP CHAMPIONSHIP
13-14 & 11-12 PRELIMINARIES
10 & UNDER TIMED FINALS
ORDER OF EVENTS

Saturday, February 19

Warm-ups 7:00-8:20 am

Preliminaries 8:30 am

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
33	NQT	NQT	13-14 200yd Medley Relay	NQT	NQT	34
35	NQT	NQT	11-12 200yd Medley Relay	NQT	NQT	36
			10 Minute Break			
37	2:47.79	2:26.99	13-14 200yd Butterfly	2:23.79	2:42.89	38
39	35.49	31.49	11-12 50yd Butterfly	31.89	36.09	40
41	30.39	26.59	13-14 50yd Freestyle	25.19	29.09	42
43	32.29	28.29	11-12 50yd Freestyle	27.99	32.09	44
45	3:06.79	2:42.39	13-14 200yd Breaststroke	2:37.59	3:03.09	46
47	1:33.79	1:20.29	11-12 100yd Breaststroke	1:22.19	1:34.69	48
49	1:16.29	1:05.89	13-14 100yd Backstroke	1:03.09	1:13.29	50
51	1:20.09	1:10.89	11-12 100yd Backstroke	1:11.59	1:22.89	52
53	4:58.09	5:32.89	13-14 500yd Freestyle	5:21.49	4:49.29	54
55	NQT	NQT	11-12 400yd Free Relay **	NQT	NQT	56
57	NQT	NQT	13-14 400yd Free Relay **	NQT	NQT	58

** The fastest 16 seeded relay teams of each age & gender will swim the 400y Free Relay in finals. All others will swim during prelims.

Saturday, February 19

Warm-ups 12:30-1:10 pm

Timed Finals 1:20 pm

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
59	NQT	NQT	10-Under 200yd Medley Relay	NQT	NQT	60
			10 Minute Break			
61	41.29	36.49	10-Under 50yd Butterfly	37.09	41.39	62
63	35.99	31.89	10-Under 50yd Freestyle	31.89	36.29	64
65	1:47.49	1:33.79	10-Under 100yd Breaststroke	1:35.79	1:49.09	66
67	1:34.79	1:21.69	10-Under 100yd Backstroke	1:21.79	1:33.79	68

Saturday, February 19

Warm-ups 4:30-5:20 pm

Meet Starts 5:30 pm

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
37	2:47.79	2:26.99	13-14 200yd Butterfly	2:23.79	2:42.89	38
39	35.49	31.49	11-12 50yd Butterfly	31.89	36.09	40
41	30.39	26.59	13-14 50yd Freestyle	25.19	29.09	42
43	32.29	28.29	11-12 50yd Freestyle	27.99	32.09	44
45	3:06.79	2:42.39	13-14 200yd Breaststroke	2:37.59	3:03.09	46
47	1:33.79	1:20.29	11-12 100yd Breaststroke	1:22.19	1:34.69	48
49	1:16.29	1:05.89	13-14 100yd Backstroke	1:03.09	1:13.29	50
51	1:20.09	1:10.89	11-12 100yd Backstroke	1:11.59	1:22.89	52
53	4:58.09	5:32.89	13-14 500yd Freestyle	5:21.49	4:49.29	54
55	NQT	NQT	11-12 400yd Free Relay **	NQT	NQT	56
57	NQT	NQT	13-14 400y Free Relay **	NQT	NQT	58

** The fastest 16 seeded relay teams of each age & gender will swim the 400y Free Relay in finals. All others will swim during prelims.

2011 NORTH CAROLINA SWIMMING
14 & UNDER SHORT COURSE AGE GROUP CHAMPIONSHIP
13-14 & 11-12 PRELIMINARIES
10 & UNDER TIMED FINALS
ORDER OF EVENT

Sunday, February 20

Warm-ups 7:00-8:20 am

Preliminaries 8:30 am

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
69	NQT	NQT	13-14 200yd Free Relay	NQT	NQT	70
71	NQT	NQT	11-12 200yd Free Relay	NQT	NQT	72
			10 Minute Break			
77	2:42.29	2:21.49	13-14 200yd Backstroke	2:14.49	2:36.49	78
75	38.09	32.89	11-12 50yd Backstroke	32.99	38.49	76
81	1:05.79	57.69	13-14 100yd Freestyle	54.89	1:04.09	82
79	1:09.99	1:01.39	11-12 100yd Freestyle	1:00.89	1:09.69	80
85	2:41.59	2:21.19	13-14 200yd IM	2:15.59	2:35.19	86
83	2:51.59	2:31.59	11-12 200yd IM	2:32.49	2:53.29	84
73	20:08.49	19:40.79	13-14 1650yd Freestyle ***	19:39.39	19:55.09	74

*** Fastest 8 swimmers (Girls and Boys) will swim in finals. All others will swim during prelims.

Pay close attention to Event order for Sunday prelims. Finals will follow number order.

Sunday, February 20

Warm-ups 12:30-1:10 pm

Preliminaries 1:20 pm

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
87	NQT	NQT	10-Under 200yd Free Relay	NQT	NQT	88
			10 Minute Break			
89	43.29	37.99	10-Under 50yd Backstroke	38.39	44.29	90
91	1:20.09	1:10.49	10-Under 100yd Freestyle	1:11.19	1:20.99	92
93	3:20.19	2:55.59	10-Under 200yd IM	2:56.99	3:20.59	94

Sunday, February 20

Warm-ups 4:30-5:20 pm

Meet Starts 5:30 pm

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
73	20:08.49	19:40.79	13-14 1650yd Freestyle	19:39.39	19:55.09	74
75	38.09	32.89	11-12 50yd Backstroke	32.99	38.49	76
77	2:42.29	2:21.49	13-14 200yd Backstroke	2:14.49	2:36.49	78
79	1:09.99	1:01.39	11-12 100yd Freestyle	1:00.89	1:09.69	80
81	1:05.79	57.69	13-14 100yd Freestyle	54.89	1:04.09	82
83	2:51.59	2:31.59	11-12 200yd IM	2:32.49	2:53.29	84
85	2:41.59	2:21.19	13-14 200yd IM	2:15.59	2:35.19	86

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North Carolina Age Group Championships / Official Host Hotels
 Duke Aquatics / Cary Aquatic Center / Cary, North Carolina



Preferred Hotels / Distance to the Aquatic Center	HOTEL FEATURES	ROOM RATES
<u>Hampton Inn Cary / (6 miles / 9 minutes)</u> 201 Ashville Avenue, Cary, NC Reservations: 919.859.5559 / Group Name: NC Age Group	Includes deluxe hot continental breakfast, free wireless, free parking	Room Rate \$69.00 per room
<u>Holiday Inn & Suites / (4 miles / 7 minutes)</u> 5630 Dilliard Drive, Cary, NC 27518 Reservations: 919.851.1220 / Group Name: NC Age Group	Includes full hot breakfast buffet, free parking, indoor pool (two room suites available \$10 extra)	Room Rate \$79.99 per room \$89.99 per Suite
<u>Hilton Garden Inn / (8 miles / 13 minutes)</u> 1500 RDU Center Drive, Morrisville, NC 27560 Reservations: 919.840.8088 / Group Name: NC Age Group	Includes daily deluxe continental breakfast, indoor pool, visit the All American Grill and Pantry Shop	Room Rate \$89.00 per room
<u>Cambria Suites (9 miles / 14 minutes)</u> 300 Airgate Drive, Morrisville, NC 27560 Reservations: 919.361.3311 / Group Name: NC Age Group	Includes full hot continental breakfast with many made to order items, indoor pool, New Boutique Hotel	Suite Rate \$89.00 per Suite (bed, bed, sofa bed)
<u>Comfort Suites Cary / (6 miles / 9 minutes)</u> 201 Ashville Avenue, Cary, NC Reservations: 919.852.4318 / Group Code: NC Age Group	Includes deluxe continental breakfast, free wireless, free parking, indoor pool	Suite Rate \$74.00 per Suite (bed, bed, sofa) \$69.00 king bed w/ sofa bed
<u>Best Western Cary Inn / (2 miles / 4 minutes)</u> 1722 Walnut Street, Cary, NC 27511 Reservations: 919.481.1200 / Group Name: NC Age Group	Includes deluxe continental breakfast, free wireless, free parking	Room Rate \$59.99 per room
<u>Embassy Suites Cary / (6 miles / 10 minutes)</u> 1716 Walnut Street, Cary, NC 25511 Reservations: 919.417.3494 / Group Name: NC Age Group	Includes full breakfast buffet, indoor pool, free wireless, free parking	Room Rate \$139.00 per suite

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