

NORTH CAROLINA AQUABLAZERS SWIM TEAM



SANCTION: Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming, Inc., Approval # NC11060AP.

HOST: North Carolina Aquablazers, Inc.
<http://blackheritageswimming.org>

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

The Triangle Aquatic Center (TAC) facility features a 50 meter competition pool divided into two courses, which include an 8-lane, 25-yard by 9-foot wide competition course and a 10-lane, 25-yard by 7-foot, 6 inches-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 that will be used during the meet. The facility features a Daktronic Pro timing system, and two digital matrix scoreboards. The pool is certified by USA Swimming. Stopwatches will also be used in each competition lane. Hy-Tek Meet Manager Pro software will be used. Locker rooms for changing are available. The facility has seating available for 600 on deck during each session.



The facility is 72,000 sq. feet and has comfortable spectator seating capacity for 1000 people. The TAC facility has a full-service café and an All-American Swim Shop on site. The TAC facility is conveniently located off Interstate 40 at Exit 291 and is adjacent to Cary's largest shopping mall, Cary Towne Center. Special Group Hotel rates have been arranged. Hotel information is attached and will be updated on the <http://blackheritageswimming.org> website as additional hotels are added.

This is an approved meet open to registered and non-registered USA Swimming athletes. Only meet volunteers, coaches, athletes and USA-Swimming registered officials may be on deck.


NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME.

SCHEDULE:

Our tentative schedule of events is provided below. The start times listed for the afternoon sessions are subject to change once we get all entries, run the Hy-Tek Sessions Reports/Timelines and determine an approximate end time for each morning session. Teams will be notified of any changes prior to the meet.

<p>Friday, May 27th</p>	<p>3rd Annual Community Breakfast Honoring Swimming Pioneers</p>  <p>EMBASSY SUITES®</p> <hr/> <p>Raleigh - Durham/Research Triangle 201 Harrison Oaks Blvd, Cary, NC 27513 919-677-1840</p>	<p>9:00 – 11:00 AM</p>
	<p>Team Practices</p> <p>Triangle Aquatic Center 275 Convention Drive Cary, NC 27511 (919) 459-4045 www.triangleaquatics.org</p>	<p>7:00 – 9:00 PM</p>
	<p>Friday Night Swim Clinic With 2004 Olympic Silver Medalist Maritza Correia Open to Swimmers ages 5 to 18 (limited to 50 swimmers) Cost: \$20 per swimmer</p> <p>Autograph and Photo Session</p>	<p>7:00-8:00 PM</p> <p>8:00-8:30 PM</p>
	<p>Coaches' Dinner/Meeting</p>  <p>EMBASSY SUITES®</p> <hr/> <p>Raleigh - Durham/Research Triangle 201 Harrison Oaks Blvd, Cary, NC 27513 919-677-1840</p>	<p>8:00-10:00 PM</p>

Saturday, May 28th	Session 1	
	Officials' Meeting	8:00 am
	Coaches' Meeting	8:15 am
	Timers' Meeting	7:45 am
	Session 1 13 & Over Women and Men Triangle Aquatic Center West Course	
	Warm ups	7:00 AM
	Timed Finals	8:30 AM
Saturday, May 28th	Sessions 2A and 2B	
	Officials' Meeting	1:00 pm
	Coaches' Meeting	1:15 pm
	Timers' Meeting	12:45 pm
	Session 2A 12 & Under Women Triangle Aquatic Center West Course	
	Warm ups	Noon
	Timed Finals	1:30 PM
	Session 2B 12 & Under Men Triangle Aquatic Center East Course	
	Warm ups	Noon
	Timed Finals	1:30 PM
	3 Mini-Swim Clinics With 2004 Olympic Silver Medalist Maritza Correia Open to Swimmers ages 5 to 18 (limited to 30 swimmers Per Mini-Clinic) Cost: \$5 per swimmer	
	East Course Pool	
	Mini-Swim Clinic #1	@ the end of the
	Mini-Swim Clinic #2	Afternoon Session
	Mini-Swim Clinic #3	4:30 PM
		5:00 PM
		5:30 PM

	<p align="center">Swimmers' Social Coaches', Officials', Parents', Chaperones' Card Party</p> 	<p align="center">7:00 – 10:00PM Marbles Kids Museum 201 East Hargett Street Raleigh, NC 27601 (919) 834-4040</p>
Sunday, May 29th	Session 3	
	Officials' Meeting	8:00 AM
	Coaches' Meeting	8:15 AM
	Timers' Meeting	7:45 AM
	<p align="center">Session 3 13 & Over Women and Men Triangle Aquatic Center West Course</p> <p align="center">Warm ups 7:00 AM Timed Finals 8:30 AM</p>	
	<p align="center">50 Free Exhibition Swims (2) with Olympian Cullen Jones Triangle Aquatic Center West Course</p> <p align="center">Coaches/Officials/ Parents/Alumni 100 Free Relay Triangle Aquatic Center West Course</p> <p align="center"><i>High Point Awards Presentation 13 & Over Swimmers</i></p> <p align="center"><i>Luqman El-Amin 100 Fly Award Presentation Announcer's Table</i></p>	Immediately Following Session 3

Sunday, May 29th	Sessions 4A and 4B	
	Officials' Meeting	1:00 pm
	Coaches' Meeting	1:15 pm
	Timers' Meeting	12:45 pm
	<p>Session 4A 12 & Under Women Triangle Aquatic Center West Course</p> <p>Warm ups Timed Finals</p>	<p>Noon 1:30 PM</p>
	<p>Session 4B 12 & Under Men Triangle Aquatic Center East Course</p> <p>Warm ups Timed Finals</p>	<p>Noon 1:30 PM</p>
	<p><i>High Point Awards</i> <i>12 & Under Swimmers</i> <i>Top 6 Teams, Team Spirit Awards</i> <i>Presentation</i> Announcer's Table</p>	Immediately Following Session 4

ELIGIBILITY: This meet is open to all swimmers. USA swimming registration is not required. Swimmers must compete in their age-group only, except for relays. In relays, swimmers are allowed to “swim-up” as necessary. Swimmers shall compete at the age reached on the first day of the meet.

DISABILITY: The North Carolina Aquablazers Swim Team welcomes all swimmers with disabilities as described in USA Swimming Rules and Regulations, Article 105, to participate in our meet. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the meet entry deadline accompanying their meet entry file, including the need for any personal assistance required and/or any registered service animals. Failure to provide advance notice may limit the North Carolina Aquablazers Swim Team’s ability to accommodate all requests.

AGE GROUPS: 8 and Under; 9-10, 11-12, 13-14, 15 and Over

RULES: This meet will be conducted in accordance with the current USA Swimming Rules and the NC Swimming Rules except where the rules therein are optional and exceptions are herein stated.

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.

FORMAT: All events will be timed finals throughout the competition.

ENTRY LIMIT: **Individual Swimmers** are limited to six (6) individual events for the meet, and no more than three (3) individual events per day.

Each team can enter a maximum of two (2) scoring **Relays** per event. Teams are allowed to enter additional relays per event for exhibition purposes only.

Each swimmer shall be limited to two (2) relay events.

Swimmers participating on relay teams only must be listed on the entry forms. All **relays** must be submitted by the entry deadline. Relays can be submitted without the names of the relay swimmers. If teams intend to provide names of relay swimmers, those names must be provided during the beginning of each warm up session.

There will be **No Deck Seeding** of individuals or relays.

ENTRY FEES:

Individual Events:	\$8.00 per event
Relay Events:	\$12.00 per relay (\$3.00 per relay swimmer)
Swimmer Surcharge	\$10.00 per swimmer

All fees are non-refundable. Entries will not be accepted unless accompanied by entry fees by the meet deadline. Fees can be paid by bank, certified or team check, money order, credit card. Fees can be paid online through Paypal on our meet website at <http://blackheritageswimming.org>. Paypal will accept several credit cards and checks. If mailing a check or money order, please make all checks or money orders payable to North Carolina Aquablazers, Inc. Visa and MasterCard credit card payments are also accepted by telephone. Please call the meet director at (919) 522-9275 if you want to make a telephone credit card payment. (No personal checks are accepted).

ENTRY FORMS: The preferred method of entry submission is electronic entry. Please submit your entries by e-mail to the Meet Director using Hy-Tek Sports Software. We have upgraded to the most current version of Hy-Tek 3.0. We have posted the exported events on the Meet Registration Page of our website. If you do not have the Team Manager program to make a Hy-Tek entry, but would like to make an electronic entry, you can download a copy of Team Manager 5.0 Lite at no charge from the Hy-Tek website: <http://www.hy-tek.com/downloads.html>.

Entries may also be submitted on the enclosed entry forms.

Electronic entries must be followed by a hard copy. The electronic entry, hard copy and fees must be received by the entry deadline. **Please include summary totals in the body of your email; this helps us check for errors.**

Please send the entries by e-mail to:
kcfromnc@mindspring.com

Please mail hard copies of entries to:

Kathy Cooper
Meet Director
2417 Deanwood Drive
Raleigh, NC 27615

ENTRY DEADLINE: **All Entries** and fees must be received by **Friday, April 29, 2011**. No telephone entries will be accepted. No late entries will be accepted. Corrections to entries submitted by the initial deadline will be allowed up to and including **Friday, May 6, 2011**.

SCORING: **Individual Events:** 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Team scores and individual high point scores will be posted throughout the meet. Team points will be scored from 1st through 16th place. Individual awards will be given only from 1st through 8th places and relay awards will be given only from 1st through 3rd places. Team awards will be given for 1st through 6th places. Team Spirit award will be given to the team with the most spirit. Any challenges to results must be made by the swimmers' coach to the Meet Referee within 30 minutes of the conclusion of the last session on Sunday. No challenges by parents will be considered.

AWARDS: **Individual Events:** 1st, 2nd & 3rd Trophies, 4th – 8th Ribbons
Relays: 1st, 2nd & 3rd Trophies
Team Place Awards: 1st – 6th Team Trophies
Team Spirit Award: Trophy
High Point Awards: Plaques and bags to top individual female and male swimmers with the highest point totals in each age group
Luqman El-Amin Award: Trophy awarded to winner of the Men's 15 & Over 100 Fly in honor of the City of Atlanta Dolphins Swimmer who passed away on December 19, 2006 in a car accident.

Individual and Relay awards will be presented each day throughout the day on Saturday and Sunday. Coaches need to designate someone to collect the team's trophies and ribbons from the Awards room. High Point Awards will be presented on Sunday at the conclusion of each session. The Luqman El-Amin Award will be presented on Sunday at the conclusion of the morning session. Team Trophies and the Team Spirit Award and will be presented on Sunday at the conclusion of the last session.

SPECIAL EVENTS: **2004 Olympian Maritza Correia** will be with us again on May 27th, at the Community Breakfast on Friday morning and at her Swim Clinic on Friday night. She will also host her 3 mini-swim clinics on Saturday afternoon, May 28th, at the close of the afternoon session. In addition she will be signing autographs and taking pictures with the swimmers.

2008 Olympian Cullen Jones will be with us again signing autographs, taking pictures and swimming 2 exhibition 50 freestyle races with 14 lucky swimmers on Sunday, May 29th at the close of the first session.

Coaches/Officials/Parents/Alumni 100 Free Relay will take place on Sunday morning after the two exhibition swims with Cullen Jones.

Swimmers' Social and the Coaches', Officials', Parents', Chaperones' Card Party will take place at the Marbles Kids Museum again this year.

MEET

MANAGEMENT:

Meet Referee, Robert Bittner
Meet Director, Kathy Cooper (NCA)
Meet Marshals, Wesley Reid and Darryl Richardson (NCA)
Promotions Managers, Kenny Cross and Fred Hutchinson (NCA)

**OFFICIALS
AND TIMERS:**

The North Carolina Aquablazers Swim Team welcomes and encourages the assistance of USA Swimming certified officials from visiting teams. Each team is requested to provide at least one official and two timers for the meet. Please include your meet officials and timers with your meet entries.

RELEASE:

USA Swimming Inc., North Carolina Aquablazers, Inc., North Carolina Swimming, the Triangle Aquatic Center, and all employees and representatives of these organizations, shall be held free and harmless from any all liabilities on claims for damages arising by reason of injuries to anyone during the conduct of this meet.

**HOSPITALITY &
CONCESSIONS:**

There will be hospitality for all coaches, officials, and volunteers. Refreshments will be available at the concession stand.

MEET PROGRAMS:

Each team should send a team picture to the Meet Director to put in the meet program. There is no charge for the team picture. If teams want to place an additional ad in the meet program, the cost for ads is \$25 for a quarter page; \$50 for a half page; \$100 for a full page, \$250 for a professional page, and \$500 for the inside front and back cover. Ads can also be placed on the scoreboard for \$300. In addition, event sponsorship is available for \$30 per event. Ads can either be e-mailed to the Meet Director or copied onto a CD and mailed to her at the addresses provided above. The deadline for team pictures and/or heat sheet ad submission is May 6, 2011.

ATTACHMENTS:

Entry Form/Entry Summary Sheet, Order of Events, Hotel Information



OFFICIAL ENTRY FORM

CLUB NAME _____ **ABBREVIATION** _____

ADDRESS _____

CITY _____ **STATE** _____ **ZIP CODE** _____

HEAD COACH _____

WORK PHONE(____) ____ - ____ **HOME PHONE**(____) ____ - ____ **CELL PHONE**(____) ____ - ____

e-mail address _____

TEAM HOTEL _____ **# Rooms Reserved** _____ **#Nights** _____

ASST. COACH _____ **ASST. COACH** _____

ASST. COACH _____ **ASST. COACH** _____

ASST. COACH _____ **ASST. COACH** _____

All coaches identified above are currently registered as coaches with United States Swimming, Inc., and are responsible for the swimmers entered on this meet entry form during the conduct of the meet.

Signature _____ **Date** _____

MAIL ENTRIES TO:
KATHY COOPER
MEET DIRECTOR
2417 DEANWOOD DRIVE
RALEIGH, NC 27615

ENTRY FEE SUMMARY

	INDIVIDUAL ENTRY #S	X \$10.00 SURCHARGE	IND. ENTRY TOTALS	X \$8.00 INDIVIDUAL FEE	INDIVIDUAL \$ TOTALS	RELAY ENTRY #S	X \$12.00 RELAY \$ TOTALS	TOTALS
8 & UNDER								
9-10								
11-12								
13-14								
15 & OVER								

MAKE ALL CHECKS AND MONEY ORDERS PAYABLE TO NC AQUABLAZERS, INC. TOTAL ENCLOSED \$ _____

NORTH CAROLINA AQUABLAZERS, INC., AND TRIANGLE AQUATIC CENTER SHALL BE HELD FREE AND HARMLESS FOR ANY AND ALL LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

SIGNATURE _____ **DATE** _____



Saturday, May 28, 2011
Session 1 West Course
Event # Women

Warm-ups: 7:00 am

Timed Finals: 8:30 am
Session 1 West Course
Event # Men

Event Name

1	15 & Over 200 yd Freestyle	2
3	13-14 200 yd Freestyle	4
5	15 & Over 50 yd Breaststroke	6
7	13-14 50 yd Breaststroke	8
9	15 & Over 100 yd Butterfly	10
11	13-14 100 yd Butterfly	12
13	15 & Over 50 yd Backstroke	14
15	13-14 50 yd Backstroke	16
17	15 & Over 200 yd Individual Medley	18
19	13-14 200 yd Individual Medley	20
21	15 & Over 200 yd Freestyle Relay	22
23	13-14 200 yd Freestyle Relay	24

Saturday, May 28, 2011
Session 2A West Course
Event # Women

Warm-ups: NOON

Timed Finals: 1:30 pm
Session 2B East Course
Event # Men

Event Name

25	11-12 200 yd Freestyle	26
27	9-10 200 yd Freestyle	28
29	8 & Under 100 yd Freestyle	30
31	11-12 50 yd Breaststroke	32
33	9-10 50 yd Breaststroke	34
35	8 & Under 25 yd Breaststroke	36
37	11-12 100 yd Butterfly	38
39	9-10 100 yd Butterfly	40
41	8 & Under 50 yd Butterfly	42
43	11-12 50 yd Backstroke	44
45	9-10 50 yd Backstroke	46
47	8 and Under 25 yd Backstroke	48
49	11-12 200 yd Individual Medley	50
51	9-10 100 yd Individual Medley	52
53	8 and Under 100 yd Individual Medley	54
55	11-12 200 yd Freestyle Relay	56
57	9-10 200 yd Freestyle Relay	58
59	8 and Under 100 yd Freestyle Relay	60



Sunday May 29, 2011
Session 3 West Course
Event # Women

Warm-ups: 7:00 am

Timed Finals: 8:30 am
Session 3 West Course
Event # Men

Event Name

61	15 & Over 100 yd Freestyle	62
63	13-14 100 yd Freestyle	64
65	15 & Over 50 yd Butterfly	66
67	13-14 50 yd Butterfly	68
69	15 & Over 100 yd Backstroke	70
71	13-14 100 yd Backstroke	72
73	15 & Over 100 yd Breaststroke	74
75	13-14 100 yd Breaststroke	76
77	15 & Over 50 yd Freestyle	78
79	13-14 50 yd Freestyle	80
81	15 & Over 200 yd Medley Relay	82
83	13-14 200 yd Medley Relay	84
85	Cullen Jones/Lottery Winners Mixed Exhibition 50 Free	
	Coaches/Officials/Parents/Alumni Mixed 100 Free Relay	86

Sunday May 29, 2011
Session 4A West Course
Event # Women

Warm-ups: NOON

Timed Finals: 1:30 pm
Session 4B East Course
Event # Men

Event Name

87	11-12 100 yd Freestyle	88
89	9-10 100 yd Freestyle	90
91	8 & Under 50 yd Freestyle	92
93	11-12 50 yd Butterfly	93
95	9-10 50 yd Butterfly	96
97	8 & Under 25 yd Butterfly	98
99	11-12 100 yd Backstroke	100
101	9-10 100 yd Backstroke	102
103	8 and Under 50 yd Backstroke	104
105	11-12 100 yd Breaststroke	106
107	9-10 100 yd Breaststroke	108
109	8 & Under 50 yd Breaststroke	110
111	11-12 50 yd Freestyle	112
113	9-10 50 yd Freestyle	114
115	8 & Under 25 yd Freestyle	116
117	11-12 200 yd Medley Relay	118
119	9-10 200 yd Medley Relay	120
121	8 and Under 100 yd Medley Relay	122



Hotel Information

Host Hotel



EMBASSY SUITES®

**Raleigh - Durham/Research Triangle
201 Harrison Oaks Blvd, Cary, NC 27513
919-677-1840**

Suite Rates \$82.00/night (excluding local taxes, fees and assessments, currently 13.75%)
Includes breakfast

Room Reservation Method and Guarantee:

Individuals: Call in to (919) 677-1840
Guarantee with a major credit card or one night's deposit prior to arrival

Teams: Team Rooming List call Jullie Campbell, Sales Manager, (919) 677-1840 x 2010
Guaranteed to a master account

SOLD OUT

Additional Hotels: See Next 2 Pages

Hotel Property	THURS., 5/26	FRI 5/27	SAT 5/28	SUN 5/29	Breakfast included in rate
Best Western Inn Cary & Extended Stay Suites 1722 Walnut St. Cary , NC 27511 (919) 481-1200 Contact: Kelli Barnhart barnhartk@gfhotels.com	\$59 Sgl./Dbl; \$69 Triple/Quad	\$59 Sgl./Dbl; \$69 Triple/Quad	\$59 Sgl./Dbl; \$69 Triple/Quad	\$59 Sgl./Dbl; \$69 Triple/Quad	Yes
Comfort Suites Cary 350 Ashville Ave. Cary, NC 27518 (919) 852-4318 Contact: Doug Shelow gm.nc039@choicehotels.com	\$79 Sgl./Dbl/ Triple/Quad	\$79 Sgl./Dbl/ Triple/Quad	\$79 Sgl./Dbl/ Triple/Quad	\$79 Sgl./Dbl/ Triple/Quad	Yes
Courtyard Marriott Raleigh Cary 102 Edinburgh Dr. South Cary, NC 27511 (919) 481-9666 Contact: Michelle Silverberg michelle.silverberg@marriott.com	\$79 Sgl./Dbl/ Triple/Quad	\$79 Sgl./Dbl/ Triple/Quad	\$79 Sgl./Dbl/ Triple/Quad	\$79 Sgl./Dbl/ Triple/Quad	Yes
Four Points by Sheraton Raleigh/Cary 500 Caitboo Ave. Cary, NC 27518 (919) 900-8840 Contact: Danielle Frier danielle@parkshotels.com	\$79 (Kings)	\$79 (Kings)	\$79 (Kings)	\$79 (Kings)	No
Hampton Inn Raleigh/Cary 201 Ashville Ave. Cary, NC 27518 (919) 859-5559 Contact: Ashley Ray aray@alliancehospitality.com	\$79 Sgl./Dbl/ Triple/Quad	\$79 Sgl./Dbl/ Triple/Quad	\$79 Sgl./Dbl/ Triple/Quad	\$79 Sgl./Dbl/ Triple/Quad	Yes
Homewood Suites by Hilton Raleigh/Cary 100 MacAlyson Ct. Cary, NC 27511 (919)467-4444 Contact: Suzanne Stewart sstewart@alliancehospitality.com	\$79 Sgl./Dbl/ Triple/Quad	\$79 Sgl./Dbl/ Triple/Quad	\$79 Sgl./Dbl/ Triple/Quad	\$79 Sgl./Dbl/ Triple/Quad	Yes
Residence Inn Marriott Raleigh Cary 2900 Regency Parkway Cary, NC 27518 (919) 467-4080	\$79 Sgl./Dbl. All rooms are studios (1 Queen w/	\$79 Sgl./Dbl. All rooms are studios (1 Queen w/	\$79 Sgl./Dbl. All rooms are studios (1 Queen w/	\$79 Sgl./Dbl. All rooms are studios (1 Queen w/	Yes

Hotel Property	THURS., 5/26	FRI 5/27	SAT 5/28	SUN 5/29	Breafast included in rate
Contact: Michelle Silverberg michelle.silverberg@marriott.com	sofa bed)	sofa bed)	sofa bed)	sofa bed)	
TownePlace Suites Marriott Raleigh Cary/Weston Parkway 120 Sage Commons Way Cary, NC 27513 919-678-0005 Contact: Jennifer Rabanal jrabanal@shg ltd.com	\$64	\$64	\$64	\$64	Yes