




2016 Long Course Eastern Qualifier
 Hosted by the
 MARLINS OF RALEIGH SWIM TEAM
 July 8-10, 2016
 Optimist Park Pool
 5902 Whittier Drive, Raleigh, NC, 27609

*Held under the Sanction of USA Swimming, Inc.,
 issued by North Carolina Swimming, Inc.
SANCTION #NC16121*

MEET DIRECTOR	MEET ENTRY COORDINATOR
Cara Cameron 4904 Waters Edge Drive, Suite 295 Raleigh, NC 27606 (919) 851-3000 Coachcara45@aol.com	Pam Rocque mormeets@gmail.com Administrative Official Pam Rocque mormeets@gmail.com
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 will need to park on Northclift Drive, or the park behind the pool. Please do not block driveways. **NO PARKING will be allowed along Whittier Drive.** Police will be present to check parking passes for volunteers and coach/official credentials. Parking along Northclift drive is allowed- do NOT block any driveways. There is parking in the Park area (left turn) after Whittier off of Northclift Short walk across the baseball field to the pool.

FACILITY:

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 at the turn end. There are 8 lanes and are 9 feet wide- an adjacent diving well will be used for warm-up and warm-down ONLY- please notify swimmers that there is no playing or diving in this pool. The Colorado 6000 Timing system will be used with watches and Dolphin electronic timing. Chairs are not allowed to block the walkways according to fire code regulations nor are they allowed to remain in place overnight. Spectators can sit in the bleachers provided or have tents and chairs set up outside. **There are NO CHAIRS allowed on deck other than for coaches and officials.** 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 by patrons. All pool rules must be adhered to by visitors. Please help the facility by making sure all team areas are clear of trash after each session. Each team is responsible for cleaning up their own areas

before they leave. **If thunderstorms occur- all spectators and participants need to go off deck into lobby or their cars. One Coach representative of each team will need to go to the Optimist Pool Office.**

MEET FORMAT:

This is a timed final Age Group swim meet. Each swimmer must provide his/her own timer for the 1500 Free and a person to count laps (if desired) for the 1500 Free. The 400 free and 1500 Free and 400 IM will be deck-seeded, will require a positive check-in, and will 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. If your swimmer is checked-in and fails to show up to swim the event, they will not be allowed to compete in the next individual event in which they are scheduled to compete. Meet management reserves the right to limit the total size of the meet and/or limit or combine heats and events as needed. MOR reserves the right to swim the 1500 Free two to a lane.

All 8 & Under and 50m events will start from the blocks.

The Marlins of Raleigh meet management reserves the right to combine/alter sessions if timelines warrant.

If warm-ups need to be changed to an earlier or later time, all teams will be notified by an email to the email that sent the entries on or before: Monday, July 4, 2016.

WARM-UP SCHEDULE:

Session	Day	Warm-up	Meet Start	Age Group
1	Friday, July 8 Morning	7:30am	8:15am	10-under
2	Friday, July 8 Mid- day	11:45am	12:30pm	11-12
3	Friday, July 8 Evening	4:00pm	4:45pm	13-over
4	Saturday, July 9 Morning	7:30am	8:15am	10-under
5	Saturday, July 9 Mid-day	11:45am	12:30pm	11-12
6	Saturday, July 9 Evening	4:00pm	4:45pm	13-over
7	Sunday, July 10 Morning	8:00am	9:00pm	All

The Marlins of Raleigh meet management reserves the right to combine/alter sessions if timelines warrant. Notification will be given by Monday, July 4th by email to the coach who sends in the entry.

**DEADLINE AND
MEETING
SUMMARY:**

Day/Date	Time	For	Location
Friday	7:30am	Coaches Meeting	By Starters Table
Friday- Sunday	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.

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.

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.

RULES:

This meet will be conducted in accordance with USA Swimming Rules and 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.

Deck changes are prohibited.

SWIMMERS WITH DISABILITIES:

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's ability to accommodate all requests.

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 swimmer's age as of the first day of the meet (July 8, 2016) and this age will determine their age for the whole competition.

14 &U athletes cannot enter any event in which they are already qualified for 14-under AG Champs. This includes those who have the Short Course cut for the LCM cut. 15-over cannot enter any event for which they are already qualified for the 2016 Senior Championships in SC or LC.

If a swimmer ages up between this meet and the 14-under AG Championship meet they can enter events in the next higher age group. You MUST contact Pam Rocque and Cara Cameron by email coachcara45@aol.com and mormeets@gmail.com and identify these athletes. Pam can also assist you in entering them.

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. Please provide a time for all events entered.. **NO TIME (NT)** entries are not allowed.

ENTRY LIMITS: Swimmers may not enter more than 8 events total for the meet and no more than 4 events per day. Swimmers who are entered in more 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, June 28th at 9pm**. 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	\$4.75 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$15.00 per swimmer

Entry fees must accompany entry and are non-refundable.

SEEDING: The conforming time for this meet is LCM. All times will be seeded by LCM first, then SCY.

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	Ribbons	1 st -8 th place

MAIL ENTRY & FEES TO:

Address:
MOR Eastern LC Qualifier
4904 Waters Edge Drive; Suite 295
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(**unless otherwise arranged with Cara Cameron**)
- 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:

All American Swim Shop 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, Optimist Park Pool and all employees and representatives of these organizations 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.

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.

ENTRY SUMMARY SHEET

2016 Eastern Long Course Qualifier

July 8-10, 2016

Use this form for a summary of entry fees.

AGE GROUP	NO. OF ATHLETES	PER ATHLETE FEES \$18 per athlete (\$3 NCS Fee + \$15 Facility Fee)	NUMBER OF ENTRIES	ENTRY FEE NC athletes \$4.75/event	TOTAL ENTRY FEES (add total of yellow shaded columns)
10-u Girls					
10-u Boys					
11-12 Girls					
11-12 Boys					
13-18 Girls					
13-18 Boy					
					\$

TOTAL FEES

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

MOR 2015 Eastern Long Course Qualifier
4904 WATERS EDGE DRIVE; SUITE 295
RALEIGH, NC 27606

USA Swimming, Inc., North Carolina Swimming, Inc., Marlins of Raleigh, Inc., the City of Raleigh, Optimist Park Pool and the employees and representatives of these organizations 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.

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.**

ORDER OF EVENTS

Friday July 8 Morning 10-Under

1-2 10-under 100 Free
3-4 8-under 50 Back
5-6 9-10 50 Back
7-8 10-under 100 Breast
9-10 8-under 50 Fly
11-12 9-10 50 Fly
13-14 10-under 200 IM

Friday July 8 Mid-day 11-12

15-16 11-12 200 Free
17-18 11-12 50 Back
19-20 11-12 200 Back
21-22 11-12 100 Breast
23-24 11-12 50 Fly
25-26 11-12 200 Fly
27-28 11-12 50 Free

Friday July 8 Evening 13-Over

29-30 13-over 100 Free
31-32 13-over 200 Back
33-34 13-over 100 Fly
35-36 13-over 200 Breast
37-38 13-over 400 Free

Saturday July 9 Morning 10-under

39-40 9-10 50 Free
41-42 8-under 50 Free
43-44 10-under 100 Back
45-46 9-10 50 Breast
47-48 8-under 50 Breast
49-50 10-under 100 Fly
51-52 10-under 200 Free

Saturday July 9 Mid-day 11-12

53-54 11-12 100 Free
55-56 11-12 100 Back
57-58 11-12 50 Breast
59-60 11-12 200 Breast
61-62 11-12 100 Fly
63-64 11-12 400 IM

Saturday July 9 Evening 13-18

65-66 13-over 200 Free

67-68 13-over 100 Breast

69-70 13-over 200 Fly

71-72 13-over 100 Back

73-74 13-over 400 IM

Sunday July 10 Morning All

75-76 12-under 400 Free

77-78 13-over 200 IM

79-80 11-12 200 IM

81-82 13-over 50 Free

83-84 13-over 1500 Free