



MOR ATLANTIC November 11-13, 2016

Sanction: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC16173

Location: Pullen Aquatic Center
410 Ashe Avenue- Pullen Park
Raleigh, NC, 27606
919-831-6197

TEAMS: Limited to Invited Teams: MOR, Spartanburg Aquatics, NCAC and CAT

Dates: November 11-13, 2016

<u>Schedule:</u>	Friday Combined Session	Warm ups	3:00pm	Meet: 4:30pm
	Saturday/Sunday 13-over	Warm ups	7:30am	Meet: 9am
	Saturday 12-u	Warm-ups	1:15pm	Meet 2:15pm
	Saturday NIGHT If needed	Warm-ups	TBD	Meet TBD
	Sunday 12-u	Warm-ups	1:30pm	Meet 2:30pm

The Meet Director reserves the right to change warm-up and start times based on the timeline. Any changes to the meet schedule will be posted at www.marlinsofraleigh.com by Monday, Nov. 7, 2016. Clubs that have included their email address with their entries will be updated by email as soon as possible. If you have not heard from us by Nov. 7, please email coachcara45@aol.com on that day.

Parking: Parking will be available in marked spaces only. Please park in spaces only, not on grass, curbs or lawn. The main lot is reserved for coaches, officials and MOR workers- please notify your team's parents. Alternate parking options will be given in coach letter by Nov. 7, 2016. This might be a parking pass to give to your families.

Facility: The pool at Pullen Aquatic Center is a 50m Pool w/two 25 yard courses. The competition course is not certified in accordance with 104.2.2C(4). The competition will be held in the 8 lane, 25-yard course which is 14 feet deep at the start end and tapers to 7 feet at the bulkhead turn wall. Competition lanes are 9 feet wide. A Colorado 6000 timing system will be used along with watches in each of the 8 lanes for competition. An 8-lane digital scoreboard is on site for our use as well. Spectator seating for approximately 400 people is available. Boys and Girls locker rooms are available. Only meet volunteers, USA Swimming registered athletes and current USA Swimming registered officials and coaches may be on deck.

Warm-up &

Warm-down: There are 9 additional lanes for continuous warm up and warm down on the other side of the bulkhead.

Rules: The meet will be conducted in accordance with the current USA Swimming Rules & Regulations and NCS Safety program, except where rules therein are optional and are herein stated.

If a swimmer is traveling without the coach of record, the Meet Director will assign/find a coach for the swimmer in question. 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.

Use of audio or visual recording devices, including a cell phone is not permitted in changing areas, rest rooms or locker rooms OR BEHIND THE blocks.

Deck changes are prohibited.

Classification: Senior and Age Group 12-under swimmers should have at least one BB and Above time. 13-overs should have two 13-14 %A+ strokes. **NO 12-unders are allowed to swim in Senior Events.**

Deck-Seeded Events and

Check In : All individual events 400 yards or longer will be deck-seeded. Positive check-in for those events will be required 30 minutes after the START of warm-ups for that session. The NCS Scratch Rule will be in effect for all events 400 yards or longer.

1000 Free: The 1000 yard free will be seeded together as 13 and over and will be conducted swimming the first two fastest heats of women (slowest to fastest), then the first two fastest heats of men (slowest to fastest), then alternating women and men (fastest to slowest). Each swimmer in these heats must provide a person to count laps and a person to time the swim. The 1000 Free may be limited to five heats of each gender (16 13-14 and 24 Senior) The 1000 Free must be 13-over and have a 13-14 A time in 500, 1000 or 1650 Free.
Swimmers who do not qualify for the 5 fastest heats in the 13-over 1000 Free may swim on Saturday night. MOR reserves the right to limit to 5 heats of the 1000 Free. Sixteen 13-14 swimmers are guaranteed.

500 Free: 10-unders will be limited to 4 heats of each sex of the 500 Free and 11-12's will be limited to five heats of each sex. Each swimmer in these heats must provide a person to count laps and a person to time the swim. 13-14 Swimmers Must have achieved the A Standard in the 500 Free to swim.

400 IM: To swim the 400 IM:
13-14 Must have achieved the %A+ Standard in the 400 IM. All other 18-unders must have achieved the 15-16 %A+ Time in the 400 IM.

Meet Management reserves the right to combine events as needed and reserves the right to limit the number of heats in any event 400 or longer as well as overall entries in order to maintain reasonable timelines. MOR reserves the right to combine/separate sessions if the timeline deems it necessary.

Relays: All swimmers entering relays must be listed on the team entry. Relay cards with the names and order of the relay team are to be delivered to the clerk of course before the second event has

begun for each session. You can change the order of the relay up until the event begins. Teams are limited to FOUR RELAYS in each relay event.

Disability

Athletes:

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

Check-in:

Positive check-in is required for all events 400 yards or longer at Clerk of Course. Check-in must be complete 30 minutes after the start of warm-ups in any given session for that session. and the swimmer not checked in, they will be scratched from the event.

Eligibility:

All swimmers must be registered with USA Swimming Inc., and must be members of invited Atlantic Invite teams Spartanburg Aquatics, CAT, NCAC. It is expected that 12-under swimmers have two BB strokes and above times and 13-overs to have two 13-14 %A+strokes.

NO 12-unders will be allowed to swim in any Senior Events.

Entry Limit:

13-overs: Limit of 2 Friday/ 3 Saturday and 3 Sunday.
12-unders: Sat. and Sun: 4 per day- 8 total for meet

Entries:

Submit entries on Team Manager by emailing them to Pam at mormeets@gmail.com by Nov. 1, 2016. List the swimmer's age as of **November 11, 2016**. Per NCS rules, a roster of swimmers entered in the meet will be sent to NC Swimming for verification of USA Swimming registration. **A hard copy of each club's entries in a Word file is to be sent with Hy-Tek entries.**

All swimmers in the meet must be paid & registered with USA Swimming, no later than 5 days prior to the first day of the meet. Payment must be paid 5 days prior to the meet to MOR. Clubs that need other arrangements should email Meet Management. There will be no on deck registration at this meet.

Entry

Deadline:

Tuesday, November 1, 2016 at 8pm

Entries will not be accepted without payment of entry fees. Entries may be limited at the discretion of the Meet Director in order to manage the timeline.

When sending your entries by email, please include a Financial Summary. If you are requesting an individual late entry, DO NOT SEND a new file. Please submit in Word form by email to Pam Rocque at mormeets@gmail.com Include the athlete's name, sex, ID number, event # and event.

Mail

entries to:

**MOR Meet Director
4904 Waters Edge Drive
Suite 295
Raleigh, NC 27606,**

Contact:

Phone: 919-851-3000

Email Entries : mormeets@gmail.com and coachcara45@aol.com

Entry Fees: Individual Events \$4.50
Out-of-State Individual Events \$4.75
Relay Events \$8.00
NCS Travel Surcharge \$3.00 per swimmer
Facility Surcharge \$10.00 per swimmer
(Relay only swimmers must pay Travel & Facility Surcharges)

Awards: Trophy for 1st place team
Scoring: Individual: 12,7,6,5,4,3,2,1 and Relays: 24, 14 12, 10, 8, 4, 2
Scoring will be separate for 13-14 and Seniors

Warm-up: The warm-up lane assignments will be determined after entries are received. Lane assignments will be posted around the pool and emailed to clubs if time permits.

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.

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
Coaches and officials shall prominently display their registration cards while on deck.

Coaches

Meeting: To be held at the starting area at 4:20pm, Friday, Nov. 11, 2016. One member from your coaching staff is asked to attend. Any other information will come from the Meet Referee at his/her discretion and will be announced.

Meet

Director:

Cara Cameron coachcara45@aol.com

Entries:

Pam Rocque mormeets@gmail.com

A/O:

Pam Rocque mormeets@gmail.com

Host Coach:

Paul Silver morsilver@bellsouth.net

Meet

Referee:

Wade Martin wmartin144@nc.rr.com

Meet

Marshal:

Shawn Blaine

Officials

Meeting:

Please note that officials meetings for each session will be held 30 minutes after the start of warm-ups in the hospitality room.

Hospitality:

Drinks, snacks, breakfast, and lunch will be provided to the coaches, officials, and meet workers on-site.

Volunteers:

MOR welcomes volunteer officials. Please contact the Meet Referee if you would like to assist in the running of this event.

Release Statement:

USA Swimming, Inc. NC Swimming, Inc., the Marlins Of Raleigh, Inc., the City of Raleigh and 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 by reason of injuries to anyone during the conduct of this event.

ENTRIES/ENTRY FEES SUMMARY FORM

AGE GROUP	TOTAL # OF ATHLETES	NCS TRAVEL FEE @ \$3.00 PER SWIMMER	FACILITY SURCHARGE @ \$10.00 PER SWIMMER	TOTAL INDIVIDUAL ENTRIES	INDIVIDUAL ENTRY FEES @ \$4.50 (\$4.75 out of state) PER SWIMMER	TOTAL # OF RELAYS	TOTAL RELAY FEE @ \$8.00 PER RELAY
13-over							
12-under							
TOTALS		A	B		C		D

TOTAL FEES (A+B+C+D) = \$ _____

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

Please make sure that if you overnight your entry that you sign the area that allows to drop-off without signature.

Mail or Fed Ex entries to:

**Meet Director
Marlins of Raleigh
4904 Waters Edge Drive; Suite 295
Raleigh, NC, 27606**

USA Swimming, Inc., North Carolina Swimming Inc., Marlins of Raleigh, and the City of Raleigh and Pullen Aquatic Center, 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.

How many coaches will be attending from your club?: _____

Club coach contact for us to notify with updates:

Name _____
Contact E-mail: _____
Contact Phone #: _____

****If you have NOT received an email update on this meet by November 7, 2016,**

please email coachcara45@aol.com.

ORDER OF EVENTS

Friday

- 1-2 13-14 200 Medley Relay
- 3-4 Senior 200 Medley Relay
- 5-6 13-14 200 Individual Medley
- 7-8 Senior 200 Individual Medley
- 9-10 13-14 50 Freestyle
- 11-12 Senior 50 Freestyle
- 13-14 13-Over 1000 Freestyle

Saturday

- 17-18 13-14 200 yard Free
- 19-20 Sr. 200 yard Free
- 21-22 13-14 100 Breast
- 23-24 Sr. 100 Breast
- 25-26 13-14 200 Fly
- 27-28 Sr. 200 Fly
- 29-30 13-14 100 Back
- 31-32 Sr. 100 Back

- 33-34 13-14 400 IM
- 35-36 Sr. 400 IM
- 37-38 13-14 400 Free Relay
- 39-40 Sr. 400 Free Relay

12-under Session- Saturday

- 41-42 11-12 200 yard Medley Relay
- 43-44 10-u 200 yard Medley Relay
- 45-46 10-u 200 yard Free
- 47-48 11-12 200 yard Free
- 49-50 10-un 50 yard Back
- 51-52 11-12 50 yard Back
- 53-54 10-u 100 yard Breast
- 55-56 11-12 100 yard Breast
- 57-58 10-u 50 yard Free

- 59-60 11-12 50 yard Free
- 61-62 10-u 100 yard Fly
- 63-64 11-12 100 yard Fly
- 65-66 10-under 500 yard Free

Sunday

- 67-68 13-14 100 Free
- 69-70 Sr. 100 Free
- 71-72 13-14 200 Back
- 73-74 Sr. 200 Back
- 75-76 13-14 100 Fly
- 77-78 Sr. 100 Fly
- 79-80 13-14 200 Breast
- 81-82 Sr. 200 yard Breast
- 83-84 13-14 500 Free
- 85-86 Sr. 500 Free

12-under Session- Sunday

- 91-92 11-12 200 yard Free Relay
- 93-94 10- u 200 yard Free Relay
- 95-96 11-12 200 IM
- 97-98 10-u 100 IM
- 99-100 11-12 50 fly
- 101-102 10-u 50 Fly
- 103-104 11-12 100 Free
- 105-106 10-un 100 Free
- 107-108 11-12 50 Breast
- 109-110 10-under 50 Breast
- 111-112 11-12 100 Back
- 112-114 10-under 100 Back

- 115-116 11-12 500 Free

