



MARLINS OF RALEIGH
MOR ARCTIC BLAST
December 3-4, 2016

- Site: NC State University
Willis Casey Natatorium Located within Carmichael Gymnasium
2611 Cates Avenue
Raleigh, NC, 27695
- Meet Director: Cara Cameron
coachcara45@aol.com
- Entry Co-ordinator: Pam Rocque
mormeets@gmail.com
- Meet Referee: Wade Martin
Wmartin144@yahoo.com
- Meet Marshall: Shawn Blaine
- Sanction: Held under the sanction of the USA Swimming, Inc., issued by
North Carolina Swimming, Inc., Sanction #NC16198
- Facility: This facility is an 8 lane, 25 yard pool with depths ranging from 4-10 feet. We will be using KDI Pagagon Starting platforms and a Colorado Timing System. The competition course has not been certified in accordance with 104.2.2C(4). There will be changing rooms for all competitors and ample seating for spectators. There will be 4 lanes available for warm up or warm down during the meet.
- NOTE: NO FOOD OR DRINK ALLOWED ON DECK. NO TOBACCO USE ALLOWED IN ANY PART OF THE BUILDING.**
- Parking: Parking will be available around the Carmichael Gymnasium complex and within the Cates Avenue Parking Deck on the NCSU campus.
- Meet Format: This is a timed final meet.
- The 1650 will be swum starting with the fastest two heats of girls slow to fast, then two heats of boys slow to fast, then the remaining heats will be swum alternating girls and boys fastest to slowest. You must provide a counter and a timer for the 1650.
- The 500 & 400 IM will be swum slow to fast, girls and then boys.

Sat. & Sun. 10-under Session: Warm ups 8:15am/ Meet Start 9:00am

Sat. and Sun: 11-12 Session Warm ups: Not before 11am/Not before 11:45am

Sat. and Sun: 13-over Session: Warm ups: Not before 3pm/ Meet Start: Not before 3:45pm

**NO SWIMMERS/SPECTATORS WILL BE ALLOWED IN THE BUILDING UNTIL
7:45am**

We reserve the right to alter start times to accommodate entered athletes
And keep timelines under 4 hours in 12-under sessions.

- Entry Deadline: Wednesday, November 23, 2016 to mormeets@gmail.com
- Notification Email: Monday, Nov. 28, 2016 (to person sending entries via email)
- Coaches Meeting: Saturday, Dec. 3 at 8:15am at Computer Table
- Officials Meeting: Saturday and Sunday at the start of warm ups in the hospitality room
- Positive Check-In: 400 IM, 500 Free and 1650 Free events should be checked in 30 minutes after start of that session warm up.
- 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.
- Racing Starts: Any swimmer in the meet, unaccompanied by an USA Swimming member coach, must be certified by an 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.
- Rules: The meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated.
- 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.
- Eligibility: All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline. Entries listed as "Registration applied For" will not be accepted. There will be no deck registration available at this meet. 9-12 year olds should have no more 2 BB times. All 8-unders are eligible for this meet. Sr. Swimmers must be age 13 or older and should not have achieved more than one 13-14 "AA" stroke for 13-14 or more than one 15-16 AA stroke.

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 Directors by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered Service animals. Failure to provide advance notice may limit MOR's ability to accommodate all requests.
Entries:	Submit entries on TM3 by emailing them to Pam Rocque and Cara Cameron at mormeets@gmail.com and coachcara45@aol.com . List the swimmer's age as of Dec. 3, 2016. Email entries are preferred, however a disc is acceptable. A completed and signed Entry Summary Sheet and payment in full must be received by the Meet Host by the entry deadline. MOR Entries will be entered first and then accept teams/entries in the order received, until the four hour rule is reached. Entries received thereafter will be returned immediately. All relay only swimmers including alternates must be listed on entry and pay the NCS Travel Fund Surcharge.
Entry Limitations:	13-over Swimmers are limited to 7 events for the meet/ no more than 4 a day 12-under swimmers can swim 4 events each day
Entry Verification:	An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.
Scoring:	None
Awards:	Ribbons 1 st -3 rd Relays Ribbons 1 st -8 th Individual
Entry Deadline:	Meet Director must receive entries by Wednesday, November 23, 2016 at 9:00pm. Late Entries will be accepted at the discretion of the Meet Referee/Meet Director. PLEASE MAIL TO: MOR- ARCTIC BLAST, 4904 Waters Edge Drive, Suite 295, Raleigh, NC, 27606
Entry Fees:	\$4.50 per NCS Individual \$4.75 per Out of State \$8.00 per each Relay Event \$10.00 Facility Surcharge per swimmer \$3.00 NCS Travel Surcharge per swimmer
Seeding:	The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order.

- Check In:** A positive Check in will be located at the Computer Table for the following events: 400 IM, 500 Free, 1650 Free
- Scratches:** The NCS Scratch Rule in effect for this meet.
- Credentials:** All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration and shall prominently display their registration cards at all times while on deck.
- Officials:** MOR welcomes and encourages anyone willing to officiate to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet.
- Hospitality:** There will be a hospitality area open to all coaches and officials and meet personnel.
- Concessions:** There will be concessions available
- Vendors:** Goggles, caps and other merchandise will be on sale at the concessions table
- Warm UP:** In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. Meet Management reserves the right to change warm up times according to the number of entries. During competition the shallow end will be available for continuous warm-up and warm-down. There is **NO DIVING** and no horseplay in this area

Session One

Women	Events	Men
1	8&Under 100yd Freestyle	2
3	9-10 year old 200yd Freestyle	4
5	8&Under 25yd Freestyle	6
7	10&Under 50yd Freestyle	8
9	8&Under 50yd Backstroke	10
11	10&Under 100yd Backstroke	12
13	8&Under 25yd Butterfly	14
15	10&Under 50yd Butterfly	16
17	8&Under 50yd Breaststroke	18
19	10&Under 100yd Breaststroke	20
21	8&Under 100yd Freestyle Relay	22
23	9-10 200yd Freestyle Relay	24

Session 2

Women	Events	Men
25	11-12 100 Yd Back	26
27	11-12 100 Y Free	28
29	11-12 100 Y Breast	30
31	11-12 200 Y IM	32
33	11-12 50 Y Fly	34
35	11-12 200yd Free Relay	36

Session 3

Women	Events	Men
37	13-18 200 Y Back	38
39	13-18 100 Y Free	40
41	13-18 200 Y Breast	42
43	13-18 200 Y IM	44
45	13-18 100 Y Fly	46
47	13-18 500 Free	48
49	13-18 200yd Free Relay	50

Sunday:**Session 4**

Women	Events	Men
51	8&Under 25yd Backstroke	52
53	10&Under 50yd Backstroke	54
55	8&Under 50yd Butterfly	56
57	10&Under 100yd Butterfly	58
59	8&Under 100yd IM	60

61	9-10 100yd IM	62
63	8&Under 25yd Breaststroke	64
65	10&Under 50yd Breaststroke	66
67	8&Under 50yd Freestyle	68
69	10&Under 100yd Freestyle	70
71	8&Under 100 yd. Medley Relay	72
73	9-10 200 yd. Medley Relay	74

Session 5

Women	Events	Men
75	11-12 200 Y Medley Relay	76
77	11-12 50 Y Free	78
79	11-12 200 Y Free	80
81	11-12 50 Y Back	82
83	11-12 100 Y Fly	84
85	11-12 50 Y Breast	86

Session 6

Women	Events	Men
87	13-18 200 Y Medley Relay	88
89	13-18 400 Y IM	90
91	13-18 50 Y Free	92
93	13-18 200yd Free	94
95	13-18 100 Y Back	96
97	13-18 200 Y Fly	98
99	13-18 100 Y Breast	100
101	13-18 1650 Y Freestyle	102

Use this form for a summary of all entries:

Age Group	Total # of Swimmers X \$10.00	Total # of Entries X(\$4.50) \$4.75 Out of State	Total # of Relays \$8.00	NCS Travel Fee X \$3.00	Total Entry Fee
8-U Girls					
8-U Boys					
9-10 Girls					
9-10 Boys					
11-12 Girls					
11-12 Boys					
13&O Girls					
13&O Boys					

TOTAL FEES

Return this Summary Sheet with Entry Fees and Forms to:

MOR Arctic Blast, 4904 Waters Edge Drive, Suite 295, Raleigh, NC, 27606

Coachcara45@aol.com AND mormeets@gmail.com

TEAM NAME: _____

Coach Email: _____

USA Swimming, Inc., NC Swimming Inc., the Marlins of Raleigh, Inc., and NC State University 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 conduct of this meet.

Signature on the entry summary and subsequent entry into this meet constitutes an understanding and acceptance of the above release:

Signature: _____ Date: _____