



**2017 MOR Liberty Strikes Back!**  
 Hosted by the  
**MARLINS OF RALEIGH SWIM TEAM**  
 June 17-18, 2017  
 Optimist Park Pool  
 5902 Whittier Drive, Raleigh, NC, 27609

*Held under the Sanction of USA Swimming, Inc.,  
 issued by North Carolina Swimming, Inc.*  
**SANCTION #NC17105**



MEET DIRECTOR	MEET ENTRY COORDINATOR
<b>Cara Cameron</b> 4900 Waters Edge Drive, Suite 200 Raleigh, NC 27606 (919) 851-3000 <b>Coachcara45@aol.com</b>	<b>Pam Rocque</b> <b>mormeets@gmail.com</b> <b>AO</b> <a href="mailto:mormeets@gmail.com">mormeets@gmail.com</a>
MEET REFEREE	MEET MARSHAL
<b>Wade Martin</b> <a href="mailto:Wmartin144@nc.rr.com">Wmartin144@nc.rr.com</a>	<b>Shawn Blaine</b>

**PARKING:** Parking for meet staff and officials will be in the main parking lot adjacent to the facility. All others will need to park at the Lower Baseball fields, along Northcliff Drive and at Sanderson High School. **NO PARKING IS ALLOWED ON WHITTIER DRIVE.** A police officer will be on duty to check USA Swimming credentials.

**FACILITY:** The Optimist Park Pool consists of a 50 meter pool, eight lanes at a width of 9 feet, non-turbulent lane ropes, Paragon Starting blocks, and has a Colorado Timing System. Water Depth is 5.5 ft on start end and 3.5 ft on turn end. All starts, including relay starts, from the turn end must begin from within the water. Computer results will be used. Spectator seating is available on bleachers and only spectators can bring chairs to set up **OFF** the pool deck and tents for outside. **NO CHAIRS WILL BE ALLOWED on deck unless for coaches, officials or meet volunteers.** The competition course has not been certified in accordance with 104.2.2C(4)

**MEET FORMAT:** This is a timed final Age Group swim meet. MOR reserves the right to re-combine or further separate sessions if numbers dictate the change. Each swimmer must provide his/her own timer for the 400 Free and 400 IM. The 400 Free and 400 IM will be deck-seeded, require a positive check-in, 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.

**WARM-UP SCHEDULE:**

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday and Sunday,	8:00am	9:00am	13-18's & 11-12's
2	Saturday and Sunday,	Not before 12:00noon	Not before 12:30pm	10-unders

*The Marlins of Raleigh meet management reserves the right to combine/alter sessions if timelines warrant. Notification will be given by Monday, June 17 by email to the coach who sends in the entry.*

**DEADLINE AND MEETING SUMMARY:**

Day/Date	Time	For	Location
Saturday	8:00am	Coaches Meeting	By starters table
Sat/Sun	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, gates 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. Deck-changing is prohibited at this meet, and changing in and out of swimwear shall be confined to the locker rooms only. Please begin your warm ups at the start end of the pool.

**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.

**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.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

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.

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.

**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 (June 22, 2013) and this age will determine their age for the whole competition. All 8 & Under swimmers are allowed to enter this meet. For other age groups the following restrictions are in place:

**9-10 Events**

Athletes age 9-10 can be a BB Swimmer (no more than 2 BB strokes) to swim in this meet.

**11-12 Events**

Athletes age 11-12 can be a BB Swimmer (no more than 2 BB strokes) to swim in this meet.

**13-18 Events**

Athletes age 13-18 must be considered %Senior Development+swimmers- they may not have more than one (1) 13-14 AA stroke. 15-18 athletes cannot have more than one (1) 13-14 AA stroke.

**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](http://www.ncswim.org) or coaches may email Pam Rocque at [mormeets@gmail.com](mailto: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. There are no on-deck registrations at this meet.

**ENTRY LIMITS:** Swimmers may not enter more than four (4) events and one relay per day. Swimmers who are entered in more than four individual 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 Wednesday, June 7, 2017**. 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
Out-of-state Individual Event	\$5.50 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$15.00 per swimmer
Relays	\$8.00 per relay team

**Entry fees must accompany entry and are non-refundable.**

**SEEDING:** The conforming time standard for this meet is Long Course meters. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.

**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 <sup>st</sup> -8 <sup>th</sup> place
Relays	All age groups	Ribbons	1 <sup>st</sup> -3 <sup>rd</sup> Place

**MAIL ENTRY & FEES TO:**

**MOR Liberty Swim Meet**

4904 Waters Edge Drive; Suite 295  
Raleigh, NC 27606

Email Entries To: [mormeets@gmail.com](mailto:mormeets@gmail.com) (Pam Rocque)  
[Coachcara45@aol.com](mailto: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
- 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.

**COACHES:**

All coaches on deck must be registered and certified with USA Swimming. Meet management will require all coaches to show proof of certification/registration and coaches 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 Swimwear 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 on deck must be registered and certified with USA Swimming and will be required to show proof of such to the meet referee by displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented.

## ENTRY SUMMARY SHEET 2017 MOR LIBERTY MEET June 17-18, 2017

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 Out-of state \$5.50/event	NUMBER OF RELAYS	RELAYS FEE (# of relays X \$8/entry)	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 BOYS							
<b>TOTAL FEES</b>							<b>\$</b>

### TOTAL FEES

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

**MOR LIBERTY SWIM MEET  
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.**

## MOR LIBERTY MEET – ORDER OF EVENTS

Saturday, June 17, 2017  
SESSION 11-12's, 13-18's

GIRLS EVENT #	EVENTS	BOYS EVENT #
1	13-18 200M IM	2
3	11-12 200M IM	4
5	13-18 100M Breast	6
7	11-12 50M Breast	8
9	13-18 200M Back	10
11	11-12 100M Back	12
13	13-18 100M Fly	14
15	11-12 50M Fly	16
17	13-18 100M Free	18
19	11-12 100M Free	20
21	13-18 200M Free Relay	22
23	11-12 200M Free Relay	24
	Five minute Break	
25	11-18 400M Freestyle	26

Saturday, June 17 2017  
SESSION 2 – All 10-unders

GIRLS EVENT #	EVENTS	BOYS EVENT #
27	10-under 200M IM	28
29	8-under 50M Breast	30
31	9-10 50M Breast	32
33	8-under 100M Back	34
35	9-10 100M Back	36
37	8-under 50M Fly	38
39	9-10 50M Fly	40
41	8-under 100M Free	42
43	9-10 100M Free	44
	Five minute Break	
45	10-under 200M Free Relay	46

Sunday, June 18, 2017  
SESSION 3 – 13-18 & 11-12

GIRLS EVENT #	EVENTS	BOYS EVENT #
47	13-18 50M Free	48
49	11-12 50M Free	50
51	13-18 200M Breast	52
53	11-12 100M Breast	54
55	13-18 100M Back	56
57	11-12 50M Back	58
59	13-18 200M Fly	60
61	11-12 100M Fly	62
63	13-18 200M Free	64
65	11-12 200M Free	66
67	13-18 200M Medley Relay	68
69	11-12 200M Medley Relay	70
	Five minute break	
71	11-18 400M IM	72

Sunday, June 18, 2018  
SESSION 4 – All 10-unders

GIRLS EVENT #	EVENTS	BOYS EVENT #
73	9-10 50M Free	74
75	8-under 50M Free	77
77	9-10 100M Breast	78
79	8-under 100M Breast	80
81	9-10 50M Back	82
83	8-under 50M Back	84
85	9-10 100M Fly	86
87	8-under 100M Fly	88
89	10-U 200M Free	90
91	Five minute Break	92
93	10-U 200 Medley Relay	94