



Meet: 2017 MOR KICK OFF INTRASQUAD MEET

Host Club: Marlins of Raleigh Swim Team (MOR)

Date: **October 20th and 22nd**

Site: Pullen Aquatic Center

410 Ashe Avenue- Pullen Park

Raleigh, NC, 27606

Sanction: Held under sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. **Sanction #NC17147**

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 Oct. 16, 2017

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.

Times: Friday: 3:30pm Warm ups 4:45pm Meet Start

Sunday: 7:30am warm ups 8:30am Meet Start for the 1650Yd Free

Sunday: 11:30am Warm ups 12:30pm Meet Start

**MOR reserves the right to combine sessions if the timeline warrants. An email will be sent to coaches the week of the meet explaining the timeline and approximate warm-up times, if any are altered.

Rules: This meet will be conducted in accordance with USA Swimming Rules, 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 a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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.

Meet Management reserves the right to limit the total size of the meet and/or limit or combine heats and events as needed.

All swimmers entering relays must be listed on the entry sheets. Relays will be seeded and posted along with the individual events. Relay cards with names and order of the relay team are to be handed in to the clerk of course (Timing Table) by the conclusion of warm-ups.

If swimmers are traveling without a coach of record, the Meet Director will assign/find a coach for the swimmer in question. The Meet Director will also verify their Race Start certification. If the swimmer does not have the certification, the Meet Director will notify the Meet Referee and the coach of the swimmer. The Meet Referee will be responsible in making the officials aware of the situation and require the swimmer to start from the water.

Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

The 400IM and 500Free will be run Fast to Slow.

The 1650 Free will be run Fast to Slow Alternating Sex

MOR reserves the right to limit the number of heats/

Scoring: This meet will not be scored

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 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 assistants 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 the 400IM and 500FR and 1650Free. Deadline for check-in is 20 minutes after the start of warm up.

Eligibility: All swimmers must be registered with USA Swimming and must be a member of the Marlins of Raleigh Swim Team. There will be no on deck registration available at this meet.

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Sr. Development and Sr. Circuit MOR Swimmers

Entry Limit: All Swimmers: 2 events on Friday; 5 events on Sunday

The 1650Free, 500Free, and 400IM may be limited.

Entries: Submit entries on Hy-Tek's Team Manager by emailing them to the Meet Directors. List each swimmer's age as of **October 20, 2017**. Per NCS Rules, a roster of swimmers entered in the meet will be sent to NC Swimming for verification of USA Swimming Registration.

Please send a hardcopy of your club's entry to the MOR office by mail or by email.

All relay-only swimmers (including alternates) must be listed on the meet entry forms and pay the NCS Travel Fund surcharge and Facility Surcharge.

Late entries may be accepted at the discretion of the Meet Director, but might not be seeded into the meet heat sheet and will charged double fees.

Entry

Deadline: **October 10, 2017 at 9pm.**

Entries will not be accepted without payment of entry fees. When sending your entries by email, please include both Meet Directors and Admin Official Computer:

Cara Cameron . coachcara45@aol.com

Pam Rocque . mormeets@gmail.com

If you are requesting a late entry, DO NOT send a new file. Please submit the late entry in word form to both Meet Directors and include, NAME, USA SWIMMING ID NUMBER, EVENT # and EVENT. Please make sure to bring a copy of your roster to the meet for any deck entries that might be needed. No one will be entered on the deck without proof of registration.

MOR Club

Address: 4904 Waters Edge Drive, Suite 295, Raleigh, NC, 27606.

Entry

<u>Fees:</u>	Individual Events:	\$5.00 per event
	Out of State Individual Events:	\$5.75 per event
	Relay Events:	\$8.00 per relay
	NCS Travel Surcharge:	\$3.00 per swimmer
	Facility Surcharge:	\$10.00 per swimmer

Warm-up:

All warm-up lane assignments will be sent to the coach of record as well as posted around the pool and at the Timers Table.

Friday: 3:30 pm warm up/ Meet Start 4:45pm

Sun: 7:30 am warmup for 1650s; 11:30 am warmup for pm session

Safety: The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No horseplay will be tolerated.

Awards: No awards will be given at this meet

Coach Members: Coaches must present and display visibly a current USA Swimming membership card at all times they are on deck and in meet areas or be prepared to show their Deck Pass virtual membership card upon request.

Admin Official: Pam Rocque: mormeets@gmail.com

Coaches Meeting: To be held at the Starters Table at 7:30am

Meet Director: Cara Cameron coachcara45@aol.com . (919)851-3000 (team office)

Meet Referee: Wade Martin wmartin144@nc.rr.com

Meet Marshal: Shawn Blaine

Credentials: 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.

Officials Meetings **Friday and Sunday at the start of warm ups** in the hospitality room. Changes in meet warm up times may affect meeting times. Please note that each officials meeting will be at the start of each session's warm-ups.

Meeting: Hospitality: Drinks, snacks, breakfast, lunch and dinner will be provided to the coaches, officials and meet workers.

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

Release Statement: USA Swimming, Inc., NC Swimming, Inc., Marlins of Raleigh, Inc., 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.

Events: Events 1-4 will be swum fastest to slowest alternating women than men.

Friday: Session #1

- 1-2 Senior 400 yard Individual Medley
- 3-4 Senior 500 Yard Free

Sunday: Session #2

- 5-6 Senior 1650 Yard Freestyle

Sunday: Session #3

- 7-8 Open 200 Medley Relay
- 9-10 Senior 200 Freestyle
- 11-12 Senior 100 Breaststroke
- 13-14 Senior 200 Butterfly
- 15-16 Senior 100 Backstroke
- 17-18 Senior 200 Individual Medley
- 20 minute break

- 19-20 Senior 50 Freestyle
- 21-22 Senior 200 Breaststroke
- 23-24 Senior 100 Butterfly
- 25-26 Senior 200 Backstroke
- 27-28 Senior 100 Freestyle
- 5 minute break
- 29-30 Open 400 Free Relay

2017 MOR Kickoff Meet Recap Summary

ENTRIES/ENTRY FEES SUMMARY FORM

AGE GROUPS	TOTAL # OF SWIMMERS	NCS TRAVEL FEE @ \$3.00 PER SWIMMER	FACILITY SURCHARGE@ \$10 PER SWIMMER	TOTAL INDIVIDUAL ENTRIES	INDIVIDUAL ENTRY FEES @ \$5.00 (\$5.75 out of state) PER SWIMMER	# of RELAYS	
Girls 8&U							
Girls 9-10							
Girls 11-12							
Girls 13-14							
Girls 15-18							
Boys 8&U							
Boys 9-10							
Boys 11-12							
Boys 13-14							
Boys 15-18							
TOTALS		\$	\$		\$		\$

A B C D

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

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

Make your check payable to **MOR**

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

Mail or FedEx entries to:

**MOR B/C STATES MEET DIRECTOR
4904 Waters Edge Drive; Suite 295
Raleigh, NC, 27606**

USA Swimming, Inc., North Carolina Swimming, Marlins of Raleigh, and the City of Raleigh and Smithfield 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.

Name of Coach in charge of notifying team of changes: _____

Email address of Coach in charge of entries and notifications: _____

Signature of Coach: _____

Club: _____ Club Abbreviation: _____

Address: _____ Work Phone: _____

_____ Home Phone: _____

**** A check for all applicable fees is required for this to be a valid entry.**