



16th Annual National Black Heritage Championship Swim Meet
Hosted by North Carolina Aquablazers, Inc.

<http://blackheritageswimming.org>

May 26-27, 2018

Held at the Triangle Aquatic Center

275 Convention Drive

Cary, NC 27511

(919) 459-4045

www.triangleaquatics.org

SANCTION:

Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming, Inc., **Approved Meet #NC18070AP**

In granting this Approval it is understood and agreed that USA Swimming and North Carolina Swimming shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.

| | |
|---|--|
| MEET DIRECTOR and ENTRY COORDINATOR Kathy Cooper, NC Aquablazers (NCA) 9660-138 Falls of Neuse Road #165 Raleigh, NC 27615 (919) 522-9275 blackheritageswimming@gmail.com | MEET REFEREE Michael Ivy, NC Swimming (919) 649-6588 mwivy@izzy.net |
| MEET HEAD STARTER Jacqueline Witherspoon, USA Swimming (630) 618-9420 jwitherspoon75@gmail.com | MEET HEAD DECK REFEREE AND CHIEF JUDGE Brian Perkins, USA Swimming (314) 799-5685 btpqa@aol.com |
| MEET ADMINISTRATIVE REFEREE | MEET MARSHAL Fredrick Hutchinson, NC Aquablazers (NCA) (919) 417-7751 fredrick.hutchinson@yahoo.com |

FACILITY: Triangle Aquatic Center
 275 Convention Drive
 Cary, NC 27511
 (919) 459-4045
www.triangleaquatics.org.

The Triangle Aquatic Center (TAC) facility features a 50 meter competition pool divided into two courses, which include an 8-lane, 25-yard by 9-feet deep competition course and a 10-lane, 25-yard by 7-feet, 6 inches-deep competition course, with a variable depth ranging from 7 to 12 feet. Both courses will be used if swimmer numbers and timeline deem it necessary. An additional 10-lane 25-yard pool is available for continuous warm up/warm down. The pool is equipped with state of the art, anti-turbulent lane lines and Paragon starting blocks on both ends that will be used during the meet. The facility features a Daktronic Pro timing system, and two digital matrix scoreboards. The competition course has been certified in accordance with USA Swimming 104.2.2C(4). A copy of this certification is on file with USA Swimming. Stopwatches will also be used in each competition lane. Hy-Tek Meet Manager Pro software will be used. Locker rooms for changing are available. The facility has seating available for 600 on deck during each morning and afternoon session.

The facility is 72,000 sq. feet and has comfortable spectator seating capacity for 1000 people. The TAC facility has a full-service Fresh Healthy Cafe and the Trident Swim Shop on site. The TAC facility is conveniently located off Interstate 40 at Exit 291 and is adjacent to Cary's largest shopping mall, Cary Towne Center. Special Group Hotel rates have been arranged. Hotel information is attached and will be updated on the <http://blackheritageswimming.org> website as additional hotels are added. Parking is available for officials and meet staff in the pool parking lot and parking is available for spectators and other volunteers in the Cary Towne Center mall parking lot across the street from the pool. Spectator seating opens at 6 am each day.

This is an approved meet open to registered and non-registered USA Swimming athletes. Only meet volunteers, coaches, athletes and USA-Swimming registered officials may be on deck.

NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME.

MEET FORMAT: This is a Timed Finals Senior/Age Group, pre-seeded Meet. All sessions will be Short Course Yards

AGE GROUPS: 8 and Under; 9-10, 11-12, 13-14, 15 and Over

DEADLINE AND MEETING SUMMARY:

| DATE | EVENT | TIME |
|--------------------------------|---|---------------|
| Thursday March 1, 2018 | MEET ENTRY PERIOD STARTS | 12:01 AM |
| Wednesday May 16, 2018 | MEET ENTRY DEADLINE (Meet Entries and Fees Due) | 11:59 PM |
| Friday Evening May 25, 2018 | Team Practices Triangle Aquatic Center (TAC) | 600 – 8:00 PM |
| Friday Evening May 25, 2018 | Coaches' Dinner/Meeting Coach Award Embassy Suites Raleigh-Durham/RTP 201 Harrison Oaks Blvd. Cary, NC 27513 (919) 677-1840 | 8:30-10:00 PM |

| DATE | EVENT | TIME |
|--|---|------------------------|
| Saturday Morning May 26, 2018 | Warm Ups Session 1A 11 & Over Women TAC West Course Session 1B 11 & Over Men TAC East Course | 6:30 am |
| Saturday Morning May 26, 2018 | Officials' Meeting Hospitality Room | 7:30 am |
| Saturday Morning May 26, 2018 | Coaches' Meeting Hospitality Room | 8:00 am |
| Saturday Morning May 26, 2018 | Timers' Meeting Pool Deck | 7:45 am |
| Saturday Morning May 26, 2018 | Meet Starts Sessions 1A and 1B | 8:30 am |
| Saturday Afternoon May 26, 2018 | Warm Ups Session 2A 10 & Under Women TAC West Course Session 2B 10 & Under Men TAC East Course | 12:30 pm |
| Saturday Afternoon May 26, 2018 | Officials' Meeting Hospitality Room | 1:30 pm |
| Saturday Afternoon May 26, 2018 | Coaches' Meeting Hospitality Room | 2:00 pm |
| Saturday Afternoon May 26, 2018 | Timers' Meeting Pool Deck | 1:45 pm |
| Saturday Afternoon May 26, 2018 | Meet Starts Sessions 2A and 2B | 2:30 pm |
| Saturday Evening May 26, 2018 | Swimmer's Social Embassy Suites Raleigh-Durham/RTP 201 Harrison Oaks Blvd. Cary, NC 27513 (919) 677-1840 | 7:00 – 10:00 pm |
| Sunday Morning May 27, 2018 | Warm Ups Session 3A 11 & Over Women TAC West Course Session 3B 11 & Over Men TAC East Course | 6:30 am |
| Sunday Morning May 27, 2018 | Officials' Meeting Hospitality Room | 7:30 am |
| Sunday Morning May 27, 2018 | Coaches' Meeting Hospitality Room | 8:00 am |
| Sunday Morning May 27, 2018 | Timers' Meeting Pool Deck | 7:45 am |
| Sunday Morning May 27, 2018 | Meet Starts Sessions 3A and 3B | 8:30 am |

| DATE | EVENT | TIME |
|---|---|---|
| Sunday Morning May 27, 2018 | Coaches/Officials/ Parents/Alumni/Community 100 Free Relay | <i>Immediately Following Sessions 3A & 3B</i> |
| Sunday Morning May 27, 2018 | 11 & Over Awards Presentation High Point Awards Men's 100 Fly Awards Women's 200 IM Awards | <i>Immediately Following 100 Free Relay</i> |
| Sunday Afternoon May 27, 2018 | Warm Ups Session 4A 10 & Under Women TAC West Course Session 4B 10 & Under Men TAC East Course | 12:30 pm |
| Sunday Afternoon May 27, 2018 | Officials' Meeting Hospitality Room | 1:30 pm |
| Sunday Afternoon May 27, 2018 | Coaches' Meeting Hospitality Room | 2:00 pm |
| Sunday Afternoon May 27, 2018 | Timers' Meeting Pool Deck | 1:45 pm |
| Sunday Afternoon May 27, 2018 | Meet Starts Sessions 4A and 4B | 2:30 pm |
| Sunday Afternoon May 27, 2018 | 10 & Under Awards Presentation High Point Awards Top 6 Teams Awards Team Spirit Award | <i>Immediately Following Sessions 4A & 4B</i> |

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 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.

RULES:

This meet will be conducted in accordance with the current USA Swimming Rules and the NC Swimming Rules and Regulations, except where the rules therein are optional and exceptions are herein stated.

Use of audio or visual recording devices, including cell phones, is not permitted behind the starting blocks, in changing areas, in rest rooms, or in locker rooms.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Deck changes are prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach area, spectator area 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.

CAMERA ZONE:

In accordance with North Carolina Swimming Rules, the Meet Management shall designate and inform the public of Camera Zones at each swim meet where both still photography of a race or a competitor in a race may be taken. Acceptable Camera Zones may include, but are not limited to, the side course of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a start end. Meet Management shall also designate Non-Camera Zones. Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the race course(s) while they are in use for race-starting purposes during the competition and warm ups, locker rooms, rest rooms, or any other dressing areas. Any individual failing to abide by this rule could be subject to the North Carolina Swimming Code of Conduct violation as defined in the rules.

ELIGIBILITY:

This meet is open to all swimmers. USA swimming registration is not required. Swimmers must compete in their age-group only, except for relays. In relays, swimmers are allowed to swim-up as necessary. Swimmers shall compete at the age reached on the first day of the meet.

DISABILITY:

The North Carolina Aquablazers Swim Team welcomes all swimmers with disabilities as described in USA Swimming Rules and Regulations, Article 105, to participate in our meet. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the meet entry deadline accompanying their meet entry file, including the need for any personal assistance required and/or any registered service animals. Failure to provide advance notice may limit the North Carolina Aquablazers Swim Team's ability to accommodate all requests.

ENTRIES:

The preferred method of entry submission is electronic entry. Please submit your entries by e-mail to the Meet Director using Hy-Tek Sports Software. We have upgraded to the most current version of Hy-Tek 7.0. We have posted the exported events on the Meet Registration Page of our website. If you do not have the Team Manager program to make a Hy-Tek entry, but would like to make an electronic entry, you can download a copy of Swim Team Manager Lite for Team Manager 7.0 at no charge from the Hy-Tek website:
<http://www.hytekltd.com/downloads.html>.

Entries may also be submitted on the enclosed entry forms.

Electronic entries must be followed by a hard copy. The electronic entry, hard copy and fees must be received by the entry deadline. ***Please include summary totals in the body of your email; this helps us check for errors.***

In addition, if your swimmers are not current USA Swimmers, please do not put a USA Swimming number in the Hy-Tek electronic entry.

Please send the entries by e-mail to:
blackheritageswimming@gmail.com

Please mail hard copies of entries to:
Kathy Cooper
Meet Director
9660-138 Falls of Neuse Road
#165
Raleigh, NC 27615

ENTRY LIMIT:

Individual Swimmers are limited to six (6) individual events for the meet, and no more than three (3) individual events per day.

Each team can enter a maximum of two (2) scoring **Relays** per event. Teams are allowed to enter additional relays per event for exhibition purposes only.

Each swimmer shall be limited to two (2) relay events for the entire meet [one (1) each day].

Swimmers participating on relay teams only must be listed on the entry forms. All **relays** must be submitted by the entry deadline. Relays can be submitted without the names of the relay swimmers. If teams intend to provide names of relay swimmers, those names must be provided during the beginning of each warm up session.

If a swimmer enters more than the allowable events, Meet Management will contact to the swimmer's coach to get the required number of entries and will ask the coach to tell the Meet Management from which event the swimmer will be removed.

There will be **No Deck Seeding** of individuals or relays.

ENTRY VERIFICATION: An e-mail will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINE: **All Entries and fees must be received by 11:59 pm on Wednesday, May 16, 2018.** No telephone entries will be accepted. No late entries will be accepted. There will be no deck entries. Meet Management reserves the right to limit entries as necessary to manage the timeline.

ENTRY FEES:

| | |
|----------------------|--|
| Individual Events: | \$8.00 per event |
| Relay Events: | \$12.00 per relay (\$3.00 per relay swimmer) |
| Swimmer Surcharge: | \$10.00 per swimmer |
| NCS Travel Fund Fee: | \$3.00 per swimmer |

All fees are non-refundable. Entries will not be accepted unless accompanied by entry fees by the meet deadline. Fees can be paid by bank, certified or team check, money order, credit card. Fees can be paid online through PayPal on our meet website at <http://blackheritageswimming.org>. PayPal will accept several credit cards and checks. If mailing a check or money order, please make all checks or money orders payable to North Carolina Aquablazers, Inc. Visa and MasterCard credit card payments are also accepted by telephone. Please call Meet Director at (919) 522-9275 if you want to make a telephone credit card payment. You can also e-mail the Meet Director at blackheritageswimming@gmail.com. (No personal checks are accepted).

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.

SCORING:

| | |
|---------------------------|---|
| Individual Events: | 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 |
| Relays: | 40-34-32-30-28-26-29-22-18-14-12-10-8-6-4-2 |

Team scores and individual high point scores will be posted throughout the meet. Team points will be scored from 1st through 16th place. Individual awards will be given only from 1st through 8th places and relay awards will be given only from 1st through 3rd places. Team awards will be given for 1st through 6th places. Team Spirit award will be given to the team with the most spirit. Any challenges to results must be made by the swimmerscoach to the Meet Referee within 30 minutes of the conclusion of the last session on Sunday. No challenges by parents will be considered.

AWARDS:

| | |
|---------------------------|--|
| Individual Events: | 1 st Place (Gold Medal) 2 nd Place (Silver Medal) 3 rd Place (Bronze Medal) 4 th . 8 th Places (Ribbons) |
| Relay Events: | 1 st Place (Gold Medal) 2 nd Place (Silver Medal) 3 rd Place (Bronze Medal) |
| Team Place Awards: | 1 st . 6 th Team Trophies |
| Team Spirit Award: | Trophy |
| High Point Awards: | Trophies and bags to top individual female and male swimmers with the highest point totals in each age group. |

Lugman El-Amin Award: Trophy awarded to winner of the Men's 15 & Over 100 Fly in honor of the City of Atlanta Dolphins Swimmer who passed away on December 19, 2006 in a car accident.

Tanya Moore-Boone Swimmer Award: Trophy awarded to winner of the Women's 15 & Over 200 IM in honor of our NC Aquablazers Swim Team Coach who passed away on August 30, 2014.

Tanya Moore-Boone Coach Award: Trophy awarded to coach who exemplifies the courage and integrity of Coach Moore-Boone who was a lifelong advocate of swimming for everyone, especially those who did not have access to fulfill their dreams

The Tanya Moore-Boone Coach Award will be awarded on Friday at the Coaches Dinner.

Individual and Relay awards will be presented each day throughout the day on Saturday and Sunday. Coaches need to designate someone to collect the team's medals and ribbons from the Awards room.

High Point Awards for the 11 and Over swimmers, the Lugman El-Amin for the Male 15 & Over 100 Fly winner and the Tanya Moore-Boone Swimmer Award for the Female 15 & Over 200 IM winner, will be presented on Sunday morning at the conclusion of the Coaches/Officials/Parents/Alumni 100 Free Relay.

High Point Awards for the 10 and Under swimmers, the 6 Team Trophies and the Team Spirit Award will be presented on Sunday afternoon at the conclusion of the afternoon sessions.

RESULTS:

Results will be posted continuously on deck and in the spectator's area during the meet. Results will be posted on the black heritage swimming and the TAC websites within 29 hours of the meet's conclusion. At the conclusion of the meet, teams may obtain HyTek results files either on a memory stick or via e-mail attachment.

COACHES

All coaches on deck should be registered and certified with USA Swimming **unless Meet Management authorizes parent coaches to participate.**

Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. There will be a coaches dinner/meeting at the date and time listed in the Deadline and Meeting Summary. Other coaches meetings may be held at the Meet Referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches meetings.

**OFFICIALS/
TIMERS/
VOLUNTEERS:**

The North Carolina Aquablazers Swim Team welcomes and encourages the assistance of USA Swimming certified officials from visiting teams. 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. All officials must submit a **"2018 Application to Officiate"** to the Meet Head Deck Referee and Chief Judge . Brian Perkins -- by **May 10, 2018**. **Brian's contact information is listed on the application.** This application can be found on the Meet Registration page of the meet website and will be e-mailed to all teams along with this Meet Information. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary. Timers meetings will be held on deck on the dates and times listed in the Deadline and Meeting Summary. Each team is requested to provide at least one official and two timers for the meet. Please include your timers with your meet entries and make sure that your officials complete the required application to officiate noted above.

SPECIAL EVENTS:

We will host our annual **Coaches' Dinner/Meeting** at the Embassy Suites Raleigh-Durham/RTP. The address is 201 Harrison Oaks Blvd., Cary, NC 27513. There is no charge to the coaches attending this event; however, we need to know how many coaches plan on attending the dinner by May 16, 2018.

We will host a **Swimmers' Social** for **Swimmers, Coaches, Officials, Parents, and Chaperones** at the Embassy Suites Raleigh-Durham/RTP. The address is 201 Harrison Oaks Blvd., Cary, NC 27513. Our theme is red, white and blue in honor of Memorial Day! There is no charge for this event.

The **Coaches/Officials/Parents/Alumni/Community 100 Free Relay** will take place on Sunday morning immediately following the morning sessions. Please let us know if you plan to have relay or relays for your team or group by Sunday morning warmups.

ADMISSION:

The **Spectator Admission Fee is \$10.00 per day or \$20.00 for the entire meet. Spectator Admission Passes** can be purchased online in advance or purchased at the door. **Spectator Admission Passes** purchased in advance can be picked up on the first day of the event. Spectator seating areas must be cleared at the end of each session to allow for cleaning between sessions. Admission does not include the \$15 cost for the Meet Program.

**HOSPITALITY &
CONCESSIONS:**

There will be hospitality for all coaches, officials, and volunteers. Refreshments will be available at the concession stands inside and outside.

WARM UPS: In accordance with USA Swimming guidelines, warm up lane assignments and procedures will be published on the meet website, handed out to the coaches at the Friday night coaches dinner/meeting, e-mailed to all coaches, and posted at the pool. Warm up times for each session are listed on pages 3 and 4 of this meet information. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area.

WAIVER/RELEASE: As a team entered in this meet, upon entry you acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. North Carolina Aquablazers, Inc., the Triangle Aquatic Center, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

MEET PROGRAMS: Meet Programs will include the heat sheet and will be sold next to the Admissions Table. A Team Picture of each participating team is included in the Meet Program at no charge to the participating teams. Team Pictures should be e-mailed to the Meet Director. **The deadline for submitting team pictures is May 16, 2018.**

ADVERTISEMENTS: If teams or individuals want to place an **additional advertisement ("Ad")** in the meet program, the cost for Ads is \$25 for a quarter page; \$50 for a half page; \$100 for a full page, \$250 for a professional page, and \$500 for the inside front and back cover. Ads can also be placed on the scoreboard for \$300. In addition, event sponsorship is available for \$30 per event. Moreover, patron sponsorships are also available for \$10 per patron. Ads, event sponsorship or patron sponsorship information should be e-mailed to the Meet Director. **The deadline for submitting Ads is May 16, 2018.**

SPONSORSHIPS: **Meet Sponsorship** Information is available online on the Meet Information Page of our website at <https://blackheritageswimming.org>.

VENDORS: Vendor applications are available online on the Meet Information Page of our website at <https://blackheritageswimming.org>.

PARKING: Parking is available within the TAC parking lot for Officials, Meet Hosts, and Vendors.

Parking for Spectators and Teams is available in the Cary Towne Mall parking lot directly across the street from the pool.

Team buses may enter the TAC parking lot to drop off and pick up swimmers.

**MEET
MANAGEMENT:** Meet Referee: Robert Thompson USA Swimming
Meet Head Starter: Jacqueline M. Witherspoon, USA Swimming
Meet Head Deck Referee and Chief Judge: Brian Perkins, USA Swimming
Meet Administrative Referee: Michael Ivy, NC Swimming
Meet Director: Kathy Cooper, NC Aquablazers, Inc.
Meet Marshall: Fredrick Hutchinson, NC Aquablazers, Inc.

ATTACHMENTS: Team Entry Form, Individual Entry Form, Order of Events, Hotel Information



TEAM ENTRY FORM

CLUB NAME _____ ABBREVIATION _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

HEAD COACH _____

WORK PHONE(____)____-____ HOME PHONE(____)____-____ CELL PHONE(____)____-____

e-mail address _____

TEAM HOTEL _____ # Rooms Reserved _____ #Nights _____

ASST. COACH _____ ASST. COACH _____

ASST. COACH _____ ASST. COACH _____

ASST. COACH _____ ASST. COACH _____

All coaches identified above are responsible for the swimmers entered on this meet entry form during the conduct of the meet.

Signature _____ Date _____

MAIL ENTRIES TO: **KATHY COOPER**
MEET DIRECTOR
9660-138 Falls of Neuse Rd, #165
RALEIGH, NC 27615

MEET ENTRIES AND FEE SUMMARY

| MEET FEE ITEMS | QUANTITY | MEET FEES | LINE TOTAL |
|---|----------|-----------------------------|----------------|
| Total # of Individual Meet Entries | | x \$8.00/individual entry | \$_____ |
| Total # of Relay Meet Entries | | x \$12.00/relay | \$_____ |
| Total # of Swimmers | | x \$10.00 surcharge/swimmer | \$_____ |
| Total # of Swimmers | | x \$3.00 NCS Fee/swimmer | \$_____ |
| | | BALANCE DUE | \$_____ |

MAKE ALL CHECKS AND MONEY ORDERS PAYABLE TO NC AQUABLAZERS, INC. TOTAL ENCLOSED \$_____

NORTH CAROLINA AQUABLAZERS, INC., AND TRIANGLE AQUATIC CENTER SHALL BE HELD FREE AND HARMLESS FOR ANY AND ALL LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

SIGNATURE _____ DATE _____



INDIVIDUAL ENTRY FORM
 (For Individuals Swimming Alone Only; Not for Use by Teams)

CLUB NAME _____ ABBREVIATION _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

HEAD COACH _____ ASST. COACH _____

WORK PHONE(____)____-____ HOME PHONE(____)____-____ CELL PHONE(____)____-____

e-mail address _____

TEAM HOTEL _____ # Rooms Reserved _____ #Nights _____

All coaches identified above are responsible for the swimmers entered on this meet entry form during the conduct of the meet.

Signature _____ Date _____

MAIL ENTRIES TO: KATHY COOPER, MEET DIRECTOR, 9660-138 FALLS OF NEUSE RD, #165, , RALEIGH, NC 27615

INDIVIDUAL MEET ENTRIES

Swimmer Name _____ Swimmer Age _____
 Swimmer Birthdate _____ Swimmer USA Swimming ID (if the athlete is a USA Swimmer) _____

| Event # | Event | Swimmer's Time |
|---------|-------|----------------|
| | | |
| | | |
| | | |
| | | |
| | | |

MEET ENTRY FEE SUMMARY

| MEET FEE ITEMS | QUANTITY | MEET FEES | LINE TOTAL |
|--|----------|-----------------------------|------------|
| Total # of Individual Meet Entries | | x \$8.00/individual entry | \$ _____ |
| Total # of Relay Meet Entries/ Swimmer | | x 3.00/relay entry | \$ _____ |
| Total # of Swimmers | | x \$10.00 surcharge/swimmer | \$ _____ |
| Total # of Swimmers | | x \$3.00 NCS Fee/swimmer | \$ _____ |
| | | Balance Due | \$ _____ |

MAKE ALL CHECKS AND MONEY ORDERS PAYABLE TO NC AQUABLAZERS, INC. TOTAL ENCLOSED \$ _____

NORTH CAROLINA AQUABLAZERS, INC., AND TRIANGLE AQUATIC CENTER SHALL BE HELD FREE AND HARMLESS FOR ANY AND ALL LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

SIGNATURE _____ DATE _____



Saturday, May 26, 2018
Session 1A West Course
Event # Women

Warm-ups: 6:30 am
Event Name

Timed Finals: 8:30 am
Session 1B East Course
Event # Men

| | | |
|----|------------------------------------|----|
| 1 | 11-12 100 yd Freestyle | 2 |
| 3 | 13-14 100 yd Freestyle | 4 |
| 5 | 15 & Over 100 yd Freestyle | 6 |
| 7 | 11-12 50 yd Butterfly | 8 |
| 9 | 13-14 50 yd Butterfly | 10 |
| 11 | 15 & Over 50 yd Butterfly | 12 |
| 13 | 11-12 100 yd Backstroke | 14 |
| 15 | 13-14 100 yd Backstroke | 16 |
| 17 | 15 & Over 100 yd Backstroke | 18 |
| 19 | 11-12 100 yd Breaststroke | 20 |
| 21 | 13-14 100 yd Breaststroke | 22 |
| 23 | 15 & Over 100 yd Breaststroke | 24 |
| 25 | 11-12 200 yd Individual Medley | 26 |
| 27 | 13-14 200 yd Individual Medley | 28 |
| 29 | 15 & Over 200 yd Individual Medley | 30 |
| 31 | 11-12 200 yd Freestyle Relay | 32 |
| 33 | 13-14 200 yd Freestyle Relay | 34 |
| 35 | 15 & Over 200 yd Freestyle Relay | 36 |

Saturday, May 26, 2018
Session 2A West Course
Event # Women

Warm-ups: 12:30 pm
Event Name

Timed Finals: 2:30 pm
Session 2B East Course
Event # Men

| | | |
|----|--------------------------------------|----|
| 37 | 9-10 100 yd Freestyle | 38 |
| 39 | 8 & Under 50 yd Freestyle | 40 |
| 41 | 9-10 50 yd Butterfly | 42 |
| 43 | 8 & Under 25 yd Butterfly | 44 |
| 45 | 9-10 100 yd Backstroke | 46 |
| 47 | 8 and Under 50 yd Backstroke | 48 |
| 49 | 9-10 100 yd Breaststroke | 50 |
| 51 | 8 & Under 50 yd Breaststroke | 52 |
| 53 | 9-10 100 yd Individual Medley | 54 |
| 55 | 8 and Under 100 yd Individual Medley | 56 |
| 57 | 9-10 200 yd Freestyle Relay | 58 |
| 59 | 8 and Under 100 yd Freestyle Relay | 60 |



Sunday, May 27, 2018
Session 3A West Course
Event # Women

Warm-ups: 6:30 am
Event Name

Timed Finals: 8:30 am
Session 3B East Course
Event # Men

| | | |
|-----------|--|-----------|
| 61 | 11-12 200 yd Freestyle | 62 |
| 63 | 13-14 200 yd Freestyle | 64 |
| 65 | 15 & Over 200 yd Freestyle | 66 |
| 67 | 11-12 50 yd Breaststroke | 68 |
| 69 | 13-14 50 yd Breaststroke | 70 |
| 71 | 15 & Over 50 yd Breaststroke | 72 |
| 73 | 11-12 100 yd Butterfly | 74 |
| 75 | 13-14 100 yd Butterfly | 76 |
| 77 | 15 & Over 100 yd Butterfly | 78 |
| 79 | 11-12 50 yd Backstroke | 80 |
| 81 | 13-14 50 yd Backstroke | 82 |
| 83 | 15 & Over 50 yd Backstroke | 84 |
| 85 | 11-12 50 yd Freestyle | 86 |
| 87 | 13-14 50 yd Freestyle | 88 |
| 89 | 15 & Over 50 yd Freestyle | 90 |
| 91 | 11-12 200 yd Medley Relay | 92 |
| 93 | 13-14 200 yd Medley Relay | 94 |
| 95 | 15 & Over 200 yd Medley Relay | 96 |
| 97 | Coaches/Officials/Parents/Alumni/Community Mixed 100 Free Relay | 98 |

Sunday, May 27, 2018
Session 4A West Course
Event # Women

Warm-ups: 12:30 pm
Event Name

Timed Finals: 2:30 pm
Session 4B East Course
Event # Men

| | | |
|------------|---------------------------------|------------|
| 99 | 9-10 200 yd Freestyle | 100 |
| 101 | 8 & Under 100 yd Freestyle | 102 |
| 103 | 9-10 50 yd Breaststroke | 104 |
| 105 | 8 & Under 25 yd Breaststroke | 106 |
| 107 | 9-10 100 yd Butterfly | 108 |
| 109 | 8 & Under 50 yd Butterfly | 110 |
| 111 | 9-10 50 yd Backstroke | 112 |
| 113 | 8 and Under 25 yd Backstroke | 114 |
| 115 | 9-10 50 yd Freestyle | 116 |
| 117 | 8 & Under 25 yd Freestyle | 118 |
| 119 | 9-10 200 yd Medley Relay | 120 |
| 121 | 8 and Under 100 yd Medley Relay | 122 |



Meet Hotel Partners

Please stay at one of our host hotel partners! As an incentive to get 100% visiting team participation at our hotel partners this year, we are offering visiting teams a chance to win a \$300 Visa Card for staying with one of our hotel partners. Teams just need to make sure they include their hotel information on the written entry team or individual form that is mailed to the Meet Director. All visiting teams staying with at one of our host hotel partners are eligible to win. The winning team will be selected from a drawing at the Coaches' Dinner/Meeting on Friday Night!

| 16th NBHCSM Hotel Partners | Thurs. 5/24/18 | Fri. 5/25/18 | Sat. 5/26/17 | Sun. 5/27/18 | Rate Incl. Breakfast |
|--|---|---|---|---|-----------------------------------|
| Host Hotel Embassy Suites Raleigh-Durham-Research Triangle East 201 Harrison Oaks Blvd. Cary, NC 27513 1-800-Embassy (919) 677-1840 Contact: Jullie Campbell Jullie.Campbell@AtriumHospitality.com | \$124.00 Single/ Double/ Triple/ Quad | \$124.00 Single/ Double/ Triple/ Quad | \$124.00 Single/ Double/ Triple/ Quad | \$124.00 Single/ Double/ Triple/ Quad | YES |
| Notes: SOLD OUT AS OF 2/5/2018 | | | | | |
| Best Western PLUS Cary 1722 Walnut St. Cary, NC 27511 (919) 481-1200 Contact: Charlotte Hedgepeth bwca.dos@cmchotels.com | \$84.00 Single/ Double/ Triple/ Quad | \$84.00 Single/ Double/ Triple/ Quad | \$84.00 Single/ Double/ Triple/ Quad | \$84.00 Single/ Double/ Triple/ Quad | YES |
| Notes: | | | | | |
| Cambria Suites RDU 300 Airgate Dr. Morrisville, NC 27560 (919) 361-3311 Contact: Ron Leedy cambriardu_dos@hp-hotels.com | \$89.00 Single/ Double/ Triple/ Quad | \$89.00 Single/ Double/ Triple/ Quad | \$89.00 Single/ Double/ Triple/ Quad | \$89.00 Single/ Double/ Triple/ Quad | YES (continental breakfast) |

| 16th NBHCSM Hotel Partners | Thurs. 5/24/18 | Fri. 5/25/18 | Sat. 5/26/17 | Sun. 5/27/18 | Rate Incl. Breakfast |
|--|--|--|--|--|---------------------------------|
| Notes: Online Reservation: https://www.choicehotels.com/reservations/groups/NQ4HE6 | | | | | |
| Comfort Suites Regency Park 350 Ashville Ave. Cary, NC 27518 (919) 852-4318 Contact: Shimp Naik shimp@comfortsuitesrp.com | \$94.00 | \$94.00 | \$94.00 | \$94.00 | YES |
| Notes: | | | | | |
| Embassy Suites RDU/Brier Creek 8001 Arco Corporate Dr. Raleigh, NC 27617 (919) 572-2200 Contact: Robyn Warzywak robin.warzywak@hilton.com | \$134.00 Single/ Double \$144.00 Triple/ Quad | \$134.00 Single/ Double \$144.00 Triple/ Quad | \$134.00 Single/ Double \$144.00 Triple/ Quad | \$134.00 Single/ Double \$144.00 Triple/ Quad | YES |
| Notes: | | | | | |
| Embassy Suites Raleigh Crabtree 4700 Creedmoor Rd. Raleigh, NC 27612 (919) 881-0000 Contact: Suzanne Villani suzanne.villani@hilton.com | \$129.00 Single/ Double \$139.00 Triple/ Quad | \$129.00 Single/ Double \$139.00 Triple/ Quad | \$129.00 Single/ Double \$139.00 Triple/ Quad | \$129.00 Single/ Double \$139.00 Triple/ Quad | YES |
| Notes: | | | | | |
| Fairfield Inn and Suites Cary 1120 Ledsome Lane Cary, NC 27511 (919) 322-5490 Contact: Michele Matulonis ffca.sm@cmchotels.com | \$115.00 Single/ Double/ Triple/ Quad | \$115.00 Single/ Double/ Triple/ Quad | \$115.00 Single/ Double/ Triple/ Quad | \$115.00 Single/ Double/ Triple/ Quad | YES |
| Notes: | | | | | |
| Hampton Inn & Suites Crabtree Valley 3920 Arrow Drive Raleigh, NC 27612 (919) 881-7080 Contact: Mary Noser mary.noser@hilton.com | \$112.00 Single/ Double/ Triple/ Quad | \$112.00 Single/ Double/ Triple/ Quad | \$112.00 Single/ Double/ Triple/ Quad | \$112.00 Single/ Double/ Triple/ Quad | YES |
| Notes: | | | | | |
| Hampton Inn Cary 201 Ashville Ave. Cary, NC 27511 (919) 859-5559 Contact: Mark Goodell | \$94.00 Single/ Double/ Triple/ Quad | \$94.00 Single/ Double/ Triple/ Quad | \$94.00 Single/ Double/ Triple/ Quad | \$94.00 Single/ Double/ Triple/ Quad | YES |

| 16th NBHCSM Hotel Partners | Thurs. 5/24/18 | Fri. 5/25/18 | Sat. 5/26/17 | Sun. 5/27/18 | Rate Incl. Breakfast |
|--|--|--|--|--|--|
| mark.goodell@hilton.com | | | | | |
| Notes: | | | | | |
| Hampton Inn RDU/Brier Creek 8021 Arco Corporate Dr. Raleigh, NC 27617 (919) 484-0500 Contact: Robyn Warzywak robin.warzywak@hilton.com | \$104.00 Single/ Double \$114.00 Triple/ Quad | \$104.00 Single/ Double \$114.00 Triple/ Quad | \$104.00 Single/ Double \$114.00 Triple/ Quad | \$104.00 Single/ Double \$114.00 Triple/ Quad | YES |
| Notes: | | | | | |
| Hampton Inn & Suites Raleigh/Cary 111 Hampton Woods Lane Raleigh, NC 27607 (919) 233-1798 Contact: Jennifer Martin jennifer.martin2@hilton.com | \$104.00 Single/ Double/ Triple/ Quad | \$104.00 Single/ Double/ Triple/ Quad | \$104.00 Single/ Double/ Triple/ Quad | \$104.00 Single/ Double/ Triple/ Quad | YES |
| Notes: | | | | | |
| Hilton Garden Inn Raleigh/Crabtree 3912 Arrow Drive Raleigh, NC 27612 (919)703-2525 Contact: Ashley Thompson ashley.thompson@hilton.com | \$119.00 Single/ Double/ Triple/ Quad | \$119.00 Single/ Double/ Triple/ Quad | \$119.00 Single/ Double/ Triple/ Quad | \$119.00 Single/ Double/ Triple/ Quad | YES |
| Notes: | | | | | |
| Holiday Inn & Suites Cary 5630 Dillard Dr. Cary, NC 27511 (919) 851-1220 Contact: Sabrina Cangelosi scangelosi@holidayinnandsuitescary.com | \$95.00 Single/ Double/ Triple/ Quad | \$95.00 Single/ Double/ Triple/ Quad | \$95.00 Single/ Double/ Triple/ Quad | \$95.00 Single/ Double/ Triple/ Quad | YES (continental breakfast) |
| Notes: | | | | | |
| Homewood Suites by Hilton Cary 100 MacAlyson Ct. Cary, NC 27511 (919) 467-4444 Contact: Laureen Cooney Laureen.trainor2@hilton.com | \$109.00 one bed with sleeper \$119.00 two beds | \$109.00 one bed with sleeper \$119.00 two beds | \$109.00 one bed with sleeper \$119.00 two beds | \$109.00 one bed with sleeper \$119.00 two beds | YES |
| Notes: | | | | | |
| Hyatt Place West 710 Corporate Center Dr. Raleigh, NC 27607 (919) 233-2205 Contact: Cathy Gilbert cathygilbert@hyatt.com | \$99.00 Single/ Double \$104.00 Triple/ Quad | \$99.00 Single/ Double \$104.00 Triple/ Quad | \$99.00 Single/ Double \$104.00 Triple/ Quad | \$99.00 Single/ Double \$104.00 Triple/ Quad | YES |

| 16th NBHCSM Hotel Partners | Thurs. 5/24/18 | Fri. 5/25/18 | Sat. 5/26/17 | Sun. 5/27/18 | Rate Incl. Breakfast |
|---|---|---|---|---|---------------------------------|
| | | | | | |
| Notes: | | | | | |
| Springhill Suites Raleigh-Cary 1128 Ledsome Lane Cary, NC 27511 (919) 977-7244 Contact: Macey Fox shca.sm@cmchotels.com | \$129.00 Single/ Double/ Triple/ Quad | \$129.00 Single/ Double/ Triple/ Quad | \$129.00 Single/ Double/ Triple/ Quad | \$129.00 Single/ Double/ Triple/ Quad | YES |
| Notes: | | | | | |
| General Note: Rates do not include 13.25% sales and lodging taxes. Taxes are subject to change without notice. | | | | | |