



## MOR ARCTIC BLAST

December 7-8, 2019

**Change to warm up times in the sanction  
Order of events change for Sunday 11-overs**

- Site:** NC State University  
Willis Casey Natatorium Located within Carmichael Gymnasium  
2611 Cates Avenue  
Raleigh, NC, 27695
- Meet Director:** Cara Cameron  
[coachcara45@aol.com](mailto:coachcara45@aol.com)
- Entry Co-ordinator:** Pam Rocque  
[mormeets@gmail.com](mailto:mormeets@gmail.com)
- Meet Referee:** Wade Martin  
[Wmartin144@yahoo.com](mailto:Wmartin144@yahoo.com)
- Meet Marshal:** Billy Thorne
- Sanction:** Held under the sanction of the USA Swimming, Inc., issued by North Carolina Swimming, Inc., **Sanction #NC19184**
- 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 (Reynolds 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 500FREE and 1650FREE - and be on the deck 5 minutes before your heat.

The 500 & 400 IM will be swum slow to fast, all girls and then all boys. Both events might be limited at the discretion of Meet Management.

**WARM UP: CHANGE TO WARM UP TIMES:**

**Saturday: 10-unders 10:30am Meet Start 11:35am Saturday 11-overs: 2:30pm Meet Start: 3:45pm**

**Sunday: 10-unders 8:00am Meet Start 9:10am Sunday 11-overs: 12:30pm Meet Start 1:45pm**

**NO SWIMMERS/SPECTATORS WILL BE ALLOWED IN THE BUILDING UNTIL on Saturday until 10:30am on Saturday and 7:30am on Sunday.**

**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

**Entry Deadline:** Wednesday, November 27, 2019 to [mormeets@gmail.com](mailto:mormeets@gmail.com)  
**Notification Email** Monday, Dec. 2, 2019 (to person sending entries via email)  
**Coaches Meeting:** Saturday, Dec. 7 at 10:30am 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.

**Technical Suit Ban for 12-unders:**

Per NCS Rule 210.2, 12 and Under athletes may not compete in Technical Suits at this meet.

**A Technical Suit is one that has the following components:**

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

**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.

The Minor Athlete Abuse Prevention Policy is in effect for this meet and all Applicable Adults are expected to comply with the stated requirements and guidelines.

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.

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.

**Eligibility:** All swimmers must be registered with USA Swimming, Inc. and all Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to entry deadline. Entries listed as “Registration applied For” will not be accepted. Late entries accepted at the discretion of the meet director.

13-14= ONE “AA” time or less (Developmental)

9-12 = one or no “BB” strokes

8-under: all 8-unders are welcome

**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 [normeets@gmail.com](mailto:normeets@gmail.com) and [coachcara45@aol.com](mailto:coachcara45@aol.com) . List the swimmer’s age as of Dec. 7, 2019. 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:** Saturday 3 events  
Sunday 4 events

**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<sup>st</sup>-3<sup>rd</sup> Relays  
Ribbons 1<sup>st</sup> -8<sup>th</sup> Individual

**Entry Deadline:** Meet Director must receive entries by Wednesday, Dec. 2, 2019 at 8:00pm. 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:** \$6.00 per NCS Individual  
\$6.50 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 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:** 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

**Image Release:** All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

Saturday, Dec. 7, 2019

Session 1

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

Session 2

Women	Events	Men
21	13-18 200 Yd Back	22
23	11-12 100 Y Back	24
25	13-18 100 Y Free	26
27	11-12 100 Y Free	28
29	13-18 200 Y Breast	30
31	11-12 100 Y Breast	32

33	13-18 200 IM	34
35	11-12 200 Y IM	36
37	13-18 100 Y Fly	38
39	11-12 50 Y Fly	40
41	13-18 Y 500 Freestyle	42

Sunday, Dec. 8, 2019

Session 3

Women	Events	Men
43	8&Under 100yd Freestyle Relay	44
45	9-10 200yd Freestyle Relay	46
47	8&Under 50yd Butterfly	48
49	10&Under 100yd Butterfly	50
51	8&Under 25yd Backstroke	52
53	10-under 50yd Backstroke	54
55	8&Under 25yd Breaststroke	56
57	10&Under 50yd Breaststroke	58
59	8&Under 50yd Freestyle	60
61	10&Under 100yd Freestyle	62
63	8-Under 100 Y IM	64
65	9-10 100 Y IM	66

Session 4

Women	Events	Men
67	13-18 200 Y Free Relay	68
69	11-12 200 Y Free Relay	70
71	13-18 400 Y IM	72
73	11-12 50 Y Free	74
75	13-18 50 Y Free	76
77	11-12 200 Y Free	78
79	13-18 200 Y Free	80
81	11-12 50 Y Back	82
83	13-18 100 Y Back	84
85	11-12 100 Y Fly	86
87	13-18 200 Y Fly	88
89	11-12 50 Y Breast	90
91	13-18 100 Y Breast	92
93	13-18 1650 Y Free	94

Use this form for a summary of all entries:

Age Group	Total # of Swimmers X \$10.00	Total # of Entries X(\$6.00) \$6.50 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](mailto:Coachcara45@aol.com) AND [mormeets@gmail.com](mailto: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: \_\_\_\_\_