



**2014 MOR Intrasquad Distance Doubleheader**

Hosted by  
**MARLINS OF RALEIGH SWIM TEAM**  
 January 24-25, 2014  
 Ravenscroft School-A.E. Finley Athletic Center  
 7409 Falls of the Neuse Rd, Raleigh, NC 27615

*Held under the Sanction of USA Swimming, Inc.,  
 issued by North Carolina Swimming, Inc.  
**SANCTION #NC14040***



<b>MEET DIRECTOR</b> <b>Cara Cameron</b> 4900 Waters Edge Drive, Suite 200 Raleigh, NC 27606 (919) 851-3000 <b>Coachcara45@aol.com</b>	<b>MEET ENTRY COORDINATOR</b> <b>Pam Rocque</b> <a href="mailto:mormeets@gmail.com">mormeets@gmail.com</a>  <b>Administrative Official: Pam Rocque</b>
<b>MEET REFEREE</b> <b>Wade Martin wmartin144@nc.rr.com</b>	<b>MEET MARSHALL</b> <b>Shawn Blaine</b>

**FACILITY:**

Ravenscroft is a six-lane, 25yd pool, with non-turbulent lane ropes and permanently mounted starting blocks. The minimum depth at the start end of the pool is 12 feet. The competition course has not been certified in accordance with 104.2.2C(4). An Colorado automatic timing system and computerized results will be used. All events will start from the blocks. Spectator seating is available in the balcony.

**NOTES:**

- 1) NO FOOD OR DRINK ALLOWED ON DECK. However, swimmers may have a plastic bottle for water.
- 2) NO TOBACCO USE IS ALLOWED IN ANY PART OF THE BUILDING OR ON CAMPUS.
- 3) NO ONE ASSOCIATED WITH THE MEET IS ALLOWED ON THE TRACK OR FOOTBALL FIELD.

**MEET FORMAT:**

This is a timed final Age Group meet. Depending on the size of the meet, breaks may be scheduled (5-10min maximum per break) between events at the discretion of the Meet Referee and the Meet Director.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	4:00pm	5:00pm	12&Un/13-18
2	Saturday	3:45pm	4:45pm	11-12/13-18

*MOR reserves the right to change the warm-up times once the entries have been received.*

**DEADLINE AND MEETING SUMMARY:**

Day/Date	Time	For	Location
Friday, Jan. 24	4:15pm	Officials Meeting	Hospitality Room
Friday, Jan. 24	4:15pm	Coaches Meeting	On Deck

**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.

**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.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**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 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.

**CLASSIFICATION:**

The meet is a Timed Final Meet.

**ELIGIBILITY:**

All swimmers must be registered with USA Swimming, Inc. The swimmer's age on the first day of the meet will determine their age for the whole competition. This is a closed competition meet for MOR swimmers only.

**Notes:**

- 1) All 10 & Unders must have the B time in the 200yd Free to swim the 500yd Free;
- 2) All 12-u's must have the B in the 100 to do the 200 of the same stroke;
- 3) All 12-u's must have the BB in the 500yd Free in order to enter the 1000yd Freestyle.
- 4) All 12-u's must have the BB in the 200yd IM in order to swim the 400yd IM.

**ENTRIES:**

Submit entries using Hy-Tek cl2 format. Email is the preferred method of sending entries, however disks are acceptable. 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. 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.

**ENTRY LIMITS:** Swimmers may swim one (1) individual event on Friday and no more than two (2) on Saturday. Swimmers can only swim the 1000yd Freestyle or the 1650yd Freestyle, but not both.

**ENTRY DEADLINE:** Completed meet entries on Hy-Tek, Team Unify or similar team management software are due **by Tuesday, January 14, 2014**. Entries will not be accepted without a completed Summary Sheet and payment of entry fees. 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.** Please direct all entry correspondence to both the Meet Director and the Meet Entry Coordinator (see first page for contact information).

**ENTRY FEES:**

Please make checks payable to: <b>Marlins Of Raleigh Swim Team (MOR)</b>	
NCS Individual Event	\$3.50 per event
Relays	\$8.00 per relay
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$10.00 per swimmer

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

**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. MOR reserves the right to have breaks positioned into the meet (no longer than 10 minutes in length depending on the timeline after positive check-in).

**CHECK-IN:** A positive check-in is required for all events within 15 minutes after the start of warm-ups.

**SCORING:** No team or individual scoring will be kept.

**MAIL ENTRY & FEES TO:**

**MOR DISTANCE DOUBLEHEADER MEET**

4900 Waters Edge Drive; Suite 200  
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. **There is no diving allowed from the shallow end of the pool.**

**HOSPITALITY:** Hospitality will be available for all coaches, officials and meet volunteers.

**CREDENTIALS:** All coaches and officials on deck must be registered and certified with USA Swimming. Meet management will require all coaches and officials to show proof of certification/registration before the start of warm-ups. Coaches and officials shall display their registration cards prominently at all times while on deck.

**RELEASE STATEMENT:** USA Swimming, Inc., North Carolina Swimming, Inc., Marlins of Raleigh, Inc., and Ravenscroft School 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 welcome any officials who would like to assist at this meet. Available officials should contact the Meet Referee if you are willing to volunteer to assist.

**PARKING:** Parking will be available in the main lot in front of the Finley Center and to the right of the Upper School building. Please do not park on grass or in un-marked spots.

**TIMERS:** Each swimmer attending will need to provide a timer for this meet.

**ENTRY SUMMARY SHEET  
2014 MOR DISTANCE DOUBLEHEADER SWIM MEET  
JANUARY 24-25, 2014**

Use this form for a summary of entry fees.

AGE GROUP	NO. OF ATHLETES	PER ATHLETE FEES \$13 per athlete [\$3 NCS + \$10 Facility]	TOTAL ENTRIES	ENTRY FEE NC athletes \$3.50/event	TOTAL ENTRY FEES
GIRLS					
BOYS					
				<b>TOTAL FEES</b>	<b>\$</b>

**TOTAL FEES**

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

**MOR DISTANCE DOUBLEHEADER MEET  
4900 WATERS EDGE DRIVE; SUITE 200  
RALEIGH, NC 27606**

USA Swimming, Inc., North Carolina Swimming, Inc., Marlins of Raleigh, Inc., and Ravenscroft School 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 (Coach): \_\_\_\_\_

Head Coach: \_\_\_\_\_

Approximate number of coaches who will be in attendance: \_\_\_\_\_

Club: \_\_\_\_\_ Club Code: \_\_\_\_\_

Club Address: \_\_\_\_\_

Work Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

**Please supply an address in which we can contact the appropriate coach in case of changes or in the case of needing more information:**

**ORDER OF EVENTS**  
**Friday, January 24, 2014**  
**SESSION 1**  
**Warm-up: 4:00PM Meet Starts: 5:00PM**

GIRLS EVENT #	EVENTS	BOYS EVENT #
1	12 & Under 500yd Freestyle	2
3	12-u 400yd Individual Medley	4
5	13-18 400yd Individual Medley	6

**Saturday, January 25, 2014**  
**SESSION 2**  
**Warm-up: 3:45pm Meet Starts: 4:45PM**

GIRLS EVENT #	EVENTS	BOYS EVENT #
7	12-u 200yd Backstroke	8
9	13-18 200yd Backstroke	10
11	12-u 200yd Breaststroke	12
13	13-18 200yd Breaststroke	14
15	12-u 200yd Butterfly	16
17	13-18 200yd Butterfly	18
19	11-18 1000yd Freestyle**	20
21	11-18 1650yd Freestyle**	22

**\*\* Swimmers may swim either the 1000yd Free or the 1650yd Free but not both.**