

NORTH CAROLINA AQUABLAZERS SWIM TEAM



SANCTION: Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming, Inc., **Approved Meet #NC14123AP**

HOST: North Carolina Aquablazers, Inc.
<http://blackheritageswimming.org>

MEET DIRECTOR Kathy Cooper (919) 522-9275 blackheritageswimming@gmail.com	MEET ENTRY COORDINATOR Kathy Cooper 2417 Deanwood Drive Raleigh, NC 27615 (919) 522-9275 blackheritageswimming@gmail.com
MEET REFEREE Robert Thompson (904) 292-4816 robertnayr@att.net	MEET ADMINISTRATIVE REFEREE Michael Ivy (919) 649-6588 mwivy@izzy.net
MEET STARTER Jacqueline Witherspoon (630) 618-9420 jwitherspoon75@gmail.com	MEET CHIEF JUDGE Brian Perkins (314) 799-5685 btpga@aol.com
MEET MARSHALL Fredrick Hutchinson (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-foot wide competition course and a 10-lane, 25-yard by 7-foot, 6 inches-wide 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 session.

The facility is 72,000 sq. feet and has comfortable spectator seating capacity for 1000 people. The TAC facility has a full-service café and an All-American 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.

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 final Senior/Age Group, pre-seeded Meet, unless otherwise indicated.

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

DEADLINE &

MEETING SUMMARY: Our tentative schedule of events is provided below. The start times listed for the afternoon sessions are subject to change once we get all entries, run the Hy-Tek Sessions Reports/Timelines and determine an approximate end time for each morning session. Teams will be notified of any changes prior to the meet.

<p>Wednesday May 14, 2014</p>	<p>MEET ENTRY DEADLINE (Meet Entries and Fees Due)</p>	<p>MIDNIGHT</p>
<p>Friday May 23, 2014</p>	<p>Team Practices</p> 	<p>7:00 . 9:00 PM</p> <p>Triangle Aquatic Center 275 Convention Drive Cary, NC 27511 (919) 459-4045 www.triangleaquatics.org</p>
	<p>Friday Night Swim Clinic</p> <p>Open to Swimmers ages 5 to 18 (limited to 50 swimmers) Cost: \$20 per swimmer</p>	<p>7:00-8:00 PM</p> <p>Triangle Aquatic Center</p>

	<p align="center">Swimming Ambassadors Reception</p>  <p align="center">EMBASSY SUITES HOTELS®</p>	<p align="right">7:00 . 8:00 PM</p> <p>Embassy Suites Raleigh-Durham/RTP 201 Harrison Oaks Blvd. Cary, NC 27513 (919) 677-1840</p>
	<p align="center">Coaches' Dinner/Meeting</p>  <p align="center">EMBASSY SUITES HOTELS®</p>	<p align="right">8:00-10:00 PM</p> <p>Embassy Suites Raleigh-Durham/RTP</p>
Saturday May 24, 2014	Sessions 1A and 1B	Triangle Aquatic Center
	Officials' Meeting	7:45 AM
	Coaches' Meeting	8:00 AM
	Timers' Meeting	8:15 AM
	<p>Session 1A 11 & Over Women Triangle Aquatic Center West Course</p> <p>Warm ups Timed Finals</p>	<p>7:00 AM 8:30 AM</p>
	<p>Session 1B 11 & Over Men Triangle Aquatic Center East Course</p> <p>Warm ups Timed Finals</p>	<p>7:00 AM 8:30 AM</p>
	Sessions 2A and 2B	Triangle Aquatic Center
	Officials' Meeting	1:45 PM
	Coaches' Meeting	2:00 PM
	Timers' Meeting	2:15 PM

	<p align="center">Session 2A 10 & Under Women Triangle Aquatic Center West Course</p> <p align="center">Warm ups Timed Finals</p>	<p align="right">1:00 PM 2:30 PM</p>
	<p align="center">Session 2B 10 & Under Men Triangle Aquatic Center East Course</p> <p align="center">Warm ups Timed Finals</p>	<p align="right">1:00 PM 2:30 PM</p>
	<p align="center">Swimmers' Social</p> 	<p align="right">7:00 . 10:00 PM</p> <p align="center">Marbles Kids Museum</p> <p align="right">201 East Hargett Street Raleigh, NC 27601 (919) 834-4040</p>
<p align="center">Sunday May 25, 2014</p>	<p align="center">Sessions 3A and 3B</p>	<p align="center">Triangle Aquatic Center</p>
	<p align="center">Officials' Meeting</p>	<p align="right">7:45 AM</p>
	<p align="center">Coaches' Meeting</p>	<p align="right">8:00 AM</p>
	<p align="center">Timers' Meeting</p>	<p align="right">8:15 AM</p>
	<p align="center">Session 3A 11 & Over Women Triangle Aquatic Center West Course</p> <p align="center">Warm ups Timed Finals</p>	<p align="right">7:00 AM 8:30 AM</p>

	<p align="center">Session 3B 11 & Over Men Triangle Aquatic Center East Course</p> <p align="center">Warm ups Timed Finals</p>	<p align="right">7:00 AM 8:30 AM</p>
	<p align="center"><i>Coaches/Officials/Parents/Alumni</i> 100 Free Relay</p> <p align="center">Triangle Aquatic Center West Course</p> <p align="center"><i>High Point Awards</i> <i>Presentation</i> <i>13 & Over Swimmers</i> <i>Luqman El-Amin 100 Fly Award Presentation</i> Announcer's Table</p>	<p align="center">Immediately Following Sessions 3A & 3B</p>
	Sessions 4A and 4B	Triangle Aquatic Center
	Officials' Meeting	1:45 PM
	Coaches' Meeting	2:00 PM
	Timers' Meeting	2:15 PM
	<p align="center">Session 4A 10 & Under Women Triangle Aquatic Center West Course</p> <p align="center">Warm ups Timed Finals</p>	<p align="right">1:00 PM 2:30 PM</p>
	<p align="center">Session 4B 10 & Under Men Triangle Aquatic Center East Course</p> <p align="center">Warm ups Timed Finals</p>	<p align="right">1:00 PM 2:30 PM</p>
	<p align="center"><i>High Point Awards</i> <i>12 & Under Swimmers</i> <i>Top 6 Teams, Team Spirit Awards Presentation</i> Announcer's Table</p>	<p align="center">Immediately Following Sessions 4A and 4B</p>

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 except where the rules therein are optional and exceptions are herein stated. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 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.

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.

ENTRY FORMS: 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 5.0. 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.hy-tek.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
2417 Deanwood Drive
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.

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.

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 Wednesday, May 14, 2014. No telephone entries will be accepted. No late entries will be accepted. 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

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 our Team Treasurer Michelle Curtis at (919) 673-1903 if you want to make a telephone credit card payment. You can also e-mail Michelle at mcurtis113@yahoo.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: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

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 swimmers coach 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 , 2 nd & 3 rd Trophies, 4 th - 8 th Ribbons
	Relays:	1 st , 2 nd & 3 rd Trophies
	Team Place Awards:	1 st - 6 th Team Trophies
	Team Spirit Award:	Trophy
	High Point Awards:	Plaques and bags to top individual female and male swimmers with the highest point totals in each age group.
	Luqman 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.

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 trophies and ribbons from the Awards room. High Point Awards will be presented on Sunday at the conclusion of each session. The Luqman El-Amin Award will be presented on Sunday at the conclusion of the morning session. Team Trophies and the Team Spirit Award will be presented on Sunday at the conclusion of the last session.

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 24 hours of the meet's conclusion. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via e-mail attachment.

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 shall prominently display their registration cards at all times while on deck. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other 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 certification/registration. Officials shall prominently display their registration cards at all times while on deck. 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 meet officials and timers with your meet entries.

SPECIAL EVENTS: A **Swimming Ambassadors Reception** will be held at the Embassy Suites RDU/RTP in Cary, NC on Friday, May 23, 2014, from 7:00 to 8:00 pm. This is a new event that replaces our Community Breakfast. We will be honoring female athletes this year. Please send nominees to our Team Vice-President and Assistant Coach Lisa PJ Webb at webbsight@acnrep.com. Tickets to the Reception are \$10 per person and sponsorships are available. Tickets and sponsorship information can be found on our website at <http://blackheritageswimming.org>.

We will host our **Friday Night Clinic** again at the Triangle Aquatic Center on Friday, May 23, 2014, from 7:00 to 8:00 pm. The instructor has yet to be determined. The Swim Clinic is open to all teams and to the public, but is limited to the 1st 50 swimmers. The fee for the clinic is \$20.00.

Coaches/Officials/Parents/Alumni 100 Free Relay will take place on Sunday morning immediately following the morning sessions.

We will host a **Swimmers' Social** for **Swimmers, Coaches, Officials, Parents, and Chaperones** back at Marbles Kid Museum this year. The address is 201 East Hargett Street, Raleigh, NC 27601, (919) 834-4040. There is no charge for this event.

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.

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, there will be a published warm-up procedure for all swimmers and coaches attending the meet. 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: Each team should send a **team picture** to the Meet Director to put in the meet program. There is no charge for the team picture. If teams or individuals want to place an **additional 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. Ads can either be e-mailed to the Meet Director or copied onto a CD and mailed to her at the addresses provided above. **The deadline for team pictures and/or heat sheet ad submission is May 14, 2014.**

TRANSPORTATION: Transportation to and from your hotel to the various events can be arranged with our transportation partner, Garner Road Community Center at a cost of \$200.00 per team for the weekend. Fees should be paid to the Meet Director along with your other meet fees. Please contact Moszetta Johnson at (919) 833-1256 to make specific arrangements for your team.

**MEET
MANAGEMENT:** Meet Referee, Robert Thompson USA Swimming
Meet Director, Kathy Cooper (NCA)
Meet Marshall, Fredrick Hutchinson (NCA)
Promotions Managers, Kenny Cross and Fred Hutchinson (NCA)

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 currently registered as coaches with United States Swimming, Inc., and 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
2417 DEANWOOD DRIVE
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	\$_____
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 currently registered as coaches with United States Swimming, Inc., and 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, 2417 DEANWOOD DRIVE, 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		x \$3.00/relay entry	\$ _____
Total # of Swimmers		x \$10.00 surcharge/swimmer	\$ _____
		Balance Due	\$ _____

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

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SIGNATURE _____ DATE _____



Saturday, May 24, 2014
 Session 1A West Course
 Event # Women

Warm-ups: 7:00 am

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

Event Name

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

Saturday, May 24, 2014
 Session 2A West Course
 Event # Women

Warm-ups: 1:00 pm

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

Event Name

37	9-10 200 yd Freestyle	38
39	8 & Under 100 yd Freestyle	40
41	9-10 50 yd Breaststroke	42
43	8 & Under 25 yd Breaststroke	44
45	9-10 100 yd Butterfly	46
47	8 & Under 50 yd Butterfly	48
49	9-10 50 yd Backstroke	50
51	8 and Under 25 yd Backstroke	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 25, 2014
Session 3A West Course
Event # Women

Warm-ups: 7:00 am

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

Event # Women	Event Name	Event # Men
61	15 & Over 100 yd Freestyle	62
63	13-14 100 yd Freestyle	64
65	11-12 100 yd Freestyle	66
67	15 & Over 50 yd Butterfly	68
69	13-14 50 yd Butterfly	70
71	11-12 50 yd Butterfly	72
73	15 & Over 100 yd Backstroke	74
75	13-14 100 yd Backstroke	76
77	11-12 100 yd Backstroke	78
79	15 & Over 100 yd Breaststroke	80
81	13-14 100 yd Breaststroke	82
83	11-12 100 yd Breaststroke	84
85	15 & Over 50 yd Freestyle	86
87	13-14 50 yd Freestyle	88
89	11-12 50 yd Freestyle	90
91	15 & Over 200 yd Medley Relay	92
93	13-14 200 yd Medley Relay	94
95	11-12 200 yd Medley Relay	96
97	Exhibition 50 Free (No Event This Year)	
	Coaches/Officials/Parents/Alumni Mixed 100 Free Relay	98

Sunday May 25, 2014
Session 4A West Course
Event # Women

Warm-ups: 1:00 pm

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

99	9-10 100 yd Freestyle	100
101	8 & Under 50 yd Freestyle	102
103	9-10 50 yd Butterfly	104
105	8 & Under 25 yd Butterfly	106
107	9-10 100 yd Backstroke	108
109	8 and Under 50 yd Backstroke	110
111	9-10 100 yd Breaststroke	112
113	8 & Under 50 yd Breaststroke	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 Hotels

	THURS. 5/22	FRI. 5/23	SAT. 5/24	SUN. 5/25	Breakfast included in rate
HOTEL PROPERTY					
Best Western Plus Cary 1722 Walnut St., Cary 919-481-1200 Contact: Ginger Buchanan bwca.dos@cmchotels.com	\$75.99 Single/Double Triple/Quad	\$75.99 Single/Double Triple/Quad	\$75.99 Single/Double Triple/Quad	\$75.99 Single/Double Triple/Quad	Yes
Courtyard by Marriott Cary 102 Edinburgh Dr. South, Cary 919-481-9666 Contact: Iris Austin iris.austin@marriott.com	\$95 Flat (5 queen queens & 5 king rooms with sofa beds)	\$95 Flat (5 queen queens & 5 king rooms with sofa beds)	\$95 Flat (5 queen queens & 5 king rooms with sofa beds)	\$95 Flat (5 queen queens & 5 king rooms with sofa beds)	Yes
Doubletree by Hilton Cary 500 Caitboo Ave., Cary 919-900-8840 Contact: Laureen Trainor laureen.trainor@parkshotels.com	\$109 Single/Double Triple/Quad	\$109 Single/Double Triple/Quad	\$109 Single/Double Triple/Quad	\$109 Single/Double Triple/Quad	Yes (includes breakfast for 1-4 people per room)
Embassy Suites RDU/Brier Creek 8001 Arco Corporate Dr., Raleigh 919-572-2200 Contact: Chris Hardy chris.hardy@hilton.com	\$124 Single/Double \$134 Triple/Quad	\$124 Single/Double \$134 Triple/Quad	\$124 Single/Double \$134 Triple/Quad	\$124 Single/Double \$134 Triple/Quad	Yes

Embassy Suites Raleigh Crabtree 4700 Creedmoor Rd., Raleigh 919-881-0000 Contact: Ashley Ray ashley.ray@hilton.com	\$119 Single/Double Triple/Quad	\$119 Single/Double Triple/Quad	\$119 Single/Double Triple/Quad	\$119 Single/Double Triple/Quad	Yes
Hampton Inn & Suites Crabtree Valley 3820 Arrow Dr., Raleigh 919-881-7080 Contact: Mary Noser mary.noser@hilton.com	\$94 Single/Double Triple/Quad	\$94 Single/Double Triple/Quad	\$94 Single/Double Triple/Quad	\$94 Single/Double Triple/Quad	Yes
Hampton Inn & Suites Raleigh/Cary 111 Hampton Woods Ln., Raleigh 919-233-1798 Contact: Tommy Adkins tommy.adkins@hilton.com	\$79	\$79	\$79	\$79	Yes
Hampton Inn Cary 201 Ashville Ave., Cary 919-859-5559 Contact: Emily Winfrey emily.winfrey@hilton.com	\$85 Single/Double Triple/Quad	\$85 Single/Double Triple/Quad	\$85 Single/Double Triple/Quad	\$85 Single/Double Triple/Quad	Yes
Hilton Garden Inn Raleigh Cary 131 Columbus Ave., Cary 919-239-4782 Contact: Laureen Trainor laureen.trainor@parkshotels.com	\$109 Single/Double	\$109 Single/Double	\$109 Single/Double	\$109 Single/Double	Yes (includes breakfast for 1-4 people per room)
Hilton Garden Inn RDU 1500 RDU Center Dr., Morrisville 919-840-8088 Contact: Robin Warzywak robin.warzywak@hilton.com	\$79 Single/ Double; \$89 Triple/Quad	\$79 Single/ Double; \$89 Triple/Quad	\$79 Single/ Double; \$89 Triple/Quad	\$79 Single/ Double; \$89 Triple/Quad	Yes
Holiday Inn & Suites Cary 5630 Dillard Dr., Cary 919-851-1220 Contact: Lawrence Holmes hica.sm@cmchotels.com	\$79	\$79	\$79	\$79	Yes

Hyatt Place Raleigh West 710 Corporate Center Dr., Raleigh 919-233-2205 Contact: Cathy Gilbert cathy.gilbert@hyatt.com	\$92 Single/Double; \$102 Triple/Quad	\$92 Single/Double; \$102 Triple/Quad	\$92 Single/Double; \$102 Triple/Quad	\$92 Single/Double; \$102 Triple/Quad	Yes
Residence Inn by Marriott Cary 2900 Regency Parkway, Cary 919-467-4080 Contact: Iris Austin Iris.austin@marriott.com	\$99 Flat (5 Studio suites – king with sofa bed) \$139 Flat (5 2-bedroom)	\$99 Flat (5 Studio suites – king with sofa bed) \$139 Flat (5 2-bedroom)	\$99 Flat (5 Studio suites – king with sofa bed) \$139 Flat (5 2-bedroom)	\$99 Flat (5 Studio suites – king with sofa bed) \$139 Flat (5 2-bedroom)	Yes
*NOTE: Rates do not include 12.75 sales and lodging taxes					