

MOR Kick Off
Hosted by The Marlins Of Raleigh Swim Team
October 22-24, 2021
Held at Pullen Aquatic Center, 411 Ashe Avenue, Raleigh, NC, 27606

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC21167 REVISED 10/18

MEET DIRECTOR	MEET ENTRY COORDINATOR
Cara Cameron Coachcara45@aol.com 919-851-3000	Pam Rocque mormeets@gmail.com 4904 Waters Edge Drive, Suite 295 Raleigh, NC, 27606 919-851-3000 (Cara Cameron)
MEET REFEREE	MEET MARSHAL
Tammy Schmidt tammypschiidt@gmail.com	John Fischetti jfischetti@aol.com

CONDITION OF SANCTION As a condition of this sanction, MOR agrees to comply with and to enforce all COVID-19 health and safety mandates and guidelines of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions in effect at the time of the meet. Further, the meet will be conducted in accordance with individual facility requirements as detailed in the MOR Meet Plan below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID-19 sanctioning period.

ASSUMPTION OF RISK DISCLAIMER MOR has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

COVID-19 RELEASE USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, NORTH CAROLINA SWIMMING, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

MOR COVID-19 MEET PLAN

NCS FACE COVERING STATEMENT

NCS recommends the proper use of face coverings at all NCS activities and expects all participants, coaches, officials, volunteers, and spectators to comply with all club and facility specific COVID-19 safety requirements and guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, and local jurisdictions.

FACILITY and HOST TEAM REQUIREMENTS

MOR has discussed specific health and safety procedures with the venue management.

The Current City of Raleigh Mask mandate requires all individual's 5 and older to wear a mask indoors in public facilities regardless of vaccination status. Therefore, everyone ages 5 and older must wear a mask inside the Pullen Aquatic Center, except while in the water. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet. Individuals who are not fully vaccinated are strongly encouraged to maintain distance whenever possible.

17 timers

1 Runner

6 Marshals

2 Exit Door Monitors

2 Front Door Monitors

18 Officials

SPECTATOR LIMITATIONS and PROTOCOLS

There will be **no "In-Person" spectator viewing**. The meet will be live-streamed via Facebook Live. Restrooms are available at Pullen Park for those who choose to remain in their cars in adjacent parking lots.

LIVE STREAMING: We are happy to announce we will be live streaming the meet from our [Marlins of Raleigh Facebook Page](#).

How to watch:

1. Click on the link above which will take you to the Marlins Facebook page. That's it, thats how you watch it. :)
2. The live stream video will show at the top of the page when it is live
3. The live stream will cut off after each completion of an event
4. The live stream video will also be labeled according to the event it is showing to make it easier for you to find your swimmers race.
5. If you haven't already, go ahead and "Like" the page so that you get notifications of when the page goes Live. This will ensure you don't miss out on any of the action
6. You do NOT need to have a Facebook account to watch the stream as the page is public. However, logging in to an FB account will allow you to interact with the Live stream (i.e comment, react, share)

The live videos will be saved to the timeline so if you miss watching them live, you will be able to go back and rewatch. :)

PARENTAL ACCESS

Parents needing access to their athlete during the meet in a closed-deck environment can contact their children directly via cellphone and arrange to meet them in the lobby of Pullen Aquatic Center. Should parents be unable to contact their child directly, they should see the Meet Director located in the lobby of the Aquatic Center or the EXIT door marshal. In the case of an emergency, please call and/or text the Meet Director at 919-522-4061 or the Pullen Aquatic center.

FACILITY

The Pullen Aquatic Center pool is a 50m pool with bulkhead diving and two 25yd courses. There are 8 lanes in the competition course which has deck-anchored starting blocks and non-turbulent lane ropes. An automatic Colorado Timing System with touch pads and digital scoreboard will be available. Timing system includes touch pads and two timers per lane operating both a button and a watch. The competition course has not been certified in accordance with 104.2.22C (4). The facility also prohibits smoking, glass containers of any kind and boisterous behavior of patrons. Visitors must adhere to all pool rules. Please help the facility by making sure all team areas are clear of trash after each session. The pool is 13 feet deep at the start end and 5 feet deep at the turn end. Per USA Swimming and Safe Sport Rules...ONLY USA SWIMMING registered athletes, current USA Swimming registered officials and coaches may be on deck during warmups and/or competition.

PARKING: Parking for coaches, officials and MOR Meet Volunteers will be in the main lot of the Aquatic Center. All others can park in the other lots in the Pullen Park area. There will be a circle drop off for swimmers. However, we strongly encourage you to park and walk your swimmer to the door in the 12-under age group. There is ABSOLUTELY no drop off on the main road leading into the pool area. Keep the flow of traffic moving.

MEET FORMAT

This is a Timed Final Meet. Meet Management reserves the right to combine heats and or events.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	3:45pm	5:00pm	13 & Older Combined Circuit and Developmental
2	Saturday	7:45am	9:00 AM	13-over Circuit and 13-over Dev
3	Saturday	1:30pm	2:20pm	12-under B/C MOR
4	Sunday	7:45am	9:00am	13-over Circuit
5	Sunday	12:30pm	1:20pm	13-over Developmental and 12-under MOR B/C

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, Oct. 12, 2021	8:00pm	Entry deadline
Thursday, Oct. 21, 2021	6:30pm	Official Briefings via Zoom
Friday, Oct. 22, 2021	3:30pm	Coaches/General Meeting
Thursday, Oct. 21, 2021	7:15pm	Volunteer Briefing via Zoom

RULES

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

TECHNICAL SUIT BAN for 12&Us

Per USA Swimming Rule 102.8.1F, 12 & 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.

MAAPP

All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

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 without the use of a backstroke ledge. 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. It is also the responsibility of the swimmer or the swimmer’s guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer’s team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. and be members of MOR or visiting teams (12-under Session is ONLY MOR). 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. **There will be no on deck registration available at this meet.**

Senior Circuit: Swimmers with 2 13-14 “AA strokes”.

Senior Development: Swimmers age 13-over with no more than one 13-14 ‘AA’ strokes.

12-under Intrasquad- B/C Swimmers (no swimmer with more than 1”A” time

MEMBERS WITH DISABILITIES OR

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

MEDICAL CONDITIONS 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 assistants required and/or registered service animals. Failure to provide advance notice may limit MOR's ability to accommodate all requests.

ENTRIES Entries submitted in Hy-Tek format require no hard copy entry forms. Email is preferred for electronic entries to mormeets@gmail.com A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline or you may arrange to bring to the meet by emailing coachcara45@aol.com A swimmer's age on the first day of the meet will determine their age for the entire meet. HOST TEAM entries will be entered first and then accept teams/entries in the order received, until the four/eight-hour rule is reached. Entries received thereafter will be returned immediately. **All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge. MOR Reserves the Right to limit events and adjust timelines based on entries.**

ENTRY LIMITATIONS All Circuit swimmers are limited to three (3) events Friday, and seven (7) events combined from Saturday/Sunday. No more than 3 a day.
Developmental swimmers are limited to 2 events on Friday and a total of 7 events combined from Saturday/Sunday. No more than 3 a day.
12-under B/C Swimmers are allowed 4 events per day Saturday/Sunday

Deck-Seeded

Events: All events 400 yards or longer will be deck-seeded. Positive check-in for those events will be required 30 minutes after the START of warm-ups for that session. The NCS Scratch Rule will be in effect for all events 400 yards or longer.

1650 Free: The 1650 yard free will be conducted swimming the first two fastest heats of women (slowest to fastest), then the first two fastest heats of men (slowest to fastest), then alternating women and men (fastest to slowest). Each swimmer in these heats must provide a person to count laps. The 1650 Free may be limited to four heats of each gender. MOR Timers will time for this event.

400 IM: To swim the 400 IM, the swimmer must have achieved the 13-14 "A" time standard in either short course or long course

ENTRY VERIFICATION An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES **The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. No late entries will be accepted. Late entries may be accepted at the discretion of the Meet Referee. There will be no on deck entries.**

ENTRY FEES

Make checks payable to: HOST TEAM; All fees are non-refundable	
Individual Event	\$8.50 per event
Relays	\$8.00 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers

Facility Surcharge	\$15 per swimmer
Late Entry Fee	\$17 per event/ \$16 per relay

- 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** Positive check-in is required for all events 400 yards or longer at Clerk of Course. Check-in must be complete 30 minutes after the start of warm-ups in any given session for that session. If a swimmer fails to check in for his/her event, meet management will make every effort to locate the team's coach to verify. If a coach is not located and the swimmer not checked in, they will be scratched from the event. **Please limit one coach per team to the check in table.**
- SCRATCHES** There will be no penalty for scratching pre-seeded events at the block The NCS Scratch Rule is in effect for this meet.
- RESULTS** Results will be posted on MOR's website within 24 hours of the meets conclusion. At the conclusion of the meet, teams may obtain Hy-Tek backups either on a memory stick or via email attachment.
- COACHES** All coaches on deck must be registered and certified with USA Swimming. 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 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** There will be a need for officials. MOR Welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet. All officials on deck must be registered and certified with USA Swimming. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. There will be a meeting at the day(s)/time(s) listed in the "Deadline and Meeting Summary" above. Meetings may be in-person at the meet or virtual in advance and assignments may be communicated electronically prior to each session. All officials are strongly encouraged to complete an individual personal review of applicable USAS rules prior to the meet. Officials should report at the time specified by the Meet Referee and bring a mask (if necessary) and a writing utensil.
- HOSPITALITY/
CONCESSIONS** There will be a hospitality area open to all coaches and officials.
- WARM-UP** 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 are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. 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. MOR, Pullen Aquatic center and the City of Raleigh, 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.

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.

NUMBERED EVENTS FOR SESSION CHANGES:

Friday night events are the same: 1-6

Saturday AM: Circuit and Developmental

7-8	13-over 200 Free Developmental
9-10	13-over 200 Free Circuit
11-12	13-over 100 Backstroke developmental
13-14	13-over 100 Backstroke Circuit
15-16	13-over 100 Butterfly Developmental
17-18	13-over 200 Fly Circuit
19-20	13-over 200 Breast Developmental
21-22	13-over 100 Breast Circuit
23-24	13-over 200 IM Developmental
25-26	13-over 200 IM Circuit
27-28	13-over 500 Free Developmental
29-30	13-over Circuit 200 Freestyle Relay

Saturday PM: 12-under B/C MOR

31-32	11-12 200 Free
33-34	8-under 25 Free
35-36	12-under 50 Free
37-38	8-under 25 Back
39-40	12-under 50 Back
41-42	8-under 25 Breast
43-44	12-under 50 Breast
45-46	8-under 25 Fly
47-48	12-under 50 Fly
49-50	12-under 100 IM

51-52 11-12 200 IM

Sunday AM: Circuit ONLY

53-54 200 Backstroke Circuit/ 10 min break

55-56 100 Free Circuit/10 min break

57-58 200 Breaststroke Circuit/ 10 min break

59-60 100 Fly Circuit/ 10 min break

61-62 500 Free Circuit

63-64 200 Medley Relay Circuit

Sunday PM: 13-over Developmental/ 12-un B/C MOR

65-66 13-over 200 Back

67-68 12-under 100 Back

69-70 13-over 100 Breast

71-72 12-under 100 Breast

73-74 13-over 200 Fly

75-76 12-under 100 Fly

77-78 13-over 100 Free

79-80 12-under 100 Free

81-82 13-over 400 IM

MOR Kick Off

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to HOST TEAM):

MOR Attn: Cara Cameron
4904 Waters Edge Drive, Suite 295
Raleigh, NC, 27606
Coachcara45@aol.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$8.50per event	
Relay Entries		\$8.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$18.00 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. MOR, Pullen Aquatic center and the City of Raleigh, 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. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my 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.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE

NORTH CAROLINA SCRATCH RULE

208.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet announcement shall specify all mandatory check-in and scratch deadlines and procedures.

- .1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
- .2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch or as noted in 208.3.4 A or D.. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet announcement states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet announcement.
- .3 Preliminary and Finals Events
 - A. Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck then 208.3.2 applies
 - B. Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an Individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 208.3.4. For events occurring on the last day of a meet, a fine of \$100 per missed swim shall also be assessed to the club by the appropriate Division Chair for failure to compete. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.
 - C. In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete
 - D. When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim
 - E. If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)
- .4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:
 - A. The Referee is notified in the event of illness or injury and accepts the proof thereof.
 - B. The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
 - C. The swimmer was not named in any finals heat during the initial announcement of results
 - D. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

208.4. RELAY SCRATCH RULE

- .1 All Meets - Any relay or relay member, in a relay event that fails to compete in or report for that event shall not be penalized.