



2026 Reagan Martin Rocks Swim Meet

Hosted by Marlins of Raleigh

March 14-15, 2026

Held at Pullen Aquatic Center, 410 Ashe Avenue, Raleigh, NC 27606

*Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC26059 R3*

MEET DIRECTOR	MEET ENTRY COORDINATOR
<p>Cara Cameron 919-851-3000 Coachcara45@aol.com</p>	<p>Pam Rocque mormeets@gmail.com</p>
MEET REFEREE	MEET MARSHAL
<p>Carl Schmidt Ncglass814@gmail.com</p>	<p>Emily Daniels (Female Meet Marshal) Darryl Buda (Male Meet Marshal)</p>

FACILITY and HOST TEAM REQUIREMENTS

Marlins of Raleigh (MOR) has discussed specific health and safety procedures with the venue management. At this time, the facility and **MOR** have no additional requirements. 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.

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 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. MOR will ensure the required competition course dimensions.

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.

Entry/Exit for all through the main doors.

Lifeguards will provide first aid.

PARKING

Parking for meet personnel and Pullen staff will be in the main parking lot adjacent to the facility. A parking attendant will be on hand to check credentials or passes. Spectators are able

to use Governor Morehead School parking and/or Cates Parking Deck on NCSU Campus- both a quick 5-minute walk. **There will be NO drop off anywhere on site. Please park and walk in. Any argument or disrespect shown to any attendants will result in dismissal from the premises as well as your swimmer removed from the meet.**

**LOCKER ROOMS/
CHANGING**

Locker rooms are for swimmers ONLY. Deck changing is prohibited. **Restrooms for spectators are located upstairs in the balcony area. The restroom directly off the pool deck will be used for coaches, officials and MOR meet volunteers ONLY>**

MEET FORMAT

This is a timed finals Age Group/Seniors, pre-seeded meet unless otherwise indicated.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	8:30am	9:00am	All 8 & Unders
2	Saturday	11:15am	12:00noon	All 9-10's, 11-12 Boys
3	Saturday	3:30pm	4:20pm	11-12 Girls, 13-Overs
4	Sunday	8:30am	9:00am	All 8 & Unders
5	Sunday	11:15am	12:00noon	All 9-10's, 11-12 Boys
6	Sunday	3:15pm	4:05pm	11-12 Girls, 13-Overs

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
March 4, 2026	5:00pm	Entry deadline
March 6, 2026	12noon	No more changes made to meet
March 14-15	45 minutes prior to start of session	Officials Briefing in hospitality
March 14-15	25 minutes prior to start of session	Timer Briefing

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 suit with any bonded or taped seams regardless of its fabric or silhouette; or
- Any suit which includes any woven fabric and which extends past the hips.

MAAPP

All 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 MAAPP 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 INVITED TEAMS. 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.**

Please list the swimmer's age as of the first day of the meet, March 14, 2026

Any swimmer that ages up between B/C States and Tarheel States, and who is qualified for this meet but not Tarheel States, may swim in the older age group at this meet. To enter, please email mormeets@gmail.com and provide; name of swimmer, birthdate, USA ID #, Event numbers, Events and times.

All 8-under swimmers are allowed to enter this meet.

9-10: Athletes 9-10 cannot have more than 1 10-U "BB" stroke.

11-12: Athletes 11-12 cannot have more than 1 11-12 "BB" Stroke

13-older: Athletes 13-over cannot have more than 1 13-14 "AA" Stroke

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

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 assistants required and/or registered service animals. Failure to provide advance notice may limit **MOR's** ability to accommodate all requests. To request accommodation or modification for swimmers with disabilities, coaches should complete the [USA Swimming Accommodation Form](#) and submit it to the Meet Referee and Meet Director prior to the entry deadline.

ENTRIES

Please email entries using Hy-Tek Team Manager or Team Unify software. The Hytek order of events can be found on ncswim.org or by emailing mormeets@gmail.com to

obtain. Late entries may be accepted at the discretion of the meet director. Entries submitted after the entry deadline should be emailed to the computer operator (mormeets@gmail.com) A swimmer's age on the first day of the meet will determine their age for the entire meet. MOR 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.

ENTRY LIMITATIONS Swimmers may swim a maximum of 4 events per day.

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. will be no on deck entries. 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: MOR; All fees are non-refundable	
Individual Event	\$9.00 per event
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$15.00 per swimmer
Late Entry Fee	\$18.00 per event

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 All events will be pre-seeded and there will be no positive check-in.

SCRATCHES There will be no penalty for scratching pre-seeded events at the block.

SCORING No team or individual scoring will be kept.

AWARDS Ribbons will be awarded to the top 8 finishers.

RESULTS 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. Volunteering Officials should contact the Meet Referee by email **prior to the meet**. All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet/session. 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 writing utensil.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials and drinks and snacks for MOR volunteers. Concessions will be sold in the lobby as well as heat sheets and other various items.

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 Marshal 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 (if available). **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, 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.

ORDER OF EVENTS

Saturday, March 14, 2026

Session 1

Girls/Women	Event	Boys/Men
1	8-under 25 Y Free	2
3	8-under 50 Y Breast	4
5	8-under 25 Y Back	6
7	8-under 50 Y Fly	8
9	8-under 100 Y Free	10

Saturday, March 14, 2026

Session 2

Girls/Women	Event	Boys/Men
11	9-10 100 Y Fly	12
	11-12 100 Y Fly	14
15	9-10 50 Y Free	16
	11-12 50 Y Free	18
19	9-10 100 Y Breast	20
	11-12 100 Y Breast	22
23	9-10 50 Y Back	24
	11-12 50 Y Back	26
27	9-10 100 Y IM	28
	11-12 100 Y IM	30
31	9-10 200 Y Free	32
	11-12 200 Y Free	34

Saturday, March 14, 2026

Session 3

Girls/Women	Event	Boys/Men
35	11-12 100 Y IM	
37	13-over 50 Y Free	38
39	11-12 50 Y Free	
41	13-over 100 Y Fly	42
43	11-12 100 Y Fly	
45	13-over 200 Y Back	46
47	11-12 50 Y Back	
49	13-over 100 Y Breast	50
51	11-12 100 Y Breast	
53	13-over 200 Y Free	54
55	11-12 200 Y Free	

Sunday, March 15, 2026

Session 4

Girls/Women	Event	Boys/Men
57	8-under 50 Y Free	58
59	8-under 25 Y Breast	60
61	8-under 50 Y Back	62
63	8-under 25 Y Fly	64
65	8-under 100 Y IM	66

Sunday, March 15, 2026

Session 5

Girls/Women	Event	Boys/Men
67	9-10 200 Y IM	68
	11-12 200 Y IM	70
71	9-10 50 Y Breast	72
	11-12 50 Y Breast	74
75	9-10 100 Y Back	76
	11-12 100 Y Back	78
79	9-10 50 Y Fly	80
	11-12 50 Y Fly	82
83	9-10 100 Y Free	84
	11-12 100 Y Free	86

Sunday, March 15, 2026

Session 6

Girls/Women	Event	Boys/Men
87	11-12 50 Y Fly	
89	13-over 200 Y Fly	90
91	11-12 100 Y Free	
93	13-over 100 Y Free	94
95	11-12 50 Y Breast	
97	13-over 200 Y Breast	98
99	11-12 100 Y Back	
101	13-over 100 Y Back	102
103	11-12 200 Y IM	
105	13-over 200 Y IM	106

2026 Reagan Martin Rocks Swim Meet

Summary of Fees/Release Form

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

Marlins of Raleigh
ATTN: Cara Cameron
4904 Waters Edge Drive
Suite 295
Raleigh, NC 27606

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$9.00 per event	
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. HOST TEAM, FACILITY, 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 _____