

# NORTH CAROLINA AQUABLAZERS SWIM TEAM



**SANCTION:** Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming, Inc., Approval # NC12065AP

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

<b>MEET DIRECTOR</b> Kathy Cooper (919) 522-9275 <a href="mailto:kcfromnc@mindspring.com">kcfromnc@mindspring.com</a>	<b>MEET ENTRY COORDINATOR</b> Kathy Cooper 2417 Deanwood Drive Raleigh, NC 27615 (919) 522-9275 <a href="mailto:kcfromnc@mindspring.com">kcfromnc@mindspring.com</a>
<b>MEET REFEREE</b> Robert Thompson (904)292-4816 <a href="mailto:robertnayr@att.net">robertnayr@att.net</a>	<b>MEET MARSHALL</b> Fredrick Hutchinson (919) 417-7751 <a href="mailto:fredrick.hutchinson@yahoo.com">fredrick.hutchinson@yahoo.com</a>

**FACILITY:** Triangle Aquatic Center  
275 Convention Drive  
Cary, NC 27511  
(919) 459-4045  
[www.triangleaquatics.org](http://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-feet wide competition course and a 10-lane, 25-yard by 7-feet, 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><b>Friday April 27, 2012</b></p>	<p><b>MEET ENTRY DEADLINE</b> (Meet Entries and Fees Due)</p>	<p>MIDNIGHT</p>
<p><b>Friday May 4, 2012</b></p>	<p><b>MEET ENTRY CORRECTIONS DEADLINE</b> (Meet Entry Corrections and Team Pictures/Ads Due)</p>	<p>MIDNIGHT</p>
<p><b>Friday May 25, 2012</b></p>	<p><b>4<sup>th</sup> Annual Community Breakfast Honoring Swimming Pioneers</b></p>  <p><b>EMBASSY SUITES HOTELS®</b></p>	<p>9:00 . 11:00 AM</p> <p><b>Embassy Suites</b> Raleigh-Durham/RTP 201 Harrison Oaks Blvd. Cary, NC 27513 (919) 677-1840</p>
	<p><b>Team Practices</b></p> 	<p>7:00 . 9:00 PM</p> <p><b>Triangle Aquatic Center</b> 275 Convention Drive Cary, NC 27511 (919) 459-4045 <a href="http://www.triangleaquatics.org">www.triangleaquatics.org</a></p>
	<p><b>Friday Night Swim Clinic With All-American US Open &amp; World Cup Champion Sabir Muhammad</b></p> <p><b>Open to Swimmers ages 5 to 18 (limited to 50 swimmers) Cost: \$25 per swimmer (fee includes a copy of Sabir's book: "Born to Swim")</b></p>	<p>7:00-8:30 PM</p> <p><b>Triangle Aquatic Center</b></p>

	<p align="center"><b>Coaches' Dinner/Meeting</b></p>  <p align="center">EMBASSY SUITES HOTELS®</p>	<p align="right">8:00-10:00 PM</p> <p><b>Embassy Suites</b> Raleigh-Durham/RTP</p>
<b>Saturday May 26, 2012</b>	<b>Session 1</b>	<b>Triangle Aquatic Center</b>
	<b>Officials' Meeting</b>	7:45 AM
	<b>Coaches' Meeting</b>	8:00 AM
	<b>Timers' Meeting</b>	8:15 AM
	<p><b>Session 1</b>  <b>13 &amp; Over Women and Men</b>  <b>Triangle Aquatic Center</b>  <b>West Course</b></p> <p>Warm ups Timed Finals</p>	<p>7:00 AM 8:30 AM</p>
	<b>Sessions 2A and 2B</b>	<b>Triangle Aquatic Center</b>
	<b>Officials' Meeting</b>	1:45 PM
	<b>Coaches' Meeting</b>	2:00 PM
	<b>Timers' Meeting</b>	2:15 PM
	<p><b>Session 2A</b>  <b>12 &amp; Under Women</b>  <b>Triangle Aquatic Center</b>  <b>West Course</b></p> <p>Warm ups Timed Finals</p>	<p>1:00 PM 2:30 PM</p>
	<p><b>Session 2B</b>  <b>12 &amp; Under Men</b>  <b>Triangle Aquatic Center</b>  <b>East Course</b></p> <p>Warm ups Timed Finals</p>	<p>1:00 PM 2:30 PM</p>

	<p><b>10th Anniversary Soul Train Disco</b></p> 	<p>7:00 . 10:00 PM</p> <p>Lighthouse Convention Center 326 Tryon Road Raleigh, NC 27603 (919) 661-6902</p>
<p><b>Sunday May 27, 2012</b></p>	<p><b>Session 3</b></p>	<p><b>Triangle Aquatic Center</b></p>
	<p><b>Officials' Meeting</b></p>	<p>7:45 AM</p>
	<p><b>Coaches' Meeting</b></p>	<p>8:00 AM</p>
	<p><b>Timers' Meeting</b></p>	<p>8:15 AM</p>
	<p><b>Session 3 13 &amp; Over Women and Men Triangle Aquatic Center West Course</b></p> <p><b>Warm ups Timed Finals</b></p>	<p>7:00 AM 8:30 AM</p>
	<p><b>50 Free Exhibition Swims (2) with All-American, US Open and World Cup Champion Sabir Muhammad</b></p> <p><b>Triangle Aquatic Center West Course</b></p> <p><b>Coaches/Officials/Parents/Alumni 100 Free Relay</b></p> <p><b>Triangle Aquatic Center West Course</b></p> <p><i>High Point Awards Presentation 13 &amp; Over Swimmers Luqman El-Amin 100 Fly Award Presentation Announcer's Table</i></p>	<p><b>Immediately Following Session 3</b></p>

	<b>Sessions 4A and 4B</b>	<b>Triangle Aquatic Center</b>
	<b>Officials' Meeting</b>	1:45 PM
	<b>Coaches' Meeting</b>	2:00 PM
	<b>Timers' Meeting</b>	2:15 PM
	<b>Session 4A</b> <b>12 &amp; Under Women</b> <b>Triangle Aquatic Center</b> <b>West Course</b>	
	<b>Warm ups</b> <b>Timed Finals</b>	1:00 PM 2:30 PM
	<b>Session 4B</b> <b>12 &amp; Under Men</b> <b>Triangle Aquatic Center</b> <b>East Course</b>	
	<b>Warm ups</b> <b>Timed Finals</b>	1:00 PM 2:30 PM
	<i>High Point Awards</i> <i>12 &amp; Under Swimmers</i> <i>Top 6 Teams, Team Spirit Awards Presentation</i> <b>Announcer's Table</b>	<b>Immediately</b> <b>Following Session 4</b>

**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.

**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 4.0. 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 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:  
[kcfromnc@mindspring.com](mailto:kcfromnc@mindspring.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 **Friday, April 27, 2012**. No telephone entries will be accepted. No late entries will be accepted. Corrections to entries submitted by the initial deadline will be allowed up to and including **Friday, May 4, 2012**.

**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 the meet director at (919) 522-9275 if you want to make a telephone credit card payment. (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 1<sup>st</sup> through 16<sup>th</sup> place. Individual awards will be given only from 1<sup>st</sup> through 8<sup>th</sup> places and relay awards will be given only from 1<sup>st</sup> through 3<sup>rd</sup> places. Team awards will be given for 1<sup>st</sup> through 6<sup>th</sup> places. Team Spirit award will be given to the team with the most spirit. Any challenges to results must be made by the swimmerscoach 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<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Trophies, 4<sup>th</sup> - 8<sup>th</sup> Ribbons  
*Relays:* 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Trophies  
*Team Place Awards:* 1<sup>st</sup> - 6<sup>th</sup> 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 and 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:** **4<sup>th</sup> Annual Community Breakfast** will be held at the Embassy Suites RDU/RTP in Cary, NC on Friday, May 25, 2012, from 9 to 11 am. We will be honoring college athletes this year. If you or any of your swimmers are/were swimmers at the collegiate level, please send their names and biography to the Meet Director at [kcfromnc@mindspring.com](mailto:kcfromnc@mindspring.com), by May 4, 2012. Tickets to the breakfast are \$20 per person and sponsorships are available. Ticket and sponsorship information can be found on our website at <http://blackheritageswimming.org>.

**All-American, US Open and World Cup Champion Sabir Muhammad** will be with us again at the Swim Clinic on Friday night and swimming 2 exhibition 50 freestyle races with 14 lucky swimmers on Sunday, May 27<sup>th</sup> at the close of the first session. Sabir's book, *Born to Swim+* will be available for sale at the meet. A copy of *Born to Swim+* is included in the \$25 clinic fee.

**Coaches/Officials/Parents/Alumni 100 Free Relay** will take place on Sunday morning after the two exhibition swims with Sabir Muhammad.

**10<sup>th</sup> Anniversary Soul Train Disco** for **Swimmers, Coaches, Officials, Parents, and Chaperones** will be held the Lighthouse Convention Center this year. Wear your 70s and 80s attire!

**ADMISSION:** This year to offset costs we are charging a **Spectator Admission Fee** at the following rates:

**Morning Session Pass: \$ 5.00**  
**Afternoon Session Pass: \$ 5.00**  
**All-Day Saturday Pass: \$ 8.00**  
**All-Day Sunday Pass: \$ 8.00**  
**Entire Meet Pass: \$15.00**

**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 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 4, 2012.

**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
<b>Total # of Individual Meet Entries</b>		x \$8.00/individual entry	\$ _____
<b>Total # of Relay Meet Entries</b>		x \$12.00/relay	\$ _____
<b>Total # of Swimmers</b>		x \$10.00 surcharge/swimmer	\$ _____
		<b>BALANCE DUE</b>	\$ _____

**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

Event Age Group (Please check one):  8 & Under,  9-10,  11-12,  13-14,  15 & Over

**INDIVIDUAL MEET ENTRIES**

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 \$ \_\_\_\_\_**

*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 \_\_\_\_\_



Saturday, May 26, 2012  
Session 1 West Course  
Event # Women

Warm-ups: 7:00 am

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

Event Name

1	15 & Over 200 yd Freestyle	2
3	13-14 200 yd Freestyle	4
5	15 & Over 50 yd Breaststroke	6
7	13-14 50 yd Breaststroke	8
9	15 & Over 100 yd Butterfly	10
11	13-14 100 yd Butterfly	12
13	15 & Over 50 yd Backstroke	14
15	13-14 50 yd Backstroke	16
17	15 & Over 200 yd Individual Medley	18
19	13-14 200 yd Individual Medley	20
21	15 & Over 200 yd Freestyle Relay	22
23	13-14 200 yd Freestyle Relay	24

Saturday, May 26, 2012  
Session 2A West Course  
Event # Women

Warm-ups: 1:00 pm

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

Event Name

25	11-12 200 yd Freestyle	26
27	9-10 200 yd Freestyle	28
29	8 & Under 100 yd Freestyle	30
31	11-12 50 yd Breaststroke	32
33	9-10 50 yd Breaststroke	34
35	8 & Under 25 yd Breaststroke	36
37	11-12 100 yd Butterfly	38
39	9-10 100 yd Butterfly	40
41	8 & Under 50 yd Butterfly	42
43	11-12 50 yd Backstroke	44
45	9-10 50 yd Backstroke	46
47	8 and Under 25 yd Backstroke	48
49	11-12 200 yd Individual Medley	50
51	9-10 100 yd Individual Medley	52
53	8 and Under 100 yd Individual Medley	54
55	11-12 200 yd Freestyle Relay	56
57	9-10 200 yd Freestyle Relay	58
59	8 and Under 100 yd Freestyle Relay	60



**Sunday May 27, 2012**  
**Session 3 West Course**  
**Event # Women**

**Warm-ups: 7:00 am**

**Timed Finals: 8:30 am**  
**Session 3 West Course**  
**Event # Men**

**Event Name**

<b>61</b>	15 & Over 100 yd Freestyle	<b>62</b>
<b>63</b>	13-14 100 yd Freestyle	<b>64</b>
<b>65</b>	15 & Over 50 yd Butterfly	<b>66</b>
<b>67</b>	13-14 50 yd Butterfly	<b>68</b>
<b>69</b>	15 & Over 100 yd Backstroke	<b>70</b>
<b>71</b>	13-14 100 yd Backstroke	<b>72</b>
<b>73</b>	15 & Over 100 yd Breaststroke	<b>74</b>
<b>75</b>	13-14 100 yd Breaststroke	<b>76</b>
<b>77</b>	15 & Over 50 yd Freestyle	<b>78</b>
<b>79</b>	13-14 50 yd Freestyle	<b>80</b>
<b>81</b>	15 & Over 200 yd Medley Relay	<b>82</b>
<b>83</b>	13-14 200 yd Medley Relay	<b>84</b>
<b>85</b>	Cullen Jones/Lottery Winners Mixed Exhibition 50 Free	
	Coaches/Officials/Parents/Alumni Mixed 100 Free Relay	<b>86</b>

**Sunday May 27, 2012**  
**Session 4A West Course**  
**Event # Women**

**Warm-ups: 1:00 pm**

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

**Event Name**

<b>87</b>	11-12 100 yd Freestyle	<b>88</b>
<b>89</b>	9-10 100 yd Freestyle	<b>90</b>
<b>91</b>	8 & Under 50 yd Freestyle	<b>92</b>
<b>93</b>	11-12 50 yd Butterfly	<b>93</b>
<b>95</b>	9-10 50 yd Butterfly	<b>96</b>
<b>97</b>	8 & Under 25 yd Butterfly	<b>98</b>
<b>99</b>	11-12 100 yd Backstroke	<b>100</b>
<b>101</b>	9-10 100 yd Backstroke	<b>102</b>
<b>103</b>	8 and Under 50 yd Backstroke	<b>104</b>
<b>105</b>	11-12 100 yd Breaststroke	<b>106</b>
<b>107</b>	9-10 100 yd Breaststroke	<b>108</b>
<b>109</b>	8 & Under 50 yd Breaststroke	<b>110</b>
<b>111</b>	11-12 50 yd Freestyle	<b>112</b>
<b>113</b>	9-10 50 yd Freestyle	<b>114</b>
<b>115</b>	8 & Under 25 yd Freestyle	<b>116</b>
<b>117</b>	11-12 200 yd Medley Relay	<b>118</b>
<b>119</b>	9-10 200 yd Medley Relay	<b>120</b>
<b>121</b>	8 and Under 100 yd Medley Relay	<b>122</b>

