

NCAC SHORT COURSE SR. TRI-MEET

Date: Sat. Oct. 18

Location: Koury Natatorium, UNC-Chapel Hill, next to the Dean Dome.

Format: Timed Finals.

Eligibility: All MOR 13-Over swimmers with 1 13-14 time will attend.

Times: **warm-up 7:30am, Timed Finals 9am.**

Directions: To Pool: Take I-40 West to Exit #273 towards Chapel Hill. Turn R and go ~ 5 minutes and go under the bridge and turn R on 15-501 by-pass. Go ~1 mile and Turn R on Manning Dr. Go ~1/4 mile and Turn L on Skipper Bowles Av. The pool is 300 yds. On L next to the Dean Dome.

Entry Limit: 3 individual events/1 relay

Scoring: Ind. Events-9,7,6,5,4,3,2,1 Relays-10,3,1

Notes: Team attire-team suits for all swimmers. Silver MOR caps.
T-shirts –White MOR T-shirt.
Sit together as a team. Cheer for each other.
Large spectator area is available in the balcony. No spectators allowed on deck.
Please arrive on time for warm-up so coaches can go over instructions.
Be aggressive. ***SWIM SMART & FAST!***

Entry Deadline: **Send email entry to your coach by Fri. Sept. 26**

ORDER OF EVENTS:

SENIOR 500 FREE
SENIOR 100 BREAST
SENIOR 100 FLY
SENIOR 100 FREE
SENIOR 200 IM
SENIOR 100 BACK
SENIOR 200 FREE RELAY