



NCAC LONG COURSE AGE GROUP AND SENIOR QUAD MEET
KOURY NATATORIUM, CHAPEL HILL, NC
Saturday May 2nd, 2009

FACILITIES:

Koury Natatorium, UNC Campus,
Skipper Bowles Dr, Chapel Hill, NC.

DIRECTIONS:

Take 40 West to Exit 273A (NC-54 towards Chapel Hill).
Make a **Right** onto 15/501 (go under the bridge before exiting).
Make a **Right** onto Manning Drive.
Take a **Left** onto Skipper Bowles Drive.
Pool is on your **Right**.

SCHEDULE:

	<u>Warm Up</u>	<u>Meet Start</u>
Senior Session	7:00 AM	8:30 AM
12 & Under Session	12:30 PM	1:30 PM

ELIGIBILITY:

- 9-12 Years Old** – Must have achieved 1 ‘A’ time in their age group.
13 and Over– Participants must have a 13-14 ‘A’ time standard.

ENTRY LIMIT:

3 individual events per day

ENTRY DUE DATE: **Entries are due by THURSDAY APRIL 2nd**

Send entries to your coach via email.

TEAM SHIRTS:

Shirts

White MOR Shirt

Suits

Black MOR Speedo suits

Caps

Black

ORDER OF EVENTS

SENIOR SESSION

Warmups 7:00 AM Timed Finals 8:30 AM

WOMEN		MEN
1	SENIOR 400 FREE	2
3	SENIOR 100 BREAST	4
**	10 minute break	**
5	SENIOR 100 FLY	6
7	SENIOR 100 FREE	8
**	10-minute break	**
9	SENIOR 200 IM	10
11	SENIOR 100 BACK	12
**	10-minute break	**
13	SENIOR 200 FREE RELAY	14

AGE GROUP SESSION

Warmups not before 12:30 PM, Timed Finals not before 1:30 PM

15	12 & UNDER 200 FREE	16
17	10 & UNDER 50 FLY	18
19	11-12 100 FLY	20
21	10 & UNDER 50 BACK	22
23	11-12 100 BACK	24
25	10 & UNDER 50 BREAST	26
27	11-12 100 BREAST	28
29	10 & UNDER 50 FREE	30
31	11-12 100 FREE	32
33	10 & UNDER 200 FREE RELAY	34
35	11-12 200 FREE RELAY	36