



MARLINS OF RALEIGH

2009 North Carolina Swimming Senior Long Course Championships July 23-26, 2009

FACILITIES:

Mecklenburg County Aquatic Center
800 Martin Luther King, Jr. Blvd
Charlotte, NC 28202-2874
704-336-3483

SCHEDULE:

		<u>Warm Up</u>	<u>Meet Start</u>
<u>Thursday</u>	Timed Finals→	4:00pm	5:00pm
<u>Friday-Saturday</u>	Preliminaries→	7:00am	8:50am
	Finals→	4:30pm	5:50pm
<u>Sunday</u>	Preliminaries→	7:00am	8:50am
	Finals→	4:00pm	5:20pm

ELIGIBILITY: Swimmers must have achieved the 2009 NCS Senior Championship qualifying standard in each event entered.

ENTRY LIMIT: Swimmers are limited to three (3) individual events per day and a total of seven (8) individual events plus relays for the meet.

ENTRY DUE DATE: **Entries are due by Monday June 29th**
Send entries to your coach via email.

TEAM APPERAL: **Thursday:** White MOR Shirt / **Friday:** Grey MOR Shirt
Saturday: Black MOR Shirt / **Sunday:** White MOR Shirt
Black MOR Speedo suits / **Caps-**Prelims-Silver caps, Finals Black MOR Caps

HOTELS: Marlins of Raleigh has reserved 30 rooms at the Hilton Inn-Charlotte Uptown under the name 'Marlins of Raleigh' at \$94 a night. We also have 30 rooms at the Crowne Plaza under the name 'Marlins of Raleigh' at \$89 a night. The cutoff date for both hotels is July 3rd. Here is the hotel information:

Hilton Garden Inn Charlotte-Uptown

508 E Martin Luther King Jr. Blvd,
Charlotte, North Carolina, USA 28202-2830
Tel: +1-704-347-5972

Crown Plaza Hotel Charlotte

201 South McDowell Street
Charlotte, NC 28204, USA

+1-704-372-7550

**LONG COURSE SENIOR CHAMPIONSHIP
ORDER OF EVENTS**

Thursday Evening Session (Timed Finals) – July 23, 2009

Warm-ups: 4:00pm. → Timed Finals Begin → 6:00pm.

GIRLS EVENT #	SC QT	LC QT	EVENTS	LC QT	SC QT	BOYS EVENT #
1	11:08.59	9:56.49	800m Free	10:30.19	9:20.99	2
3			800m Free Relay			4

Friday Morning Session (Preliminaries) – July 24, 2009

Warm-ups: 7:00am. → Preliminaries Begin → 9:00am.

GIRLS EVENT #	SC QT	LC QT	EVENTS	LC QT	SC QT	BOYS EVENT #
5	2:01.19	2:17.69	200m Free	2:06.59	1:51.09	6
7	1:12.79	1:21.99	100m Breast	1:20.29	1:03.89	8
9	1:02.89	1:10.69	100m Fly	1:02.49	55.79	10
11	4:52.19	5:31.19	400m IM	5:06.79	4:25.79	12
13			400m Fr Relay			14

Saturday Morning Session (Preliminaries) – July 25, 2009

Warm-ups: 7:00am. → Preliminaries Begin → 9:00am.

GIRLS EVENT #	SC QT	LC QT	EVENTS	LC QT	SC QT	BOYS EVENT #
15	2:17.69	2:33.49	200m Fly	2:20.49	2:04.39	16
17	26.19	29.69	50m Free	26.89	23.09	18
19	2:35.39	2:56.69	200m Breast	2:40.39	2:18.99	20
21	1:03.49	1:12.89	100m Back	56.69	1:05.99	22
23	5:21.99	4:48.79	400m Free	4:30.29	5:00.19	24

Sunday Morning Session (Preliminaries) – July 26, 2009

Warm-ups: 7:00am. → Preliminaries Begin → 9:00am.

GIRLS EVENT #	SC QT	LC QT	EVENTS	LC QT	SC QT	BOYS EVENT #
25	56.39	1:03.99	100m Free	58.99	50.79	26
27	18:39.79	19:01.59	1500m Free			
29	2:16.79	2:36.49	200m Back	2:22.89	2:03.39	28
			13-14 1500m Free	17:54.89	17:30.19	30
31	2:17.39	2:37.39	200m IM	2:23.99	2:04.09	32
33			400m Med Relay			34