

**2009 North Raleigh Championship Meet
(formerly the JC Meet)**

Hosted by the Marlins of Raleigh

Sunday, July 12, 2009

****ENTRIES ARE DUE BY JULY 2nd, 2009*****

SITE:

A.E. Finley Athletic Center
Ravenscroft School
7409 Falls of the Neuse Road
Raleigh, NC 27615

PARKING:

Parking will be available in the main lot in front of the building. Please enter through the main entrance. Please park in marked spaces only.

DATE:

Sunday, July 12, 2009

TIMES:

10-unders: Warm-ups will be at 8am- meet starts 9:30am

11-Over: Warm-ups will be at 1pm- meet starts 2:15pm

****any changes in warm-up times or start times will be sent to the main email address contact given.**

FACILITY:

Ravenscroft is a six-lane, 25 yard pool, with non-turbulent lane ropes and permanently mounted starting blocks. The minimum depth at the start end of the pool is 12 feet. An automatic timing system and computer results will be used. 25 yard events will start from the blocks. Spectator seating is available in the balcony and will be WARM, please tell parents to dress accordingly. The gymnasium will be set up with each team having a designated spot to sit. **YOUR AREA NEEDS TO BE CLEANED before leaving the gym area. Please tell swimmers and parents that floor mats and basketball goals are not to be used- these are the property of Ravenscroft School.**

NOTE: NO FOOD OR DRINK ALLOWED ON DECK or in the GYMNASIUM- HOWEVER SWIMMERS MAY HAVE A PLASTIC BOTTLE FOR WATER.

NO TOBACCO USE ALLOWED IN ANY PART OF THE BUILDING or Campus. No siblings or families can be on any part of the track or football field.

ELIGIBILITY

There is NO limit to the number of swimmers that can be entered from your team in each age group.

ENTRIES:

Entries should be done on Hytek if available to your team event #, time, male or female). **All Swimmers must have a time to enter the meet. A TM Lite file can be downloaded by going to <http://www.hytek ltd.com/downloads.html> - go down to the bottom where you see TM 5.0 and go to the right- you will see LITE to download. You can find the directions on how to download as well as the TM Event File on the MOR website at www.marlinsofraleigh.com**

ENTRY LIMIT:

Swimmers are limited to 4 individual events and can be on both relays- NO swimmer may move-up to next age bracket for relays.

ENTRY DEADLINE: All entries done by hytek are due on July 2nd. Please mail your entries to Cara Cameron, 4900 Waters Edge Dr., Suite 200, Raleigh, NC, 27606. If you need to hand deliver your entries, please email me at the email below for instructions on where to submit your entries- if you overnight your entries, please make sure you sign the part where a signature is not required. Please email me to let me know you have delivered, sent or put in mailbox at coachcara45@aol.com
Please send appropriate fees with your entry via mail unless other arrangements have been made.
PLEASE SEND ESTIMATED NUMBERS TO coachcara45@aol.com by June 20, 2009

ENTRY FEES:

Individual Events-per event	\$2.00
Relays	\$8.00
Facility Fee per swimmer	\$5.00

Entry fees must accompany entries and are not refundable.

Make checks payable to: MOR

MAIL ENTRIES & FEES TO: Cara Cameron
4900 Waters Edge Drive, Suite 200
Raleigh, NC, 27606

Entries must include:

1. Correct entry fees.
2. Entry forms properly completed.
3. Received by dates on Entry deadline
4. Please do not send entries in a manner which requires signature for delivery.

TIMING and OFFICIALS: **Each team will need to provide timers for each session they compete. A specific number will be determined after entries are received and sent to the main contact for your club. Those timers should report on deck at 9:00am and get their deck pass from their coach who can find it in their meet packet. Each team will be asked to supply 1 Stroke Judge per session.**

CLERK OF COURSE And GYM AREA: Each team is asked to have their own kid pushers to get those swimmers to the blocks. Each team will be given a deck pass for kid pushers (for every 10 kids, 1 is allowed). The coaches can pick these up at Check in. Each team will have an area clearly marked in the gymnasium to set up their towels and chairs. **NO FOOD IS ALLOWED** and we ask that everyone be respectful of this rule. **WE** will have a board in the gymnasium that will have the number of the event in the water so that you can begin preparing your swimmers to get to the blocks.

AWARDS: Please pick up awards after the meet. In the event that the awards are not ready at that time, please supply us with your mailing address before you leave.

WARM-UPS: Each team will be given specific warm-up times and lane assignments once all entries are received and put into Meet Manager. **A contact email is needed for the person responsible for making your swim club aware of any changes. Warm-up time is specific so please make sure your team is ready and in the water at your specified**

time.

SAFETY: NO running or horseplay will be tolerated- no gum or food on deck or in the gymnasium. Anyone who has food in the gymnasium will be asked to leave the area. Water bottles are allowed on deck.

COACHES MEETING: A coaches' meeting will be held at 9:05am in the Hospitality room.

MEET DIRECTOR: Kari McMichael and Cara Cameron (coachcara45@aol.com)

MEET REFEREE: Dominic Delfino

MEET MARSHALL: Ted Pierson

OFFICIALS: ANY USA Swimming INTERESTED IN STROKE AND TURN AT THIS MEET SHOULD CONTACT CARA CAMERON AT coachcara45@aol.com Each team is asked to supply one stroke and turn judge per session competing. Names of these judges will need to be submitted by July 2, 2009.

HOSPITALITY: Hospitality will be open to officials, coaches, and meet workers.

CONCESSIONS: Marlins of Raleigh will be selling some snack foods and drinks to be in the main lobby or in the trailer outside. Heat Sheets can be purchased in the hallway near where results are posted.

RELEASE STATEMENT: USA Swimming, Inc., North Carolina Swimming, Inc, Marlins of Raleigh, and Ravenscroft School shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

CONCESSIONS: On site there will be concessions as well as goggles, caps, suits, etc. for sale.

PLEASE TAKE A MOMENT TO SEND CARA CAMERON A RESPONSE IF YOUR TEAM WILL BE ATTENDING THIS SWIM MEET. Please RSVP by June 20, 2009 (Approximate # of 10-under and 11-over)

coachcara45@aol.com

ORDER OF EVENTS

Girls

1	8-under 100 Medley Relay
3	9-10 100 Medley Relay
5	6-under 25 Freestyle
7	7-8 25 Freestyle
9	9-10 25 Freestyle
11	6-under 25 Backstroke
13	7-8 25 Backstroke
15	9-10 25 Backstroke
17	6-under 25 Breaststroke
19	7-8 25 Breaststroke
21	9-10 25 Breaststroke
23	8-under 25 Butterfly
25	9-10 25 Butterfly
27	8-Under 100 Freestyle Relay
29	9-10 100 Freestyle Relay

Boys

2	
4	
6	
8	
10	
12	
14	
16	
18	
20	
22	
24	
26	
28	
30	
31	11-12 100 Medley Relay
33	13-18 100 Medley Relay
35	11-12 50 Freestyle
37	13-14 50 Freestyle
39	15-18 50 Freestyle
41	11-12 50 Backstroke
43	13-14 50 Backstroke
45	15-18 50 Backstroke
47	11-12 50 Breaststroke
49	13-14 50 Breaststroke
51	15-18 50 Breaststroke
53	11-12 50 Butterfly
55	13-14 50 Butterfly
57	15-18 50 Butterfly
59	11-12 100 Freestyle Relay
61	13-18 100 Freestyle Relay

Entry Summary Sheet

2009 North Raleigh Championship Meet
 Hosted by the Marlins of Raleigh
 July 12, 2009

Use this form for a summary of entries.

Age Group	Total # of Swimmers X \$5.00	Total # Entries X \$2.00	Total # Relays X \$8.00		Total Entry Fee
8-Un Girls					
8-Un Boys					
9-10 Girls					
9-10 Boys					
11-12 Girls					
11-12 Boys					
13-14 Girls					
13-14 Boys					
15-18 Girls					
15-18 Boys:					
Total Individual Entries/Fees					
				Total Fees	

Make checks payable to: MOR

Total Fees

Return this summary sheet with entry fees, official rosters and entry forms to:

**Cara Cameron
 4900 Waters Edge Dr., Suite 200
 Raleigh, NC , 27606**

USA Swimming, Inc., North Carolina Swimming, MOR, Ravenscroft School, and other governing bodies of the facilities shall be held free and harmless for any and all liabilities or claims for damages arising by reasons of injuries to anyone during the conduct of this event.

Signature: _____

Coach: _____

Club: _____

MAIN CONTACT # _____ MAIN CONTACT EMAIL _____

This person will be notified of any changes or questions after receiving the entries.

** A check for all applicable fees is required for this to be a valid entry.

PLEASE MAKE SURE TO READ ALL MEET INFORMATION CAREFULLY AND PREPARE YOUR MEMBERS FOR THIS MEET. PLEASE MAKE SURE TO HAVE A MAIN CONTACT PERSON (NUMBER AND EMAIL ADDRESS) FOR ANY INFORMATION THAT MUST BE RELAYED TO YOUR CLUB AT ANY TIME AFTER THE 2nd of July to the 12th of July.

THANKS,
 CARA CAMERON
coachcara45@aol.com