



2009 Southern Wake Invitational Meet at Sunset Ridge

Facility: 5032 Linksland Drive, Holly Springs, NC 27540, Sunset Ridge Raquet and Swim Club, Holly Springs, NC. This is a 10 lane facility with seating around the pool for coaches and around the outside of pool area for parents. No parents are allowed on deck without a deck pass. There will be a tent area for all teams that will be available for setup on Saturday afternoon.

Dates: July 12, 2009

Times: Sun. AM 6 &U, 7-8, 9-10 W-up-8:00 am Meet-9:00 am
Sun. PM 11-12, 13-14, 15-18 W-up-1:30 pm Meet-2:30 pm

Sponsor: Marlins of Raleigh Swim Team and the Sunset Ridge Swim Team

Rules: The meet will be conducted in accordance with the current TSA Swimming Code and the NCS Official Handbook and NCS Safety program, except where rules therein are optional and are herein stated.

Meet management reserves the right to limit the total size of the meet and/or limit or combine heats and events as needed.

All swimmers entering relays must be listed on the entry sheets. Relays will be seeded and posted along with the individual events. MR relays cards with names and order of the relay team are to be handed to the clerk of course 30 minutes before the beginning of the meet and the FRR must be handed in before the BR events for each session.

Eligibility: All swimmers must be registered and in good standing with their swim team.

Entry Limit: All swimmers may swim 3 events except for 6&U who may swim only 2 events. All swimmers may swim in 2 relays in their age group or older.

Entries: All entries must be submitted electronically using Team Manager Lite. No paper entries will be accepted. Please download the needed program at hytek.com. If there are any problems, please email

Cindie Lawton at mor.swimming@gmail.com. All entries should be emailed to: mor.swimming@gmail.com.

Entry Deadline: **July 2, 2009.** Entries will not be accepted without payment of entry fees. Entries may be limited at the discretion of the meet director in order to manage the timeline.

Teams planning on attending the meet are requested to email: mor.swimming@gmail.com indicating their approximate numbers of swimmers for each age group and session by May 29, 2009.

Mail entries to: **Cindie Lawton, 302 Honeywood Court, Cary, NC 27518, 919-244-1780, email: mor.swimming@gmail.com.**

Late Entries & Changes:

Late entries and/or substitutions may be accepted after the entry deadline up to midnight on Monday, July 6, 2009 but only in empty lanes. Late entries will be accepted at the discretion of the Meet Director. There will be **NO** entries after the July 6th deadline.

NO LATE ENTRIES OR SUBSTITUTIONS WILL BE ACCEPTED ON THE DAY OF THE MEET.

Entry Fees:

Ind. Events-\$2.00
Relay Events-\$8.00
Facility Surcharge-\$5.00/swimmer
(Relay only swimmers must pay Facility Surcharge)

Entry fees are non-refundable.

Awards:

Individual Events- 1st-3rd Medals, 4th-16th-Ribbons
Relays -1st place Medals, 2nd - 8th - Ribbons
High Point awards – 1st place for each age group
Winning team will receive a banner.

Awards will be available at the end of the meet. Coaches must be present to accept the awards or they will be left at the Sunset Ridge Pool to be picked up at the coach's leisure.

Warm-up: Warm-up lane assignments will be determined after entries are received. Lane assignments will be posted around the pool.

Time Schedule: The meet director reserves the right to change warm-up and start times based on the time line. Any changes to the meet schedule will be posted at www.marlinsofraleigh.com by Wed. July 8th,

2009. Teams that have included their email address with their entries will also be updated by email as soon as possible.

- Parking:** Parents are reminded to not park illegally on curbs etc.
- 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.
- Coaches Meeting:** A coaches meeting will be held 10 minutes prior to the start of the meet.
- Meet Director:** Cindie Lawton, 919-244-1780, mor.swimming@gmail.com
- Meet Referee:** Bob Figuers
- Officials Meeting:** There will be an officials meeting 30 minutes prior to the start of each session.
- Hospitality:** Drinks, snacks, breakfast, lunch will be provided to the coaches, officials, and meet workers.
- Volunteers:** Each team attending the meet with 10 or more swimmers will be required to commit one official for the meet and 1 volunteer for each of the 2 sessions. Please include the names of the volunteers and the official with your entry and their preference of session to work.
- Release Statement:** USA Swimming, Inc. NC Swimming, Inc., Marlins Of Raleigh, Sunset Ridge Swim Team and Pool and all employees and representatives of these organizations 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.

Order of events:

AM Session

<u>BOYS</u>		<u>GIRLS</u>
1	7-8 100 MR	2
3	9-10 100 MR	4
5	6&U 25 FR	6
7	7-8 25 FR	8
9	9-10 25 FR	10
11	6&U 25 BK	12
13	7-8 25 BK	14
15	9-10 25 BK	16
17	6&U 25 BR	18

19	7-8 25 BR	20
21	9-10 25 BR	22
23	7-8 25 Fly	24
25	9-10 25 Fly	26
27	7-8 100 FRR	28
29	9-10 100 FRR	30

PM Session

<u>BOYS</u>		<u>GIRLS</u>
31	11-12 200 MR	32
33	13-14 200 MR	34
35	15-18 200 MR	36
37	11-12 50 FR	38
39	13-14 50 FR	40
41	15-18 50 FR	42
43	11-12 50 BK	44
45	13-14 50 BK	46
47	15-18 50 BK	48
49	11-12 50 BR	50
51	13-14 50 BR	52
53	15-18 50 BR	54
55	11-12 50 Fly	56
57	13-14 50 Fly	58
59	15-18 50 Fly	60
61	11-12 200 FRR	62
63	13-14 200 FRR	64
65	15-18 200 FRR	66

ENTRY SHEET

Please return with the entry fee for the team to **Cindie Lawton, 302 Honeywood Court, Cary, NC 27518, 919-244-1780, email: mor.swimming@gmail.com.**

TEAM NAME _____

TEAM Nickname _____

Head Coach _____

Email: _____

Number of coaches attending the meet _____

Team Official _____

Session working AM/PM

Volunteer 1 _____

AM Session

Volunteer 2 _____

PM Session

Number of swimmers _____

x \$5.00 = _____

Number of individual events _____

x \$2.00 = _____

Number of Relays _____

x \$8.00= _____

Total

= _____