

MOR REPORT

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MOR



MARLINS OF RALEIGH
WOLFPACK AQUATICS

“DEVELOPING CHAMPION ATHLETES AND CITIZENS THROUGH COMMITMENT TO
EXCELLENCE IN SWIMMING”

MOR TO HOST B/C STATES

MARCH 5-7



MOR will host B/C States March 5-7, which is the last MOR hosted swim meet for the Short Course Season. **Warm-up/Start Times:**

Fri. Warm-up 4pm/Start 5:15pm

Sat./Sun. 11-12Boys, 9-10-W-up:7:15am/8:15am Start

Sat. 8-Under Session: W-up:12:00/Meet-1pm

Sun. 8-under Session: W-up:11:45am/Start 12:40pm

Sat. 11-12 Girls/13-18: W-ups 3:15pm/Start 4:30pm

Sun. 11-12 Girls/13-18:W-up 3pm/Start 4.

Team Attire:Black MOR Speedo suits (no exception to wearing Speedo), Silver MOR cap, Fri-White MOR shirt, Sat.-Grey, Sun. Black.

Hospitality:Each family bring a case of water or a 12 pack of canned soda. 10-under swimmer families are asked to bring fruit or a snack item and all 11-overs a snack item. **Meet Volunteers:** Those who have signed up are posted on the NL email. A final list will be posted at noon Fri. on the MOR website. Timers are asked to check in at the heat sheet table 20 minutes after the beginning of warm-ups. We want to continue to do a great job staffing our meets with MOR volunteers wearing MOR volunteer T-shirts. These shirts are free. Please email Coach Cara at coachcara45@aol.com to volunteer by Thurs. Mar. 4. We thank all who have already volunteered.

14 MOR SWIMMERS SET TO FLY AT SR. SECTIONALS



14 MOR swimmers will fly to the Music City to compete in the 2010 Southeastern Sr. Sectional Championships at the Tracy Caulkins Centennial Sportsplex pictured above. The natatorium has been the site of several USA Swimming Sr. National Championships. Meet info has been sent to each competitor and more info is available at the host website of www.excelaquatics.org Swimmers are reminded to wear their MOR warm-ups on the plane and to drink lots of water when flying to avoid becoming dehydrated.

SCHOLASTIC ALL-AMERICAN APPLICATIONS AVAILABLE



Scholastic All-America applications are now available at www.usaswimming.org Swimmers are eligible who have completed 10th, 11th, or 12th grade, have a 3.5 GPA and have attained the listed time standards between July 1, 2009 and June 30, 2010. This is a big honor and MOR has had 20 Scholastic All-Americans since 2001 and they are all listed in the MOR Hall of Fame!

DEADLINES

TENTATIVE MEET SCHEDULE

Mar. 4-7	Sr. Sectionals-Nashville, Tenn.
Mar.5-7	MOR B/C States -Pullen
Mar.12-14	AG Sectionals-Charlotte
Mar.19-21	Tarheel States-Cary
Mar 28-Ap. 4	Raleigh/Rav Spring Break
Mar. 31-Ap. 4	Raleigh Sr. II Spring Break
April 17	MOR Awards Banquet/Speedo Clinic with Peter Vanderkaay
Apr.24-25	NCS Select Camp
May 13-16	UltraSwim Grand Prix-Charlotte
May 21-23	NCAC Meet on Hill-Tac
June ?	'A' Meet-TBA
June 19-20	MOR Solstice Meet-Optimist
July 8-10	MOR JO Qualifier-Optimist
July 15-18	Sr. Sectionals-U. Georgia
July 15-18	14-U JO's-Charlotte
July 22-25	NC Sr. Champs-Tac
July 27-31	Southern Zone All-Star Meet- Ga. Tech Olympic Pool
July 29-31	Tarheel States-Tac
Aug. 3-7	USA Swimming Sr. Nationals- Irvine, Cal.