

MOR REPORT

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

MOR SWIMMERS DOMINATE GOLDSBORO BB-BELOW MEET WITH

This weekend MOR competed at the Goldsboro YMCA BB/B/C Swim meet. There were 73 swimmers in attendance from MOR. MOR swimmers won an astounding 35 individual races and 11 relays. 63 of our athletes won ribbons by placing in the top 8. The athletes achieved 93% best times and several new AA, A, BB and B times were achieved as well as some first time long course swims for many swimmers. It was great for the younger swimmers on MOR to watch and cheer with the older kids at this meet since the sessions were combined. The younger kids got to watch races and learn from the older swimmers. Everyone did a great job with their races and being aggressive~ Keep working hard and look forward to Meet on the Hill and Liberty coming up soon. Look for more individual results in the MOR Monthly at the end of May.

MEET ON HILL ‘A’ MEET THIS WEEKEND

Over 90 MOR swimmers will compete in Meet on the Hill at UNC this weekend. 13-Over swimmers swim prelims/finals (16 qualify and score at night each for 13-14 and Sr.). 12-U swimmers swim Timed Finals. This is a team scored meet and all swimmers who qualify for finals or are on relays are expected to swim at night. Sunday night will provide many extra opportunities to qualify for finals so be prepared for the chance to help MOR score. **Warm-ups:**13-Overs prelims Fri & Sun. 6:30am,

Sat. 5:50am. 13-Over Finals warm-up is 4:45pm. 12-U warm-ups Fri./Sat. 12:45pm, Sun. 1:30pm. **Meet Format:**AM chase starts from both ends of the pool. **Warm-down:**Get a drink of water/Gatorade and eat a powerbar after each race while walking around the pool deck twice. 13-Over will have warm-up breaks in which all swimmers will get in to warm-down. These have been proven techniques for our swimmers when competing at UNC where we always swim well! Drink early and often to keep your body hydrated. **Team Attire:** Silver caps for 13-O prelims, black caps for 13-O finals and 12-Under timed finals. Black MOR team Speedo suits for all. Fri.-white MOR shirt, Sat.-gray MOR shirt, Sun. black MOR shirt. **Relays-** All 13-O relays will be swum in the finals session at night. **Failure to show-** On Friday, we must check in all swimmers for the morning events. If for any reason you will be late, contact Coach Ted to let him know. If we check you in and you do not show on the blocks for your race, you will be removed from your next individual event. **Directions:**Take I-40 West. Take Exit 273 to Chapel Hill. Go ~2 miles and turn Right on 15-501. Turn R on Manning Drive. Turn L on Skipper Bowles Dr. Pool is on Left next to Dean Dome. **Parking-** Manning Drive "F" Lot is the only lot available on Friday. Saturday and Sunday--all lots are available. **Timers-** We may be asked to provide some number of timers during the meet. Please try to volunteer for at least one session

during the meet. This is a great team meet opportunity. Cheer loud and swim fast!

7 MOR SWIMMERS TO COMPETE IN SANTA CLARA INTERNATIONAL MEET

7 MOR swimmers will fly to Santa Clara, California to compete in the 41st annual Santa Clara International Swim Meet this weekend. The competition should be outstanding as swimmers prepare for Olympic Trials just 6 weeks away. This meet has seen world records in the past and includes Michael Phelps, Ryan Lochte, and Natalie Coughlin among others. MOR's swimmers are ready to compete at this meet and had a very successful meet 2 years ago at the same facility. You can follow the action at www.santaclaraswimclub.org Good luck and swim fast!

CHAMPIONSHIP MEET COUNTDOWN

2008 US Olympic Trials	7 weeks
JO Qualifier	9 weeks
Sr. Sectionals	9 weeks
14-U JO's	10 weeks
NC Sr. Champs	11 weeks
US Nationals	11 ½ weeks
Zone All-Star	11 ½ weeks

TENTATIVE MEET SCHEDULE

May 16-18	Meet on Hill-UNC-'A' Sr./AG Grand Prix- Santa Clara, Calif.
June 7-8	MOR BB/B/C Meet-Goldsboro
June 5-8	UltraSwim Grand Prix-Charlotte
June 13-15	Capital City A Meet-Cary
June 29-July 6	US Olympic Trials-Omaha
July 10-12	MOR JO Qualifier-Goldsboro
July 10-13	Sr. Sectionals-Ga. Tech
July 13	MOR SWIM Summer League Meet
July 17-20	14-U JO's-Charlotte
July 20	MOR JC Summer League Meet
July 23-26	NC Sr. Champs-UNC
July 29-Aug. 2	Zone-All Star-Atlanta
July 29-Aug. 2	US Nationals-Minneapolis
Aug. 4-8	USA Swimming Jr. Nationals- Minneapolis