



2013 North Carolina Swimming Senior Long Course Championships July 18-21, 2013

FACILITIES: **Mecklenburg County Aquatic Center**
800 E Martin Luther King Blvd.
Charlotte, NC 28202

<u>SCHEDULE:</u>		<u>Warm Up</u>	<u>Meet Start</u>
<u>Thursday</u>	Timed Finals→	3:30pm	5:00pm
<u>Friday-Saturday</u>	Preliminaries→	7:30am	
	9:00am		
	Finals→	4:40pm	6:00pm
<u>Sunday</u>	Preliminaries→	7:30am	
	9:00am		
	Finals→	4:15pm	5:30pm

ELIGIBILITY: Swimmers must have achieved the 2013 *NCS Long Course*
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 (7) individual events plus relays for the meet.

ENTRY DUE DATE: Commit to attend/not attend online by June 28th

TEAM APPERAL: **Thursday:** White MOR Shirt
Friday: White MOR Shirt
Saturday: Grey MOR Shirt
Sunday: Black MOR Shirt
Black MOR Speedo suits
Caps: Prelim AM – White, Senior Sectional
Silver, no Sectional cuts
Finals PM – Black

HOTEL INFO:

The Blake Hotel (\$115 + parking, cutoff date: July 3)

Call Ashley Armstrong (704) 348-4645

Aarmstrong@blakehotelnc.com

555 McDowell St

Charlotte, NC

2013 NORTH CAROLINA SWIMMING SENIOR LONG COURSE CHAMPIONSHIP

ORDER OF EVENTS

Women	SCY	LCM	Event	LCM	SCY	Men
Thursday, July 18, 2013 Timed Finals start at 5:00 PM						
1	11:08.59	9:56.49	800 Meter Freestyle	9:20.99	10:30.19	2
			10-minute break			
3	NQT	NQT	*800 Meter Freestyle Relay	NQT	NQT	4
Friday, July 19, 2013 Prelims start at 9:00 AM, Finals start at 6:00 PM						
5	2:01.19	2:17.69	200 Meter Freestyle	2:06.59	1:51.09	6
7	1:12.79	1:21.99	100 Meter Breaststroke	1:13.69	1:03.89	8
9	1:02.89	1:10.69	100 Meter Butterfly	1:02.49	55.79	10
11	4:52.19	5:31.19	400 Meter IM	5:06.79	4:25.79	12
			10-minute break			
13	NQT	NQT	*400 Meter Free Relay	NQT	NQT	14
Saturday, July 20, 2013 Prelims start at 9:00 AM, Finals start at 6:00 PM						
15	2:17.69	2:33.49	200 Meter Butterfly	2:20.49	2:04.39	16
17	26.19	29.69	50 Meter Freestyle	26.89	23.09	18
19	2:35.39	2:56.69	200 Meter Breaststroke	2:40.39	2:18.99	20
21	1:03.49	1:12.89	100 Meter Backstroke	1:05.99	56.69	22
23	5:21.99	4:48.79	400 Meter Freestyle	4:30.29	5:00.19	24
Sunday, July 21, 2013 Prelims start at 9:00 AM, Finals start at 5:30 PM						
25	56.39	1:03.99	100 Meter Freestyle	58.99	50.79	26
27	18:39.79	19:01.59	1500 Meter Freestyle			
29	2:16.79	2:36.49	200 Meter Backstroke	2:22.89	2:03.39	28
			1500 Meter Freestyle	17:54.39	17:30.19	30
31	2:17.39	2:37.39	200 Meter IM	2:23.99	2:04.09	32
			10-minute break			
33	NQT	NQT	**400 Meter Medley Relay	NQT	NQT	34

* Relays swum in finals

** Relays swum in prelims or finals according to team preference

