



2015 NCAC "Quad Meet"
Triangle Aquatic Center, Cary, NC

October 3-4, 2015

FACILITIES: Triangle Aquatic Center
275 Convention Center Dr.
Cary, NC

DIRECTIONS: 440 West follow to US-1, take exit 1B 40W
40 West Exit 291- Cary Towne Blvd- keep right
Left on Convention Center Dr- Stay left at fork
Triangle Aquatic Center at the end of the parking lot

SCHEDULE:

	<u>Arrival</u>	<u>Warm Up</u>	<u>Meet Start</u>
<u>Saturday session 1</u>	<u>7:15 am</u>	<u>7:30 am</u>	<u>8:30 am</u>
<u>Sunday session 3</u>	<u>9:45 am</u>	<u>10:00 am</u>	<u>11:00 am</u>

ELIGIBILITY: **12&Under:** Swimmers with a "BB+" time.
13&Over: Swimmers with 1 "A" time

ENTRY LIMIT: 5 individual events per day, 8 for the entire meet

ENTRY DUE DATE: **Commit to attend/not attend online by Tuesday, September 22nd.**

TEAM SHIRTS:

Shirts:	Saturday- Grey Shirt Sunday- Black Shirt
Suits:	Black MOR Speedo suits
Caps:	Silver

**2015 NORTH CAROLINA AQUATIC CLUB
"QUAD MEET"**



Session 1 – Age Group and Senior Timed Finals		
Saturday, October 3, 2015		
Warm-ups: 7:30 AM		Timed Finals: 8:30 AM
GIRLS EVENT #	EVENT	BOYS EVENT #
1	10& Under 200 Free Relay	2
3	11-12 200 Free Relay	4
5	13-14 200 Free Relay	6
7	Open 200 Free Relay	8
9	10 Minute Break	10
11	10& Under 100 IM	12
13	11-12 100 IM	14
15	13-14 200 IM	16
17	Open 200 IM	18
19	10& Under 100 Backstroke	20
21	11-12 100 Backstroke	22
23	13-14 100 Backstroke	24
25	Open 100 Backstroke	26
27	10& Under 50 Breaststroke	28
29	11-12 50 Breaststroke	30
31	13-14 200 Breaststroke	32
33	Open 200 Breaststroke	34
35	10& Under 200 Freestyle	36
37	11-12 200 Freestyle	38
39	13-14 200 Freestyle	40
41	Open 200 Freestyle	42

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Session 3 – Age Group and Senior Timed Finals

Sunday, October 4, 2015

Warm-ups: 10:00 AM

Timed Finals: 11:00 AM

GIRLS EVENT #	EVENT	BOYS EVENT #
67	10& Under 50 Backstroke	68
69	11-12 50 Backstroke	70
71	13-14 200 Backstroke	72
73	Open 200 Backstroke	74
75	10& Under 100 Breaststroke	76
77	11-12 100 Breaststroke	78
79	13-14 100 Breaststroke	80
81	Open 100 Breaststroke	82
83	10& Under 50 Freestyle	84
85	11-12 50 Freestyle	86
87	13-14 50 Freestyle	88
89	Open 50 Freestyle	90
91	10& Under 100 Butterfly	92
93	11-12 100 Butterfly	94
95	13-14 100 Butterfly	96
97	Open 100 Butterfly	98
99	11-12 400 Free Relay	100
101	13-14 400 Free Relay	102
103	Open 400 Free Relay	104
***	10 Minute Break	***
105	Open 500 Freestyle	106