**Long Course Qualifier**

**Hosted by The Marlins Of Raleigh Swim Team**

**July 9-11, 2021**

**Optimist Park Pool**

**5902 Whittier Drive, Raleigh, NC 27609**

***Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.***

***Sanction #NC21121***

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| --- | --- |
| **MEET DIRECTOR** | **MEET ENTRY COORDINATOR** |
| Cara Cameron  919-522-4061  [Coachcara45@aol.com](mailto:Coachcara45@aol.com) | Pam Rocque  [Mormeets@gmail.com](mailto:Mormeets@gmail.com), |
| **MEET REFEREE** | **MEET MARSHAL** |
| Deb Hanley  [dkhanley@hotmail.com](mailto:dkhanley@hotmail.com) | Billy Thorne  [morcoachbilly@gmail.com](mailto:morcoachbilly@gmail.com), |

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| **CONDITION OF SANCTION** | As a condition of this sanction, MOR agrees to comply with and to enforce all COVID-19 health and safety mandates and guidelines of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions in effect at the time of the meet. Further, the meet will be conducted in accordance with individual facility requirements as detailed in the MOR Meet Plan below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID-19 sanctioning period. |
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| **ASSUMPTION OF RISK DISCLAIMER** | The Marlins of Raleigh has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19. |
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| **COVID-19 RELEASE** | USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.  BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, NORTH CAROLINA SWIMMING, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH. |

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| **MOR COVID-19 MEET PLAN** | |
| **NCS FACE COVERING STATEMENT** | Following new CDC recommendations and the North Carolina Governor’s latest Executive Order issued May 14, 2021, North Carolina Swimming has revised guidance on the use of face coverings at USA Swimming activities as follows:   * North Carolina Swimming strongly recommends that partially vaccinated or unvaccinated individuals continue to wear face coverings and practice social distancing at all swimming activities. * Other individuals are welcome to continue wearing face coverings for personal comfort. * NCS clubs may require that participants wear face coverings and observe social distancing at meets that they host. * NCS members are expected to comply with all COVID-19 safety guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, aquatic facilities, and member clubs. |
| **LOCAL PROTOCOLS** | * Total facility limit is 245. No more than 180 swimmers per session * A maximum of 17 swimmers per lane for all warmup and no more than 10 swimmers allowed in the diving well for warm up/warm down. This area will be monitored by a City of Raleigh employee.   The Family dressing room is in the lobby area by the main desk. This restroom is for coaches, officials and Meet volunteers ONLY.  All stopwatches, pencils, and clipboards have been sanitized before the meet. All watches placed in bags. Each timer will receive their own pencil. After each session, the watches and clipboards will be sanitized by the meet director and computer operator. All pencils will be taken home with timers, etc.  Meet personnel for each session are as follows:  Eight Meet Marshals: MOR Parents. Individuals will be responsible for staging the swimmers before the races and watching the restroom.  17 Timers: Two timers per lane with a button and a watch and one head timer. Timers will enter the pool deck 10 minutes prior to the start of the session. Timers will check in 15 minutes before the start of the session and wait in the lobby.  2 Runners to collect Timers Sheets and/or DQ slips from Meet/Deck Ref  1 Hospitality: Keep drinks cold  One Announcer: MOR parent will act as a Clerk of Course, help to announce when swimmers should be entering the pool deck. Announcer will enter the pool deck 5 minutes prior to the start of the meet. Announcer will check-in 15 minutes before the start of the session and wait in the lobby.  Thirteen USA Swimming Officials. Meet Referee reserves the right to adjust officials’ numbers and assignments based upon availability.   * *One (1) Meet Referee,* * *One (1) Deck Referee,* * *One (1) Admin Official,* * *Two (2) Starters,* * *Two (2) Turn Judges,* * *Six (6) Stroke/Turn Judges* |
| **LOCKER ROOMS/**  **CHANGING** | Athletes must arrive and depart in their suits. Locker rooms are for restroom use only and must not be used for changing or showering. Deck changing is prohibited.  **Restrooms for parents can be found at the Community Center when open.** |
| **ENTRY & EXIT PROCEDURES and**  **ATHLETE SEATING AREA** | * Swimmers, Volunteers, Coaches, and Officials will all enter the pool Gate at the side of the pool. Exit through this gate as well. * All volunteers will check in at the table in the Main Lobby at a time to be determined. * All coaches will check in at the computer table on the pool deck and present credentials. * Swimmers will bring their own chairs. Teams can bring tents but cannot set up until they are allowed on deck the first day. There are no TEAM seating areas. Social distancing is a must- teams must prepare swimmers and monitor their area if under a tent. * Teams will be assigned specific warmup times and lanes. * The main parking lot will be used for Coaches, Volunteers and Officials, but a drive-thru area will be left open for parents to drop-off and pick-up their swimmers in a safe environment. * A plan for breaks will come when the timeline is produced.     PARKING: If staying in the vicinity during the swim meet parents may park at the Park directly across from Optimist Park Pool or at the Sanderson High School lot. If parking on the street you CAN NOT block mailboxes or driveways- you will be towed. |
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| **SWIMMER LIMITATIONS and PROTOCOLS** | * 180 athletes per session * Swimmers will line up alongside Lane 1 on specific spots marked for heats and lanes. * The staging area will be determined and communicated with teams after timelines are determined. Kid Pushers/Marshals will monitor and help swimmers move ahead to the blocks. * The announcer will direct the swimmers to the staging area for line up approximately 10 minutes before the event. * Athletes will utilize baggies with their names on them and will place their masks in them when they are behind the blocks. Baggies will be stored on the chair or basket provided. * Swimmers will EXIT the pool by walking towards Lane 8 and around the pool clockwise * Check in times for athletes will be determined after the timelines are produced and communicated with teams. When swimmers are done with their events they may proceed to the EXIT. A MOR parent will ensure a safe handoff to parents in the parking lot area.   **When not in the water, athletes are expected to wear a cloth face covering/ mask at all times, including when walking to and from an event and/or warm-up lanes. They may remove masks for swimming but must don them again once they exit the water. Additionally, athletes are expected to maintain proper distancing at all times.** |
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| **SPECTATOR**  **LIMITATIONS and PROTOCOLS** | At this time There will be **no “In-Person” spectator viewing**. This will be revisited closer to July; The meet will be live streamed via Facebook Live. Restrooms for parents may NOT be available on site. Information will come to teams later addressing this issue .  **LIVE STREAMING:** We are happy to announce we will be live streaming the meet from our [Marlins of Raleigh Facebook Page](https://www.facebook.com/MarlinsofRaleigh).  How to watch:   1. Click on the link above which will take you to the Marlins Facebook page. That's it, that’s how you watch it. :) 2. The live stream video will show at the top of the page when it is live 3. The live stream will cut off after each completion of an event 4. The live stream video will also be labeled according to the event it is showing to make it easier for you to find your swimmer’s race. 5. If you haven't already, go ahead and "Like" the page so that you get notifications of when the page goes Live. This will ensure you don't miss out on any of the action 6. You do NOT need to have a Facebook account to watch the stream as the page is public. However, logging in to an FB account will allow you to interact with the Live stream (i.e., comment, react, share)   The live videos will be saved to the timeline so if you miss watching them live, you will be able to go back and rewatch. :) |
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| **PARENTAL ACCESS** | **Parents requiring access to their athlete during the meet in a closed-deck environment can contact their children directly via cellphone and arrange to meet them at the front door of Optimist by the front lobby. Should parents be unable to contact their child directly, they should see the Meet Director located in the lobby area entrance of the Aquatic Center. In the case of an emergency you can email** [**coachcara45@aol.com**](mailto:coachcara45@aol.com) **or text 9195224061.** |
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**PARKING:** Parking for meet personnel and Optimist Park Staff will be in the main parking lot adjacent to the facility. Parking for anyone who wants to stay in the vicinity during the meet should park in the lot adjacent to the baseball fields. Parking is also available at Sanderson High School. If parking on the street you must allow enough room for the mailman to get to mailboxes and do NOT block driveways. All cars MUST be parked on the East side of Northclift Drive if coming from Six Forks Road. Your car will be towed if parked on the other side of the street. The park can be found by turning left two streets after Whittier off of Northclift.

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| **FACILITY** | The Optimist Park Pool consists of a 50-meter pool, eight lanes at a width of 9 feet, non- turbulent lane ropes, Paragon Starting blocks, and has a Colorado Timing System with pads at the start end and turn end and 2 buttons. Timers will move to the turn end for the 50’s. Water Depth is 5.5 ft on start end and 3.5 ft on turn end. All starts, including relay starts, from the turn end must begin from within the water. Computer results will be used. **NO CHAIRS WILL BE ALLOWED on deck unless for coaches, officials or meet volunteers**. The competition course has not been certified in accordance with 104.2.2C(4). Baskets will be provided for swimmers to place masks in for the 50’s- Baskets will be brought down to the other side- Lanes 1-4 will find their baskets by Lane 1 and 5-8 will find their baskets by lane 8. Paper masks will be available at the end of each lane to use until you can put your mask on. Please dispose of disposable masks properly. |

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| **MEET FORMAT** | This is a timed final age group/senior meet. MOR reserves the right to recombine or further separate sessions if numbers dictate the change. Each swimmer must provide his/her own timer and counter for the 1500M Free. The 400 Free, 400 IM and 1500 Free will be deck-seeded, and will require one coach from each team to obtain a check in sheet from the computer area to check in your swimmers and turn back in 15 minutes after the start of your warm-up time. These events will be swum slowest to fastest and may be limited to the fastest 32 athletes per event. The NCS Scratch Rule is in effect during this meet. Meet management reserves the right to limit the total size of the meet and/or limit or combine heat and events as needed.  If warm-ups need to be changed to an earlier or later time, all teams will be notified by an email to the person who sent the entries on or before MONDAY, July 5th. |

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| **Session** | **Day** | **Warm-up** | **Meet Start** | **Age Group** |
| 1 | Friday | 7:30am | 8:30am | 10-under |
| 2 | Friday | 11:30am | 12:30pm | 11-12 |
| 3 | Friday | 4:30pm | 5:30pm | 13 & over |
| 4 | Saturday | 7:30am | 8:30am | 10-under |
| 5 | Saturday | 11:30am | 12:30pm | 11-12 |
| 6 | Saturday | 4:30pm | 5:30pm | 13 & over |
| 7 | Sunday | 8:00am | 9:00am | ALL |

**DEADLINE AND MEETING SUMMARY**

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| **Day, Date** | | **Time** | **For:** |
| Tuesday, June 29, 2021 | | 7:00pm | Entry deadline |
| Wed. July 7, 2021 | | 12:30pm Zoom | Coaches/General Meeting Zoom |
| Wed. July 7, 2021 | | 6:30pm Zoom | Officials Meeting Zoom |
| Wed. July 7, 2021 | | 7:30pm Zoom | Volunteer Briefing Zoom |
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| **RULES** | **This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated.**  **The NCS Scratch Rule is in effect for this meet.** |
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| **TECHNICAL SUIT BAN for 12&Us** | **Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.**  A Technical Suit is one that has the following components:   * Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or * Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type. |
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| **MAAPP** | All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. |
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| **SAFE SPORT** | The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.  Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.  Deck changes are prohibited.  Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of a backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer’s guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer’s team is unable to attend.  Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.  Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time. |
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| **ELIGIBILITY** | All swimmers must be registered with USA Swimming, Inc. prior to the meet entry  deadline. Please list the swimmer’s age as of the first day of the meet (July 9, 2021) and  this age will determine their age for the whole competition. There will be no on deck  registration available at this meet.  14 &U athletes cannot enter any event in which they are already qualified for Summer 2021 14-under AG Champs with either a SC or LC cut.  15-over cannot enter any event for which they are already qualified for the Summer 2021 Senior Championships in SC or LC.  All swimmers entering the 10-un 200M Freestyle MUST SHOW PROOF of at least a B time in the 100M Free to correlating age. If your proof does not accompany entries your swimmer will be automatically removed from the event!  **If a swimmer ages up between this meet and the 14-under AG Championship meet they can enter events in the next higher age group. You MUST contact Pam Rocque and Cara Cameron by email** [**coachcara45@aol.com**](mailto:coachcara45@aol.com) **and** [**mormeets@gmail.com**](mailto:mormeets@gmail.com) **and identify these athletes. Pam can also assist you in entering them.** |
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| **MEMBERS WITH DISABILITIES OR**  **MEDICAL CONDITIONS** | MOR welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit MOR’s ability to accommodate all requests. |
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| **ENTRIES** | Please email entries using Hy-Tek Team Manager or Team Unify software.  The Hy-order of events file can be found on the NCS website at [www.ncswim.org](http://www.ncswim.org) or  coaches may email Pam Rocque at [mormeets@gmail.com](mailto:mormeets@gmail.com) to receive a copy. Late entries  may be accepted at the discretion of the Meet Director. Entries submitted after the entry deadline should be emailed to the Meet Director. New entry files will not be accepted after the meet entry deadline, however new entries via Word files may be accepted at the discretion of the Meet Director.  Please provide a time for all events entered. **NO TIME (NT)** entries are not allowed.  All swimmers entering the 10-un 200M Freestyle MUST SHOW PROOF of at least a B time in the 100M Free to correlating age. If your proof does not accompany entries your swimmer will be automatically removed from the event! |
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| **ENTRY LIMITATIONS** | Swimmers may not enter more than 8 events total for the meet and no more than 4  events per day. Swimmers who are entered in more events will be automatically dropped  from the event(s) that put them over the limit. No refunds will be given for incorrect entries. |
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| **ENTRY VERIFICATION** | An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt. |
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| **ENTRY DEADLINES** | **The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary** (note: no earlier than 10 days prior to the start date of the meet)**.** Also include**: There will be no on deck entries** |

**ENTRY FEES**

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| **Make checks payable to: MOR; All fees are non-refundable** | |
| Individual Event | $8.50 per event |
| NCS Travel Fund | $3.00 per swimmer, including relay only swimmers |
| Facility Surcharge | $15 |
| Late Entry Fee | $17.00 per event |

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| **SEEDING** | The conforming time standard for this meet is long course meters Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order |
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| **CHECK-IN** | A positive check-in will be required for the following events:   * 400 Free * 400 IM * 1500 Free   Positive check-in closes 30 minutes after the start of warm-ups. |
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| **SCRATCHES** | There will be no penalty for scratching pre-seeded events at the blocks. For deck-seeded events, the NCS Scratch Rule is in effect. |
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| **SCORING** | No scoring for this meet |
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| **AWARDS** | No awards given for this meet |
| **RESULTS** | Results will be emailed to each team via the person to send in entries. |
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| **COACHES** | All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee’s discretion. Meet Management requests that at least one coach representative from each team attend all coaches’ meetings. |
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| **OFFICIALS/TIMERS/**  **VOLUNTEERS** | There will be a need for officials. **MOR** welcomes and encourages anyone willing to volunteer. Volunteering Officials should contact the Meet Referee by email **prior to the meet.** All officials on deck must be registered and certified with USA Swimming. Certification will be verified by the Meet Referee the day before the meet/session. There will be a meeting at the day(s)/time(s) listed in the “Deadline and Meeting Summary” above. Meetings may be in-person at the meet or virtual in advance and assignments may be communicated electronically prior to each session. All officials are strongly encouraged to complete an individual personal review of applicable USAS rules prior to the meet. Officials should report at the time specified by the Meet Referee and bring a mask (if necessary) and a writing utensil. |
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| **HOSPITALITY/**  **CONCESSIONS** | There will be a hospitality area open to all coaches and officials. |
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| **WARM-UP** | In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, the diving well will be used for continuous warm up/down. There will be a limit to how many swimmers can be in there at a time and absolutely NO athletes playing in the pool. **There is to be no diving or horseplay in this area.** |
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| **WAIVER/RELEASE** | As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. MOR, The City of Raleigh, Optimist Park Pool , North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team’s swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet. |
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| **IMAGE RELEASE** | All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team’s head coach and the Meet Director prior to the meet. |

**ORDER OF EVENTS**

**Friday, July 9, 2021**

**Session #1**

|  |  |  |
| --- | --- | --- |
| **Girls/Women** | **Event** | **Boys/Men** |
| **1** | **10-under 100 Free** | **2** |
| **3** | **8-under 50 Back** | **4** |
| **5** | **9-10 50 Back** | **6** |
| **7** | **10-under 100 Breast** | **8** |
| **9** | **8-under 50 Fly** | **10** |
| **11** | **9-10 50 Fly** | **12** |
| **13** | **10-u 200 IM 1** | **14** |

**Friday, July 9, 2021**

**Session #2**

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| --- | --- | --- |
| **Girls/Women** | **Event** | **Boys/Men** |
| **15** | **11-12 200 free** | **16** |
| **17** | **11-12 50 Back** | **18** |
| **19** | **11-12 200 Back** | **20** |
| **21** | **11-12 100 breast** | **22** |
| **23** | **11-12 50 Fly** | **24** |
| **25** | **11-12 200 Fly** | **26** |
| **27** | **11-12 50 Free** | **28** |

**Friday, July 9, 2021**

**Session #3**

|  |  |  |
| --- | --- | --- |
| **Girls/Women** | **Event** | **Boys/Men** |
| **29** | **13-over 100 Free** | **30** |
| **31** | **13-over 200 back** | **32** |
| **33** | **13-over 100 Fly** | **34** |
| **35** | **13-over 200 breast** | **36** |
| **37** | **13-over 400 Free** | **38** |
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**Saturday, July 10, 2021**

**Session #4**

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| **Girls/Women** | **Event** | **Boys/Men** |
| **39** | **9-10 50 Free** | **40** |
| **41** | **8-under 50 Free** | **42** |
| **43** | **10-un 100 Back** | **44** |
| **45** | **9-10 50 Breast** | **46** |
| **47** | **8-under 50 Breast** | **48** |
| **49** | **10-under 100 Fly** | **50** |
| **51** | **10-under 200 Free** | **52** |

**Saturday, July 10, 2021**

**Session #5**

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| --- | --- | --- |
| **Girls/Women** | **Event** | **Boys/Men** |
| **53** | **11-12 100 Free** | **54** |
| **55** | **11-12 100 back** | **56** |
| **57** | **11-12 50 Breast** | **58** |
| **59** | **11-12 200 breast** | **60** |
| **61** | **11-12 100 Fly** | **62** |
| **63** | **11-12 400 IM** | **64** |

**Saturday, July 10, 2021**

**Session #6**

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| **Girls/Women** | **Event** | **Boys/Men** |
| **65** | **13-over 200 Free** | **66** |
| **67** | **13-over 100 breast** | **68** |
| **69** | **13-over 200 Fly** | **70** |
| **71** | **13-over100 Back** | **72** |
| **73** | **13-over 400 IM** | **74** |

**Sunday, July 11, 2021**

**Session #7**

|  |  |  |
| --- | --- | --- |
| **Girls/Women** | **Event** | **Boys/Men** |
| **75** | **12-u 400 Free** | **76** |
| **77** | **13-over 200 IM** | **78** |
| **79** | **11-12 200 IM** | **80** |
| **81** | **13-over 50 Free** | **82** |
| **83** | **13-over 1500 Free** | **84** |

**MOR LCQ**

**Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to):

MOR c/o Cara Cameron

4904 Waters Edge Drive, Suite 295, Raleigh, NC, 27606

|  |  |
| --- | --- |
| Team Name |  |
| Club Code |  |
| Coach |  |
| Coach Phone |  |
| Coach Email |  |
| Team Address |  |

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| **Item** | **Total Number** | **Cost per** | **Total** |
| Individual Entries |  | $8.50 per event |  |
| Swimmers (Travel Fund & Facility Surcharge) |  | $18.00per swimmer |  |
| **Total Fees Due** |  |  |  |

**Waiver, Acknowledgement and Liability Release:**

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. MOR, The City of Raleigh, Optimist Park Pool, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team’s swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative) CLUB

TITLE DATE

**North Carolina Scratch Rule (from General Rules of North Carolina Swimming, Inc.)**

208.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet announcement shall specify all mandatory check-in and scratch deadlines and procedures.

.1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized. .

.2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch or as noted in 208.3.4 A or D.. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet announcement states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check in/scratch deadline occurs after the beginning of the meet and is announced in the meet announcement. .

.3 Preliminary and Finals Events

**A** Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck then 208.3.2 applies

**B** Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 208.3.4. For events occurring on the last day of a meet, a fine of $100 per missed swim shall also be assessed to the club by the appropriate Division Chair for failure to compete. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.

**C** In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete

**D** When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without reseeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim

**E** If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s) .

.4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:

**A** The Referee is notified in the event of illness or injury and accepts the proof thereof.

**B** The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.

**C** The swimmer was not named in any finals heat during the initial announcement of results

**D** It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer