

Long Course Qualifier
Hosted by The Marlins Of Raleigh Swim Team
July 7-9, 2023
Optimist Park Pool
5902 Whittier Drive, Raleigh, NC 27609

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC23125

MEET DIRECTOR	MEET ENTRY COORDINATOR
Cara Cameron 919-522-4061 Coachcara45@aol.com	Pam Rocque Mormeets@gmail.com ,
MEET REFEREE	MEET MARSHAL
Tammy Schmidt tammypschiidt@gmail.com	Billy Thorne morcoachbilly@gmail.com , Naomi Sanders morcoachnaomi@gmail.com

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.

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.

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.

MOR COVID-19 MEET PLAN

NCS FACE COVERING STATEMENT

NCS recommends the proper use of face coverings at all NCS activities and expects all participants, coaches, officials, volunteers, and spectators to comply with all club and facility specific COVID-19 safety requirements and guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, and local jurisdictions.

FACILITY and HOST TEAM REQUIREMENTS

MOR has discussed specific health and safety procedures with the venue management. At this time, the facility and MOR have no additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet. Masks are NOT mandatory.

SPECTATOR LIMITATIONS and PROTOCOLS

Spectators are allowed. However, there will be no spectators on deck unless sitting in the bleachers. All chairs must be OUTSIDE of the main building.

PARKING:

Parking for meet personnel and Optimist Park Staff will be in the main parking lot adjacent to the facility. **PARKING FOR SPECTATORS/SWIMMERS** WILL BE in the Optimist PARK parking lot. When driving on Northclift from Six Forks the park is on the left about 500 yards from Whittier. You can also park in the Sanderson High School Football stadium parking lot. Both are less than a 5-minute walk to the pool. The MAIN PARKING LOT will NOT be used for drop-off for swimmers. Please park and walk in swim meet. If you wish to park on Northclift please make sure to read the signs as they will tow, do NOT block mailboxes for postal trucks and do not block driveways. Lastly, there is absolutely NO parking on Whittier Drive leading up the main parking lot. This area must remain clear on both sides.

Anyone not adhering to the parking policies and/or arguing with the parking attendants will be asked to leave, swimmer removed from the meet with no refund.

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.** Spectators/Swimmers should sit outside the structure under tents provided by your team OR in the openings of the garage doors. There will be bleachers set up under the structure and parents/swimmers are allowed to sit on them- no chairs can be set up next to them or behind them. The competition course has not been certified in accordance with 104.2.2C(4).

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 3rd.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	7:30am	8:20am	13&over
2	Friday	12:30pm	1:05pm	11-12
3	Friday	3:45pm	4:25pm	10-under
4	Saturday	7:30am	8:20am	13&over
5	Saturday	12:30pm	1:05pm	11-12
6	Saturday	4:00pm	4:35pm	10-under
7	Sunday	8:00am	8:50am	ALL

****If the 10-under are stormed out of their events on Friday and/or Saturday we will use the mid day on Sunday to make up the events. MOR reserves the right to combine sessions or adjust timelines to adhere to the timeline needs and/or 4 hour rule.**

DEADLINE AND MEETING SUMMARY

Day, Date	Time	For:
Tuesday, June 27, 2023	6:00pm	Entry deadline
Friday, July 7, 2023	7:30am	Coach Meeting by Computer area
All sessions	Start of warm ups	Officials briefing in the hospitality room

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.

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.

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.

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.

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 7, 2023) 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 2023 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 2023 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 and mormeets@gmail.com and identify these athletes. Pam can also assist you in entering them.

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.

ENTRIES

Please email entries using Hy-Tek Team Manager or Team Unify software. The events file can be found on the NCS website at www.ncswim.org or coaches may email Pam Rocque at 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.

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.

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES

The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. There will be no on deck entries

ENTRY FEES

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

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

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.

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.

SCORING

No scoring for this meet

AWARDS RESULTS

No awards given for this meet
Results will be emailed to each team via the person to send in entries.

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.

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.

HOSPITALITY/ CONCESSIONS

There will be a hospitality area open to all coaches and officials. Officials and Coaches can have breakfast in the hospitality room. To have lunch or dinner you must receive a ticket from Coach Cara Cameron for the food trucks on site.

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.**

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.

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 7, 2023

Session #1

Girls/Women	Event	Boys/Men
1	13-over 100 Free	2
3	13-over 200 back	4
5	13-over 100 Fly	6
7	13-over 200 breast	8
9	13-over 400 Free	10

Friday, July 7, 2023

Session #2

Girls/Women	Event	Boys/Men
11	11-12 200 free	12
13	11-12 50 Back	14
15	11-12 200 Back	16
17	11-12 100 breast	18
19	11-12 50 Fly	20
21	11-12 200 Fly	22
23	11-12 50 Free	24

Friday, July 7 2023

Session #3

Girls/Women	Event	Boys/Men
25	10-under 100 Free	26
27	8-under 50 Back	28
29	9-10 50 Back	30
31	10-under 100 Breast	32
33	8-under 50 Fly	34
35	9-10 50 Fly	36
37	10-u 200 IM 1	38

Saturday, July 8, 2023

Session #4

Girls/Women	Event	Boys/Men
39	13-over 200 Free	40
41	13-over 100 breast	42
43	13-over 200 Fly	44
45	13-over100 Back	46
47	13-over 400 IM	48

Saturday, July 8, 2023

Session #5

Girls/Women	Event	Boys/Men
49	11-12 100 Free	50
51	11-12 100 back	52
53	11-12 50 Breast	54
55	11-12 200 breast	56
57	11-12 100 Fly	58
59	11-12 400 IM	60

Saturday, July 8, 2023

Session #6

Girls/Women	Event	Boys/Men
61	9-10 50 Free	62
63	8-under 50 Free	64
65	10-un 100 Back	66
67	9-10 50 Breast	68
69	8-under 50 Breast	70
71	10-under 100 Fly	72
73	10-under 200 Free	74

Sunday, July 9, 2023

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
	10 min warm up break	
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	

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. 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