



**18th Annual National Black Heritage Championship Swim Meet
Hosted by North Carolina Aquablazers, Inc.**

<http://blackheritageswimming.org>

May 23-24, 2020

Held at the Triangle Aquatic Center

275 Convention Drive

Cary, NC 27511

(919) 459-4045

www.triangleaquatics.org

SANCTION:

Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming, Inc., **Approved Meet #NC20086AP**

In granting this Approval it is understood and agreed that USA Swimming and North Carolina Swimming shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.

MEET DIRECTOR and MEET ENTRY COORDINATOR Kathy Cooper, NC Aquablazers (NCA) 9660-138 Falls of Neuse Road #165 Raleigh, NC 27615 (919) 522-9275 blackheritageswimming@gmail.com	MEET REFEREE Robert Thompson, USA Swimming (904) 292-4816 robertnayr@att.net
MEET HEAD STARTER Jacqueline Witherspoon, USA Swimming (630) 618-9420 Jwitherspoon75@gmail.com	MEET CHIEF JUDGE Brian Perkins, USA Swimming (314) 799-5685 btpqa@aol.com
MEET ADMINISTRATIVE OFFICIAL Michael Ivy, NC Swimming (919) 649-6588 mwivy@izzy.net	MEET MARSHAL Kyle Webb, NC Aquablazers (NCA) (919) 270-9466 kyle.webb@siemens.com

FACILITY

Triangle Aquatic Center

275 Convention Drive

Cary, NC 27511

(919) 459-4045

www.triangleaquatics.org

The Triangle Aquatic Center (TAC) facility features a 50 meter competition pool divided into two pools, which include **an 8-lane, 25-yard by 9-feet deep competition pool (Men's East Pool)** and a **10-lane, 25-yard by 7-feet, 6 inches-deep competition pool (Women's West Pool)**, with a variable depth ranging from 7 to 12 feet. Both competition pools will be used. **An additional 10-lane 25-yard pool is available for continuous warm up/warm down.** The pool is equipped with state of the art, anti-turbulent lane lines and Paragon starting blocks on both ends that will be used during the meet. The facility features a Daktronic Pro timing system, and two digital matrix scoreboards. The competition course has been certified in accordance with USA Swimming 104.2.2C(4). A copy of this certification is on file with USA Swimming. Stopwatches will also be used in each competition lane. Hy-Tek Meet Manager Pro software will be used. Locker rooms for changing are available. The facility has seating available for 600 on deck during each morning and afternoon session.

The facility is 72,000 sq. feet and has comfortable **spectator seating capacity for 1100 people.** The TAC facility has a full-service Fresh Healthy Cafe on site. The TAC facility is conveniently located off Interstate 40 at Exit 291 and is adjacent to Cary Towne Center. Special Group Hotel rates have been arranged. Hotel information is attached and will be updated on the <http://blackheritageswimming.org> website as additional hotels are added. Due to on-going construction, parking is available for officials, meet staff, spectators and other volunteers in the Cary Towne Center mall parking lot across the street from the pool. Team Bus Parking is available at the Baptist State Convention of North Carolina parking lot located at 205 Convention Drive, Cary, NC 27511 (across the street from the Cary Towne mall parking near the pool). Spectator seating opens at 6 am each day.

This is an approved meet open to registered and non-registered USA Swimming athletes. Only meet volunteers, coaches, athletes and USA-Swimming registered officials may be on deck.

NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME.

MEET FORMAT

This is a Timed Finals Senior/Age Group, pre-seeded Meet. All sessions will be Short Course Yards

AGE GROUPS

First Session (1A and 1B) – Saturday, May 23, 2020
15 & Over
13-14

Second Session (2A and 2B) – Saturday, May 23, 2020
11-12

Third Session (3A and 3B) – Saturday, May 23, 2020
9-10
8 & Under

Fourth Session (4A and 4B) – Sunday, May 24, 2020
15 & Over
13-14

Fifth Session (5A and 5B) – Sunday, May 24, 2020
11-12

Sixth Session (6A and 6B) – Sunday, May 24, 2020
9-10
8 & Under

DEADLINE AND MEETING SUMMARY

DATE	EVENT	TIME
Friday March 6, 2020	MEET ENTRY PERIOD STARTS	12:01 AM
Wednesday May 13, 2020	MEET ENTRY DEADLINE (Meet Entries and Fees Due)	11:59 PM
Friday Evening May 22, 2020	Team Practices <i>Triangle Aquatic Center (TAC)</i>	600 – 8:00 PM
Friday Evening May 22, 2020	Coaches' Dinner/Meeting Coach Award <i>Embassy Suites Raleigh-Durham/RTP</i> 201 Harrison Oaks Blvd. Cary, NC 27513 (919) 677-1840	8:30-10:00 PM

DATE	EVENT	TIME
First Session Session 1A and Session 1B Saturday May 23, 2020	Warm Ups (by Team/Women and Men) (Lane Assignments will vary) Team Group 1 Time Team Group 2 Time	6:30 am to 7:05 am 7:10 am to 7:45 am
	Officials' Meeting Hospitality Room	7:00 am
	Coaches' Meeting Hospitality Room	7:30 am
	All Timers' Meeting On Pool Deck By Windows of 10-lane Women's Pool	7:40 am
	All Timers In Seats Women's Pool TAC West Pool (10 lanes) Men's Pool TAC East Pool (8 lanes)	7:50 am
	Welcome and Introduction of Officials	7:55 am
	National Anthem	7:58 am
	Meet Starts Session 1A 15 & Over Women 13-14 Women TAC West Pool (10 lanes) Session 1B 15 & Over Men 13-14 Men TAC East Pool (8 lanes)	8:00 am

DATE	EVENT	TIME
Second Session Session 2A and Session 2B Saturday May 23, 2020	Warm Ups <i>(by Team/Women and Men)</i> <i>(Lane Assignments will vary)</i> Team Group 1 Time Team Group 2 Time	 10:30 am to 11:05 am 11:10 am to 11:45 am
	Officials' Meeting Hospitality Room	10:30 am
	Coaches' Meeting Hospitality Room	11:00 am
	All Timers' Meeting On Pool Deck By Windows of 10-lane Women's Pool	11:30 am
	All Timers In Seats Women's Pool TAC West Pool (10 lanes) Men's Pool TAC East Pool (8 lanes)	11:50 am
	Welcome and Introduction of Officials	11:55 am
	National Anthem	11:58 am
	Meet Starts Session 2A 11-12 Women TAC West Pool (10 lanes) Session 2B 11-12 Men TAC East Pool (8 lanes)	Noon

DATE	EVENT	TIME
Third Session Session 3A and Session 3B Saturday May 23, 2020	Warm Ups (by Team/Women and Men) (Lane Assignments will vary) Team Group 1 Time Team Group 2 Time	 2:30 pm to 2:50 pm 2:55 pm to 3:15 pm
	Officials' Meeting Hospitality Room	2:30 pm
	Coaches' Meeting Hospitality Room	3:00 pm
	All Timers' Meeting On Pool Deck By Windows of 10-lane Women's Pool	3:10 pm
	All Timers In Seats Women's Pool TAC West Pool (10 lanes) Men's Pool TAC East Pool (8 lanes)	3:20 pm
	Welcome and Introduction of Officials	3:25 pm
	National Anthem	3:28 pm
	Meet Starts Session 3A 9-10 Women 8 & Under Women TAC West Pool (10 lanes) Session 3B 9-10 Men 8 & Under Men TAC East Pool (8 lanes)	3:30 pm
Saturday Evening May 23, 2020	Swimmer's Social Embassy Suites Raleigh-Durham/RTP 201 Harrison Oaks Blvd. Cary, NC 27513 (919) 677-1840	7:30 – 10:00 pm

DATE	EVENT	TIME
Fourth Session Session 4A and Session 4B Sunday May 24, 2020	Warm Ups (by Team/Women and Men) (Lane Assignments will vary) Team Group 1 Time Team Group 2 Time	6:30 am to 7:05 am 7:10 am to 7:45 am
	Officials' Meeting Hospitality Room	7:00 am
	Coaches' Meeting Hospitality Room	7:30 am
	All Timers' Meeting On Pool Deck By Windows of 10-lane Women's Pool	7:40 am
	All Timers In Seats Women's Pool TAC West Pool (10 lanes) Men's Pool TAC East Pool (8 lanes)	7:50 am
	Welcome and Introduction of Officials	7:55 am
	National Anthem	7:58 am
	Meet Starts Session 4A 15 & Over Women 13-14 Women TAC West Pool (10 lanes) Session 4B 15 & Over Men 13-14 Men TAC East Pool (8 lanes)	8:00 am
	Coaches/Officials/ Parents/Alumni/Community 100 Free Relay (Women and Men) Women's Pool TAC West Pool (10 lanes)	Immediately Following Sessions 4A & 4B
	15 & Over 13-14 Awards Presentation High Point Awards Men's 100 Fly Award Women's 200 IM Award	Immediately Following 100 Free Relay

DATE	EVENT	TIME
Fifth Session Session 5A and Session 5B Sunday May 24, 2020	Warm Ups (by Team/Women and Men) (Lane Assignments will vary) Team Group 1 Time Team Group 2 Time	 10:30 am to 11:05 am 11:10 am to 11:45 am
	Officials' Meeting Hospitality Room	10:30 am
	Coaches' Meeting Hospitality Room	11:00 am
	All Timers' Meeting On Pool Deck By Windows of 10-lane Women's Pool	11:30 am
	All Timers In Seats Women's Pool TAC West Pool (10 lanes) Men's Pool TAC East Pool (8 lanes)	11:50 am
	Welcome and Introduction of Officials	11:55 am
	National Anthem	11:58 am
	Meet Starts Session 5A 11-12 Women TAC West Pool (10 lanes) Session 5B 11-12 Men TAC East Pool (8 lanes)	 Noon
	11-12 Awards Presentation High Point Awards	Immediately Following Sessions 5A & 5B

DATE	EVENT	TIME
Sixth Session Session 6A and Session 6B Sunday May 24, 2020	Warm Ups (by Team/Women and Men) (Lane Assignments will vary) Team Group 1 Time Team Group 2 Time	2:30 pm to 2:50 pm 2:55 pm to 3:15 pm
	Officials' Meeting Hospitality Room	2:30 pm
	Coaches' Meeting Hospitality Room	3:00 pm
	All Timers' Meeting On Pool Deck By Windows of 10-lane Women's Pool	3:10 pm
	All Timers In Seats Women's Pool TAC West Pool (10 lanes) Men's Pool TAC East Pool (8 lanes)	3:20 pm
	Welcome and Introduction of Officials	3:25 pm
	National Anthem	3:28 pm
	Meet Starts Session 6A 9-10 Women 8 & Under Women TAC West Pool (10 lanes) Session 6B 9-10 Men 8 & Under Men TAC East Pool (8 lanes)	3:30 pm
	9-10 8 & Under Awards Presentation High Point Awards	Immediately Following Sessions 6A & 6B
	Top 6 Teams and Team Spirit Awards Presentation	Immediately Following 9-10 and 8 & Under Presentation

RULES	This meet will be conducted in accordance with the current USA Swimming Rules and the NC Swimming (NCS) Rules and Regulations, except where the rules therein are optional and exceptions are stated.
TECHNICAL SUIT BAN for 12 & UNDERS	<p>Per NCS Rule 210.2, 12 & Under athletes may not compete in Technical Suits at this meet.</p> <p>A Technical Suit is one that has the following components:</p> <ul style="list-style-type: none"> • 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	<p>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.</p> <p>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.</p> <p>Deck changes are prohibited.</p> <p>Any swimmer entered in the meet who is unaccompanied by a USA Swimming member coach 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. 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.</p> <p>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.</p> <p>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.</p>

ELIGIBILITY

This meet is open to all swimmers. USA swimming registration is not required. Swimmers must compete in their age-group only, except for relays. In relays, swimmers are allowed to "swim-up" as necessary. Swimmers shall compete at the age reached on the first day of the meet.

SWIMMERS WITH DISABILITIES

The NC Aquablazers welcome 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 the NC Aquablazers' ability to accommodate all requests.

ENTRIES

The preferred method of entry submission is electronic entry. Please submit your entries by e-mail to the Meet Director using Hy-Tek Sports Software. We have upgraded to the most current version of Hy-Tek 7.0. We have posted the exported events (Events for TM) on the Meet Registration Page of our website. If you do not have the Team Manager program to make a Hy-Tek entry, but would like to make an electronic entry, you can download a copy of Swim Team Manager Lite for Team Manager 7.0 at no charge from the Hy-Tek website: <http://www.hytekLtd.com/downloads.html>.

Entries may also be submitted on the enclosed entry forms.

Electronic entries must be followed by a hard copy. The electronic entry, hard copy and fees must be received by the entry deadline. ***Please include summary totals in the body of your email; this helps us check for errors.***

In addition, if your swimmers are not current USA Swimmers, please do not put a USA Swimming number in the Hy-Tek electronic entry.

Please send the entries by e-mail to:
blackheritageswimming@gmail.com

Please mail hard copies of entries to:
Kathy Cooper
Meet Director
9660-138 Falls of Neuse Road
#165
Raleigh, NC 27615

**ENTRY
LIMITATIONS**

Individual Swimmers are limited to six (6) individual events for the meet, and no more than three (3) individual events per day.

Each team can enter a maximum of **Two (2) Scoring Relays** per event. Teams are allowed to enter additional relays per event **as Exhibition Relays** only.

Each swimmer shall be limited to two (2) relay events for the entire meet [one (1) each day].

Swimmers participating on relay teams only must be listed on the entry forms. All **relays** must be submitted by the entry deadline. Relays can be submitted without the names of the relay swimmers. If teams intend to provide names of relay swimmers, those names must be provided during the beginning of each warm up session.

If a swimmer enters more than the allowable events, Meet Management will contact to the swimmer's coach to get the required number of entries and will ask the coach to tell the Meet Management from which event the swimmer will be removed.

There will be **No Deck Seeding** of individuals or relays.

**ENTRY
VERIFICATION**

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

**ENTRY
DEADLINES**

All Entries and fees must be received by 11:59 pm on Wednesday, May 13, 2020. No telephone entries will be accepted. No late entries will be accepted. There will be no deck entries. Meet Management reserves the right to limit entries as necessary to manage the timeline.

ENTRY FEES

Individual Events:	\$ 9.00 per event
Relay Events:	\$12.00 per relay (\$3.00 per relay swimmer)
Swimmer Surcharge:	\$10.00 per swimmer
NCS Travel Fund Fee:	\$ 3.00 per swimmer

All fees are non-refundable. Entries will not be accepted unless accompanied by entry fees by the meet deadline. Fees can be paid by bank, certified or team check, money order, credit card. Fees can be paid **online at **PayPal.Me/NBHCSM** or in the Shopping Cart at the bottom of the Meet Registration Page on our meet website at <http://blackheritageswimming.org>. PayPal will accept several credit cards and checks. If mailing a check or money order, **please make all checks or money orders payable to North Carolina Aquablazers, Inc.** (No personal checks are accepted).**

SEEDING

The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.

SCORING

Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relays: 40-34-32-30-28-26-29-22-18-14-12-10-8-6-4-2

Team scores and individual high point scores will be posted throughout the meet. Individual High Point Awards will be based on Individual Event results scored from 1st through 16th place only and will not include relay results for those individuals. Team points will be scored from 1st through 16th place in Individual Events and Relays. Individual awards will be given only from 1st through 8th places and Relay awards will be given only from 1st through 3rd places. Top Team awards will be given for 1st through 6th places. Team Spirit award will be given to the team with the most spirit. Any challenges to results must be made by the swimmers' coach to the Meet Referee within 30 minutes of the conclusion of the last session on Sunday. No challenges by parents will be considered.

AWARDS

Individual Events:	1 st Place (Gold Medal) 2 nd Place (Silver Medal) 3 rd Place (Bronze Medal) 4 th – 8 th Places (Ribbons)
Relay Events:	1 st Place (Gold Medal) 2 nd Place (Silver Medal) 3 rd Place (Bronze Medal)
Coaches/Parents/Officials/ Alumni/Community 100 Free Relay Award:	4 Trophies to Winning Relay
Team Place Awards:	1 st – 6 th Place Team Trophies
Team Spirit	Trophy
High Point Awards:	Trophies and bags to top individual female and male swimmers with the highest point totals in each age group.
Luqman El-Amin Award:	Trophy awarded to winner of the Men's 15 & Over 100 Fly in honor of the City of Atlanta Dolphins Swimmer who passed away on December 19, 2006 in a car accident.
Tanya Moore-Boone Swimmer Award:	Trophy awarded to winner of the Women's 15 & Over 200 IM in honor of our NC Aquablazers Swim Team Coach who passed away on August 30, 2014.

Tanya Moore-Boone Coach of the Year Award:

Trophy awarded to coach who exemplifies the courage and integrity of Coach Moore-Boone who was a lifelong advocate of swimming for everyone, especially those who did not have access to fulfill their dreams.

The Tanya Moore-Boone Coach Award will be awarded on Friday at the Coaches' Dinner.

Individual and Relay awards will be presented each day throughout the day on Saturday and Sunday. Coaches need to designate someone to collect the team's medals and ribbons from the Awards room (which is located near the entrance to the deck to the right of the stairs and elevator).

High Point Awards for the 15 & Over and 13-14 swimmers, the Luqman El-Amin for the Male 15 & Over 100 Fly winner and the Tanya Moore-Boone Swimmer Award for the Female 15 & Over 200 IM winner and the Winner of the Coaches/Officials/Parents/Alumni/Community 100 Free Relay will be presented on Sunday morning at the conclusion of the Coaches/Officials/Parents/Alumni/Community 100 Free Relay.

High Point Awards for the 11-12 swimmers will be presented on Sunday afternoon at the conclusion of the Fifth Session (Session 5A and Session 5B).

High Point Awards for the 9-10 and 8 & Under swimmers will be presented on Sunday afternoon at the conclusion of the Sixth Session (Session 6A and Session 6B).

The 6 Team Trophies and the Team Spirit Award will be presented on Sunday afternoon at the conclusion of the High Point Awards Presentation for the 9-10 and 8 & Under swimmers.

RESULTS

Results will be posted continuously on deck and in the spectator's area during the meet. Results will be posted on the black heritage swimming and the TAC websites within 29 hours of the meet's conclusion. At the conclusion of the meet, teams may obtain HyTek results files either on a memory stick or via e-mail attachment.

COACHES

All coaches on deck should be registered and certified with USA Swimming **unless Meet Management authorizes parent coaches to participate.**

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 coaches' dinner/meeting at the date and time listed in the Deadline and Meeting Summary. Other coaches' 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

The North Carolina Aquablazers Swim Team welcomes and encourages the assistance of USA Swimming certified officials from visiting teams. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of such to the meet referee by displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. All officials must submit a **"2020 Application to Officiate"** to the Meet Chief Judge – Brian Perkins -- by **May 10, 2020. Brian's contact information is listed on the application.** This application can be found on the Meet Registration page of the meet website and will be e-mailed to all teams along with this Meet Information. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.

TIMERS AND OTHER VOLUNTEERS

Timers' meetings will be held on deck on the dates and times listed in the Deadline and Meeting Summary. Each team is requested to provide at least one official and two timers for the meet. Please include your timers with your meet entries and make sure that your officials complete the required application to officiate noted above. Other volunteers are welcome as well to work as Computer Operators, as Runners, Heat Winner Cap distributors, Bullpen/Ready Area Assistants for the 8 & Under swimmers, and as in Hospitality Assistants. A Timers and Other Volunteers sign up sheet will be posted on the website and sent to all coaches.

HOSPITALITY/ CONCESSIONS

There will be hospitality for all coaches, officials, and volunteers. Refreshments will be available at the concession stands inside and outside.

WARM-UP

In accordance with USA Swimming guidelines, Warm Up times are listed in the Deadline and Meeting Summary for each session. There will be 2 Team Group Warm Up Times for each session. Warm up lane assignments and procedures will be e-mailed to the coaches and published on the meet website by Sunday, May 17, 2020, will be included in the Coaches' Team Bags to be distributed at the coaches' dinner. In addition, the warm up lane assignments will be available at the computer tables and will be posted at the pool.

If your coaches will not be attending the Coaches' Dinner/Meeting on Friday Night, your Coaches' Team Bag (which includes the warm up lane assignments, coaches' heat sheets, coaches' and swimmers' credentials and wristbands, coaches' shirts and Team Appreciation Awards) will be available in the Hospitality Room at the pool for pick up.

The Marshal 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, there will be lanes available for continuous warm-up/down.** There is to be no diving or horseplay in this area.

**BULLPEN/
READY AREA**

A Bullpen/Ready Area will be provided at each pool for the 8 and Under Swimmers during the 10 and Under sessions. Once the coaches bring the 8 and Under swimmers to the Bullpen/Ready Areas, a Volunteer will get the 8 and Under swimmers seated by event heat and lane and will take the swimmers to the blocks upon the start of the previous heat.

**WAIVER/
RELEASE**

As a team entered in this meet, upon entry 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. North Carolina Aquablazers, Inc., the Triangle Aquatic Center, 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.

**SPECTATOR
ADMISSION &
SEATING**

The **Spectator Admission Fee is \$10.00 per day or \$20.00 for the entire meet. Spectator Admission Passes** can be purchased online in advance or purchased at the door. **Spectator Admission Passes** purchased in advance can be picked up on the first day of the event. Spectator seating areas must be cleared at the end of each session to allow for cleaning between sessions and to allow for new Spectators for the next Session to be seated. The seating capacity for the Spectator Seating area is 1000 spectators per session. Once seating capacity per session is reached, Spectators will be directed to the Overflow Viewing Area. Admission does not include the \$20.00 cost for the Meet Program.

**MEET
PROGRAMS**

Meet Programs will include the heat sheet and will be sold next to the Admissions Table for \$20.00. A Team Picture of each participating team is included in the Meet Program at no charge to the participating teams. Team Pictures should be e-mailed to the Meet Director. **The deadline for submitting team pictures is May 15, 2020.**

- ADVERTISEMENTS** If teams or individuals want to place an **additional advertisement (“Ad”)** in the meet program, the cost for Ads is \$25 for a quarter page; \$50 for a half page; \$100 for a full page, \$250 for a professional page, and \$500 for the inside front and back cover. Ads can also be placed on the scoreboard for \$500. Scoreboard ads must be in an MP4 format. In addition, event sponsorship is available for \$30 per event. Moreover, patron sponsorships are also available for \$15 per patron. Ads, event sponsorship or patron sponsorship information should be e-mailed to the Meet Director. **The deadline for submitting Ads is May 15, 2020.**
- SPONSORSHIPS** **Meet Sponsorship** Information is available online on the Meet Information Page of our website at <https://blackheritageswimming.org>.
- VENDORS** Vendor applications are available online on the Meet Information Page of our website at <https://blackheritageswimming.org>.
- PARKING** Due to on-going construction, parking is available for officials, meet staff, spectators and other volunteers in the Cary Towne Center mall parking lot across the street from the pool.
- Team Bus Parking is available at the Baptist State Convention of North Carolina parking lot located at 205 Convention Drive, Cary, NC 27511 (across the street from the Cary Towne mall parking near the pool).
- Team buses may enter the TAC parking lot to drop off and pick up swimmers.
- SPECIAL EVENTS** We will host our annual **Coaches’ Dinner/Meeting** at the Embassy Suites Raleigh-Durham/RTP. The address is 201 Harrison Oaks Blvd., Cary, NC 27513. There is no charge to the coaches attending this event; however, we need to know how many coaches plan on attending the dinner by May 15, 2020.
- We will host a **Swimmers’ Social** for **Swimmers, Coaches, Officials, Parents, and Chaperones** at the Embassy Suites Raleigh-Durham/RTP. The address is 201 Harrison Oaks Blvd., Cary, NC 27513. Our theme is **“20/20 Olympic Vision”** this year. There is no charge for this event. We will need team coordinators and parents to help us chaperone this event.
- The **Coaches/Officials/Parents/Alumni/Community 100 Free Relay** will take place on Sunday morning immediately following the morning sessions. Please let us know if you plan to have relay or relays for your team or group by Sunday morning warmups.
- ADDITIONAL DOCUMENTS** **Order of Events (included below)**
Team Entry Form (included below)
Individual Entry Form (included below)
Hotel Information (separate document)



First Session (Session 1A and Session 1B)
15 & Over
13-14
Saturday, May 23, 2020

Warm Ups: Team Group 1 Time – 6:30 am to 7:05 am
 Warm Ups: Team Group 2 Time – 7:10 am to 7:45 am
 Meet Starts 8:00 am (Timed Finals)

Session 1A West Course Event # Women	Event Name	Session 1B East Course Event # Men
1	15 & Over 100 yd Freestyle	2
3	13-14 100 yd Freestyle	4
5	15 & Over 50 yd Butterfly	6
7	13-14 50 yd Butterfly	8
9	15 & Over 100 yd Backstroke	10
11	13-14 100 yd Backstroke	12
13	15 & Over 100 yd Breaststroke	14
15	13-14 100 yd Breaststroke	16
17	15 & Over 200 yd Individual Medley	18
19	13-14 200 yd Individual Medley	20
21	15 & Over 200 yd Freestyle Relay	22
23	13-14 200 yd Freestyle Relay	24



Second Session (Session 2A and Session 2B) 11-12

Saturday, May 23, 2020

Warm Ups: Team Group 1 Time – 10:30 am to 11:05 am

Warm Ups: Team Group 2 Time – 11:10 am to 11:45 am

Meet Starts Noon (Timed Finals)

Session 2A West Course
Event # Women

Event Name

Session 2B East Course
Event # Men

25	11-12 100 yd Freestyle	26
27	11-12 50 yd Butterfly	28
29	11-12 100 yd Backstroke	30
31	11-12 100 yd Breaststroke	32
33	11-12 200 yd Individual Medley	34
35	11-12 200 yd Freestyle Relay	36



Third Session (Session 3A and Session 3B)

9-10

8 & Under

Saturday, May 23, 2020

Warm Ups: Team Group 1 Time – 2:30 pm to 2:50 pm

Warm Ups: Team Group 2 Time – 2:55 pm to 3:15 pm

Meet Starts 3:30 pm (Timed Finals)

Session 3A West Course
Event # Women

Event Name

Session 3B East Course
Event # Men

37	9-10 100 yd Freestyle	38
39	8 & Under 50 yd Freestyle	40
41	9-10 50 yd Butterfly	42
43	8 & Under 25 yd Butterfly	44
45	9-10 100 yd Backstroke	46
47	8 and Under 50 yd Backstroke	48
49	9-10 100 yd Breaststroke	50
51	8 & Under 50 yd Breaststroke	52
53	9-10 100 yd Individual Medley	54
55	8 and Under 100 yd Individual Medley	56
57	9-10 200 yd Freestyle Relay	58
59	8 and Under 100 yd Freestyle Relay	60



Fourth Session (Session 4A and Session 4B)
15 & Over
13-14
Sunday, May 24, 2020

Warm Ups: Team Group 1 Time – 6:30 am to 7:05 am
 Warm Ups: Team Group 2 Time – 7:10 am to 7:45 am
 Meet Starts 8:00 am (Timed Finals)

Session 4A West Course
 Event # Women

Event Name

Session 4B East Course
 Event # Men

61	15 & Over 200 yd Freestyle	62
63	13-14 200 yd Freestyle	64
65	15 & Over 50 yd Breaststroke	66
67	13-14 50 yd Breaststroke	68
69	15 & Over 100 yd Butterfly	70
71	13-14 100 yd Butterfly	72
73	15 & Over 50 yd Backstroke	74
75	13-14 50 yd Backstroke	76
77	15 & Over 50 yd Freestyle	78
79	13-14 50 yd Freestyle	80
81	15 & Over 200 yd Medley Relay	82
83	13-14 200 yd Medley Relay	84
85	Coaches/Officials/Parents/Alumni/Community Mixed 100 Free Relay	86



Fifth Session (Session 5A and Session 5B) 11-12

Sunday, May 24, 2020

Warm Ups: Team Group 1 Time – 10:30 am to 11:05 am

Warm Ups: Team Group 2 Time – 11:10 am to 11:45 am

Meet Starts Noon (Timed Finals)

Session 5A West Course
Event # Women

Event Name

Session 5B East Course
Event # Men

87	11-12 200 yd Freestyle	88
89	11-12 50 yd Breaststroke	90
91	11-12 100 yd Butterfly	92
93	11-12 50 yd Backstroke	94
95	11-12 50 yd Freestyle	96
97	11-12 200 yd Medley Relay	98



Sixth Session (Session 6A and Session 6B)

9-10

8 & Under

Sunday, May 24, 2020

Warm Ups: Team Group 1 Time – 2:30 pm to 2:50 pm
 Warm Ups: Team Group 2 Time – 2:55 pm to 3:15 pm
 Meet Starts 3:30 pm (Timed Finals)

Session 6A West Course
 Event # Women

Event Name

Session 6B East Course
 Event # Men

99	9-10 200 yd Freestyle	100
101	8 & Under 100 yd Freestyle	102
103	9-10 50 yd Breaststroke	104
105	8 & Under 25 yd Breaststroke	106
107	9-10 100 yd Butterfly	108
109	8 & Under 50 yd Butterfly	110
111	9-10 50 yd Backstroke	112
113	8 and Under 25 yd Backstroke	114
115	9-10 50 yd Freestyle	116
117	8 & Under 25 yd Freestyle	118
119	9-10 200 yd Medley Relay	120
121	8 and Under 100 yd Medley Relay	122



TEAM ENTRY FORM

CLUB NAME _____ ABBREVIATION _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

HEAD COACH _____

WORK PHONE(____)____-____ HOME PHONE(____)____-____ CELL PHONE(____)____-____

e-mail address _____

TEAM HOTEL _____ # Rooms Reserved _____ #Nights _____

ASST. COACH _____ ASST. COACH _____

ASST. COACH _____ ASST. COACH _____

ASST. COACH _____ ASST. COACH _____

All coaches identified above are responsible for the swimmers entered on this meet entry form during the conduct of the meet.

Signature _____ Date _____

MAIL ENTRIES TO: **KATHY COOPER
MEET DIRECTOR
9660-138 Falls of Neuse Rd, #165
RALEIGH, NC 27615**

MEET ENTRIES AND FEE SUMMARY

MEET FEE ITEMS	QUANTITY	MEET FEES	LINE TOTAL
Total # of Individual Meet Entries		x \$9.00/individual entry	\$_____
Total # of Relay Meet Entries		x \$12.00/relay	\$_____
Total # of Swimmers		x \$10.00 surcharge/swimmer	\$_____
Total # of Swimmers		x \$3.00 NCS Fee/swimmer	\$_____
		BALANCE DUE	\$_____

MAKE ALL CHECKS AND MONEY ORDERS PAYABLE TO NC AQUABLAZERS, INC. TOTAL ENCLOSED \$_____

NORTH CAROLINA AQUABLAZERS, INC., AND TRIANGLE AQUATIC CENTER SHALL BE HELD FREE AND HARMLESS FOR ANY AND ALL LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

SIGNATURE _____ DATE _____



INDIVIDUAL ENTRY FORM
 (For Individuals Swimming Alone Only; Not for Use by Teams)

CLUB NAME _____ ABBREVIATION _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

HEAD COACH _____ ASST. COACH _____

WORK PHONE(____) ____ - _____ HOME PHONE(____) ____ - _____ CELL PHONE(____) ____ - _____

e-mail address _____

TEAM HOTEL _____ # Rooms Reserved _____ #Nights _____

All coaches identified above are responsible for the swimmers entered on this meet entry form during the conduct of the meet.

Signature _____ Date _____

MAIL ENTRIES TO: KATHY COOPER, MEET DIRECTOR, 9660-138 FALLS OF NEUSE RD, #165, , RALEIGH, NC 27615

INDIVIDUAL MEET ENTRIES

Swimmer Name _____ Swimmer Age _____

Swimmer Birthdate _____ Swimmer USA Swimming ID (if the athlete is a USA Swimmer) _____

Event #	Event	Swimmer's Time

MEET ENTRY FEE SUMMARY

MEET FEE ITEMS	QUANTITY	MEET FEES	LINE TOTAL
Total # of Individual Meet Entries		x \$9.00/individual entry	\$ _____
Total # of Relay Meet Entries/ Swimmer		x 3.00/relay entry	\$ _____
Total # of Swimmers		x \$10.00 surcharge/swimmer	\$ _____
Total # of Swimmers		x \$3.00 NCS Fee/swimmer	\$ _____
Balance Due			\$ _____

MAKE ALL CHECKS AND MONEY ORDERS PAYABLE TO NC AQUABLAZERS, INC. TOTAL ENCLOSED \$ _____

NORTH CAROLINA AQUABLAZERS, INC., AND TRIANGLE AQUATIC CENTER SHALL BE HELD FREE AND HARMLESS FOR ANY AND ALL LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

SIGNATURE _____ DATE _____