

**MOR Atlantic Invitational
November 11-13, 2022
Pullen Aquatic Center
411 Ashe Avenue, Raleigh, NC, 27606**

***Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC22159 REVISED 11/11/22***

MEET DIRECTOR	MEET ENTRY COORDINATOR
Cara Cameron Coachcara45@aol.com 919-522-4061	Pam Rocque mormeets@gmail.com
MEET REFEREE	MEET MARSHAL
Carl Schmidt ncglass814@gmail.com	John Fischetti jfischetti@aol.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 MOR 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

**Facility and
HOST Team
Requirements**

Masks are optional at this venue. MOR asks that if you have been exposed to Covid or are feeling ill, that you please not attend.

**Spectator
Limitations and
Protocols**

Spectators are allowed and there will be NO Live Streaming.

FACILITY The Pullen Aquatic Center pool is a 50m pool with a bulkhead diving two 25yd courses. There are 8 lanes in the competition course which has deck-anchored starting blocks and non-turbulent lane ropes. An automatic Colorado Timing System with touch pads and digital scoreboard will be available. Spectators are allowed to sit in the bleachers provided in the upstairs of the building. Spectators can have chairs in a small area in the upstairs- area marked on the floor- otherwise, they must sit in the bleachers. The competition course has not been certified in accordance with 104.2.22C (4). The facility also prohibits smoking, glass containers of any kind and boisterous behavior of patrons. Visitors must adhere to all pool rules. Please help the facility by making sure all team areas are clear of trash after each session. The pool is 13 feet deep at the start end and 5 feet deep at the turn end. Per USA Swimming and Safe Sport Rules...ONLY USA SWIMMING registered athletes, current USA Swimming registered officials and coaches may be on deck during warmups and/or competition.

Parking: Parking for coaches, officials and meet management will be in the main lot of the facility and will require a parking pass or credentials. Parking for parents/spectators should begin in the top lot of Pullen Aquatic Center and then spread out to other parts of the park. Please park and walk your swimmer to the door in the 12-under session as there is NO DROP OFF in the parking lot.

**MEET
FORMAT**

All events are timed finals. Sessions may be combined at the discretion of Meet Management. The meet will be pre-seeded slow-to-fast (**with the exception of the 500 Free and 400 IM which are deck seeded**) and no deck entries will be allowed. There will be no relays or scoring.

The 1000YD Free will be seeded together as 13-over and will be conducted swimming the first two fastest heats of women (slowest to fastest), then the first two fastest heats of men (slowest to fastest), then alternating women and men (fastest to slowest). MOR volunteers will time the 1000 Free on Friday night. Each swimmer must provide their own person to count. The 1000 Free may be limited to five heats of each gender (sixteen 13-14 and twenty-four Senior) The 1000 Free must be 13-over and have a 13-14 A Time in the 500, 1000 or 1650 Free. **NO 12-under entries are accepted in the 1000 Free.**

SCHEDULE:

SESSION	DAY	WARM UP	MEET START	AGE GROUP
1	Friday	2:45pm	4:00pm	13-over
2	Saturday	7:30am	9:00am	13-over
3	Saturday	12:50pm	1:30pm	12-un
4	Saturday	4:00pm	5:15pm	13-over
5	Sunday	7:30am	9:00am	13-over
6	Sunday	2:25pm	3:05pm	12-un

****MOR reserves the right to change warm-up and start times based on the timeline after entries are received. Teams will be notified of changes no later than Monday, Nov. 8th.**

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, Nov. 1, 2022	8:00pm	Entry deadline
Friday, Nov. 11, 2022	3:00pm	Coaches Briefing
All sessions	Start of warm ups	Officials Briefing

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. NCS Scratch Rule is in effect for this meet

TECHNICAL SUIT BAN for 12& Unders

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 workout 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, restrooms, 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, 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. and be members of **MOR and Invited Teams**. All Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to entry deadline. Entries listed as "Registration Applied For" will not be accepted. **There will be no on deck registration available at this meet.**

12-unders: BB or Faster (Two BB strokes or faster)

13-over: A times or faster (Two A strokes or faster)

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

Submit entries on Team Unify. by emailing them to Pam at mormeets@gmail.com by Nov. 1, 2022 at 8pm. Per NCS Rules, a roster of swimmers entered in the meet will be sent to NC Swimming for verification of USA Swimming registration. All swimmers in the meet must be paid and registered with USA Swimming, no later than 3 days prior to the first day of the meet.

All swimmers in relays must be listed on the team entry and paid for. Please see Pam Rocque at the computer table for a relay form- this must be filled out and submitted back to Pam before the second event has begun for each session. You can change the order of the relay up until the event begins. Teams are limited to FOUR relays in each relay event.

ENTRY LIMITATIONS

13-over: Limit of 2 Friday/4 total on Saturday (cannot swim more than 3 in AM or PM session) and 3 on Sunday.

12-under: 4 per day/ 8 total for meet

All individual events 400yds., or longer will be deck-seeded. Positive check in for those events will be required 30minutes after the start of warm-ups for that session.

The 1000yd Free will be seeded together as 13-over and will be conducted beginning with the first two fastest heats of women (slowest to fastest), then the first two fastest heats of men (slowest to fastest), then alternating women and men (fastest to slowest). MOR volunteers will time the 1000 Free on Friday night. Each swimmer must provide their own person to count. The 1000 Free may be limited to five heats of each gender (sixteen swimmers age 13-14 and twenty-four swimmers age 15-older) The 1000 Free must be 13-over and have a 13-14 A Time in the 500, 1000 or 1650 Free. No 12-under swimmers in the 1000 Free.

The 10-un 500YD Free may be limited to 4 heats of each sex and the 11-12 500 Free may be limited to five heats of each sex. 13-14 swimmers must have achieved the A Standard in the 200, 1000 or 1650 Free to swim. MOR Volunteers will time the 500 Free and each swimmer must supply their own person to count.

The 400YD IM: 13-over must have achieved the A Standard in the 13-14 200IM or 400IM.

12-unders 100/200IM: 12under swimmers may swim either the 200Yd IM OR the 100Yd IM- **but not both**.

MOR reserves the right to combine events as needed.

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 on or before Nov. 1, 2022 at 8pm.**

ENTRY FEES

Make checks payable to: MOR ; All fees are non-refundable	
Individual Event	\$8.50 per event; see NCS rules for any restrictions
Relays	\$8.00 per relay; see NCS rules for any restrictions
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$15 per per swimmer
Late Entry Fee	\$17.00 per individual event/ \$16 per relay

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. All non-conforming times will be seeded last in rank order

CHECK-IN Positive check in is required for all events 400yds or Longer at Clerk of Course. Check in must be complete 30 minute after the start of warm- ups in any given session. If the swimmer is not checked in, or out, they will be scratched.

SCRATCHES The NCS Scratch Rule is in effect for this meet.

SCORING

- Individual events: 12-7-6-5-4-3-2-1
- Relay events: 24-14-12-10-8-4-2
- Scoring will be separate for 13-14 and Seniors

AWARDS The First Place team will receive a trophy
12-under swimmers will receive ribbons 1st-8th place

RESULTS At the conclusion of the meet, the person who submitted entries will receive and email with results.

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 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. Concessions with snacks, drinks, light breakfast items will be available for purchase.

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, there will be lanes available for continuous warm-up/down (if available).

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, Pullen Aquatic Center and the City of Raleigh, 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, Nov. 11, 2022

Session #1

Girls/Women	Event	Boys/Men
1	Senior 200 Medley Relay	2
3	13-14 200 Medley Relay	4
5	Senior 200 IM	6
7	13-14 200 IM	8
9	Senior 1000 Free	10

**** Relays moved to the end of Session 2**

Saturday, Nov. 12, 2022

Session #2

Girls/Women	Event	Boys/Men
11	13-14 200 Free	12
13	15-over 200 Free	14
15	13-14 100 Back	16
17	15-over 100 Back	18
19	13-14 100 Breast	20
21	15-over 100 Breast	22
23	13-14 200 Fly	24
25	15-over 200 Fly	26
1	Senior 200 Medley Relay	2
3	13-14 200 Medley Relay	4

Saturday, Nov. 12, 2022

Session #3

Girls/Women	Event	Boys/Men
27	10-un 200 Medley Relay	28
29	11-12 200 Medley Relay	30
31	10-u 200 Free	32
33	11-12 200 Free	34
35	10-un 50 Back	36
37	11-12 50 Back	38
39	10-un 100 Breast	40
41	11-12 100 Breast	42
43	10-un 50 Free	44
45	11-12 50 Free	46
47	10-un 100 Fly	48
49	11-12 100 Fly	50
51	10-un 500 Free*	52

Saturday, Nov. 12, 2022

Session #4

Girls/Women	Event	Boys/Men
53	13-14 400IM	54
55	15-over 400IM	56
57	13-14 50 Free	58
59	15-Over 50 Free	60
61	13-14 200 Back	62
63	15-over 200 Back	64

Sunday, Nov. 13, 2022

Session #5

Girls/Women	Event	Boys/Men
65	13-14 200 Free Relay	66
67	15-over 200 Free Relay	68
69	13-14 100 Fly	70
71	15-Over 100 Fly	72
73	13-14 200 Breast	74
75	15-over 200 Breast	76
77	13-14 100 Free	78
79	15-over 100 Free	80
81	13-14 500 Free *	82
83	15-over 500 Free *	84

Sunday, Nov. 13, 2022

Session #6

Girls/Women	Event	Boys/Men
85	11-12 200 Free Relay	86
87	10-under 200 Free Relay	88
89	12-un 200 IM*	90
91	12-un 100 IM*	92
93	11-12 50 Fly	94
95	10-un 50 Fly	96
97	11-12 100 Free	98
99	10-un 100 Free	100
101	11-12 50 Breast	102
103	10-under 50 Breast	104
105	11-12 100 Back	106
107	10-un 100 Back	108
109	11-12 500 free *	110

*Check for limitations on these events

**MOR Atlantic Meet
Summary of Fees/Release Form**

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

MOR
4904 Waters Edge Drive, Suite 295
Raleigh, NC, 27606
Attn: Cara Cameron

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$8.50 per event	
Relay Entries		\$8.00 per relay	
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, Pullen Aquatic Center and the City of Raleigh, 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

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 re-seeding, 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.

208.4. RELAY SCRATCH RULE

- .1 All Meets - Any relay or relay member, in a relay event that fails to compete in or report for that event shall not be penalized.