**NORTH CAROLINA SWIMMING**

**2023 FALL HOUSE OF DELEGATES**

*All NCS Fall HOD Weekend Meetings will be held at the McKimmon Center, 1101 Gorman Street, Raleigh, NC on Saturday and Sunday, Sept. 30th- Oct 1, 2023. A meet schedule for the 2024 Long Course season will be developed at the Meet Schedule Planning meeting on Sunday morning for approval at HOD.*

**SATURDAY, Sept. 30, 2023**

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| **10:00a-12:00p** | Room 4 | **NCHSAA Clinicians Training - NCHSAA Regional Supervisor (TBD)** | Live and Virtual |
|  |  |  |  |
| **12:00p-1:00p** | Lunch | **Lunch on your own** |  |
|  |  |  |  |
| **1:00p-3:00p** | Room 4 | **Bi-Annual NCS Officials Chair Election- NCS Governance Chair  *ONLY In-person attendees may participate in nominations and voting*** | Live and Virtual |
| **3:00p-4:30p** | Room 4 | **NCS Board of Directors Meeting** |  |
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***The NCS All Star Clinic*** *will be held at the Triangle Aquatic Center beginning at 1:30 pm – 3:00 pm on Saturday, Sept. 30.*

*The clinic is open to NCS All Star swimmers only, and participants must be pre-registered to attend.*

***The NCS Awards Banquet*** *will be held at the McKimmon Center Banquet Room. There will be a meet and greet (Room 1A) with the guest speaker Lilly King from 4:30 pm – 5:30 pm with dinner/awards (Room 2) from 5:30 pm – 8:30 pm.*

**SUNDAY, Oct 1, 2023**

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| 9:00a-10:00a | Room 4 | **YMCA Coach Meeting** |  |
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| 10:00a-11:30a | Room 5 | **Athlete Meeting** |  |
|  |  |  |  |
| 10:00a-11:30a | Room 3 | * **Meet Schedule Planning Meeting (Coaches)** * **Senior & Age Group Committees** * **Camps & Clinics** * **Legislation Review Meeting**   **(*Review of proposed legislation* – Open to all)** |  |
|  |  |  |  |
| 11:30a-12:30p | Break | * **Lunch on your own** |  |
|  |  |  |  |
| 12:30p-1:00p | Hallway | **HOD Registration** |  |
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| 1:00p-3:00p | Room 3 | **HOD Meeting** |  |
|  |  |  |  |
| 3:00p-4:00p | Room 4 | **NCS Board of Directors Meeting** | *Following HOD* |
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