



North Carolina Swimming 14 & Under Long Course Age Group Championships July 16-19, 2009



SANCTION: Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc.
Sanction #
HOST: Marlins of Raleigh Swim Team
Cary, North Carolina
LOCATION:
FACILITY: Triangle Aquatic Center
275 Convention Drive
Cary, NC, 27511

The Triangle Aquatic Center facility features a 50 meter pool with variable depths ranging from 7 to 12 feet. An additional 4-6 lanes in the 25 yard pool are available for continuous warm up and warm down. The pool is equipped with state of the art, anti-turbulent lane lines and Paragon starting blocks. The facility features a Daktronic Pro timing system and two digital matrix scoreboards. Stopwatches will also be used in each competition lane. HyTek Meet Manager Pro software will be used. Locker rooms for changing are available.

Only swimmers, certified coaches, officials and meet volunteers are allowed on deck.

SPONSORS: Marlins of Raleigh and NC Swimming

CLASSIFICATION: Age Group Championship meet in 13-14 prelims/finals format and 12-u Timed Finals with qualifying time standards as listed on the order of events.

ELIGIBILITY: This meet is open to North Carolina and USA Swimming registered swimmers who have achieved the 2009 NCS 14 & Under Age Group Championship qualifying standard, as listed on the order of events, for each event entered in this meet. Times must have been achieved from April 25, 2008 to July 12, 2009.

INDIVIDUAL ENTRIES: On Line OME Meet Entry ONLY- closes at 4:00pm, Monday, July 13, 2009

OME Opens: 9:00am EDT- Monday, June 15, 2009

IMPORTANT: DO NOT check out after completing your entries. Email Cara upon completion. Payment will be made by your team check at Check-in on your first day.

Questions or problems with OME should be directed to USA Swimming, Susan Woessner swoessner@usaswimming.org

Conforming and Non Conforming times will be used for entry- Long Course Meters then Short Course yards.

Use the fastest time in national database for entry within the qualifying period

Override times must include the meet name and date

Override times that cannot be proven during the meet entry process will be annotated with an asterisk (*) on the meet psych sheet (Entry List).

Proof of submitted times (*) must be provided to the Meet Director by 4:15p Thursday July 17, 2009.

ENTRY LIMIT:

12-UNDER SWIMMERS: are limited to five (5) individual events per day and a total of eight (8) individual events plus relays for the meet. The Overdistance events, which are the 11-12 400 IM, 200 Back, 200 Breast, 200 Fly and 10-under 400 Free, count only towards the daily limit. Over-distance events **do not** count towards the meet limit of eight events. Swimmers can enter a maximum of two (2) over-distance events.

13-14: swimmers are limited to three (3) individual events per day and a total of eight (8) individual events plus relays for the meet.

The Meet Director reserves the right to drop each event entered over the maximum limit

RELAY ENTRIES:

The number of relay entries allowed is determined by the number of swimmers from each team who are entered in individual events. At least one swimmer entered in an individual event must swim on each relay team or the relay team will be disqualified.

ENTRIES/PROOF OF TIME/ENTRY DEADLINE:

The OME system will be used for on-time entries, including relays. OME will close Monday July 13 at 4:00 pm. OME will open on Monday, June 15, 2009. If a time override is used in OME, proof must be submitted to the Meet Director by 4:15pm on the first day of the meet or the entry will be invalid.

ENTRIES WILL ONLY BE ACCEPTED FROM OME. NO LATE ENTRIES WILL BE ACCEPTED.

SCHEDULE: (will not start before)

Thursday			
13-14, 11-12 Timed Finals	Warm-ups:	3:30 pm	Starts: 5:00 pm
Friday- Sunday			
13-14 Preliminaries	Warm-ups:	7:00 am	Starts: 8:30 am
11-12, 10 & Under Timed Finals	Warm-ups:	11:30 am	Starts: 12:30 pm
13-14 Finals, 11-12 (top 24 entries)	Warm-ups:	4:30 pm	Starts: 5:30 pm

** A split period warm-up may be utilized if participant numbers warrant.
Warm-up lane assignments will be communicated to teams by Wed., July 15, 2009.

SEEDING:

All times will be seeded by LCM, SCY. All events that are 400 meters and longer will be deck seeded. A positive check-in by the deadline indicated below is required to be seeded into the event. Failure to check in by the deadline will result in the swimmer not being able to swim the event

Individual Events

Check-in Deadline

Thursday:

13-14	800 Free	Thursday	4:15 pm
11-12	400IM	Thursday	4:15 pm
13-14	800 Free Relay	Thursday	4:15 pm

Friday:

13-14	400 IM	Friday	7:45 am
13-14	400 Free Relay	Friday	8:30 am
11-12	400 Free Relay	Friday	1:00 pm
10&U, 11-12	400 Free	Friday	1:00 pm

Saturday:

13-14	400 Free	Saturday	7:45 am
10&U	200 Medley Relay	Saturday	1:00 pm
11-12	400 Medley Relay	Saturday	1:00 pm

Sunday:

13-14	1500 Free	Sunday	7:45 am
13-14	400 Medley Relay	Sunday	8:30 am
10&U	200 Free Relay	Sunday	1:00 pm
11-12	200 Free Relay	Sunday	1:00 pm

2009 NORTH CAROLINA SWIMMING

14 & UNDER LONG COURSE AGE GROUP CHAMPIONSHIP

ORDER OF EVENTS for 13-14 Age Group Prelims

Thursday, July 16 Warm-ups 3:30 pm Timed Finals 5:00 pm

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
1	10.20.99	11.37.29	13-14 800 M Freestyle	11.12.29	10.04.99	2
3	6.11.39	5.23.99	11-12 400 IM	5.18.09	6.08.29	4
5	NQT	NQT	13-14 800m Free Relay*	NQT	NQT	6

* 10 minute break prior to event – relay take-offs permitted prior to relay events under coach supervision

Friday, July 17 Warm-ups 7:00 am Preliminaries 8:30 am

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
7	2:23.49	2.05.99	13-14 200 M Freestyle	1.58.59	2.16.99	8
9	1.25.39	1.14.79	13-14 100 M Breast	1.10.79	1.21.79	10
11	1.14.09	1.05.29	13-14 M 100 Fly	1.02.19	1.11.09	12
13	5.45.09	5.05.19	13-14 400 M IM	4.49.79	5.31.79	14
15	NQT	NQT	13-14 400m Free Relay *	NQT	NQT	16

* 10 minute break prior to event – relay take-offs permitted prior to relay events under coach supervision

Saturday, July 18 Warm-ups 7:00 am Preliminaries 8:30 am

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
37	2.42.39	2.22.39	13-14 200 M Fly	2.16.29	2.38.19	38
39	30.79	26.89	13-14 M 50 Free	25.29	29.19	40
41	3.03.99	2.40.99	13-14 200 M Breast	2.32.99	2.58.59	42
43	1.16.79	1.05.89	13-14 100 M Back	1.03.59	1.13.99	44
45	5.0039	5.35.69	13-14 400 M Free	5.24.69	4.51.09	46

Sunday, July 19 Warm-ups 7:00 am Preliminaries 8:30 am

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
67	1.06.69	58.19	13-14 100 M Free	55.19	1.03.49	68
69	2.44.29	2.21.19	13-14 200 M Back	2.16.59	2.38.69	70
71	2.42.49	2.22.69	13-14 200 M 200 IM	2.15.89	2.35.99	72
73	NQT	NQT	13-14 400m Medley Relay*	NQT	NQT	74
65	19.48.09	19.21.69	13-14 1500 M Free*	18.40.79	19.22.59	66

* 10 minute break prior to event – relay take-offs permitted prior to relay events under coach supervision

Friday Evening, July 17, 2009

Finals

Warm ups at 4:30 pm Starts: 5:30 pm

7	13-14 200 m Free	8
35	11-12 200m Back (17-24) NS*	36
9	13-14 100m Breast	10
35	11-12 200m Back (9-16) NS *	36
11	13-14 100m Fly	12
35	11-12 200m Back (1-8) NS*	36
13	13-14 400m IM	14
	10 minute break	
15	13-14 400m Free Relay	16

Saturday Evening, July 18, 2009

Finals

Warm ups: 4:30 pm Starts: 5:30 pm

37	13-14 200m Fly	38
63	11-12 200m Fly (17-24) NS*	64
39	13-14m 50 Free	40
63	11-12 200m Fly (9-16) NS*	64
41	13-14 200m Breast	42
63	11-12 200m Fly (1-8) NS*	64
43	13-14 100m Back	44
45	13-14 400m Free	46

Sunday Evening, July 19, 2009

Finals

Warm ups: 4:30 pm Starts: 5:30 pm

65	13-14 1500m Freestyle	66
67	13-14 100m Free	68
95	11-12 200m Breast (17-24) NS*	96
69	13-14 200m Back	70
95	11-12 200m Breast (9-16) NS*	96
71	13-14 200m IM	72
95	11-12 200m Breast (1-8) NS*	96
	10 minute Break	
73	13-14 400 m Medley Relay (Top 8)	74

* In the event that an 11-12 200m heat has no swimmers, a 4 minute break will be observed

2009 NORTH CAROLINA SWIMMING
14 & UNDER Long Course Age Group Championships
12-under Timed Finals
ORDER OF EVENTS

Friday, July 17

Warm-ups: 11:30am

Timed Finals: 12:30 pm

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
17	32.29	28.69	11-12 50 M Free	28.09	32.49	18
19	36.49	32.39	10-Under 50M Free	31.79	36.29	20
21	1.22.59	1.13.29	11-12 100 M Fly	1.12.19	1.22.09	22
23	1.38.69	1.26.29	10-U 100 M Fly	1.32.49	1.51.29	24
25	42.09	37.99	11-12 50 M Breast	37.59	43.09	26
27	48.29	41.99	10-u 50 M Breast	44.29	50.29	28
29	5.23.69	6.00.49	11-12 400 M Free	6.02.59	5.21.29	30
31	5.54.29	6.31.39	10-u 400 M Free	6.27.79	5.51.49	32
33	NQT	NQT	11-12 400 M Free Relay	NQT	NQT	34

Saturday, July 18

Warm-ups: 11:30am

Timed Finals: 12:30pm

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
47	2.58.69	2.36.39	10-U 200 M Free	2.35.89	3.03.39	48
49	2.32.09	2.14.09	11-12 200 M Free	2.15.49	2.33.79	50
51	1.47.09	1.33.39	10-U 100 M Breast	1.37.29	1.55.39	52
53	1.33.59	1.19.99	11-12 100 M Breast	1.21.09	1.33.29	54
55	1.35.29	1.22.19	10-U 100 M Back	1.22.69	1.37.09	56
57	1.22.99	1.12.79	11-12 100 M Back	1.12.29	1.23.59	58
59	NQT	NQT	10-U 200 M Medley Relay	NQT	NQT	60
61	NQT	NQT	11-12 400 M Medley Relay	NQT	NQT	62

Sunday, July 19

Warm-ups: 11:30am

Timed Finals: 12:30pm

Girls Event #	LC QT	SC QT	EVENTS	SC QT	LC QT	Boys Event #
75	43.69	38.19	10-U 50 M Back	37.59	42.69	76
77	38.59	33.69	11-12 50 M Back	33.69	38.79	78
79	3.20.59	2.55.99	10-U 200 M IM	2.56.79	3.22.29	80
81	2.52.39	2.34.39	11-12 200 M IM	2.35.89	2.56.09	82
83	42.09	37.29	10-U 50 M Fly	37.59	43.09	84
85	35.89	31.89	11-12 50 M Fly	32.29	36.49	86
87	1:21.89	1:12.29	10-U 100M Freestyle	1.11.09	1.22.49	88
89	1.10.69	1.01.29	11-12 100 M Free	1.02.39	1.11.09	90
91	NQT	NQT	10-U 200 M Free Relay	NQT	NQT	92
93	NQT	NQT	11-12 200 M Free Relay	NQT	NQT	94