



17th Annual National Black Heritage Championship Swim Meet
Hosted by North Carolina Aquablazers, Inc.

<http://blackheritageswimming.org>

May 25-26, 2019

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 #NC19081AP**

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.

<p>MEET DIRECTOR and ENTRY COORDINATOR Kathy Cooper, NC Aquablazers (NCA) 9660-138 Falls of Neuse Road #165 Raleigh, NC 27615 (919) 522-9275 blackheritageswimming@gmail.com</p>	<p>MEET REFEREE Robert Thompson, USA Swimming (904) 292-4816 robertnayr@att.net</p>
<p>MEET HEAD STARTER Jacqueline Witherspoon, USA Swimming (630) 618-9420 Jwitherspoon75@gmail.com</p>	<p>MEET HEAD DECK REFEREE AND CHIEF JUDGE Brian Perkins, USA Swimming (314) 799-5685 btpga@aol.com</p>
<p>MEET ADMINISTRATIVE REFEREE Michael Ivy, NC Swimming (919) 649-6588 mwivy@izzy.net</p>	<p>MEET MARSHAL Fredrick Hutchinson, NC Aquablazers (NCA) (919) 417-7751 fredrick.hutchinson@yahoo.com</p>

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 courses, which include an 8-lane, 25-yard by 9-feet deep competition course and a 10-lane, 25-yard by 7-feet, 6 inches-deep competition course, with a variable depth ranging from 7 to 12 feet. Both courses will be used if swimmer numbers and timeline deem it necessary. 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 1000 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's largest shopping mall, 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: 8 and Under; 9-10, 11-12, 13-14, 15 and Over

DEADLINE AND MEETING SUMMARY:

DATE	EVENT	TIME
Friday March 15, 2019	MEET ENTRY PERIOD STARTS	12:01 AM
Wednesday May 15, 2019	MEET ENTRY DEADLINE (Meet Entries and Fees Due)	11:59 PM
Friday Evening May 24, 2019	Team Practices Triangle Aquatic Center (TAC)	6:00 – 8:00 PM
Friday Evening May 24, 2019	Coaches' Dinner/Meeting Coach Award Embassy Suites Raleigh-Durham/RTP 201 Harrison Oaks Blvd. Cary, NC 27513 (919) 677-1840	8:30-10:00 PM

DATE	EVENT	TIME
Saturday Morning May 25, 2019	Warm Ups Session 1A 13 & Over Women TAC West Course Session 1B 13 & Over Men TAC East Course	6:30 am
Saturday Morning May 25, 2019	Officials' Meeting Hospitality Room	7:30 am
Saturday Morning May 25, 2019	Coaches' Meeting Hospitality Room	8:00 am
Saturday Morning May 25, 2019	Timers' Meeting Pool Deck	7:45 am
Saturday Morning May 25, 2019	Meet Starts Sessions 1A and 1B	8:30 am
Saturday Afternoon May 25, 2019	Warm Ups Session 2A 12 & Under Women TAC West Course Session 2B 12 & Under Men TAC East Course	12:30 pm
Saturday Afternoon May 25, 2019	Officials' Meeting Hospitality Room	1:30 pm
Saturday Afternoon May 25, 2019	Coaches' Meeting Hospitality Room	2:00 pm
Saturday Afternoon May 25, 2019	Timers' Meeting Pool Deck	1:45 pm
Saturday Afternoon May 25, 2019	Meet Starts Sessions 2A and 2B	2:30 pm
Saturday Evening May 25, 2019	Swimmer's Social Embassy Suites Raleigh-Durham/RTP 201 Harrison Oaks Blvd. Cary, NC 27513 (919) 677-1840	7:00 – 10:00 pm
Sunday Morning May 26, 2019	Warm Ups Session 3A 13 & Over Women TAC West Course Session 3B 13 & Over Men TAC East Course	6:30 am
Sunday Morning May 26, 2019	Officials' Meeting Hospitality Room	7:30 am
Sunday Morning May 26, 2019	Coaches' Meeting Hospitality Room	8:00 am
Sunday Morning May 26, 2019	Timers' Meeting Pool Deck	7:45 am
Sunday Morning May 26, 2019	Meet Starts Sessions 3A and 3B	8:30 am

DATE	EVENT	TIME
Sunday Morning May 26, 2019	Coaches/Officials/ Parents/Alumni/Community 100 Free Relay	<i>Immediately Following Sessions 3A & 3B</i>
Sunday Morning May 26, 2019	13 & Over Awards Presentation High Point Awards Men's 100 Fly Awards Women's 200 IM Awards	<i>Immediately Following 100 Free Relay</i>
Sunday Afternoon May 26, 2019	<i>Warm Ups</i> <i>Session 4A</i> 12 & Under Women TAC West Course <i>Session 4B</i> 12 & Under Men TAC East Course	12:30 pm
Sunday Afternoon May 26, 2019	Officials' Meeting Hospitality Room	1:30 pm
Sunday Afternoon May 26, 2019	Coaches' Meeting Hospitality Room	2:00 pm
Sunday Afternoon May 26, 2019	Timers' Meeting Pool Deck	1:45 pm
Sunday Afternoon May 27, 2018	Meet Starts Sessions 4A and 4B	2:30 pm
Sunday Afternoon May 26, 2019	12 & Under Awards Presentation High Point Awards Top 6 Teams Awards Team Spirit Award	<i>Immediately Following Sessions 4A & 4B</i>

SAFETY:

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated.

RACING STARTS:

Any swimmer entered in the meet, 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.

RULES:

This meet will be conducted in accordance with the current USA Swimming Rules and the NC Swimming Rules and Regulations, except where the rules therein are optional and exceptions are herein stated.

Use of audio or visual recording devices, including cell phones, is not permitted behind the starting blocks, in changing areas, in rest rooms, or in locker rooms.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Deck changes are prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach area, spectator area and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

CAMERA ZONE:

In accordance with North Carolina Swimming Rules, the Meet Management shall designate and inform the public of "Camera Zones" at each swim meet where both still photography of a race or a competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to, the side course of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a "start end". Meet Management shall also designate "Non-Camera Zones". Under NO circumstances will "Camera Zones" include the area immediately behind the starting blocks at either end of the race course(s) while they are in use for "race-starting purposes" during the competition and warm ups, locker rooms, rest rooms, or any other dressing areas. Any individual failing to abide by this rule could be subject to the North Carolina Swimming Code of Conduct violation as defined in the rules.

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.

DISABILITY:

The North Carolina Aquablazers Swim Team welcomes all swimmers with disabilities as described in USA Swimming Rules and Regulations, Article 105, to participate in our meet. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the meet entry deadline accompanying their meet entry file, including the need for any personal assistance required and/or any registered service animals. Failure to provide advance notice may limit the North Carolina Aquablazers Swim Team's 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 LIMIT:

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 for exhibition purposes 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 DEADLINE: **All Entries and fees must be received by 11:59 pm on Wednesday, May 15, 2019.** 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:	\$8.00 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](https://www.paypal.com/mec/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. Team points will be scored from 1st through 16th place. Individual awards will be given only from 1st through 8th places and relay awards will be given only from 1st through 3rd places. 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)
Team Place Awards:	1 st – 6 th Team Trophies
Team Spirit Award:	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 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.

High Point Awards for the 13 and Over 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, will be presented on Sunday morning at the conclusion of the Coaches/Officials/Parents/Alumni 100 Free Relay.

High Point Awards for the 12 and Under swimmers, the 6 Team Trophies and the Team Spirit Award will be presented on Sunday afternoon at the conclusion of the afternoon sessions.

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/
TIMERS/
VOLUNTEERS:**

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 **"2019 Application to Officiate"** to the Meet Head Deck Referee and Chief Judge – Brian Perkins -- by **May 10, 2019. 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' 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.

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 17, 2019.

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 red, white and blue in honor of Memorial Day! 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.

ADMISSION:

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. Admission does not include the \$15 cost for the Meet Program.

**HOSPITALITY &
CONCESSIONS:**

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

WARM UPS:

In accordance with USA Swimming guidelines, warm up lane assignments and procedures will be e-mailed to the coaches and published on the meet website by Sunday, May 19, 2019, 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.

Warm up times for each session are listed on pages 3 and 4 of this meet information. 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. There is to be no diving or horseplay in this area.

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.

MEET PROGRAMS:

Meet Programs will include the heat sheet and will be sold next to the Admissions Table. 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 17, 2019.**

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 \$300. 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 \$10 per patron. Ads, event sponsorship or patron sponsorship information should be e-mailed to the Meet Director. **The deadline for submitting Ads is May 17, 2019.**

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.

MEET MANAGEMENT: Meet Referee: Robert Thompson USA Swimming
Meet Head Starter: Jacqueline M. Witherspoon, USA Swimming
Meet Head Deck Referee and Chief Judge: Brian Perkins, USA Swimming
Meet Administrative Referee: Michael Ivy, NC Swimming
Meet Director: Kathy Cooper, NC Aquablazers, Inc.
Meet Marshall: Fredrick Hutchinson, NC Aquablazers, Inc.

ATTACHMENTS: Team Entry Form, Individual Entry Form, Order of Events, Hotel Information



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 \$8.00/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 \$8.00/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 _____



Saturday, May 25, 2019
Session 1A West Course
Event # Women

Warm-ups: 6:30 am

Timed Finals: 8:30 am
Session 1B East Course
Event # Men

Event # Women	Event Name	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

Saturday, May 25, 2019
Session 2A West Course
Event # Women

Warm-ups: 12:30 pm

Timed Finals: 2:30 pm
Session 2B East Course
Event # Men

25	11-12 100 yd Freestyle	26
27	9-10 100 yd Freestyle	28
29	8 & Under 50 yd Freestyle	30
31	11-12 50 yd Butterfly	32
33	9-10 50 yd Butterfly	34
35	8 & Under 25 yd Butterfly	36
37	11-12 100 yd Backstroke	38
39	9-10 100 yd Backstroke	40
41	8 and Under 50 yd Backstroke	42
43	11-12 100 yd Breaststroke	44
45	9-10 100 yd Breaststroke	46
47	8 & Under 50 yd Breaststroke	48
49	11-12 200 yd Individual Medley	50
51	9-10 100 yd Individual Medley	52
53	8 and Under 100 yd Individual Medley	54
55	11-12 200 yd Freestyle Relay	56
57	9-10 200 yd Freestyle Relay	58
59	8 and Under 100 yd Freestyle Relay	60



Sunday, May 26, 2019
Session 3A West Course
Event # Women

Warm-ups: 6:30 am

Timed Finals: 8:30 am
Session 3B East Course
Event # Men

Event # Women	Event Name	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

Sunday, May 26, 2019
Session 4A West Course
Event # Women

Warm-ups: 12:30 pm

Timed Finals: 2:30 pm
Session 4B East Course
Event # Men

87	11-12 200 yd Freestyle	88
89	9-10 200 yd Freestyle	90
91	8 & Under 100 yd Freestyle	92
93	11-12 50 yd Breaststroke	94
95	9-10 50 yd Breaststroke	96
97	8 & Under 25 yd Breaststroke	98
99	11-12 100 yd Butterfly	100
101	9-10 100 yd Butterfly	102
103	8 & Under 50 yd Butterfly	104
105	11-12 50 yd Backstroke	106
107	9-10 50 yd Backstroke	108
109	8 and Under 25 yd Backstroke	110
111	11-12 50 yd Freestyle	112
113	9-10 50 yd Freestyle	114
115	8 & Under 25 yd Freestyle	116
117	11-12 200 yd Medley Relay	118
119	9-10 200 yd Medley Relay	120
121	8 and Under 100 yd Medley Relay	122



Meet Hotel Partners

Our Meet Hotel Partners List will be provided in a separate document this year.