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| **IMPORTANT NOTE:**You need to be a 2013 member of USMS to enter this swim meet.  Go to [www.usms.org/reg/](http://www.usms.org/reg/) to join or renew your USMS membership.  **Sanctioned by LMSC for NC for USMS, Inc. Sanction # TBD****Meet Director:**  Fritz Lehman meetdirector13@yahoo.com,  Raleigh Area Masters. Contact meetdirector13@yahoo.com for questions about meet registration. Contact nsilvernail@nc.rr.com for questions about swim meet billing.  **Meet Referee:** Tom CoxREGISTRATION IS AVAILABLE ONLINE ONLY!  IT'S MORE EFFECTIVE AND EASIER!**Facility:**  Triangle Aquatic Center, 275 Convention Drive, Cary, NC 27511, (919) 459-4045. This state-of-the-art, 72,000 square foot facility houses three pools. The competition pool ranges in depth from 7 to 12 feet, with 6-8 lanes configured as long-course. Water temperature is maintained between 79-81 degrees. Two matrix scoreboards for results and competitor names are located above the pool. Spectator capacity within the facility is 1000 with room for additional seating of 600 on deck. Directions can be found via <http://triangleaquatics.org/AboutUs/Directions/>.**Rules:**  Swimmers must be registered with USMS for 2013.  USMS One Day Registration will not be allowed for this meet.  USMS rules govern the meet.  Swimmers are limited to 5 individual events per day.   When warming up, you must enter the pool feet first except in sprint lanes.  No paddles or kickboards are allowed.  All swimmers must sign the standard USMS waiver upon arriving at the meet.   **Deadline:**  Entries must be completed online by 11:59pm EST Wednesday, April 3, 2013.  **Online entries are required.**Deck entries will be accepted from 7:00am to 8:00 am Saturday, April 6, 2013 for the 1000 and 1650 if they are not full from online entries.  Deck entries will be accepted Saturday April 6, 2013 from 7:00am to 12:00 noon for the remainder of the meet and between 7:00am and 8:00am Sunday, April 7, 2013 for Sunday events.   A deck entry fee will apply.  Heat sheets will be published based on all entries received by Wednesday, April 3, 2013 at 11:59pm.  **Fee:** $40.00 flat fee.  No charge for relays.  There will be no refunds unless the meet is cancelled, in which case $10.00 of the fee paid will be retained and $30.00 will be refunded.  The late entry fee is $50.00.  **Scoring & Awards:** Individual events will be scored 9-7-6-5-4-3-2-1; relays doubled.  Award certificates will be available to each participant.  Awards will be given to individuals with the highest points in each age group, male and female.**Seeding:**  All events will be seeded by gender and time except the following events which will be seeded by time only: 1650, 1000, 400 IM and 500 free.  In order to be seeded in the 1650, 1000, 400 IM and the 500 free, you must re-confirm at the pool that you will swim.  All events will be seeded from slow to fast except the 500 free, which will be seeded fast to slow.  “No Time” is not allowed.  The Meet Director reserves the right to combine genders in any other events.  **Schedule:**  April 6-7, 2013.  Saturday morning: Warm up at 8:00am; first heat of the 1650 starts at 8:30am.  Saturday afternoon: Warm up 11:30am; first heat of 100 Butterfly starts at 12:30pm.  Sunday morning: Warm up 8:00am; first heat of 50 Butterfly starts at 8:30am.**Social!:** Join your fellow NC swimmers for an evening of great food and fellowship at 6:00 p.m. on Saturday, 4/6/2013 at Macaroni Grill in Cary - directly across from the pool at 740 Southeast Maynard Road, Cary, NC  27511. $25.00 fee. See you there!**T-Shirt:** A commemorative T-shirt is available for $12.00 per shirt.  **Schedule of Events** Saturday April 6, 2013 Warm up 8:00 am; Meet starts at 8:30am W     M 1       1     1,650 yd Freestyle (Limited to first 24 entries) 2       2     1,000 yd Freestyle (Limited to first 40 entries) Warm up 11:30 am; Event 3 starts at 12:30pm 3      4      100 yd Butterfly    5      6       50 yd Breaststroke    7      8       200 yd Medley Relay    9      10    100 yd Backstroke    11    11    400 yd IM \*\* Break 12    13    50 yd Freestyle    14    15    200 yd Breaststroke    16    17    200 yd Freestyle    18    19    100 yd IM    20    20    200 yd Mixed Medley Relay     Sunday April 7, 2013 Warm up 8:00am; Meet starts at 8:30am W     M 21    22    50 yd Butterfly    23    24    200 yd IM    25    26    50 yd Backstroke    Break    27    27    200 yd Mixed Free Relay    28    29    100 yd Breaststroke    30    31    200 yd Backstroke    32    33    100 yd Freestyle    34    35    200 yd Butterfly    36    37    200 yd Free Relay    38    38    500 yd Freestyle\*\* (Seeded fast to slow)\*\* RECONFIRM AT THE POOL IF YOU WILL SWIM IN EITHER OR BOTH OF 400IM and 500 FREE **HOTELS:**Triangle Aquatic Center recommends the following local accommodations: <http://triangleaquatics.org/Events/PreferredHotels/> |