

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 # NC09081

HOST: Marlins of Raleigh Swim Team

LOCATION: Cary, North Carolina

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 and Under 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 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.

1-4 individual event swimmers: Maximum of one relay team
5-8 individual event swimmers: Maximum of two relay teams
9-12 individual event swimmers: Maximum of three relay teams
13 or more individual event swimmers: Maximum of four relay teams

Each club may enter up to four relay teams per age group in the 200 and 400 Relays and 2 relays in the 13-14 800 Free. Only two relays teams may score. The two highest placing relays per club will be scored, regardless of designation.

Ensure "Relay Only" athletes are included in the team entry roster. Swimmers designated as 'relay only' in the OME may **ONLY** swim relays. All relay only swimmers,

including alternates, must be listed on the Meet Entry Form and must pay the \$2.00 NCS surcharge but NOT the \$15 facility fee.

ENTRIES/PROOF OF TIME/ENTRY DEADLINE:

The OME system will be used for on-time entries, including relays.

OME closes at 12:00 noon, Monday, July 13, 2009

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

If a time override is used in OME, proof must be submitted to the Meet Director by the beginning of warm-ups on the first day of the meet or the entry will be invalid. Proof of time consists of a copy of the final meet results proving the entry time from a USA sanctioned or observed meet, including sanction numbers, date and location. 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.

IMPORTANT: DO NOT check out after completing your entries. Email Pam bayrtvrs@nc.rr.com upon completion. Pam will complete your checkout. Payment will be made by check at Check-in on your first day.

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

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.

RULES:

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, NCS Official Handbook and the NCS Safety Program. The NCS Scratch Rule will be in effect.

FORMAT:

13-14: Events will be swum as preliminaries and finals with the Top 16 from the preliminary sessions returning for the evening's Championship Finals. Only the top eight (8) 13-14 400 checked in and seeded relay teams will swim in each evening's Championship Finals session. All other 400 relays will be swum in the morning preliminary sessions. There is no AM/PM option for Sunday relays or the 1500m Freestyle.

The 800 Free will be timed finals with positive check in required by 4:15 pm Thursday, July 16 and will be swum fastest to slowest, alternating girls then boys. The 1500m Free will be timed finals with positive check in by 7:45 am on Sunday.

The 800 Free Relay will be swum fast to slow, alternating girls and boys with positive check-in by 4:15 pm.

10-under and 11-12: All events will be timed finals. The 11-12 over-distance events, which are non scoring events, will be swum during the 13-14 finals session.

RELAYS: There will be a 10 minute break prior to 13-14 400 relays. Relay takeoffs will be permitted during the break under coach supervision. There will be no break prior to 12-U relays.

All relays will be swum as timed final events from slow to fast with the fastest 8 checked in 13-14 400 meter relays swimming at night.

READY ROOM: The top eight qualifiers for the 13-14 A final should report to the ready room five minutes prior to their event for the parade of the final heat. The top seed will pick from a list of songs to march to. Consolation Finalists will NOT be paraded out.

The Top 8 fastest seeds in the 800m and 1500m Free WILL be paraded out.

ELIGIBILITY AND TECHNICAL JURY: A Technical and Eligibility Jury will be appointed by NC Swimming consisting of the Age Group Chair, the Administrative Referee and one swimmer chosen by the Meet Referee should an eligibility or technical protest arise.

QUALIFYING PERIOD: **Long Course Championship:** A swimmer must have achieved the qualifying time listed per event from April 25, 2008- July 12, 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

<u>Individual Events</u>	<u>Check-in Deadline</u>	
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

13-14 400 IM and 400 Free

These events will be swum with the fastest 4 heats of women, swum slowest to fastest, followed by the fastest 4 heats of men, swum slowest to fastest; then alternating women and men, fastest to slowest.. **Swimmers must provide their own timers for this event.**

11-12 400 IM and the 11-12 and 10-under 400 Free

The 11-12 400 IM will be swum fast to slow alternating girls and boys. The 10-under and 11-12 400 Free will be swum slow to fast, all girls then all boys. **Swimmers must provide their own timers for this event.**

13-14 800 Free

All heats of the 800 Free will be swum fastest to slowest, alternating girls and boys. **Swimmers must provide their own timers and lap counters for this event.**

13-14 1500 Free

The 13-14 1500m Free will be swum as a timed final event. The fastest heat of girls and the fastest heat of boys will be swum in the Sunday finals session. There will be no AM/PM option for this event. All other heats will be swum at the conclusion of the preliminaries, following relays. These heats will be swum fastest to slowest, alternating women's and men's heats. A combined girl/boy heat may be swum at the discretion of the meet referee. **Swimmers must provide their own timers and lap counters for this event.** There will be a 10 minute break in the am session, prior to the 1500m Free.

SCRATCHES:

The North Carolina Scratch rule will be in effect. (NCS swimming Part 2 205.3) For Deck seeded events any swimmer that is seeded 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. 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 is entered in the meet.

Failure to show for a scored finals event will result in the swimmer being barred from the rest of the meet.

PARKING:

Parking for Coaches and Officials and meet workers will be provided in the lot directly in front of the facility. A USA Coach or Officials Badge will need to be provided for proof. Workers will have a parking pass to use for parking in this lot and will need to be in the front window at all times in the lot. Anyone not having any of these items and checked by the attendant are subject to being towed.

All other parking is available directly across from the facility in the Cary Towne Center Mall parking lot.

HOSPITALITY:

There will be a hospitality area open to all coaches and officials.

LODGING:

All lodging information can be found by going to <http://www.marlinsofraleigh.com/JOHotel.pdf> or the www.marlinsofraleigh.org website. MOR has reserved rooms at nine different hotels and guaranteed a rate for each team to use. You can call those hotels and block the rooms for your individual team members for them to make reservations- just tell them you want the 14-un JO State Champs Meet Rate. The complete list is also found at the end of this meet information.

MEET DIRECTOR:

Pam Rocque bayrtvrs@nc.rr.com 919-931-6863
Cara Cameron (Coach Liaison) coachcara45@aol.com 919-522-4061

MEET REFEREE:

[Bob Figuers](#)

MEET MARSHAL:

Ted Pierson and John Fischetti

- REGISTRATION:** USA Swimming Registration is required of all swimmers and will be verified. On deck swimming registration WILL NOT BE PERMITTED.
- ENTRY FEES:**
- \$4.00 per event
 - \$8.00 per relay event
 - \$2.00 per swimmer NCS Travel Fund
 - \$10 per swimmer facility Surcharge (Relay only swimmers are exempt)
- All fees are non-refundable, except if entry is rejected for non-compliance.
- IMPORTANT: DO NOT check out after completing your entries. Email Pam bayrtvrs@nc.rr.com upon completion. Pam will complete your checkout. Payment will be made by check at Check-in on your first day.**
- AWARDS:**
- Awards for the 12 and under sessions will be at the end of that day's session.**
- Individual Awards: Medals awarded for 1st through 8th place for individual events and 1st through 3rd for relay events.**
- Individual High Point Award: 10-U, 11-12 and 13-14 Boys and Girls.**
- Team Awards: Trophies for 1st through 6th place. Individual Club recognition will be given to the Top 3 scoring large clubs of 100 or more registered swimmers, the top three scoring medium sized clubs of 50-99 registered swimmers, and the top three scoring small clubs of 49 or fewer registered swimmers.**
- A Sportsmanship and Spirit Award: Based on the vote of teams represented at the NCS LC JO Championship Meet. In the events of a tie, the meet director, meet referee, NCS Coach Rep and NCS Age Group Chair may cast tie- breaking votes. The deadline for voting is upon completion of Sunday 12-under session #9**
- SCORING:** All age groups and all events will score through 16 places. The 11-12 400m IM, 200m Fly, breast and back and the 10-U 400m Free will NOT be scored.
Individual Scoring will be as follows:
20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- MEETINGS:** **The General Meeting will be held at 3:00pm on Thursday afternoon.** Coaches are responsible for any information presented at the meeting. Meetings may also be held at other times announced by the Meet Referee.
- There will be an Officials meeting 40 minutes prior to the conclusion of warm-ups in each session in the Hospitality room.
- CREDENTIALS:** **All coaches and Officials on deck must wear their current USA swimming membership card in a visible place. Those failing to do so could be barred from the deck. Coaches and Officials will need to show their credentials when checking in.**
- TIMERS:** Swimmers in the 400m, 800m and 1500m Free and 400m IM must provide their own timers. Timers for all other events will be provided by the host team. Help from visiting teams would be appreciated.
- OFFICIALS:** -- We welcome all certified officials on deck. If you are able to help, please fill out the application available here: <http://ncswim.org/application.php>
- SAFETY:** The North Carolina safety program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No spectators will be allowed on deck.

RELEASE:

USA Swimming, Inc., North Carolina Swimming, Inc., and MOR and TAC shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

Session #'s

Thursday PM:	Session #1
Friday AM:	Session #2
Friday PM:	Session #3
Friday Finals:	Session #4
Saturday AM:	Session #5
Saturday PM:	Session #6
Saturday Finals:	Session #7
Sunday AM:	Session #8
Sunday PM:	Session #9
Sunday Finals:	Session #10

2009 NORTH CAROLINA SWIMMING

14 & UNDER LONG COURSE AGE GROUP CHAMPIONSHIP

ORDER OF EVENTS for 13-14 Age Group Prelims

Thursday, July 16

Girls Event

1
3
5

Warm-ups 3:30 pm

EVENTS

13-14 800 M Freestyle
11-12 400 IM
13-14 800m Free Relay*

Timed Finals 5:00 pm

Boys Event

2
4
6

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

Friday, July 17

Girls Event

7
9
11
13
15

Warm-ups 7:00 am

EVENTS

13-14 200 M Freestyle
13-14 100 M Breast
13-14 M 100 Fly
13-14 400 M IM
13-14 400m Free Relay *

Preliminaries 8:30 am

Boys Event

8
10
12
14
16

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

Saturday, July 18

Girls Event

37
39
41
43
45

Warm-ups 7:00 am

EVENTS

13-14 200 M Fly
13-14 M 50 Free
13-14 200 M Breast
13-14 100 M Back
13-14 400 M Free

Preliminaries 8:30 am

Boys Event

38
40
42
44
46

Sunday, July 19

Girls Event

67
69
71
73
65

Warm-ups 7:00 am

EVENTS

13-14 100 M Free
13-14 200 M Back
13-14 200 M 200 IM
13-14 400m Medley Relay*
13-14 1500 M Free*

Preliminaries 8:30 am

Boys Event

68
70
72
74
66

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

2009 NORTH CAROLINA SWIMMING 14 & UNDER LONG COURSE AGE GROUP CHAMPIONSHIP

ORDER OF EVENTS for Finals

Friday, July 17

Girls Event

7
35
9
35
11
35
13
15

Warm-ups 4:30 pm

EVENTS

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

Finals 5:30 pm

Boys Event

8
36
10
36
12
36
14
16

Saturday, July 18

Girls Event

37
63
39
63
41
63
43
45

Warm-ups 4:30 pm

EVENTS

13-14 200m Fly
11-12 200m Fly (17-24) NS *
13-14m 50 Free
11-12 200m Fly (9-16) NS *
13-14 200m Breast
11-12 200m Fly (1-8) NS *
13-14 100m Back
10 minute break
13-14 400m Free

Finals 5:30 pm

Boys Event

38
64
40
64
42
64
44
46

Sunday, July 19

Girls Event

65
67
95
69
95
71
95
73

Warm-ups 4:30 pm

EVENTS

13-14 1500m Freestyle
13-14 100m Free
11-12 200m Breast(17-24)
NS*
13-14 200m Back
11-12 200m Breast (9-16) NS*
13-14 200m IM
11-12 200m Breast(1-8) NS *
10 minute break
13-14 400 m Medley Relay
(Top 8)

Finals 5:30 pm

Boys Event

66
68
96
70
96
72
96
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

ORDER OF EVENTS for 12 & U Timed Finals

Friday, July 17

Girls Event #

17
19
21
23
25
27
29
31
33

Warm-ups: 11:30am

EVENTS

11-12 50 M Free
10-Under 50M Free
11-12 100 M Fly
10-U 100 M Fly
11-12 50 M Breast
10-u 50 M Breast
11-12 400 M Free
10-u 400 M Free
11-12 400 M Free Relay

Timed Finals: 12:30 pm

Boys Event #

18
20
22
24
26
28
30
32
34

Saturday, July 18

Girls Event #

47
49
51
53
55
57
59
61

Warm-ups: 11:30am

EVENTS

10-U 200 M Free
11-12 200 M Free
10-U 100 M Breast
11-12 100 M Breast
10-U 100 M Back
11-12 100 M Back
10-U 200 M Medley Relay
11-12 400 M Medley Relay

Timed Finals: 12:30pm

Boys Event #

48
50
52
54
56
58
60
62

Sunday, July 19

Girls Event #

75
77
79
81
83
85
87
89
91
93

Warm-ups: 11:30am

EVENTS

10-U 50 M Back
11-12 50 M Back
10-U 200 M IM
11-12 200 M IM
10-U 50 M Fly
11-12 50 M Fly
10-U 100M Freestyle
11-12 100 M Free
10-U 200 M Free Relay
11-12 200 M Free Relay

Timed Finals: 12:30pm

Boys Event #

76
78
80
82
84
86
88
90
92
94



CORRECTED
2009 North Carolina Swimming
LCM 14 and Under Championship Time Standards
Host- Marlins of Raleigh
Location- Triangle Aquatic Center
Date- July 16-19, 2009

	Event	Female			Male		
		10U	11-12	13-14	10U	11-12	13-14
SC	50Fr	32.39	28.69	26.89	31.79	28.09	25.29
LC		36.49	32.29	30.79	36.29	32.49	29.19
SC	100Fr	1:12.29	1:01.29	58.19	1:11.09	1:02.39	55.19
LC		1:21.89	1:10.69	1:06.69	1:22.49	1:11.09	1:03.49
SC	200Fr	2:36.39	2:14.09	2:05.99	2:35.89	2:15.49	1:58.59
LC		2:58.69	2:32.09	2:23.49	3:03.39	2:33.79	2:16.99
SC	5/400Fr	6:31.39	6:00.49	5:35.69	6:27.79	6:02.59	5:24.69
LC		5:54.29	5:23.69	5:00.39	5:51.49	5:27.29	4:51.09
SC	8/1000Fr	--	--	11:37.29	--	--	11:12.29
LC		--	--	10:20.99	--	--	10:04.99
SC	15/1650	--	--	19:21.69	--	--	18:40.79
LC		--	--	19:48.09	--	--	19:22.59
SC	50Bk	38.19	33.69	--	37.59	33.69	--
LC		43.69	38.59	--	42.69	38.79	--
SC	100Bk	1:22.19	1:12.79	1:05.89	1:22.69	1:12.29	1:03.59
LC		1:35.29	1:22.99	1:16.79	1:37.09	1:23.59	1:13.99
SC	200Bk	--	2:30.59	2:21.19	--	2:27.39	2:16.59
LC		--	2:53.19	2:44.29	--	2:52.79	2:38.69
SC	50Br	41.99	37.99	--	44.29	37.59	--
LC		48.29	42.09	--	50.29	43.09	--
SC	100Br	1:33.39	1:19.99	1:14.79	1:37.29	1:21.09	1:10.79
LC		1:47.09	1:33.59	1:25.39	1:55.39	1:33.29	1:21.79
SC	200Br	--	2:50.29	2:40.99	--	2:45.79	2:32.99
LC		--	3:15.19	3:03.99	--	3:12.79	2:58.59
SC	50Fl	37.29	31.89	--	37.59	32.29	--
LC		42.09	35.89	--	43.09	36.49	--
SC	100Fl	1:26.69	1:13.29	1:05.29	1:32.49	1:12.19	1:02.19
LC		1:38.69	1:22.59	1:14.09	1:51.29	1:22.09	1:11.09
SC	200Fl	--	2:33.09	2:22.39	--	2:31.69	2:16.29
LC		--	2:54.99	2:42.39	--	2:53.29	2:38.19
SC	200IM	2:55.99	2:34.39	2:22.69	2:56.79	2:35.89	2:15.89
LC		3:20.59	2:52.39	2:42.49	3:22.29	2:56.09	2:35.99
SC	40IM	--	5:23.99	5:05.19	--	5:18.09	4:49.79
LC		--	6:11.39	5:45.09	--	6:08.29	5:31.79

NORTH CAROLINA SWIMMING AGE GROUP CHAMPIONSHIPS

Entry Fee Summary Report

Official Entry Information:

Club Name _____ Club Code _____

Address _____

City _____ State NC Zip _____

Head Coach _____ Home Phone _____

Email Address _____ Work Phone _____

Assistant Coach _____

Assistant Coach _____

Assistant Coach _____

Assistant Coach _____

Assistant Coach _____

All coaches identified above are currently registered as coaches with USA Swimming, Inc. and are responsible for the swimmers entered in this meet entry during the conduct of the event Thursday, February 16, 2009- Sunday, February 19, 2009

Signature _____

Date _____

Release Statement

USA Swimming, Inc., North Carolina Swimming, Marlins of Raleigh, Inc., Triangle Aquatic Center and other governing bodies of the facilities shall be held 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 _____

# of Individual Entries		X \$4.00 each entry	\$
# of Relay Team Entries		X \$8.00 each relay entered	\$
NCS Travel Fund (Total swimmers)		X \$2.00 each swimmer	\$
Facility Charge (Total swimmers-Relay Only swimmers)		X \$10.00 each swimmer	\$
TOTALS			\$

LONG COURSE JUNIOR OLYMPICS
Hotel Options
July 15-19, 2009

Comfort Suites

350 Ashville Avenue
Cary, NC 27518
919.852.4318

Room Block Available: 25 King, 10 Double
Rate: \$89 plus tax; Caller must identify oneself as associated with Long Course Junior Olympics to receive group rate and reserved block
Distance from Triangle Aquatic Center: 4.6 miles
Cut-off Date for Group Rate: June 24, 2009
Comments: Non-smoking hotel; Pets are allowed with fee. All Suites include a kitchenette with microwave, refrigerator, coffee maker, HBO, wireless internet, full-size pull-out sleeper sofa, a pillowtop mattress. Complimentary breakfast buffet is available. There is an on-site fitness center, indoor pool and spa.

Hampton Inn

201 Ashville Avenue
Cary, NC 27518
919.859.5559

Room Block Available: 20 Kings w/ sofa bed, 25 Doubles
Rate: \$79 plus tax; Caller must identify oneself as associated with Long Course Junior Olympics to receive group rate and reserved block
Distance from Triangle Aquatic Center: 4.5 miles
Cut-off Date for Group Rate: June 24, 2009
Comments: Complimentary deluxe, hot Continental breakfast, HBO, wireless internet.

Hilton Garden Inn, RDU

1500 RDU Center Drive
Morrisville, NC 27560
919.840.8088

Room Block Available: 25 Doubles
Rate: \$89 plus tax; Caller must identify oneself as associated with Long Course Junior Olympics to receive group rate and reserved block
Distance from Triangle Aquatic Center: 7.5 miles
Cut-off Date for Group Rate: June 25, 2009
Comments: On-site restaurant and bar, indoor pool, whirlpool and fitness center, HBO, wireless internet, mini-refrigerator and microwaves.

Best Western Cary Inn & Extended Stay

1722 Walnut Street
Cary, NC 27511
919.481.1200

Room Block Available: 25 Standard Doubles, 9 Double Suites, 10 King Suites;
Rate: \$65.00-\$75.00 plus tax; Caller must identify oneself as associated with Long Course Junior Olympics to receive group rate and reserved block
Distance from Triangle Aquatic Center: 1.6 miles
Cut-off Date for Group Rate: June 23, 2009
Comments: Complimentary Continental Breakfast, outdoor pool, wireless internet, Suite amenities include microwave, fridge/freezer, cook top and 2 TV's.

Holiday Inn Hotel & Suites

5630 Dillard Drive
Cary, NC 27511
919.851.1220

Room Block Available: 17 Standard Doubles, 15 Double Suites, 20 King Suites
Rate: \$89.00 - \$99.00 plus tax; Caller must identify oneself as associated with Long Course Junior Olympics to receive group rate and reserved block
Distance from Triangle Aquatic Center: 2.5 miles
Cut-off Date for Group Rate: June 23, 2009
Comments: Complimentary Hot Buffet Breakfast, indoor pool, fitness center, wireless internet, HBO.

Marriott Courtyard

102 Edinburgh Drive South
Cary, NC 27518
919.481.9666

Room Block Available: 30 Kings
Rate: \$79.00 plus tax; Caller must identify oneself as associated with Long Course Junior Olympics to receive group rate and reserved block.
Distance from Triangle Aquatic Center: 5.6 miles
Cut-off Date for Group Rate: July 6, 2009
Comments: Breakfast for \$5.00/person (50% discount); Outdoor pool; on-site fitness center; laundry services

Marriott's Residence Inn

2900 Regency Parkway
Cary, NC 27518
919.467.4080

Room Block Available: 42 Standard Doubles
Rate: \$119 plus tax for 2-Bedroom; \$74 plus tax for Studio or 1-Bedroom; Caller must identify oneself as associated with Long Course Junior Olympics to receive group rate and reserved block.
Distance from Triangle Aquatic Center: 5.3 miles
Cut-off Date for Group Rate: July 6, 2009
Comments: Full hot breakfast; outdoor pool; on-site workout facility; laundry services