



### Schedule of Events

DATE	EVENT	TIME
Friday Evening May 24, 2019	Team Practices Triangle Aquatic Center (TAC)	600 – 8:00 PM
Friday Evening May 24, 2019	Group Picture TAC	7:45 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

<b>DATE</b>	<b>EVENT</b>	<b>TIME</b>
<b>Saturday Morning</b> <b>May 25, 2019</b>	<b>Warm Ups</b>  <b>Session 1A</b> 13 & Over Women TAC West Course  <b>Session 1B</b> 13 & Over Men TAC East Course	<b>6:30 am</b>
<b>Saturday Morning</b> <b>May 25, 2019</b>	<b>Timers' Meeting</b> Pool Deck	<b>7:20 am</b>
<b>Saturday Morning</b> <b>May 25, 2019</b>	<b>Officials' Meeting</b> Hospitality Room	<b>7:30 am</b>
<b>Saturday Morning</b> <b>May 25, 2019</b>	<b>Timers In Their Seats</b> <b>Women's Pool</b> TAC West Course <b>Men's Pool</b> TAC East Course	<b>7:45 am</b>
<b>Saturday Morning</b> <b>May 25, 2019</b>	<b>Officials Processional</b> <b>and</b> <b>Introduction</b>	<b>7:50 am</b>
<b>Saturday Morning</b> <b>May 25, 2019</b>	<b>Coaches' Meeting</b> Hospitality Room	<b>8:00 am</b>
<b>Saturday Morning</b> <b>May 25, 2019</b>	<b>Welcome</b> <b>Lisa Bookert Cross, MD</b> (President, NC Aquablazers, Inc.)  <b>Honorable Gerald M. Baker,</b> Wake County Sheriff  <b>Arianna Vanderpool-Wallace</b> College Swimmer (Auburn University) Bahamian Olympian	<b>8:00 am</b>

<b>DATE</b>	<b>EVENT</b>	<b>TIME</b>
<b>Saturday Morning May 25, 2019</b>	<b>Opening Prayer Pastor Kirby Jones (Williams Grove Baptist Church)</b>	<i>Immediately after Welcome</i>
<b>Saturday Morning May 25, 2019</b>	<b>National Anthem (Volunteer to be Chosen at Meet)</b>	<i>Immediately after Opening Prayer</i>
<b>Saturday Morning May 25, 2019</b>	<b>Meet Starts Sessions 1A and 1B</b>	<b>8:30 am</b>
<b>Saturday Morning and Saturday Afternoon May 25, 2019</b>	<b>Special Guests Ariann Vanderpool-Wallace and Giles Smith  Meet/Greet Under the Tent (signing autograph taking pictures)</b>	<b>11:30 am to 1:30 pm</b>
<b>Saturday Afternoon May 25, 2019</b>	<b>Warm Ups Session 2A 12 &amp; Under TAC West Course  Session 2B 12 &amp; Under Men TAC East Course</b>	<b>12:30 pm</b>
<b>Saturday Afternoon May 25, 2019</b>	<b>Timers' Meeting Pool Deck</b>	<b>1:20 pm</b>
<b>Saturday Afternoon May 25, 2019</b>	<b>Officials' Meeting Hospitality Room</b>	<b>1:30 pm</b>

<b>DATE</b>	<b>EVENT</b>	<b>TIME</b>
<b>Saturday Afternoon May 25, 2019</b>	<b>Timers In Their Seats</b> <b>Women's Pool</b> TAC West Course <b>Men's Pool</b> TAC East Course	<b>1:45 pm</b>
<b>Saturday Afternoon May 25, 2019</b>	<b>Officials Processional and Introduction</b>	<b>1:50 pm</b>
<b>Saturday Afternoon May 25, 2019</b>	<b>Coaches' Meeting</b> Hospitality Room	<b>2:00 pm</b>
<b>Saturday Afternoon May 25, 2019</b>	<b>Welcome</b>  <b>Lisa Bookert Cross, MD</b> (President, NC Aquablazers, Inc.)  <b>Giles Smith</b> College Swimmer (University of Arizona) U.S. Olympic Trials Qualifier	<b>2:00 pm</b>
<b>Saturday Afternoon May 25, 2019</b>	<b>National Anthem</b> (Volunteer to be Chosen at Meet)	<i>Immediately after Welcome</i>
<b>Saturday Afternoon May 25, 2019</b>	<b>Meet Starts</b> Sessions 2A and 2B	<b>2:30 pm</b>
<b>Saturday Evening May 25, 2019</b>	<b>Embassy Suites</b> <b>Theme:</b> <b>"Homecoming"</b> <i>All swimmers, coaches, parents, chaperones and coordinators are invited</i> <b>Raleigh-Durham/RTP</b> 201 Harrison Oaks Blvd. Cary, NC 27513 (919) 677-1840	<b>7:00 – 10:30 pm</b>

<b>DATE</b>	<b>EVENT</b>	<b>TIME</b>
<b>Sunday Morning May 26, 2019</b>	<p><b>Warm Ups</b></p> <p><b>Session 3A</b> 13 &amp; Over Women TAC West Course</p> <p><b>Session 3B</b> 13 &amp; Over Men TAC East Course</p>	<b>6:30 am</b>
<b>Sunday Morning May 26, 2019</b>	<b>Timers' Meeting</b> Pool Deck	<b>7:20 am</b>
<b>Sunday Morning May 26, 2019</b>	<b>Officials' Meeting</b> Hospitality Room	<b>7:30 am</b>
<b>Sunday Morning May 26, 2019</b>	<p><b>Timers In Their Seats</b></p> <p><b>Women's Pool</b> TAC West Course</p> <p><b>Men's Pool</b> TAC East Course</p>	<b>7:45 am</b>
<b>Sunday Morning May 26, 2019</b>	<b>Officials Processional and Introduction</b>	<b>7:50 am</b>
<b>Sunday Morning May 26, 2019</b>	<b>Coaches' Meeting</b> Hospitality Room	<b>8:00 am</b>
<b>Sunday Morning May 26, 2019</b>	<b>National Anthem</b> (Volunteer to be Chosen at Meet)	<b>Immediately before the start of the Meet</b>
<b>Sunday Morning May 26, 2019</b>	<b>Meet Starts</b> Sessions 3A and 3B	<b>8:30 am</b>

<b>DATE</b>	<b>EVENT</b>	<b>TIME</b>
<b>Sunday Morning May 26, 2019</b>	<b>Women's 50 Free Exhibition Lottery Swim with Ariana Vanderpool-Wallace</b>	<b><i>Immediately Following Sessions 3A &amp; 3B</i></b>
<b>Sunday Morning May 26, 2019</b>	<b>Men's 50 Free Exhibition Lottery Swim with Giles Smith</b>	<b><i>Immediately Following Women's 50 Free Exhibition Lottery Swim</i></b>
<b>Sunday Morning May 26, 2019</b>	<b>Coaches/Officials/ Parents/Alumni/Community 100 Free Relay</b>	<b><i>Immediately Following Men's 50 Free Exhibition Lottery Swim</i></b>
<b>Sunday Morning May 26, 2019</b>	<b>13 &amp; Over Awards Presentation High Point Awards Men's 100 Fly Awards Women's 200 IM Awards</b>	<b><i>Immediately Following Mixed 100 Free Relay</i></b>
<b>Sunday Afternoon May 26, 2019</b>	<b><i>Warm Ups</i></b>  <b><i>Session 4A</i></b> 12 & Under Women TAC West Course  <b><i>Session 4B</i></b> 12 & Under Men TAC East Course	<b>12:30 pm</b>
<b>Sunday Afternoon May 26, 2019</b>	<b>Timers' Meeting Pool Deck</b>	<b>1:20 pm</b>
<b>Sunday Afternoon May 26, 2019</b>	<b>Officials' Meeting Hospitality Room</b>	<b>1:30 pm</b>

<b>DATE</b>	<b>EVENT</b>	<b>TIME</b>
<b>Sunday Afternoon May 26, 2019</b>	<b>Timers In Their Seats</b> <b>Women's Pool</b> TAC West Course <b>Men's Pool</b> TAC East Course	<b>1:45 pm</b>
<b>Sunday Afternoon May 26, 2019</b>	<b>Officials Processional and Introduction</b>	<b>1:50 pm</b>
<b>Sunday Afternoon May 26, 2019</b>	<b>Coaches' Meeting</b> Hospitality Room	<b>2:00 pm</b>
<b>Sunday Afternoon May 26, 2019</b>	<b>National Anthem</b> (Volunteer to be Chosen at Meet)	<i>Immediately before the start of the Meet</i>
<b>Sunday Afternoon May 27, 2018</b>	<b>Meet Starts</b> <b>Sessions 4A and 4B</b>	<b>2:30 pm</b>
<b>Sunday Afternoon May 26, 2019</b>	<b>12 &amp; Under Awards Presentation</b> <b>High Point Awards</b> <b>Top 6 Teams Awards</b> <b>Team Spirit Award</b>	<i>Immediately Following Sessions 4A &amp; 4B</i>

## **MEET NOTES**