



Welcome to North Carolina Senior Games State Finals!

Pullen Aquatics Center
410 Ashe Ave, Raleigh, NC 27606
Saturday, September 21, 2024

2024 heat sheet will be published mid September

PARKING is available at the Aquatics Center and in a lot above the aquatics center lot. Please do NOT park in the lot that is closest to the Park Amusements and Playground. See map of the park on the next page for details.

Check-in: All participants must check in with **Photo ID** at the NC Senior Games check in area inside near the main entrance to the facility.

Attention Swimmers: Please come to the Clerk of Course prior to your event. Clerk of Course is located across the pool from the scoreboard.

- **Touch Pad Timing is used.** If questions, ask Lane Timer to show you how the pad works during warm ups or before the event. Starting blocks are available but you are not required to use them; you may start from the deck or in the water.
- **Exit the water quickly.** Please swim to the ladder and exit the water quickly at the completion of your event. This is essential to keep the meet progressing on time.
- **Mistake on the Heat Sheet:** If you discover a mistake on the Heat Sheet the day of the

meet, come to the Clerk of Course immediately.

- **Swimming the 500:** Positive check-in required!!! Make sure the volunteers who checked you in know you are here. Swimmers must provide their own lap counters. Lap counting equipment is provided.
- **Awards** will be given approximately 20 minutes following the completion of each event in the hallway between the locker rooms.
- **Warm-ups will be held from 8:00 am – 8:30 am.**
- **Meet announcements will begin at 8:30 and the meet will begin at approximately 8:45.**
- Warm up and cool down lanes will be available throughout the meet. The teaching pool will be closed during the NCSG swim meet.

The NCSG Rules Book is on the NCSG website at:

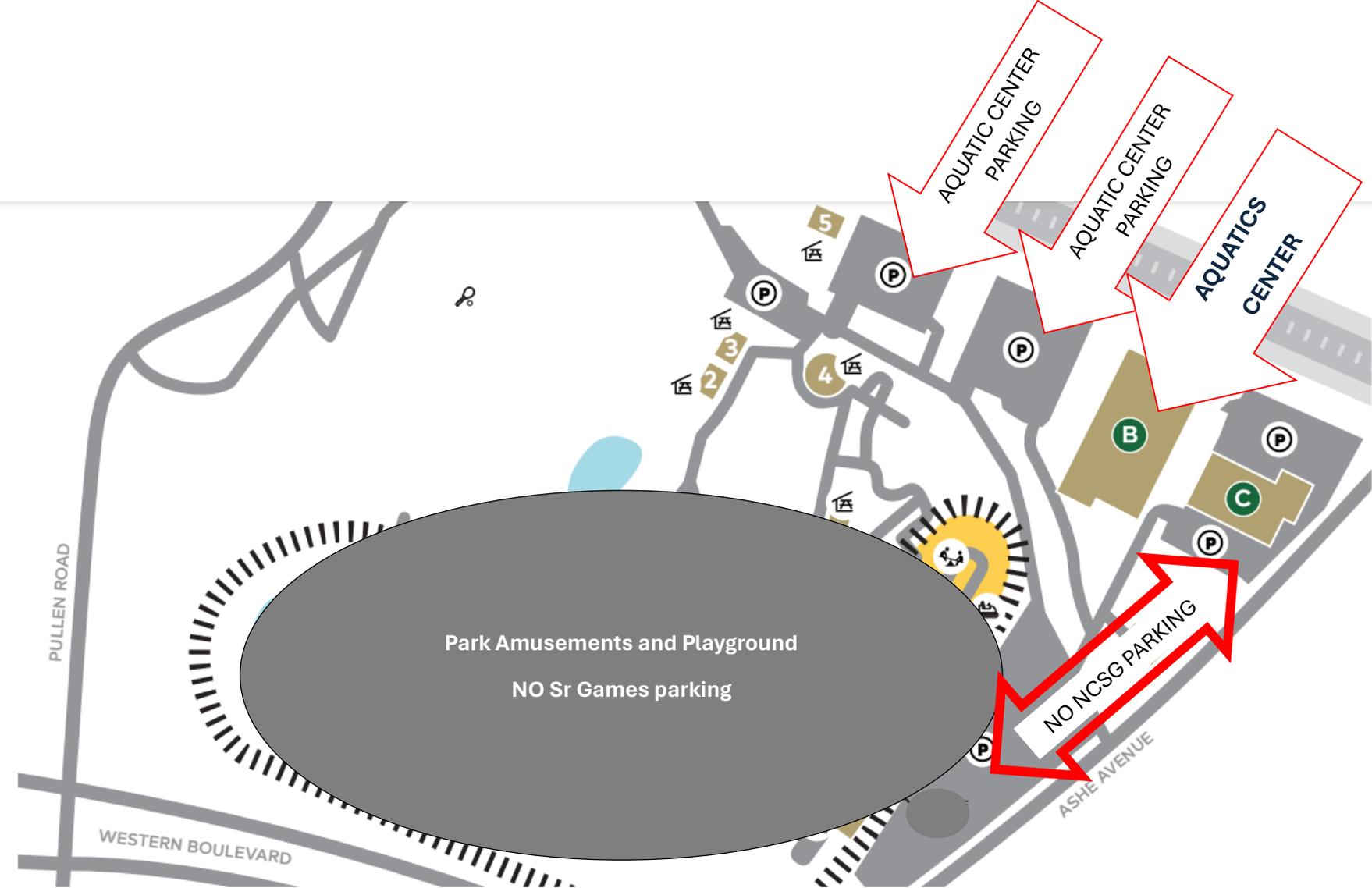
<https://www.ncseniorgames.org/sports>

Host hotels and the State Finals map are on the website

at: <https://www.ncseniorgames.org/information>

Volunteer Staffing: State Finals Swimming is a big event! It requires over 25 volunteers. Please thank them for their time!

PULLEN PARK MAP



PULLEN AQUATICS CENTER

