

NCMS Members,

The excitement is in the air and water for the upcoming spring nationals as we saw this weekend in Charlotte. The Sunbelt meet had a huge turnout with many folks who had been out of competition for years getting back up on the blocks. It is likely we will have over 300 NCMS swimmers for the Spring Nationals in Greensboro April 26-29. How often will you get the chance to swim at nationals so close to home? With the large turnout that means we will be able to field lots of relays. To start the process of figuring out relays we will need to get a few important bits of info:

- 1) Your age as of April 26 2012
- 2) The days and relays you would be willing and available to swim. The relays are:
 - Friday late afternoon- Mixed (2 men/2women on each relay) Free relay
 - Saturday late afternoon- Mixed Medley relay followed by Women's Free relay followed by Men's Free relay
 - Sunday morning- Women's Free relay followed by Men's Free relay
- 3) Your time for 50 yards of the strokes you could swim on a relay. Please list all the strokes you could swim.
- 4) Your preference of strokes, place on the relay (lead-off, anchor, somewhere in the middle), etc.
- 5) If you already have a group of 4 NCMS swimmers who would like to swim on a relay together send that info on so the relay can be submitted.
- 6) Send the above info to Jon Klein at: jeklein0089@gmail.com

If you receive this you are signed up with NCMS and have qualified for nationals in 3 individual events and 4 relay events already, congratulations. To swim at nationals click on this link and enter the meet <http://www.usms.org/comp/scnats12/onlineentry.php>

You will be asked to provide your USMS number, if you can't find it click on this link: https://www.clubassistant.com/club/usms_members.cfm?l=13

If you or a friend/relative could volunteer at the meet please send your email to Don Gilchrist at tomatoz@bellsouth.net Don has promised to make sure swimmers who are also willing to volunteer will not be scheduled in any way that may interfere with their swims.

For additional info about the meet see FAQs about the meet at the top of the page on this link: <http://www.ncmasters.org/meets.html>

Train well during the 86 days left until the meet (as of Feb 1).