

**RSA November DISTANCE DAY**  
**Sunday, November 2, 2008**  
**2:00 p.m.**

**Sanction:** Will be held under the sanction of USA-Swimming Inc., issues by NCS, Inc. Sanction #NC08093

**Host:** Raleigh Swimming Association

**Eligibility:** All athletes must be registered with USA Swimming, Inc. Registrations will be checked according to NCS rules. Out-of-LSC clubs must submit an official copy of their roster along with their entries.

**Classification:** Meet is classified as OPEN Distance Meet.

All ages may enter.

Age Group / Senior.

All events will be swum as timed finals.

All events are subject to the qualifying time standards:

400yd IM – Must have achieved 3:30 or better in 200yd IM

500yd Free – Must have achieved 3:15 in the 200yd Free

1000yd Free – Must have achieved 3:00 in the 200yd Free

1650yd Free- Must have achieved 2:45 in the 200yd Free.

**Facility:** Triangle Aquatic Center, Cary, NC 27511, (919)-459-4045, **Competition Pool**  
The Triangle Aquatic Center facility features a 50-meter pool divided into two courses which include an 8-lane, 25-yard competition course and a 10-lane, 25-yard competition course, with a variable depth ranging from 7 to 12 feet. Two courses will be used in this competition if the number of swimmers and timeline deem it necessary. An additional 10-lane, 25-yard pool is available for continuous warm-up/warm-down. The pool is equipped with state-of-the-art, anti-turbulent lane lines and paragon starting blocks. Digital scoreboards, plungers and stopwatches will be used in each competition lane. Hy-Tek Meet Manager software will be used. Locker rooms for changing are available.

Only meet volunteers, USA Swimming registered athletes and USA Swimming registered officials may be on deck. **NO SPECTATORS** on deck.

**Other Site Information:** There is seating capacity for 1,000 spectators on the viewing level. There is ample parking available in the adjacent mall lot. A concession stand is available for drinks and snack items.

**Rules:** *Please inform all families of the following pool rules.*

- 1) No smoking is allowed inside the facility.
- 2) No outside food drinks or coolers allowed inside the facility.
- 3) No glass containers are allowed inside the facility.

4) No chairs allowed in the spectator level. Swimmers may have a chair on deck.

The meet will be conducted in accordance with the current USA Swimming Code, the NCS Official Handbook, and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated.

204.3.2 Events Seeded on the Deck – All events will be deck seeded. Positive check-in will be communicated when meet entries close.

204.3.4 Exception for Failure to Compete – Not Applicable. No penalty shall apply for failure to compete in or scratch an individual event.

**Safety:** The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. **NO running or horseplay will be tolerated. NO blocking of fire exits, which includes doors and passages.**

The pool deck is slippery when wet and extreme care should be taken when walking on the deck. Shoes such as “cros” are not recommended on pool deck.

**Schedule:** Warm-ups will begin at 1:00 p.m. in the Assigned lanes at TAC and the meet will begin at 2:00pm. A coaches, officials & timer’s meeting will be held at the starters table at 1:45 p.m.

**Format:** All events will be conducted on a timed basis. There will be a positive check-in for each event during warm-up. Meet Management reserves the right to combine heats of each event as necessary.

**Entry Limit:** All swimmers are limited to two (2) individual events.

**Entry:** Please list each swimmer’s age as of November 2, 2008. All entries should be submitted in Hy-tek format, and will be matched to the appropriate event by the event number. Entries may be submitted via email. However hard copies of each entry, showing the swimmers’ ages as of November 2, 2008 must be included in the normal post delivery along with the summary sheet, team checklist, and payment.

Please enter with real times or best guess times appropriate to the event not the qualifying standard. For example, please enter Johnny Swimmer in the 400 IM with his actual 400 IM time or best guess time for that event, not his 200IM time.

**'NO TIME' (NT) entries WILL NOT be accepted.**

**Late Entries:** May be accepted at discretion of meet director and will be subject to an entry fee equal to double the stated normal entry fee for the event.

**Entry Deadline:** All entries must be received prior to **6pm on Wednesday, October 22, 2008.**

**Entry Fees:** \$2.50 per individual event + \$2 NCS surcharge per athlete + \$10 facility surcharge per athlete.

**Mail Entries and Fees To:**

RSA September Shootout  
4904 Waters Edge Drive  
Suite 155  
Raleigh, NC 27606  
(919) 859-4881  
**meets@swimrsa.org**

Please make checks payable to RALEIGH SWIMMING ASSOCIATION. Do not send entries in a manner that requires signature upon delivery. Email verification of receipt will be sent. If there are any questions about entries please call the RSA office or the Meet Director. Please include all team, swimmer and/or event information in the message.

**USA Swimming Membership:** Coaches must present a current USA Swimming membership card to the meet director to receive their entry package and must display their membership card at all times during the meet.

**Coach Check-In:** Coaches' packages with warm-up times, lane assignments and any updates to the meet information will be distributed to the coach upon check-in at the Clerk of Course. Coaches must present their USA Swimming coach membership card to the Clerk of Course to receive their packets. Coaches without a coach membership card will not be allowed on the pool deck.

**Awards:** No awards will be given.

**Meet Host:** Raleigh Swimming Association (919) 859-4881  
Kit Raulerson, Head Coach [kit.raulerson@swimrsa.org](mailto:kit.raulerson@swimrsa.org)

**Meet Director:** Andrew DeSorbo

**Meet Referee:** Thornton Burnette

**Meet Marshall:** Kit Raulerson

**Officials:** RSA welcomes anyone who would like to assist with officiating during this meet. Please contact the Meet Referee, or include the name, phone number, and level of any willing official with your entry.

**Warm-up:** Warm-up lane assignments will be determined after the entries have been received and will be included in the coaches' packets.

**Hospitality:** There will be water provided to timers, coaches, officials, and meet management.

**Release:** USA-Swimming, North Carolina Swimming Inc., RSA and Triangle Aquatic Center and all employees and representatives of these organizations shall be held free and harmless from any and all liabilities or claim for damages arising by reason of injuries to anyone during the conduct of this event.

**Parents on Deck:** Only parents serving as meet management, timers, officials, or hospitality will be allowed on deck.

**Timers:** Athletes participating in the meet must provide their own timer for all events.

**Lap Counters:** Athletes participating in the Freestyle events must provide their own counter.

**RSA November Distance Day**

**Hosted by Raleigh Swimming Association**

**Order of Events**

Sunday A.M. – Warm-ups: 1:00 P.M. / Start 2:00 P.M.

**Order of Events**

GIRLS	EVENT	BOYS
1	400 Individual Medley	2
3	500 Free	4
5	1000 Free	6
7	1650 Free	8

**Entry Summary Sheet**

2008 RSA November Distance Day

Hosted by Raleigh Swimming Association

Triangle Aquatic Center, Cary, NC

November 2<sup>nd</sup>, 2008

Use this form for a summary of entries.

Age Group	# Swimmers	# Individual Events	
Open – All Swimmers			
Column Totals			
	X \$10.00 surcharge	X \$2.50 Individual Entry fee	TOTAL DUE
		+	=

Make checks payable to: Raleigh Swimming Association. Total Fees are due at the time entries are received. Return this summary sheet with entry fees, waivers, official rosters and entry forms to:

RSA November Distance Day  
 4904 Waters Edge Drive  
 Suite 155  
 Raleigh, NC 27606  
 (919) 859-4881  
**meets@swimrsa.org**

USA Swimming, Inc., North Carolina Swimming, Raleigh Swimming Association, The City of Raleigh and other governing bodies of the facilities shall be held harmless for any and all liabilities or claims for damages arising by reasons of injuries to anyone during the conduct of this meet.

Signature: \_\_\_\_\_

Coach: \_\_\_\_\_

Club: \_\_\_\_\_

Call Letters: \_\_\_\_\_

Address: \_\_\_\_\_

Wk Phone: \_\_\_\_\_

Hm Phone: \_\_\_\_\_

Email: \_\_\_\_\_

\*\* This summary form and a check for all applicable fees are required for this to be a valid entry. Use this form for a summary of entries.

RSA November Distance Day  
Hosted by the Raleigh Swimming Association  
Entry Checklist

Coaches:

Please let us know if you are coming ASAP. Send email to [kit.raulerson@swimrsa.org](mailto:kit.raulerson@swimrsa.org) and [meets@swimrsa.org](mailto:meets@swimrsa.org) with approximate numbers.

Please use this checklist to make sure you return all the required items. The following forms must be filled out and included with your entry.

1. Fee Summary Form (including Email contact address) \_\_\_\_\_
2. Individual Entry forms including USA Swimming numbers OR computer-generated entries, along with a hard copy of entry. \_\_\_\_\_
3. Official copy of roster (if out-of-state) \_\_\_\_\_
4. Check payable to Raleigh Swimming Association for all fees. \_\_\_\_\_