



NC 2010 Intra-Group Meet
Hosted by Raleigh Swimming Association
April 10th, 2010

- Sanction:** Held under the Sanction of USA Swimming. Inc., issued by North Carolina Swimming, Inc., Sanction # NC10046.
- Sponsor:** Raleigh Swimming Association
- Location:** Triangle Aquatic Center
275 Convention Dr.
Cary, NC 27511
(919) 459-4045
- Date:** Saturday, April 10th
- Times:** Saturday Timed Final Session: Warm-ups: 8:30 AM, Start: 10:00 AM
- Warm-Ups:** Warm-up assignments will be determined after the entries have been received.
- Facility:** The Triangle Aquatic Center (TAC) provides 3 indoor pools and supporting amenities including a full-service café, a swim shop, classroom and wireless internet. The 50-meter competition pool with bulkhead offers a total of 18, seven to twelve foot deep 25-yard competition lanes. The 25-yard program pool allows for 10 warm-up/swim-down lanes. The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. There is spectator seating for 1,000 above deck that offers bleacher seating with backs, tables and open seating. There is a Daktronics OmniSport 2000 Pro Swimming timing system with two matrix scoreboards. The aquatic facility is conveniently located just off I-40 at exit 291 and adjacent to Cary's largest mall, the Cary Towne Center.
- Parking:** Parking is allowed in designated areas only. Vehicles illegally parked in the parking lots or street areas are liable to be ticketed or towed by the local Police Department at the owner's expense.
- Rules:** **General:**

The meet will be conducted in accordance with the current USA Swimming Rules and Regulations, the NCS Official Handbook, and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated. The North Carolina Scratch Rule will be in effect for this meet.

Competition Course:

All sessions will be swum in an 8 lane competition course.

Timeline and Meet Entry Constraints:

Meet Management reserves the right to combine events as needed and reserves the right to limit the number of heats in any event in order to maintain reasonable timelines. The Meet Host intends to run single session but may split the meet if entries dictate.

Classification: Intrasquad Meet.

All events will be swum as timed finals.

Eligibility:

All athletes must be registered with USA Swimming, Inc. and Raleigh Swimming Association. Registrations will be checked according to NCS rules. 8 & Under events are limited to 8 & Under swimmers only and have no time standards. All Open events are open to all swimmers, all ages and have no time standards.

Entries:

All entries should be submitted in Hy- tek format, and will be matched to the appropriate event by the event number. All entry information must be received by 6:00 p.m. on Tuesday March 30th, 2010. The Meet Host intends to run single sessions on each day but may split the meet if entries dictate

Swimmers whose registration can not be confirmed by 6:00 p.m. Thursday, April 8th, 2010 will not be allowed to swim in the meet, and their entry fees will not be refunded.

Entry Limit:

Swimmers are limited to 5 individual events per session. Swimmers who are entered in more than the allowed number of events will be automatically dropped from the event(s) that put the swimmer over the limit. No refunds will be given for inappropriate entries.

Entry Deadline: All entries must be received by **6:00 p.m. Tuesday, March 30th, 2009.**

Late entries may be accepted.

Entry Fee:

Individual events - all sessions: \$2.50 per event

Relay events - \$4.00 per event

Facility Surcharge \$10.00 per swimmer

NCS Surcharge \$2.00 per swimmer

No refunds will be given for inappropriate entries.

Awards & Results: Awards will not be provided.

Complete results will also be posted on the RSA website:
www.swimrsa.org

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.**

USA Swimming: Coaches must present a current USA Swimming membership card to the meet director.

Coach Check-In: All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification / registration. Coaches and officials shall prominently display their registration cards while on deck

Meet Host: Raleigh Swimming Association
Kit Raulerson, Head Coach
(919) 859-4881

Meet Director: Jason Foster (jason.foster@swimrsa.org)

Referee: Thornton Burnette (thor8550@aol.com)

Marshall: Ronnie Roach (ronnie.roach@gmail.com)

Meet Entries: Jason Foster (jason.foster@swimrsa.org)

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. Official's briefings will be held in the hospitality room 15 minutes after the start of warm-ups for each session.

Concessions: Concessions are available at the Triangle Aquatic Center Café Splash Down for spectators and swimmers.

Release Statement: USA Swimming, Inc., North Carolina Swimming, Inc., Raleigh Swimming Association, TRIANGLE AQUATIC CENTER AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS 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 event.

2009 RSA Inter.Group SCY Meet

Hosted by the Raleigh Swimming Association
Order of Events
Saturday AM Session Warm-ups: 8:30 AM / Start: 9:00 AM

Female	Event	Male
1	Open 100 Freestyle	2
3	8 & Under 25 Butterfly	4
5	Open 50 Butterfly	6
7	8 & Under 25 Backstroke	8
9	Open 50 Backstroke	10
11	8 & Under 25 Breaststroke	12
13	Open 50 Breaststroke	14
15	8 & Under 25 Freestyle	16
17	Open 50 Freestyle	18
19	8 & Under 100 Freestyle Relay	20
21	Open 100 Freestyle Relay	22
23	Open 100 IM	24