



2010 NC RSA April Shootout LCM Sprint Meet

Hosted by Raleigh Swimming Association
April 25, 2010

Sanction: Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC10047.

Sponsor: Raleigh Swimming Association

Location: Triangle Aquatic Center
275 Convention Dr.
Cary, NC 27511
(919) 459-4045.
See <http://www.triangleaquatics.org/> for more information and directions.

Dates: April 25, 2010

Times: Sunday Timed Final Session: Warm-ups: 8:30 AM, Start: 9:30 AM

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

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 8 50-meter competition lanes with a depth of seven to twelve feet that can be configured for separate 8-lane and 10-lane 25-yard competition courses. Paragon starting blocks will be used for the start of all events. Competition lanes are a minimum of 7 feet wide. 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. Spectator seating for 1,000 above deck 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 meets 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 these meets. For example:
204.3. INDIVIDUAL SCRATCH RULE - Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet information shall specify all mandatory check-in and scratch deadlines and procedures.

204.3.2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in

the event unless he notifies the clerk of course before the seeding for that event has begun that he wishes to scratch. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet information states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 yards or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet information.

204.3.4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:

- A The Referee is notified in the event of illness or injury and accepts the proof thereof.
- B The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
- C It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

Competition Course:

All sessions will be swum in an 8 lane competition course. Meet management reserves the right to run chase starts if necessary.

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:

Open Meet– see time standards below for specific event eligibility.

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.

Raleigh Swimming Association, Inc. welcomes all swimmers with disabilities as described in the USA Swimming Technical Rules, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice to the meet director by the entry deadline accompanying their meet entry file, including the names of any personal assistants required and/or registered service animals. Failure to provide advance notice may limit RSA's ability to accommodate all requests.

All 50 meter events are open. All swimmers are eligible to enter these events but must provide an entry time (no NT entries will be accepted).

All 100 meter events have a 2:00 scy time standard.

Entries:

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 April 25, 2010 must be included in the normal post delivery along with the summary sheet, team checklist and payment. Teams are encouraged to submit their entries as soon as possible to ensure their participation in the meet. **All entry information must be received by 6:00 p.m. on Wednesday April 14, 2010.** Entries for 50m stroke events (not free) should use the swimmer's actual 50m time if available or a coach's time if the swimmer has no 50 time. The Meet Host intends to run single session but may split the meet if entries dictate.

"ON DECK" registrations may be accepted at the discretion of the meet host but will be charged double the applicable entry fee. **Swimmers whose registration cannot be confirmed by 6:00 p.m. Friday, April 23, 2010 will not be allowed to swim in the meet, and their entry fees will not be refunded.**

'NO TIME' entries WILL NOT be accepted for this meet. Swimmers with NT events should be entered with their estimated times. Any NT entries will be scratched, and those entry fees will not be refunded.

Entry Limit:

Swimmers are limited to 4 individual events. 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. Wednesday, April 14, 2010.** Telephone entries and fax entries will not be accepted. Entries will be time-stamped upon receipt in the event that we are unable to accommodate all teams and need to limit entries. Late entries may be accepted at the discretion of the Meet Director but will be charged double entry fees. As the meet capacity is met, teams will be notified by telephone or email if their entries can not be accommodated, and entry fees refunded. **NO OTHER REFUNDS WILL BE MADE.**

Entry Fee:

Individual events - all sessions:	\$2.50 per event / \$3.00 for out-of-state entries.
Facility Surcharge	\$15.00 per swimmer, including relay only swimmers
NCS Travel Surcharge	\$2.00 (this also applies to relay only swimmers)

No refunds will be given for inappropriate entries.

Mail Entries & Fees To:

RSA 2010 April Shootout Meet
6300 Chapel Hill Rd
Suite 110
Raleigh, NC 27607
(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.

- Awards & Results:** Awards may be given at the discretion of the meet host.
- Individual team results will be emailed to each club within 3 days following the completion of the meet. 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.**
- Scoring:** The meet will be scored by age group, 8 &U, 9-10, 11-12 and 13 & O.
- Individual events: 20-17-16-15-14-13- 12-11- 9-7-6-5-4-3-2-1
- USA Swimming** Coaches must present a current USA Swimming membership card to the meet director
- Membership:** To receive their entry package and must display their membership card at all times during the meet.
- Coaches Meeting:** A coaches meeting will be held at 9:15 AM Sunday, April 25.
- 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 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.
- Meet Host:** Raleigh Swimming Association
Kit Raulerson, Head Coach
(919) 859-4881
- Meet Director:** Larry Godlewski (lgodlewski@nc.rr.com)
- Referee:** Thornton Burnette (thor8550@aol.com)
- Marshall:** Margaret Bell
- Meet Entries:** Gary Quint (meets@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 30 minutes after the start of warm-ups for each session.
- Timers:** Participating clubs may be asked to provide timers in proportion to their entries.
- Hospitality:** A hospitality room will be provided for the coaches, officials, and meet workers.
- 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.

Hotels: Hampton Inn and Suites
111 Hampton Woods Lane, Raleigh, NC 27607, (919) 233-1798.
www.carysuites.hamptoninn.com
Minutes from the Triangle Aquatics Center. Free Comp room for coach if team stays here.

Area Attractions: Museums:
NC Museum of Natural Sciences www.ncnaturalsciences.org
NC Museum of History www.ncmuseumofhistory.org
NC Museum of Art www.ncartmuseum.org

Shopping (some of the best in NC):
Cary Towne Center (adjacent to TAC)
CrossRoads Plaza – Walnut Street
Crossroads 20 movie theaters - <http://raleigh.ohsohandy.com/theater/crossroads-20>
Crabtree Valley Mall – I-440 at Exit 7
Triangle Towne Center – I-540 at Exit 16
SouthPoint Mall – I-40 at Exit 276

2010 RSA April Shootout LCM Meet
April 25, 2010
Hosted by the Raleigh Swimming Association
Order of Events

Sunday Morning Session

Warm-ups: 8:30 AM / Start: 9:30 AM

Female	Event	Male
1	100M Backstroke	2
3	50M Breaststroke	4
5	100m Freestyle	6
7	50m Butterfly	8
9	50m Backstroke	10
11	100m Breaststroke	12
13	50m Freestyle	14
15	100m Butterfly	16

**Entry Summary Sheet
2010 April Shootout Meet
Hosted by the Raleigh Swimming Association
Triangle Aquatic Center, Cary, NC
April 25, 2010**

Use this form for a summary of entries.

Meet Classification	# Swimmers	# NC	# OOS	# Relay
		Individual	Individual	Events
		Events	Events	

NC Women

NC Men

Out-of-State Women

Out-of-State Men

Column Totals

	X \$17.00	X \$2.75 NC	X \$3.00 OOS	X \$8.00	TOTAL DUE
	Facility Fee +	IE fee	IE fee	Relay entry	
	NC Travel			fee	
	Fee				
		+	+	+	=

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 2010 April Shootout Meet
6300 Chapel Hill Rd
Suite 110
Raleigh, NC 27607
(919) 859-4881
meets@swimrsa.org

USA Swimming, Inc., North Carolina Swimming, Raleigh Swimming Association, Triangle Aquatic Center 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: _____

Address: _____

Call Letters: _____

Wk Phone: _____

Hm Phone: _____

Email: _____

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

2010 April Shootout Meet
Hosted by the Raleigh Swimming Association
Entry Checklist

Coaches:

Please let us know ASAP if you are coming to this meet. Send email to kit.raulerson@swimrsa.org with approximate numbers for **each** session.

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 numbers OR
computer-generated entries, along with a hard copy of entry _____
3. **NO NT entries. They will be scratched without refund** _____
4. Check payable to Raleigh Swimming Association for all fees _____