



**2010 January Distance Day Meet**  
**HOSTED BY THE RALEIGH SWIMMING ASSOCIATION**  
**January 3, 2010**

- Sanction:** Held under the Sanction of United States Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC10011
- Meet Sponsor:** Raleigh Swimming Association
- Location:** Triangle Aquatic Center  
275 Convention Dr.  
Cary, NC 27511  
919-459-4045
- Date:** January 3, 2010
- Time:** Sunday Sessions - Warm-up: 1:00 PM, Start: 2:00 PM  
Once the timeline has been established, teams will be notified of the final afternoon session schedule.
- Warm-ups:** Warm-up assignments will be determined after the entries have been received and will be included in the coaches' packets.
- 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 following 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
- 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.

**Events:**

All events will be deck seeded. Positive check-in for those events will be required and will close 30 minutes after the start of warm-ups. Swimmers who do not check in by the deadline will be scratched and not seeded in the event.

**Each swimmer in the 400 IM, 500 Free, 1000 Free and 1650 Free must provide their own counter and timer.**

**Competition Courses:**

All sessions will be swum in either an 8-lane or a 10-lane competition course. Meet management reserves the right to conduct a given meet/session in either course as necessary to best serve the athletes, officials, and families and comply with timeline constraints.

**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 as well as the right to limit overall entries in order to maintain reasonable and allowable timelines.

**Unqualified Entries:**

It is an infraction for NCS clubs to enter athletes in an event in an NCS sanctioned meet without the relay or swimmer meeting the minimum required qualifying time for that event. Any such unqualified entries, those that do not meet the stated time standards, may be subject to protest and/or a fine from NC Swimming. Unqualified entries identified prior to the start of the meet will be scratched without refund. An unqualified entry is defined as an entry for an event with a qualifying time standard that can not be substantiated by results available in the USA Swimming database at the time of the meet entry deadline.

**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.**

**Access to the pool deck is restricted to athletes, credentialed coaches and officials, pool staff, and meet volunteers only. No other individuals will be allowed on the pool deck during warm-ups or competition.**

**Eligibility:**

**General:**

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.

All events are subject to the following 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

**Entries:**

**General:**

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 January 3, 2010 must be included in the normal post delivery along with the summary sheet, team checklist and payment. Teams are encouraged to contact the Meet Director as soon as possible with an estimate of the number of athletes they intend to enter if they plan to participate in this event and to submit their entries as soon as possible to ensure their participation in the meet. **All final entry information must be received by 5 p.m. on Wednesday December 23, 2009.**

**Teams will be required to resubmit their entire corrected meet entry file to resolve any meet entry issues as the meet staff does not have the capacity to correct entries for individual swimmers or events.** If meet entries must be limited, they will be accepted in the order in which final and completely correct entry files and complete payment of all entry fees are received until the meet capacity is reached.

Teams will be notified upon receipt of their entries. Note that this does not imply acceptance, which will be determined after all entries are received and the preliminary session timelines can be fully evaluated to determine meet capacity. Notification of any entries that can not be accepted will be made as soon as possible.

There will be no "ON DECK" registrations accepted. **Swimmers whose registration can not be confirmed by 6:00 p.m. Saturday, January 2, 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 entry fees will not be refunded. Note however that estimated times should NOT be used to 'qualify' swimmers for an event where there is a minimum time standard as that is an infraction of NCS By-Laws and may be scratched without refund or subject to protest and/or a fine (see above).**

**Entry Limit:**

Swimmers are limited to two (2) individual events.

**Entry Deadline:**

Entries will be accepted beginning December 1, 2009. Teams are encouraged to submit their entries early to insure that they get into the meet before it fills up. Entries will close the earlier of:

- (a) **5:00 p.m. Wednesday December 23, 2009** or
- (b) when the sessions reach an estimated 4 hours in length.

Swimmers will be entered into the meet in the order entries are received as long as entry fees are received by Wednesday, December 23, 2009. A completed entry summary sheet should be included with the payment. Teams with unpaid entry fees on Tuesday evening, will drop to the bottom of the list, potentially removing them from the meet if we need to turn away entries to stay within the 4 hour rule.

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 cannot be accommodated, and entry fees will be refunded. **NO OTHER REFUNDS WILL BE MADE.**

**Entry Fee:**

Individual events-Age-group Meet	\$2.50 per event / \$3.00 for out-of-state entries
Facility Surcharge - All	\$10.00 per swimmer, including relay only swimmers

NCS Travel Surcharge – All \$2.00 (This also applies to relay only swimmers)

**No refunds will be given for inappropriate entries.**

**Mail Entries & Fees To:** RSA 2010 January Distance Day  
6300 Chapel Hill Road, Suite 110  
Raleigh, NC 27607  
(919) 859-4881  
meets@swimrsa.org

Email all entry files and correspondence to [meets@swimrsa.org](mailto:meets@swimrsa.org) and cc the Meet Director and Meet Entries coordinator (listed below).

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:** No awards will be given.

**Scoring:** The meet will not be scored.

**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.

**Coaches Certification and Check-In:** **Only coaches with current USA Swimming registrations and credentials will be allowed on the pool deck. Teams should submit a list of their coaches planning to attend the meet with their meet entries so that registrations can be verified in advance.** Coaches will be asked to check in at the volunteer table in the lobby and must present their credentials at that time as well as display them on their person while on deck.

**Coaches Meeting:** A coaches meeting will be held at 1:45pm Sunday, January 3.

**Coach Check-In:** Coaches' packages with relay sheets, 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.

**Official's Briefings:** Official's briefings will be held in the hospitality room 20 minutes after the start of warm-ups.

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

**Meet Director:** Ian McCulloch ([ian.mcculloch@accenture.com](mailto:ian.mcculloch@accenture.com))

**Referee:** Thornton Burnette ([thor8550@aol.com](mailto:thor8550@aol.com))

**Marshall:** Larry Godlewski

**Meet Entries:** Gary Quint ([gary.quint@gmail.com](mailto:gary.quint@gmail.com))

- 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.
- Timers and Counters:** Athletes should be prepared to provide their own timer and counter for these events.
- Hospitality:** Light snacks and drinks will be available on deck for Coaches, Officials, and meet volunteers.
- 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. 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. The facility may charge a fee for admission to the spectator seating area overlooking the pool. 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 area are liable to be ticketed or towed by the local Police Department at the owner's expense.
- 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](http://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](http://www.ncnaturalsciences.org)  
NC Museum of History [www.ncmuseumofhistory.org](http://www.ncmuseumofhistory.org)  
NC Museum of Art [www.ncartmuseum.org](http://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  
SouthPointe Mall – I-40 at Exit 276

**2010 RSA January Distance Day Meet**  
**Hosted by the Raleigh Swimming Association**  
**Meet Order of Events**

Sunday Session – Timed Finals

Warm-ups: 1:00 PM / Start: 2:00 PM

<b>Women</b>	<b>Event</b>	<b>Men</b>
1	400 Yard IM	2
3	500 Yard Free	4
5	1000 Yard Free	6
7	1650 Yard Free	8

Entry Summary Sheet  
 2010 January Distance Day Meet  
 Hosted by the Raleigh Swimming Association  
 Triangle Aquatic Center, Cary, NC  
 January 3, 2010

Use this form for a summary of entries.

Meet Classification	# Swimmers	# Individual Events	
Age Group Women			
Age Group Men			
Column Totals			
	X \$12.00 surcharge	X \$2.50 or \$3.00 IE 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 2010 January Distance Day  
 6300 Chapel Hill Road, Suite 110  
 Raleigh, NC 27607  
 (919) 859-4881  
 meets@swimrsa.org

United States 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: \_\_\_\_\_

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.

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Entry Checklist

Coaches:

Please let us know ASAP if you are coming to this meet. Send email to [kit.raulerson@swimrsa.org](mailto:kit.raulerson@swimrsa.org) and [lgodlewski@nc.rr.com](mailto:lgodlewski@nc.rr.com) 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. **NO NT entries. They will be scratched without refund** \_\_\_\_\_
4. **List of all coaches who will be attending the meet** \_\_\_\_\_
5. Check payable to Raleigh Swimming Association for all fees \_\_\_\_\_