

**2011 FEBRUARY INTRASQUAD MEET**  
**HOSTED BY THE RALEIGH SWIMMING ASSOCIATION**  
**February 12<sup>th</sup> – 13<sup>th</sup>, 2011**

**Sanction:** Held under the Sanction of United States Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction #NC11039.

**Meet Sponsor:** Raleigh Swimming Association

**Location:** Triangle Aquatic Center  
275 Convention Dr.  
Cary, NC 27511  
919-459-4045

**Date:** February 12<sup>th</sup> – 13<sup>th</sup>, 2011

**Times:**  
Saturday Session - Warm-up 12:30pm; 1:30pm Start  
Sunday Session - Warm-up 12:30pm; 1:30pm Start

**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. TAC's pools are USA Swimming certified. The competition lanes are a minimum of 7 feet wide. The 25- yard program pool allows for 4 to 10 warm- up/swim-down lanes at any time. 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.

**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.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Raleigh Swimming Association welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the meet director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or

registered service animals. Failure to provide advance notice may limit Raleigh Swimming Association's ability to accommodate all requests.

**Classification:** Meet is classified as OPEN Age Group Meet.  
All ages may enter.  
Age Group/ Senior  
All events will be swum as timed finals.

**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.

**Competition Courses:** 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.

**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.

**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 February 12th, 2011 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 February 2, 2011.

**Entry Limit:** Swimmers are limited to five (5) individual events per day.

**Entry Deadline:** Entries will be accepted beginning January 12, 2011. 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 February 2, 2011 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, February 2, 2011. 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  
Facility Surcharge - All  
\$3.50 per event  
\$10.00 per swimmer,  
NCS Travel Surcharge – All \$3.00  
No refunds will be given for inappropriate entries.

**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 1:20 pm Saturday, February 12.
- 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:** Drew Lewis (drew.lewis@swimrsa.org)
- Referee:** Bob Sigmon
- Marshall:** Larry Godlewski
- Meet Entries:** Drew Lewis (drew.lewis@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.
- 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.
- 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.

**2011 RSA Intrasquad Meet  
Hosted by the Raleigh Swimming Association  
Order of Events**

**Saturday Session – Timed Finals**

**Warm-ups: 12:30pm Start: 1:30pm**

<b>Women</b>	<b>Qual Time</b>	<b>Event</b>	<b>Qual Time</b>	<b>Men</b>
<b>1</b>		<b>OPEN 500Y FREE</b>		<b>2</b>
<b>3</b>		<b>OPEN 200Y FLY</b>		<b>4</b>
<b>5</b>		<b>OPEN 100Y BACK</b>		<b>6</b>
<b>7</b>		<b>OPEN 50Y FREE</b>		<b>8</b>
<b>9</b>		<b>OPEN 200 Y FREE</b>		<b>10</b>
<b>11</b>		<b>OPEN 100 Y FLY</b>		<b>12</b>
<b>13</b>		<b>OPEN 50 Y BREAST</b>		<b>14</b>
<b>15</b>		<b>OPEN 200Y BACK</b>		<b>16</b>
<b>17</b>		<b>OPEN 100Y IM</b>		<b>18</b>
<b>19</b>		<b>OPEN 200Y BREAST</b>		<b>20</b>
<b>21</b>		<b>OPEN 50Y BACK</b>		<b>22</b>
<b>23</b>		<b>OPEN 50Y FLY</b>		<b>24</b>
<b>25</b>		<b>OPEN 100Y FREE</b>		<b>26</b>
<b>27</b>		<b>OPEN 100Y BREAST</b>		<b>28</b>
<b>29</b>		<b>OPEN 200Y IM</b>		<b>30</b>

**Sunday Session – Timed Finals****Warm-ups: 12:30pm Start: 1:30pm**

<b>Women</b>	<b>Qual Time</b>	<b>Event</b>	<b>Qual Time</b>	<b>Men</b>
<b>31</b>		<b>OPEN 200Y FLY</b>		<b>32</b>
<b>33</b>		<b>OPEN 100Y BACK</b>		<b>34</b>
<b>35</b>		<b>OPEN 50Y FREE</b>		<b>36</b>
<b>37</b>		<b>OPEN 200 Y FREE</b>		<b>38</b>
<b>39</b>		<b>OPEN 100 Y FLY</b>		<b>40</b>
<b>41</b>		<b>OPEN 50 Y BREAST</b>		<b>42</b>
<b>43</b>		<b>OPEN 200Y BACK</b>		<b>44</b>
<b>45</b>		<b>OPEN 100Y IM</b>		<b>46</b>
<b>47</b>		<b>OPEN 200Y BREAST</b>		<b>48</b>
<b>49</b>		<b>OPEN 50Y BACK</b>		<b>50</b>
<b>51</b>		<b>OPEN 400Y IM</b>		<b>52</b>
<b>53</b>		<b>OPEN 50Y FLY</b>		<b>54</b>
<b>55</b>		<b>OPEN 100Y FREE</b>		<b>56</b>
<b>57</b>		<b>OPEN 100Y BREAST</b>		<b>58</b>
<b>59</b>		<b>OPEN 200Y IM</b>		<b>60</b>
<b>61</b>		<b>OPEN 1650Y FREE</b>		<b>62</b>

**Entry Summary Sheet  
 2011 Intrasquad Meet  
 Hosted by the Raleigh Swimming Association  
 Triangle Aquatic Center, Cary, NC  
 February 12-13, 2011**

Use this form for a summary of entries.

Meet Classification      # Swimmers    # NC  
    Individual  
    Events

Prelim/Final Women

Prelim/Final Men

Timed Final Women

Timed Final Men

Column Totals

	X \$13.00	X \$3.50 NC	
	surcharge	IE fee	TOTAL DUE
		+	+
			=