

2010 NC RSA KICK OFF MEETS
HOSTED BY THE RALEIGH SWIMMING ASSOCIATION
Oct 15-17, 2010

- Sanction:** Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC10100.
- Meet Sponsor:** Raleigh Swimming Association
- Location:** Triangle Aquatic Center
275 Convention Dr.
Cary, NC 27511
919-459-4045
- Dates:** Oct 15-17, 2010
- Times:** **Senior Meet (all sessions are Timed Finals):**
Friday – Warm-up: 3:45 PM, Start: 5:00 PM
Saturday & Sunday - Warm-up: 7:30 AM, Start 8:30 AM
Age Group (12 & Under) Meet (all sessions are Timed Finals):
Friday – Warm-up: 3:45 PM, Start: 5:00 PM
Saturday & Sunday - Warm-up: 7:30 AM, Start 8:30 AM
- 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. The 50 meter pool has a certification for USA Swimming. 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.
- Warm-ups:** Warm-up assignments will be determined after the entries have been received and will be included in the coaches' packets.
- Classification:** This event will be conducted as two separate, concurrent meets, Senior and Age Group (12 & Under), held in separate competition courses with Time Standards as outlined below.
Senior (13 & Over) - Swimmers must have attained a 13-14 BB time or better to compete in the 400 IM, 500 Free, and 1000 yard Free. There are no time standards for the other events.
Age Group (12 & Under) – No time standards for 50 yard events. Swimmers must have attained a B time or better to compete in any event 100 or 200 yards and a BB time or better in any event greater than 200 yards.
- 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 this event. 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.

All events will be swum as timed finals.

All events less than 1000 yards will be swum slowest to fastest.

The 2009-2012 quadrennial time standards available at the time of sanctioning will apply for determining entry eligibility.

Distance Events:

All events 400 yards and longer will be deck seeded. Positive check-in for those events will be required and will close 30 minutes after the start of warm-ups for that session. Swimmers who do not check in by the deadline will be scratched and not seeded in the event.

Events over 500 yards will be swum fast to slow and alternating heats of girls then boys.

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

Relays:

All Relay events will be swum as timed finals in the session indicated in the Order of Events.

All swimmers entering relays must be listed on the entry sheets. Relay entries should be by standard age groups (10 & Under, 11-12, 13-14, and 15 & Over) and will be deck seeded and swum by entry times.

Relay sheets with the names and order of the relay swimmers must be delivered to the clerk of course not later than (NLT) the conclusion of the fourth event for that session:

- 13 & over 200 Free Relay Saturday - NLT the conclusion of the 50 butterfly;
- 12 & under 200 Medley Relay Saturday - NLT the conclusion of the 50 backstroke;
- 13&over 200 Medley Relay Sunday - NLT the conclusion of the 100 butterfly;
- 12 & under 200 Free Relay Sunday - NLT the conclusion of the 50 breaststroke;

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 400 yards or longer 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. Out-of-LSC clubs must submit an official copy of their roster along with their entries.

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.

Senior (13 & Over) - Swimmers must have attained a 13-14 BB time or better to compete in the 400 IM, 500 Free, and 1000 yard Free. There are no time standards for the other events.

Age Group (12 & Under) – No time standards for 50 yard events. Swimmers must have attained a B time or better to compete in any event 100 or 200 yards and a BB time or better in any event greater than 200 yards.

Raleigh Swimming Association welcomes all swimmers with disabilities as described in the USA Swimming Rules & 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 RSA's ability to accommodate all requests

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 Oct 15, 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 entry information must be received by midnight on Friday October 5, 2010.**

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.

There will be no "ON DECK" registrations accepted. **Swimmers whose registration can not be confirmed by 6:00 p.m. Thursday, October 14, 2010 will not be allowed to swim in the meet, and their entry fees will not be refunded.**

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.

'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. 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 subject to a fine (see above).

Senior Meet:

Entries for the Senior (13 & Over) 50 yard stroke events (backstroke, breaststroke, and butterfly) should be submitted using 50 yard event times. Estimated 50 yard times will also be accepted. Submitting corresponding 100 yard event times may result in an athlete being seeded in the slowest heat(s).

Entries for the Senior (13 & Over) 100 yard IM should be submitted using 100 yard IM times. Estimated 100 yard IM times will also be accepted. Submitting corresponding 200 yard IM times may result in an athlete being seeded in the slowest heat(s).

Age Group Meet:

Entries for the 11-12 500 Free events may be required to provide proof of the entry time including the meet and date where time standard was achieved. **In the event that any entries cannot be confirmed prior to the start of the meet as meeting time standards, those entries will be scratched, and those entry fees will not be refunded.** Any unqualified entries not identified prior to the start of the meet will be subject to the penalty outlined above.

Entry Limit:

General:

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.

Senior Meet:

Swimmers in the Senior Meet are limited to 4 individual events and 1 relay per session **NOT TO EXCEED 9 INDIVIDUAL EVENTS FOR THE MEET.**

Age Group Meet:

Swimmers in the Age Group Meet are limited to 4 individual events and 1 relay per session **NOT TO EXCEED 9 INDIVIDUAL EVENTS FOR THE MEET.**

The Age Group (12 & Under) Meet sessions will be limited to 4 hour timelines for each session using an appropriate heat interval. Entries will be accepted in the order in which correct and accurate entry files and full payment are received up to the entry deadline (see Entries information above). In the event that a team's entries causes the meet to exceed the 4 hour timeline limit, that team will be asked to reduce their entries to stay within the timeline.

Entry Deadline:

All entries must be received by **midnight Tuesday October 5, 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 cannot be accommodated, and entry fees will be refunded. **NO OTHER REFUNDS WILL BE MADE.**

Entry Fees:	Individual events	\$2.50
	Relays	\$8.00 per relay
	Facility Surcharge	\$10.00
	NCS Travel Surcharge	\$4.00 (this also applies to relay only swimmers)

No refunds will be given for inappropriate entries.

Mail Entries & Fees To: RSA Kick Off Meet
6300 Chapel Hill Road, Suite 110
Raleigh, NC 27607
Office Phone: 919-859-4881
meets@swimrsa.org

Email all entry files and correspondence to 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: First through eighth place ribbons will be awarded for each 12 & Under individual event and age group.
First through third place ribbons will be awarded for each 12 & Under relay event and age group.

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

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 Meeting: A coaches meeting will be held at 4:45 p.m. Friday, Oct 15.

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 for each session.

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

Meet Director: Larry Godlewski (lgodlewski@nc.rr.com)

Meet Referee: Ronnie Roach Ronnie.Roach@gmail.com 252-207-0278

- Meet Marshall:** Andrew DeSorbo
- Meet Entries:** 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.
- Timers:** Participating clubs may be asked to provide timers in proportion to their entries. Athletes swimming the 400 IM, 500 Free, and 1000 Free must provide their own timer for these events.
- Hospitality:** A hospitality room will be provided for the coaches, officials, and meet workers.
- Parking:** Parking in the TAC lot is reserved for officials and meet volunteers only. Meet participant parking is available in the shopping mall lot adjacent to the pool. Illegally parked vehicles 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.
- 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
 - SouthPointe Mall – I-40 at Exit 276

RSA Kick-Off Meet
Hosted by the Raleigh Swimming Association
Order of Events – Senior Meet

Senior Meet - Friday Evening
 Warm-ups: 3:45 PM / Start: 5:00 PM

Women	Event	Men
1	400Y IM*	2
3	50 Free	4
5	1000Y Free*	6

Senior Meet - Saturday AM
 Warm-ups: 7:30 AM / Start: 8:30 AM

Women	Event	Men
7	200Y BACK	8
9	50Y FLY	10
11	100Y FREE	12
13	50Y BACK	14
15	100Y BREAST	16
17	200Y FLY	18
19	200Y IM	20
21	200Y FREE RELAY	22

Senior Meet - Sunday AM
 Warm-ups: 7:30 AM / Start: 8:30 AM

Women	Event	Men
23	200Y BREAST	24
25	100Y FLY	26
27	200Y FREE	28
29	50Y BREAST	30
31	100Y BACK	32
33	100Y IM	34
35	200Y MEDLEY RELAY	36
37	500Y FREE*	38

*The 1000 Free, 500 Free, 400 IM will be deck seeded with positive check-in required within 30 minutes after the start of warm-ups for that session. Events over 500 yards will be swum fast to slow and alternating heats of girls then boys.

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

RSA Kick-Off Meet
Hosted by the Raleigh Swimming Association
Order of Events – Age Group Meet

Age Group Meet - Friday Evening
Warm-ups: 3:45 PM / Start: 5:00 PM

Girls	Event	Boys
101	11-12 200Y IM*	102
103	11-12 500Y Free*	104

Age Group Meet - Saturday AM
Warm-ups: 7:30 AM / Start: 8:30 AM

Girls	Event	Boys
105	10 & Under 50Y FLY	106
107	11-12 50Y FLY	108
109	10 & Under 50Y BACK	110
111	11-12 50Y BACK	112
113	10 & Under 200Y FREE	114
115	11-12 200Y FREE	116
117	10 & Under 100Y BREAST	118
119	11-12 100Y BREAST	120
121	10 & Under 100Y FREE	122
123	11-12 100Y FREE	124
125	10 & Under 200Y MEDLEY RELAY	126
127	11-12 200Y MEDLEY RELAY	128

Age Group Meet - Sunday AM
Warm-ups: 7:30 AM / Start: 8:30 AM

Girls	Event	Boys
129	10 & Under 50Y FREE	130
131	11-12 50Y FREE	132
133	10 & Under 50Y BREAST	134
135	11-12 50Y BREAST	136
137	10 & Under 100Y FLY	138
139	11-12 100Y FLY	140
141	10 & Under 100Y BACK	142
143	11-12 100Y BACK	144
145	10 & Under 100Y IM	146
147	11-12 100Y IM	148
149	10 & Under 200Y FREE RELAY	150
151	11-12 200Y FREE RELAY	152

*The 500 Free and 200 IM will be deck seeded with positive check-in required within 30 minutes after the start of warm-ups for that session. The 500 free will be swum fastest to slowest, alternating heats girls then boys.

For the 500 Free, swimmers must have achieved at least the 11-12 BB time.

Entry Summary Sheet
 2010 RSA Kick Off Meet
 Hosted by the Raleigh Swimming Association
 Triangle Aquatic Center, Cary, NC
 Oct 15-17, 2010

Use this form for a summary of entries.

Meet Classification	# Swimmers	# Individual Events	# Relay Events	
Senior Women				
Senior Men				
Age Group Girls				
Age Group Boys				
Column Totals				
	X \$14.00 surcharge	X \$2.50 Individual Entry fee	X \$8.00 Relay 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 Kick Off Meet
 6300 Chapel Hill Road, 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: _____

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.

2010 RSA Kick Off 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 and lgodlewski@nc.rr.com 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 Swimming numbers OR computer-generated entries, along with a hard copy of entry _____
3. **NO NT entries. They will be scratched without refund** _____
4. Relay Entry Forms _____
5. Check payable to Raleigh Swimming Association for all fees _____