

## **2011 RSA v NSS v WOW Tri-Meet**

- Sanction:** Held under the Sanction of United States Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC11097
- Sponsor:** Raleigh Swimming Association, Waves of Wilmington
- Location:** Triangle Aquatic Center  
275 Convention Dr.  
Cary, NC 27511  
(919) 459-4045.  
See <http://www.triangleaquatics.org/> for more information and directions.  
The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Date:** July 22-23, 2011
- Times:** Fri-Sat Preliminaries - Warm-ups: Immediately following conclusion of VA Championships Prelims Session, not before 12noon, Start: 1 hour following start of Warm Up.  
Finals: Warm Ups: Immediately following conclusion of VA Championships Finals Session, Start: 50 minutes following start of Warm Up
- Warm-ups:** Warm-up lane assignments will be determined after the entries have been received and will be included in the coaches' packets.
- Classification:** Dual Meet – This will be a prelims/finals long course competition for swimmers registered with Raleigh Swim Association, New South Swimming and/or the Waves of Wilmington. All events will be swum as Open with no categorization for age group.
- Format:** Preliminary/Finals
- Procedures:** A championship, consolation, and bonus heat will be swum for each event in the finals sessions. Finals Heats will swim in the following order: The Bonus Heat (C), Consolation Heat (B), Championship Heat (A).
- Rules:** The meet will be conducted in accordance with the current USA Swimming Code, 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. 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.

**Racing Start Statement:** “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.”

**Distance Events:**

All events 400 meters and longer will be deck seeded, meet timeline will dictate the number of swimmers accepted into the event and/or if the event is swum. Acceptance into events 400 meters or longer will prioritize faster seed times. Positive check-in for those events will be required and will close 30 minutes after the start of warm-ups for that session.

**Competition Course:**

All sessions will be swum in an 8-lane competition course. Meet management reserves the right to divide any sessions by gender or age as necessary to best serve the athletes, officials, and families.

**Timeline and Meet Entry Constraints:**

Meet Management reserves the right to combine any events as needed and reserves the right to limit the number of heats or entries in any event to control meet timelines. Meet Management reserves the right to implement chase starts for events 100 meters or longer in order to maintain reasonable 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.

**Eligibility:**

All athletes must be registered with USA Swimming, Inc. and either Raleigh Swim Association, New South Swimming or the Waves of Wilmington. Registrations will be checked according to NCS rules. 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.

**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 to [Andrew.desorbo@swimrsa.org](mailto:Andrew.desorbo@swimrsa.org). However hard copies of each entry, showing the swimmers' ages as of July 12, 2011 must be included in the normal post delivery along with the summary sheet, team checklist, and payment. All entry information must be received by June 12, 2011. 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. There will be no "ON DECK" registrations accepted. 'NO TIME' (NT) 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. This is a Long Course Meters event so please enter with Long Course times.

**Entry Limit:** Swimmers are limited to 4 individual events. **NOT TO EXCEED 8 INDIVIDUAL EVENTS FOR THE MEET.** 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:**  
6 pm, Tuesday July 12, 2011.  
Telephone entries and fax entries will not be accepted. 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 Fees:** Individual events: \$5.00  
NCS Travel Surcharge: \$3.00 per swimmer

No refunds will be given for inappropriate entries.

#### Mail Entries & Fees

To:

RSA v NSS v WOW Tri-Meet  
6300 Chapel Hill Rd  
Suite 110  
Raleigh, NC 27607  
(919) 859-4881  
[Andrew.desorbo@swimrsa.org](mailto:Andrew.desorbo@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: No placement awards.

Results: Individual team results will be emailed to each club following the completion of the meet. Complete results will also be posted on the RSA website: [www.swimrsa.org](http://www.swimrsa.org)

**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 15 minutes prior to the start of prelims on July 22.

**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.

**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 (919) 859-4881, Waves of Wilmington (910)794-7901

Meet Directors: Larry Godlewski [lgodlewski@nc.rrcom]

Meet Referee: Bill Luse [wclswim@ec.rr.com]

Meet Marshall: Scott Hannum [hannumsq@wilmorth.com]

Meet Entries: [Andrew.desorbo@swimrsa.org](mailto:Andrew.desorbo@swimrsa.org)

Officials: RSA, NSS & WOW welcome 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.

Hospitality: A modest hospitality will be provided for the coaches and officials.

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; a minimum of four (4) lanes will be available during competition. 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 in the TAC lot is reserved for officials, coaches and hospitality 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, The Triangle Aquatic Center (TAC) 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.

## ORDER OF EVENTS

Friday, July 22, 2011

Women		Men
1	200 Freestyle	2
3	100 Breaststroke	4
5	100 Backstroke	6
7	200 Butterfly	8
9	50 Freestyle	10
11	400 IM	12
13	800/1500 Freestyle	14

Saturday, July 23, 2011

Women		Men
15	200 IM	16
17	100 Freestyle	18
19	200 Breaststroke	20
21	100 Butterfly	22
23	200 Backstroke	24
25	400 Freestyle	26
27	800/1500 Freestyle	28