



**RSA October Outbreak**  
**Hosted by Raleigh Swimming Association**  
**October 15, 2011**

**Sanction:** Held under the Sanction of United States Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC11104

**Meet Sponsor:** Raleigh Swimming Association

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

**Date:** Saturday, October 15, 2011

**Times:** Sat AM - Warm-ups: 9:00 AM, Start: 10:00 AM  
The meet host anticipates only 1 session, as entries come in, the meet host reserves the right to split the session into two at the discretion of meet management in order to have, to the extent possible, 2 equal sessions.

**Warm-ups:** Warm-up assignments will be determined after the entries have been received.

**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 certified in accordance with 104.2.2C(4). 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 the 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 meet will be conducted in accordance with the current USA Swimming Rules & Regulations and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated.

204.3.2 Events Seeded on the Deck – Not Applicable. No deck seeding will be permitted.

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 the following age groups (8 & Under, 9-10, 11-12, 13-Over) and will be swum by entry times. All relays will be swum together by gender and results will be reported by these age groups. 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 100 Fly for the 200 Free Relay and NLT conclusion of the 200 Free Relay for the 200 Medley Relay.

**Competition Course:**

The facility has 18 lanes available and the meet will be swum in the number of lanes required for the best interest of the athletes. Meet management will utilize lanes as necessary to complete the meet in a timely fashion with the best interest of the athletes in mind. Meet management reserves the right to divide any sessions by gender or age as necessary to best serve the athletes, officials, and families.

**Classification:**

Meet is classified as OPEN. All ages may enter.

Age Group / Senior

All events will be swum as timed finals short course yards.

Time standard for entry for all 100 yard events is 3:00 minutes and no time standards applied for the 50 yd events. The meet may also be sanctioned separately as a US Masters meet to be run concurrently with the NCS/USA Swimming Sanctioned meet.

**Timeline and Meet**

**Entry Constraints:** Meet Management reserves the right to combine events and heats at the management's discretion 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. Meet Management also reserves the right to hold the meet concurrently in two separate pools.

**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 and there will be no on deck registration available at this meet.

**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 October 15, 2011 must be included in the normal post delivery along with the summary sheet, team checklist and payment. All final entry information must be received by 5 p.m. on Wednesday October 5, 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. Meet entries 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. Meet capacity is met when the session reaches 4 hours in anticipated length.

**'NO TIME' (NT) entries WILL NOT be accepted for the 100 yd events** and will be accepted for the 50 yard events and relays. Any NT entries in the 100yd events as of the deadline for entries will be scratched with no refunds given for non-conforming entries.

**Entry Limit:**

Swimmers are limited to four (4) individual events and two (2) relays per day.

**Entry Deadline:**

Entries will be accepted beginning August 25, 2011. All final entry information must be received by 5 p.m. on Wednesday October 5, 2011.

**Entry Fees:**

Individual events: \$2.50 per event.  
Relay events: \$4.00  
Facility & NCS Surcharge: \$10.00 per swimmer

**Mail Entries & Fees To:**

RSA 2011 October Outbreak  
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 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 8:45 am Saturday, October 15.

**Coach Check-In:** Coaches' packages 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. All officials must be registered and certified with USA Swimming and must display their credentials while on deck.

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

**Meet Director:** Andrew DeSorbo (Andrew.desorbo@swimrsa.org)

**Meet Referee:** Ronnie Roach ([ronnie.roach@gmail.com](mailto:ronnie.roach@gmail.com))

**Marshall:** Larry Godlewski

**Meet Entries:** Andrew DeSorbo (Andrew.desorbo@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 for all events and own counter for distance 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.

**Disability Statement:**

RSA 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.

**Racing Starts:**

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.

**Hotels:**

Holiday Inn Hotel and Suites Cary

5630 Dillard Drive, Cary NC 27511, (919) 851-1220 - 2.5 miles from TAC

Best Western Cary Inn and Extended Stay Suites

1722 Walnut Street, Cary NC 27511, (919) 481-1200 - 1.6 miles from TAC

Days Inn Cary

1716 Walnut Street, Cary NC 27511, (919) 481-4011 - 1.6 miles from TAC

Holiday Inn Raleigh North

2805 Highwoods Blvd, Raleigh NC 27604, (919) 872-3500 – 13.5 miles from TAC

Best Western Raleigh North

2715 Capital Blvd., Raleigh NC 27604, (919) 790-7741 – 13.4 miles from TAC

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

**Saturday, October 15, 2011**  
**Short Course Yards – Timed Finals**  
**Warm-ups: 9:00am Start: 10:00am**

<b>Female</b>	<b>Event</b>	<b>Male</b>
1	Open 100 Fly	2
3	Open 50 Breast	4
5	Open 100 Back	6
7	Open 50 Free	8
9	Open 200 Free Relay	10
11	Open 100 Breast	12
13	Open 50 Fly	14
15	Open 100 Free	16
17	Open 50 Back	18
19	Open 100 IM	20
21	Open 200 Medley Relay	22