



RSA-NCAC-GSA Tri-Meet
Hosted by Raleigh Swimming Association
November 13-15, 2009



Sanction: Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC09131

Sponsor: Raleigh Swimming Association

Location: Triangle Aquatic Center
275 Convention Dr.
Cary, NC 27511
(919) 459-4045.
See <http://www.triangleaquatics.org/> for more information and directions.

Date: Friday, Saturday and Sunday, November 13-15, 2009

Times: Friday PM – Warm-ups: 5:45 PM-6:15 PM, Start 6:30 PM
Saturday AM – Tri- Meet - Warm-ups: 10:00 AM-10:50AM, Start: 11:00 AM
Saturday Afternoon – Warm-ups: 1:30 PM, Start: 2:30 PM
Sunday AM – Warm-ups: 9:00 AM, Start 10:00 AM.

Warm-ups: Warm-up lane assignments will be determined after the entries have been received and will be included in the coaches' packets.

Classification: Senior Meet – Tri-Meet, Saturday, AM
Age Group/Senior – Friday PM, Saturday PM and Sunday AM.
All events will be swum as timed finals.

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.

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

204.3.4 Exception for Failure to Compete – Not Applicable. No penalty shall apply for failure to compete in or scratch an individual event.

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 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 4 events prior to the 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.

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. This includes events with combined age groups.

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:

RSA, NCAC and GSA athletes only. 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.

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. However hard copies of each entry, showing the swimmers' ages as of November 13, 2009 must be included in the normal post delivery along with the summary sheet, team checklist, and payment. **All entry information must be received by midnight Tuesday, November 3, 2009.** Out-of-State entries must also include a copy of the team's official roster or present their USA SWIMMING registration cards as evidence of current registration.

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.

Entry Limit:

Swimmers are limited to 4 events total, including relays, for the Senior Tri-meet of which no more than three may be individual events. Swimmers are limited to 4 individual events *per session* (or per-day if a 12 & Under swims in the Tri-Meet) with a maximum of 10 events total for the Friday, Saturday and Sunday sessions for the age group Friday PM, Saturday PM and Sunday AM sessions. If a 12 & Under swims in the Tri-meet portion of the meet, their swims will count against their 4 per session/day limits. Please Note:

12 & Under swimmers will *not* be allowed to participate beyond the NCS 4-hour-rule window. 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: All entries must be received by **midnight Tuesday, November 3, 2009.** 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-	\$2.50 per event
Relay events-	\$8.00 per event
Facility Surcharge-	\$10.00 per swimmer
NCS Travel Surcharge-	\$2.00 per swimmer

No refunds will be given for inappropriate entries.

Mail Entries & Fees To: 2009 RSA-NCAC-GSA Tri-Tri- Meet
6300 Chapel Hill Road, Suite 110
Raleigh, NC 27607
(919) 859-4881
meets@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.

Scoring: The Tri- session/meet (Saturday AM) will be scored: 9-4-3-2-1 for Individual Events and 11-4-2 for Relays. Neither team will be eligible to score more than 3 Individual Swims and 2 Relay Teams in any event. The Tri- session/meet will be scored separately from the remainder of the meet.

The Age Group session/meet will be scored by age group, 8 &U, 9-10, 11-12 and 13 & O as follows:
- Individual events: 20-17-16-15-14-13-12-11- 9-7-6-5-4-3-2-1

Awards: Awards may given at the discretion of the meet host.

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

- 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 6:15 PM on November 13th and also at 10:50 AM on November 14, 2009.
- 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 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 (919) 859-4881
Kit Raulerson, Head Coach kit.raulerson@swimrsa.org
- Meet Directors:** Andrew DeSorbo
- Meet Referee:** Tom Cox
- Meet Marshall:** Kit Raulerson
- 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:** Timers will be provided by the host team.
- Hospitality:** A hospitality area will be provided for the coaches, officials, and 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. The facility has 18 competition lanes available which are sufficiently wide to accommodate numerous swimmers. To meet competition needs, the pool can be configured as 8 long-course lanes or 18 short-course lanes and can support up to 23 short-course training lanes. For this meet, the pool will be set up into two pools, one with 8 25yd x approx. 9.075ft wide lanes and one with 10 25yd x approx. 7.087ft wide lanes. The pool ranges in depth from 7 feet to 12 feet at the short-course competition end. Water temperature is maintained between 79 - 81 degrees. As with nearly all competitive swim meets, starting blocks will be used. 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.

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, The City of Raleigh 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: 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



RSA-NCAC-GSA Tri-Meet

Hosted by Raleigh Swimming Association

November 13-15, 2009

Order of Events

Friday P.M. – Warm-ups: 5:45 P.M. / Start 6:30 P.M.

Female	Event	Male
1	12 & Under 200Y IM	2
3	13 & Over 200Y IM	4
5	12 & Under 500y Freestyle*	6
7	13 & Over 500Y Freestyle*	8

Saturday A.M. – Senior Tri-Meet - Warm-ups: 10:00 A.M. / Start 11:00 AM.

Female	Event	Male
9	Senior 200 Medley Relay	10
11	Senior 1000 Free	12
13	Senior 200 Free	14
15	Senior 100 Back	16
17	Senior 100 Breast	18
19	Senior 200 Fly	20
21	Senior 50 Free	22
23	15 Minute Break	24
25	Senior 100 Free	26
27	Senior 200 Back	28
29	Senior 200 Breast	30
31	Senior 500 Free	32
33	Senior 100 Fly	34
35	15 Minute Break	36
37	Senior 400 IM	38
39	Senior 400 Free Relay	40

Saturday PM – Warm-ups: 1:30 PM / Start 2:30 PM.

Female	Event	Male
41	12 & Under 50Y Freestyle	42
43	13 & Over 50Y Freestyle	44
45	12 & Under 200Y Backstroke	46
47	13 & Over 200Y Backstroke	48
49	12 & Under 100Y Breaststroke	50
51	13 & Over 100Y Breaststroke	52
53	12 & Under 100Y Butterfly	54
55	13 & Over 100Y Butterfly	56
57	12 & Under 200Y Freestyle	58
59	13 & Over 200Y Freestyle	60
61	12 & Under 50Y Backstroke	62
63	13 & Over 50Y Backstroke	64
65	12 & Under 400Y IM*	66
67	13 & Over 400Y IM*	68

Sunday AM – Warm-ups: 9:00AM / Start 10:00 AM

Female	Event	Male
69	12 & Under 200Y Butterfly	70
71	13 & Over 200Y Butterfly	72
73	12 & Under 50Y Breaststroke	74
75	13 & Over 50Y Breaststroke	76
77	12 & Under 100Y Backstroke	78
79	13 & Over 100Y Backstroke	80
81	12 & Under 100Y Freestyle	82
83	13 & Over 100Y Freestyle	84
85	12 & Under 50Y Butterfly	86
87	13 & Over 50Y Butterfly	88
89	12 & Under 200Y Breaststroke	90
91	13 & Over 200Y Breaststroke	92
93	12 & Under 100Y IM	94
95	13 & Over 100Y IM	96
97	12 & Under 1000Y Freestyle*	98
99	13 & O 1000Y Freestyle*	100

*The meet host reserves the right to limit the 400 IM and 500 Free to the fastest 4 heats of men and women, respectively. The meet host reserves the right to limit the 1000y Freestyle to the fastest 3 heats for men and women.



Entry Summary Sheet

2009 RSA-NCAC-GSA Tri Meet

Hosted by Raleigh Swimming Association

Triangle Aquatic Center, Cary, NC

November 13-15, 2009

Use this form for a summary of entries.

Age Group	# Swimmers	# Individual Events	# Relay Events	
Column Totals				
	X \$12.00 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 NOV. 2009 Tri-Meet
6300 Chapel Hill Rd
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.

2009 RSA-NCAC-GSA Tri-Meet
Hosted by the Raleigh Swimming Association
Entry Checklist

Coaches:

Please let us know if you are coming ASAP. Send email to kit.raulerson@swimrsa.org and meets@swimrsa.org 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 numbers OR
computer-generated entries, along with a hard copy of entry. _____
3. Relay Entry Form required for this meet _____
4. Official copy of roster (if out-of-state) _____
5. Check payable to Raleigh Swimming Association for all fees. _____