

**2007 REINDEER MEET**  
**HOSTED BY THE RALEIGH SWIMMING ASSOCIATION**  
**December 14-16, 2007**

- Sanction:** Held under the Sanction of United States Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC07115
- Meet Sponsor:** Raleigh Swimming Association
- Location:** Triangle Aquatic Center  
275 Convention Dr.  
Cary, NC 27511  
919-459-4045
- Date:** December 14-16, 2007
- Times:** Friday Senior Timed Finals session - Warm-ups: 3:30 PM, Start: 4:30 PM  
Saturday and Sunday Senior Prelim Sessions - Warm-up: 7:00 AM, Start: 8:00 AM  
Saturday and Sunday Age Group Timed Finals Sessions - Warm-ups: 12:00PM, Start 1:00PM  
Saturday and Sunday Senior Finals Sessions - Warm-up: 5:00 PM, Start: 6:00 PM
- Warm-ups for the afternoon sessions not before noon, start not before 1:00 pm. Warm-ups for the evening finals sessions not before 5:00 pm, start not before 6:00 pm. Once the timeline has been established, teams will be notified of the final afternoon session schedule.
- 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 18, seven to twelve foot deep 25-yard competition lanes. 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. There is spectator seating for 1,000 above deck that 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 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:** The meet 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 meet.
- All events 400 yards or longer will be deck seeded. Positive check-in for those events will be required 30 minutes after the start of warm-ups for that session.
- There will be separate Finals events for 14 & Under and 15 & Over athletes on Saturday and Sunday evening with 2 heats of men and 2 heats of women qualifying for each Finals event. Finals will be swum in the following order: 14 & Under A Final; 14 & Under B Final; 15 & Over A Final; 15 & Over B Final.
- The 1650 yard Free, 1000 yard Free and 500 yard Free will be swum fastest to slowest with the first two heats of women, then the first two heats of men, then alternating. Each

swimmer in these heats must provide his or her own counter and timer. Athletes may enter either the 1650 Free or the 1000 Free but not both. The 1650 yard Free and 1000 yard Free events will be swum as timed finals at the end of the Sunday morning session.

The 200 yard Age Group events with the exception of the 200 Free are restricted to athletes 11 and older and will be seeded and swum as 11 & Over. All other Age Group events will be seeded and swum as 13 & Over and 12 & Under. All Age Group event results will be tabulated for individual age groups (8 & Under, 9-10, 11-12, 13-14, and 15-18).

All sessions will be swum in an 8 lane competition course. Meet management reserves the right to expand this to a 10 lane competition course as necessary to best serve the athletes, officials, and families (and extend scoring and finals heats accordingly).

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 overall entries in order to maintain reasonable timelines. Meet management also reserves the right to run the meet in the appropriate number of competition lanes (8-10) to best serve the athletes, officials, and families. If entries for the 1650 free and the 1000 free are limited, at least one heat of each event will be swum for 14 & under men, 14 & under women, 15 & over men, and 15 & over women.

All swimmers entering relays must be listed on the entry sheets. Any relay scratches should be indicated on the session scratch sheet, not on the relay cards. Relays will be seeded and posted along with the individual events.

Relay entries for the Age Group sessions should be by standard age groups (8 & Under, 9-10, 11-12, 13-14, and 15-18) and will be seeded and swum by entry times.

Relays for the Senior sessions on Saturday and Sunday will be swum as Timed Finals.

Teams have the choice of swimming relays during either the prelim or finals session each day. Swimmer's ages will determine whether the relay scores as 14 & under or 15 & over.

Any unattached swimmers competing on a relay will cause the relay to be disqualified.

**Relay sheets with the names and order of the relay swimmers must be delivered to the clerk of course by 4:00 pm Friday, 7:30 am Saturday and Sunday morning, 12:30 pm Saturday and Sunday afternoon, and 5:30 pm Saturday and Sunday evening or no later than 30 minutes after warm-ups have begun for each session. Relay sheets submitted for the Senior sessions Saturday and Sunday delivered by 7:30 am should indicate whether each relay will swim during prelims or finals as appropriate.**

**Classification:**

Senior A+ Meet - Friday timed finals session and Saturday and Sunday prelim/finals sessions  
Age Group BB/B/C Meet - Saturday and Sunday afternoon timed finals sessions

**Eligibility:**

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.

All meet sessions are time standard meet sessions. Athletes may compete in either the Senior sessions or the Age Group sessions, provided they meet the time standards and eligibility requirements, but may not compete in both Senior and Age Group sessions.

Swimmers in the Senior sessions must have achieved at least the 13-14 A time in each event less than 400 yards to be eligible for that event with the exception of the 50 yard events which have no time standard eligibility requirements. However, athletes swimming any of the 50 yard events must be qualified in at least one event greater than 50 yards for this meet.

Swimmers in the Senior sessions must have the 200 IM 13-14 A time to be eligible to swim the 100 yard IM and should use their 200 IM time when entering this event.

Swimmers in the Senior sessions entering 50 yard stroke events (not free) should enter those

events using their corresponding 100 yard event time.

Swimmers in the Senior sessions must have achieved at least the 13-14 AA time in each event greater than 200 yards to be eligible for that event. Athletes meeting the 500 Free qualifying time standard will be eligible to compete in the 1000 Free or the 1650 Free.

Swimmers in the Age Group (afternoon) sessions may not enter any event in which they have achieved the A time standard for their age group.

**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 December 14, 2007 must be included in the normal post delivery along with the summary sheet, team checklist and payment. Teams are encouraged to submit their entries as soon as possible to ensure their participation in the meet. **All entry information must be received by 6:00 p.m. on Tuesday December 4, 2007.**

Entries for events 400 yards or longer must attach proof of the time including the meet and date where time standard was achieved.

There will be no "ON DECK" registrations accepted.

**'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 entry fees will not be refunded.**

**Entry Limit:**

Swimmers competing in the Senior sessions are limited to 4 individual events per timed final session, 3 individual events per prelim/finals session, and 1 relay per day **NOT TO EXCEED 9 INDIVIDUAL EVENTS FOR THE MEET.**

Swimmers competing in the Age Group sessions are limited to 4 individual events per timed final session and 1 relay per day **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:**

All entries must be received by **6:00 p.m. Tuesday, December 4, 2007.** 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 can not be accommodated, and entry fees refunded. **NO OTHER REFUNDS WILL BE MADE.**

**Entry Fee:**

Individual events-Senior meet	\$2.75 per event / \$3.00 for out-of-state entries
Individual events-Age-group meet	\$2.00 per event / \$2.25 for out-of-state entries
Relays-All sessions	\$8.00 per relay
Facility Surcharge	\$15.00 per swimmer, including relay only swimmers
NCS Travel Surcharge	\$2.00 (This also applies to relay only swimmers)

**No refunds will be given for inappropriate entries.**

**Mail Entries & Fees To:**

RSA Reindeer Meet  
4904 Waters Edge Drive  
Suite 155  
Raleigh, NC 27606  
(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.

**Awards & Results:**

There will be a First, Second and Third place Plaque awarded to the teams with the Top 3 point totals in the Senior sessions at the conclusion of the meet.

First through eighth place ribbons will be awarded for each event and age group in the Age Group sessions.

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](http://www.swimrsa.org)

**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.**

**Scoring:**

Only the Senior meet sessions will be scored. The top 16 places for individual events will be scored as follows:

Place	Points	Place	Points
<b>1</b>	20	<b>9</b>	9
<b>2</b>	17	<b>10</b>	7
<b>3</b>	16	<b>11</b>	6
<b>4</b>	15	<b>12</b>	5
<b>5</b>	14	<b>13</b>	4
<b>6</b>	13	<b>14</b>	3
<b>7</b>	12	<b>15</b>	2
<b>8</b>	11	<b>16</b>	1

Relay events score double.

**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 4:15pm Friday, December 14.

**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 USS 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.

**Meet Host:**

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

**Meet Director:**

Kevin Facchine ([sgswimming@gmail.com](mailto:sgswimming@gmail.com))

**Referee:**

Marcia Dettloff ([official@caryopto.com](mailto:official@caryopto.com))

- Marshall:** Fritz Lehman
- Meet Entries:** Larry Godlewski (lgodlewski@nc.rr.com)
- 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.
- Official's briefings will be held in the hospitality room 30 minutes after the start of warm-ups for each session.
- Timers:** Participating clubs may be asked to provide timers in proportion to their entries. Those swimming the 400 IM, 500 Free, 1000 Free, or 1650 Free should be prepared to provide their own timer for these events.
- Hospitality:** A hospitality room will be provided for the coaches, officials, and meet workers.
- Concessions:** Concessions are available at the Triangle Aquatic Center snack bar 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.
- 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  
Ask for the special RSA Reindeer Meet rate at any of the above hotels.

**2007 RSA Reindeer Meet**  
**Hosted by the Raleigh Swimming Association**  
**Order of Events**

Friday Evening Senior Session – Timed Finals

Warm-ups: 3:30 PM / Start: 4:30 PM

<b>Women</b>	<b>Qual Time</b>	<b>Event</b>	<b>Qual Time</b>	<b>Men</b>
1	N/A	Senior 200Y FREE RELAY	N/A	2
3	2:28.59	Senior 200Y FLY	2:20.79	4
5	AOE	Senior 50 FREE	AOE	6
7	2:47.99	Senior 200Y BREAST	2:36.29	8
9	AOE	Senior 50Y BACK	AOE	10
11	200 IM	Senior 100Y IM	200 IM	12
		10 Minute Break		
13	5:38.29	Senior 500Y FREE*	5:25.29	14

Saturday AM Senior Session – Prelims

Warm-ups: 7:00 AM / Start: 8:00 AM

<b>Women</b>	<b>Qual Time</b>	<b>Event</b>	<b>Qual Time</b>	<b>Men</b>
15	N/A	Senior 200Y MEDLEY RELAY	N/A	16
17	2:14.19	Senior 200Y FREE	2:05.79	18
19	AOE	Senior 50Y FLY	AOE	20
21	1:08.69	Senior 100Y BACK	1:04.89	22
23	1:17.99	Senior 100Y BREAST	1:12.29	24
25	5:06.29	Senior 400Y IM*	4:49.79	26

Saturday PM Age Group Session – Timed Finals

Warm-ups: 12:00PM / Start: 1:00 PM

<b>Women</b>	<b>Event</b>	<b>Men</b>
101	200Y FREE RELAY	102
103	11 & Over 200Y FLY	104
105	12 & Under 50Y BACK	106
107	13 & Over 50Y BACK	108
109	12 & Under 50Y FLY	110
111	13 & Over 50Y FLY	112
113	12 & Under 100Y FREE	114
115	13 & Over 100Y FREE	116
117	11 & Over 200Y BACK	118
119	12 & Under 100Y BREAST	120
121	13 & Over 100Y BREAST	122
123	11 & Over 200Y IM	124

Saturday Evening Senior Session – Finals

Warm-ups: 5:00 PM / Start: 6:00 PM

<b>Women</b>	<b>Event</b>	<b>Men</b>
15	Senior 200Y MEDLEY RELAY	16
17	Senior 14 & Under 200Y FREE	18
17	Senior 15 & Over 200Y FREE	18
19	Senior 14 & Under 50Y FLY	20
19	Senior 15 & Over 50Y FLY	20
21	Senior 14 & Under 100Y BACK	22
21	Senior 15 & Over 100Y BACK	22
23	Senior 14 & Under 100Y BREAST	24
23	Senior 15 & Over 100Y BREAST	24
25	Senior 14 & Under 400Y IM*	26
25	Senior 15 & Over 400Y IM*	26

Sunday AM Senior Session – Prelims

Warm-ups: 7:00 AM / Start: 8:00 AM

Women	Qual Time	Event	Qual Time	Men
27	N/A	Senior 400Y MEDLEY RELAY	N/A	28
29	AOE	Senior 50Y BREAST	AOE	30
31	2:27.29	Senior 200Y BACK	2:19.49	32
33	1:02.19	Senior 100Y FREE	57.99	34
35	2:31.29	Senior 200Y IM	2:21.89	36
37	1:08.09	Senior 100Y FLY	1:03.39	38
		10 Minute Break		
39	11:37.29	Senior 1000Y FREE*	11:12.29	40
41	19:21.69	Senior 1650Y FREE*	18:40.79	42

Sunday PM Age Group Session – Timed Finals

Warm-ups: 12:00PM/ Start: 1:00PM

Women	Event	Men
125	200Y MEDLEY RELAY	126
127	12 & Under 50Y FREE	128
129	13 & Over 50Y FREE	130
131	12 & Under 50Y BREAST	132
133	13 & Over 50Y BREAST	134
135	12 & Under 100Y IM	136
137	13 & Over 100Y IM	138
139	12 & Under 200Y FREE	140
141	13 & Over 200Y FREE	142
143	12 & Under 100Y BACK	144
145	13 & Over 100Y BACK	146
147	11 & Over 200Y BREAST	148
149	12 & Under 100Y FLY	150
151	13 & Over 100Y FLY	152

Sunday Evening Senior Session – Finals

Warm-ups: 5:00 PM / Start: 6:00 PM

Women	Event	Men
27	Senior 400Y MEDLEY RELAY	28
29	Senior 14 & Under 50Y BREAST	30
29	Senior 15 & Over 50Y BREAST	30
31	Senior 14 & Under 200Y BACK	32
31	Senior 15 & Over 200Y BACK	32
33	Senior 14 & Under 100Y FREE	34
33	Senior 15 & Over 100Y FREE	34
35	Senior 14 & Under 200Y IM	36
35	Senior 15 & Over 200Y IM	36
37	Senior 14 & Under 100Y FLY	38
37	Senior 15 & Over 100Y FLY	38

\*The 1650 Free, 1000 Free, 500 Free, and 400 IM will be deck seeded with positive check-in required within 30 minutes after the start of warm-ups for that session. The 1650 Free, 1000 free, and 500 free will be swum fastest to slowest, two heats women, two heats men, then alternating. The 1650 Free and 1000 free will be swum as timed finals at the end of the Sunday morning session.

For the 1650 Free, 1000 Free, 500 Free and 400 IM, swimmers must have achieved at least the 13-14 AA time in each event to be eligible for that event. Swimmers who have achieved the 500 Free 13-14 AA time are also eligible to enter the 1650 Free or the 1000 free. AOE = any other event.

Entry Summary Sheet  
 2007 Reindeer Meet  
 Hosted by the Raleigh Swimming Association  
 Triangle Aquatic Center, Cary, NC  
 December 14-16, 2007

Use this form for a summary of entries.

Meet Classification	# Swimmers	# Individual Events	# Individual Events	# Relay Events	
Senior Women					
Senior Men					
Age Group Women					
Age Group Men					
Column Totals					
	X \$17.00 surcharge	X \$2.50 or \$2.75 IE fee	X \$2.00 or \$2.25 IE fee	X \$8.00 Relay 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 Reindeer Meet  
 4904 Waters Edge Drive  
 Suite 155  
 Raleigh, NC 27606  
 (919) 859-4881  
 meets@swimrsa.org

United States 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.

2007 Reindeer 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](mailto:kit.raulerson@swimrsa.org) and [sgswimming@gmail.com](mailto:sgswimming@gmail.com) with approximate numbers for **each** session (Senior and Age Group).

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 USS 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 \_\_\_\_\_