

RSA DISTANCE DAY
SUNDAY, DECEMBER 2, 2007
2:00 p.m.

Sanction: Will be held under the sanction of USA-Swimming Inc., issues by NCS, Inc. Sanction #NC08013

Host: Raleigh Swimming Association

Eligibility: All swimmers must be registered with USA-Swimming and be members of the Raleigh Swimming Association.

Classification: Distance Time Trial

Facility: Triangle Aquatic Center, Cary, NC 27511, (919)-459-4045, **Competition Pool** The Triangle Aquatic Center facility features a 50-meter pool divided into two courses which include an 8-lane, 25-yard competition course and a 10-lane, 25- yard competition course, with a variable depth ranging from 7 to 12 feet. Two courses will be used in this competition if the number of swimmers and timeline deem it necessary. An additional 10-lane, 25-yard pool is available for continuous warm- up/warm-down. The pool is equipped with state-of the-art, anti-turbulent lane lines and paragon starting blocks. Digital scoreboards, plungers and stopwatches will be used in each competition lane. Hy-Tek Meet Manager software will be used. Locker rooms for changing are available.

Only meet volunteers, USA Swimming registered athletes and USA Swimming registered officials may be on deck. **NO SPECTATORS** on deck.

Other Site Information: There is seating capacity for 1,000 spectators on the viewing level. There is ample parking available in the adjacent mall lot. A concession stand is available for drinks and snack items.

Rules: *Please inform all families of the following pool rules.*

- 1) No smoking is allowed inside the facility.
- 2) No outside food drinks or coolers allowed inside the facility.
- 3) No glass containers are allowed inside the facility.
- 4) No chairs allowed in the spectator level. Swimmers may have a chair on deck.

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, and the current North Carolina Swimming Rules and Regulations, and the current North Carolina Swimming Safety Program. These rules will serve as the official guide for

technical and procedural rules, except wherein are optional and exceptions are herein stated.

The NCS Safety Program is in effect for this meet. Coaches will closely supervise swimmers at all times. No running or horseplay will be tolerated.

Schedule: Warm-ups will begin at 1:00 in the Assigned lanes at TAC. A coaches, officials & timer's meeting will be held at the starters table at 1:45 p.m.

Format: All events will be conducted on a timed basis. There will be a positive check-in for each event during warm-up. Meet Management reserves the right to combine heats of each event as necessary.

Entry Limit: All swimmers are limited to two (2) individual events.

Entry: Please list each swimmer's age as of December 2, 2007. All entries will be internally submitted on Hy-Tek Meet Manager.

Entry Deadline: All entries must be received prior to 6pm on Friday, November 30, 2007.

Entry Fees: \$10.00 per individual event + \$2 NCS surcharge per athlete.

Awards: No awards

Co-Meet Directors: Dan Ohm and Margaret Bell

Meet Referee: Thorton Burnette

Meet Marshall: Kit Raulerson

Warm-up: In accordance with USA-Swimming guidelines, there will be a published warm up procedure for all coaches and athletes attending the meet. The Marshall will ensure compliance with these procedures.

Hospitality: There will be water provided to timers, coaches, officials, and meet management.

Release: USA-Swimming, North Carolina Swimming Inc., RSA and Triangle Aquatic Center and all employees and representatives of these organizations shall be held free and harmless from any and all liabilities or claim for damages arising by reason of injuries to anyone during the conduct of this event.

Parents on Deck: Only parents serving as meet management, timers, officials, or hospitality will be allowed on deck.

Timers: Parents of athletes participating in the meet must time or work in some capacity. Athletes participating in the 1000 & 1650 Freestyle events must provide their own timer.

Lap Counters: All athletes participating in the distance freestyle events are required to provide their own counters.

Order of Events

GIRLS	EVENT	BOYS
1	400 Individual Medley	2
3	500 Free	4
5	1000 Free	6
7	1650 Free	8