

**RSA Summer Sizzle Tri-Meet**  
**Hosted by Raleigh Swimming Association**  
**June 21-22, 2008**

- Sanction:** Held under the Sanction of United States Swimming. Inc., issued by North Carolina Swimming, Inc. Sanction # NC08078
- Sponsor:** Raleigh Swimming Association
- Location:** Triangle Aquatic Center  
5902 Whittier Drive  
Raleigh, NC 27609  
(919) 870-2882.
- Date:** June 21-22, 2008
- Times:** Sat AM - Warm-ups: 11:00 AM, Start: 12:00 noon  
Sun - Warm-ups: 12:00 Noon, Start: 1:00PM
- Warm-ups:** Warm-up lane assignments will be determined after the entries have been received and will be included in the coaches' packets.
- Classification:** Meet is limited to members of RSA, WAVE, and YOTA who are registered with USA Swimming  
Age Group / Senior  
All events will be swum as timed finals.  
No time standards for 50's and 100's.  
12&under 200's require an age-group appropriate 100 B time in the stroke (including IM) or an age-group appropriate B time in the event.  
13&over 200's have no time standards  
400 free requires an age-group appropriate B time in the 200 free.  
800 free requires an age-group appropriate BB time in the 200free.  
1500 free requires an age-group appropriate A time in the 200 free.  
400 IM requires an age-group appropriate B time in the 200im.
- 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 meters 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.

C It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

**Distance Events:**

All events 400 meters and longer will be deck seeded. All events 400 meters and longer will be swum as Open events without age group categorization; all entries will be seeded as one group. Positive check-in for those events will be required and will close 30 minutes after the start of warm-ups for that session.

Events 400 meters and longer will be swum girls **fastest to slowest**, followed by boys **fastest to slowest**. Each swimmer in the 400 IM and 400 Free must provide their own timer.

**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 (10 & Under, 11-12, Senior/Open) and will be deck seeded and swum by entry times. 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 sixth event 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. This includes events with combined age groups.

Meet Management reserves the right to implement chase starts for events 100 meters or longer in order to maintain reasonable timelines. All events 400 meters 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.

**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. 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 June 21, 2008 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 11, 2008.** 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.

**'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.

**13 & over swimmers entering a 50 meter event other than freestyle should enter with their best guess 50 meter time for the event.**

**Entry Limit:**

Swimmers are limited to 5 individual events and 1 relay on Saturday and 2 individual events in the Sunday session **NOT TO EXCEED 7 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.**

We anticipate the Saturday session will not take 4 hours. In the event that meet entries exceed 4 hours we will reserve the right to run a split session Saturday. Sunday we will reserve the right to run the 800 and 1500 2 athletes per lane if that is needed to make the 4 hour time limit. We do not anticipate an issue with the 4-hour rule on Sunday.

**Entry Deadline:**

All entries must be received by **6pm Wednesday, June 11, 2008.** 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-	\$8.00 per swimmer
NCS Travel Surcharge-	\$2.00 per swimmer

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

**Mail Entries & Fees To:**

RSA June Tri-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.

- Scoring:** The meet will not be scored.
- Awards:** No placement awards. Host team may elect to give participant 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 at 10:45 AM on June 21.
- 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](mailto:kit.raulerson@swimrsa.org)
- Meet Directors:** Andrew DeSorbo ([andrew.desorbo@ncswim.org](mailto:andrew.desorbo@ncswim.org))
- Meet Referee:** Thornton Burnette ([thor8550@aol.com](mailto:thor8550@aol.com))
- Meet Marshall:** Fritz Lehman
- Meet Entries:** Larry Godlewski ([lgodlewski@nc.rr.com](mailto: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.
- Timers:** Participating clubs may be asked to provide timers in proportion to their entries. Those swimming the 400 Free and 400 IM should be prepared to provide their own timer for that event.
- 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 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 from TAC

**RSA Summer Sizzle Tri-Meet**  
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**Order of Events**

Saturday A.M. – Warm-ups: 11:00 A.M. / Start 12:00 Noon.

Female	Event	Male
1	12 & Under 200 Free	2
3	13 & Over 200 Free	4
5	12 & Under 100 Butterfly	6
7	13 & Over 100 Butterfly	8
9	12 & Under 50 Back	10
11	13 & Over 50 Back	12
13	12 & Under 200 Breaststroke	14
15	13 & Over 200 Breaststroke	16
17	12 & Under 100 Free	18
19	13 & Over 100 Free	20
21	12 & Under 50 Butterfly	22
23	13 & Over 50 Butterfly	24
25	12 & Under 200 Backstroke	26
27	13 & Over 200 Backstroke	28
29	12 & Under 100 Breaststroke	30
31	13 & Over 100 Breaststroke	32
33	12 & Under 50 Freestyle	34
35	13 & Over 50 Freestyle	36
37	12 & Under 200 Butterfly	38
39	13 & Over 200 Butterfly	40
41	12 & Under 100 Backstroke	42
43	13 & O 100 Backstroke	44
45	12 & Under 50 Breaststroke	46
47	13 & O 50 Breaststroke	48
49	12 & U 200 IM	50
51	13 & O 200 IM	52
53	10 & U 200 Freestyle Relay	54
55	12 & U 200 Freestyle Relay	56
57	13 & O 200 Freestyle Relay	58

Sunday AM –  
Warm-ups: 12:00 Noon / Start: 1:00 P.M.

Female	Event	Male
59	Open 400 Freestyle	60
61	Open 800 Freestyle	62
63	Open 400 IM	64
65	Open 1500 Freestyle	66

\*All events 400 meters and longer will be deck seeded with positive check-in required within 30 minutes after the start of warm-ups for that session. The 400 Free and 400 IM events will be swum fast to slow.

Entry Summary Sheet  
 2007 RSA Tri-Meet  
 Hosted by Raleigh Swimming Association  
 Optimist Park, Raleigh, NC  
 June 21–22, 2008

Use this form for a summary of entries.

Age Group	# Swimmers	# Individual Events	# Relay Events	
13 & over Women				
13 & over Men				
12 & under Women				
12 & under Men				
Column Totals				
	X \$10.00 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 Tri-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, The City of Raleigh 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.

RSA Tri-Meet  
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Entry Checklist

Coaches:

Please let us know if you are coming ASAP. Send email to [kit.raulerson@swimrsa.org](mailto:kit.raulerson@swimrsa.org) and [meets@swimrsa.org](mailto: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 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 not required for this meet \_\_\_\_\_
5. Official copy of roster (if out-of-state) \_\_\_\_\_
6. Check payable to Raleigh Swimming Association for all fees. \_\_\_\_\_