



## 2010 NC RSA September Shootout



**Hosted by Raleigh Swimming Association  
September 18, 2010**

- Sanction:** Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC10084.
- 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:** Saturday, September 18, 2010
- 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 discretion of meet management in order to have, to the extent possible, 2 equal sessions.
- 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 classified as OPEN. All ages may enter.  
Age Group / Senior  
All events will be swum as timed finals.  
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.
- 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 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.

**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:**

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.

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.

Raleigh Swimming Association, Inc. welcomes all swimmers with disabilities as described in the USA Swimming Technical Rules, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice to the meet director in writing 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 RSA's ability to accommodate all requests.

**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 September 18, 2010 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 Wednesday, September 8, 2010.** 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. 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. Actual times or "best guess" times will be accepted for the 50 yard events.

**Entry Limit:** Swimmers are limited to 4 individual events and 2 relays. 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 Wednesday, September 8, 2010.** 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-	\$4.00 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:** RSA September Shootout  
6300 Chapel Hill Rd  
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 meet will be scored by age group, 8 &U, 9-10, 11-12 and 13 & O.  
- Individual events: 20-17-16-15-14-13-12-11- 9-7-6-5-4-3-2-1  
- Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

**Awards:** Heat winner awards (most likely the "RSA Ducks") will be given.

**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 and Officials are required to display their registration cards or other access documents prominently while on deck.

- Coaches Meeting:** A coaches meeting will be held at 9:20 AM on September 18, 2010.
- 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:** Larry Godlewski (lgodlewski@nc.rr.com)
- Meet Referee:** Thornton Burnette (thor8550@aol.com)
- Meet Marshall:** Ian McCulloch
- Meet Entries:** [meets@swimrsa.org](mailto: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 that can be configured for separate 8-lane and 10-lane 25-yard competition courses. The 50 meter pool has a certification for USA Swimming. Paragon starting blocks will be used for the start of all events. Competition lanes are a minimum of 7 feet wide. 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:**

Hampton Inn and Suites

111 Hampton Woods Lane, Raleigh, NC 27607, (919) 233-1798.

[www.carysuites.hamptoninn.com](http://www.carysuites.hamptoninn.com)

Minutes from the Triangle Aquatics Center. Free Comp room for coach if team stays here.

**RSA Summer September Shootout**  
**Hosted by Raleigh Swimming Association**

**Order of Events**

Saturday A.M. – Warm-ups: 9:00 A.M. / Start 10:00 AM.

<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

**Entry Summary Sheet**  
**2010 September Shootout Meet**  
**Hosted by the Raleigh Swimming Association**  
**Triangle Aquatic Center, Cary, NC**  
**September 18, 2010**

Use this form for a summary of entries.

Meet Classification	# Swimmers	# NC Individual Events	# OOS Individual Events	# Relay Events	
NC Women					
NC Men					
Out-of-State Women					
Out-of-State Men					
Column Totals					
	X \$12.00 surcharge&NCS	X \$2.50 NC IE fee	X \$3.00 OOS IE fee	X \$4.00 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 2010 September Shootout 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: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Call Letters: \_\_\_\_\_

Wk Phone: \_\_\_\_\_

Hm Phone: \_\_\_\_\_

Email: \_\_\_\_\_

\*\* This summary form and a check for all applicable fees are required for this to be a valid entry.

2010 September Shootout 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) 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. **NO NT entries. They will be scratched without refund** \_\_\_\_\_
4. Check payable to Raleigh Swimming Association for all fees \_\_\_\_\_