

**RACY Spring Sprints**  
**JF Hurley Family YMCA**  
**February 26, 2011**

- Sanctions:** This is a closed YMCA meet. The meet will be USA Swimming approved and will be conducted in accordance with current USA Swimming Technical Rules. Approval #NC11026AP.
- Facility:** JF Hurley YMCA  
828 Jake Alexander Blvd. NW  
Salisbury, NC 28147  
(704) 636-0111
- The pool is an eight-lane, 25 yard pool with non-turbulent lane lines and stationary starting blocks. Pool is 7 feet deep on the start end and 4 feet deep on the turn end, with lane widths of just under 7 feet. Electronic timing and computer results will be used. Spectator seating is available. A 3 lane pool will be available for warm-up and cool down. The pool is not certified by USA Swimming.
- Parking:** Parking will be available in the main YMCA parking lot in front of the building.
- Concessions:** Concessions will be available.
- Hospitality:** Hospitality for coaches, officials, timers, and volunteers will be provided.
- Eligibility:** This is a YMCA meet. All swimmers must be members of a YMCA swim team. Swimmers ages will be determined as of February 26, 2011.
- RACY welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the meet director 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 RACY's ability to accommodate all requests.
- Classification:** This is a Senior sprint meet with no minimum or maximum time standard.
- Schedule:** Warm Up Starts @ 7:00 AM  
Meet starts at 8:30 AM
- Warm-up:** Specific warm-ups will be held in accordance with the NCS safety program. Lane assignments for warm-ups will be available in the coaches' packets. A current coach's card will be required to obtain the packet and must be with the coach at all times on deck. Please begin all warm-up procedures at the starting end of the pool only. Diving will not be allowed until specific warm-up period is announced. Specific warm-up times and procedures will be emailed prior to the meet and also detailed in the coaches' packet.
- Format:** This meet will be conducted in accordance with current USA Swimming Technical Rules, the NCS Swimming Handbook, and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated. Coaches are advised to closely supervise their swimmers at all times. No running or horseplay will be tolerated.
- 1) All events will be swum as timed finals.
  - 2) Scratches and deck entries will be taken until 30 minutes prior to the start of the meet.
  - 3) The referee and meet management reserve the right to combine heats, to provide periodic breaks as necessary to slow the meet down and to adjust the number of heats, and warm up times based on the number of entries and the meet timeline.

- Awards:** Individual Events: 1<sup>st</sup> – 8<sup>th</sup> place ribbons  
Relay Events: 1<sup>st</sup> – 3<sup>rd</sup> place ribbons
- Entry Limit:** Five (5) individual entries and two (2) relay events for the meet. There is no limit on relay entries per team.
- Meet management reserves the right to cap the number of total entries. If necessary, all coaches will be notified of this change no later than five days prior to the meet.
- Entries:** Entries will be accepted in HY-TEK format and must be received no later than **8 PM on Monday, February 14, 2011**. Entries must be submitted electronically. Deck entries will be accepted to fill empty lanes. Please send any correspondence relating to entries via e-mail to Ben Humphrey at [bhumphrey@rowanymca.com](mailto:bhumphrey@rowanymca.com). Include team name, swimmer, and/or events in question.
- MAIL TO:**  
Ben Humphrey  
828 Jake Alexander Blvd. NW  
Salisbury, NC 28147  
(704) 636-0111
- E-MAIL TO:**  
[bhumphrey@rowanymca.com](mailto:bhumphrey@rowanymca.com)
- Entry Fees:** \$2.00 per individual event  
\$8.00 per relay event  
\$5.00 facility surcharge per swimmer
- Clubs should submit a single check payable to Rowan Aquatic Club YMCA for the full amount due. All fees must be paid prior to any swimmer entering the pool.**
- Coaches:** Coaches must check in at Clerk of Course and provide current coaching credentials to be allowed on deck. A coaches meeting will be held fifteen minutes prior to the start of the meet.
- Officials:** Individuals wishing to officiate at this meet should contact the Meet Referee. An officials meeting will be conducted 40 minutes prior to the start of the session in Hospitality.
- Meet Referee:** Jay Stevens ([jstevens13@carolina.rr.com](mailto:jstevens13@carolina.rr.com))  
704-431-4951
- Meet Director:** Jamie Knorr ([swimmomof5@gmail.com](mailto:swimmomof5@gmail.com))
- Meet Marshall:** TBA
- Release:** USA swimming, Inc., North Carolina Swimming, Inc., JF Hurley Family YMCA, Rowan Aquatic Club YMCA swim team (RACY), and the YMCA of Rowan County 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 meet.
- Safety:** USA swimming, Inc., North Carolina Swimming, Inc., JF Hurley Family YMCA, Rowan Aquatic Club YMCA swim team (RACY), and the YMCA of Rowan County 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 meet.

## ORDER OF EVENTS

Saturday, February 26, 2011

Warm Up: 7:00 AM    Start: 8:30 AM

WOMEN	EVENT	MEN
1	13 -14 400 FREE Relay	2
3	Senior 400 FREE Relay	4
5	13-14 100 FLY	6
7	Senior 100 FLY	8
9	13-14 100 BREAST	10
11	Senior 100 BREAST	12
13	13-14 200 Medley Relay	14
15	Senior 200 Medley Relay	16
17	13-14 100 BACK	18
19	Senior 100 BACK	20
21	13-14 100 FREE	22
23	Senior 100 FREE	24
25	13-14 200 FREE Relay	26
27	Senior 200 FREE Relay	28
29	13 -14 200 Ind. Medley	30
31	Senior 200 Ind. Medley	32

**RACY Spring Sprints  
February 26, 2011  
Financial Summary Sheet**

Age Group	Individual Entries			Relay Entries		
	Total # of Swimmers @ \$5.00	Total Meet Surcharge	Total # of Individual Entries @ \$2.00	Total Individual Entry Fees	Total # of Relay Entries @ \$8.00	Total Relay Entry Fees
8 & Under Girls						
9 - 10 Girls						
11 - 12 Girls						
13 - 14 Girls						
15 & Over Girls						
8 & Under Boys						
9 - 10 Boys						
11 - 12 Boys						
13 - 14 Boys						
15 & Over Boys						

<b>Total Entry Fee:</b>	
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Make checks payable to: **Rowan Aquatic Club - YMCA**  
Return this summary sheet with entry fees, roster, disk, and entry forms to:

**Mail Hard Copy Entries to:**  
Ben Humphrey  
Rowan Aquatic Club - YMCA  
828 Jake Alexander Blvd. NW  
Salisbury, NC 28147  
(Phone) (704) 636-0111

**Email Entries File to:**  
[bhumphrey@rowanymca.com](mailto:bhumphrey@rowanymca.com)

**Coach:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

**Club:** \_\_\_\_\_ **Club Code:** \_\_\_\_\_ **LSC:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_  
(For Final Results)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Secondary Contact:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

**Number of Coaches Attending Meet:** \_\_\_\_\_

USA swimming, Inc., North Carolina Swimming, Inc., JF Hurley Family YMCA, Rowan Aquatic Club YMCA swim team (RACY), and the YMCA of Rowan County 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 meet.

**Coaches Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_