

RSA 2011 July 15 Intrasquad Time Trial
HOSTED BY THE RALEIGH SWIMMING ASSOCIATION
July 15, 2011

Sanction: Held under the Sanction of United States Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction #NC11101

Meet Sponsor: Raleigh Swimming Association

Location: Triangle Aquatic Center
275 Convention Dr.
Cary, NC 27511
919-459-4045

Date: Friday, July 15

Times:
Prelims: Warmup 8:00AM; 9:00AM Start
Finals: Warmup 4:00PM; 5:00PM Start

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. TAC's pools are USA Swimming certified. The competition lanes are a minimum of 7 feet wide. The 25- yard program pool allows for 4 to 10 warm- up/swim-down lanes at any time. 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. The facility may charge a fee for admission to the spectator seating area overlooking the pool. 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: **General:** The meets 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

Classification: Meet is classified as Intrasquad Meet – RSA members Only;

Prelim-Final Championship; All ages may enter.

Events: All events will be deck seeded. Positive check-in for those events will be required and will close 30 minutes after the start of warm-ups. Swimmers who do not check in by the deadline will be scratched and not seeded in the event.

Competition Courses: The meet will be run Long Course Meters. Meet management reserves the right to run both Prelim and Finals in up to 8 lanes, but potentially fewer depending on timeline and entries.

Timeline and Meet Entry Constraints: Meet Management reserves the right to combine events and heats at the management's discretion and reserves the right to limit the number of heats in any event as well as the right to limit overall entries in order to maintain reasonable and allowable timelines.

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. Access to the pool deck is restricted to athletes, credentialed coaches and officials, pool staff, and meet volunteers only. No other individuals will be allowed on the pool deck during warm-ups or competition.

Eligibility: **General:** Raleigh Swimming Association members only. All athletes must be registered with USA Swimming, Inc. Registrations will be checked according to NCS rules.

Entries: **General:** 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 July 7th, 2011 must be included in the normal post delivery along with the summary sheet, team checklist and payment. All final entry information must be received by 5 p.m. on Wednesday July 13, 2011.

Entry Limit: Swimmers are limited to four (4) individual events per day.

Entry Deadline: Entries will be accepted beginning July 6, 2011

Entry Fee: Individual events: \$5.00 per event

**Mail Entries &
Fees To:**

RSA July 15 Time Trial 6300 Chapel Hill Road, Suite 110 Raleigh, NC 27607 (919) 859-4881 meets@swimrsa.org Email all entry files and correspondence to meets@swimrsa.org and cc the Meet Director and Meet Entries coordinator (listed below). 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: No awards will be given.

Scoring: The meet will not be scored.

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 Certification and Check-In:

Only coaches with current USA Swimming registrations and credentials will be allowed on the pool deck. Teams should submit a list of their coaches planning to attend the meet with their meet entries so that registrations can be verified in advance. Coaches will be asked to check in at the volunteer table in the lobby and must present their credentials at that time as well as display them on their person while on deck.

Coaches Meeting: A coaches meeting will be held at 8:45am Friday, July 15.

Coach Check-In: Coaches' packages 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.

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

Meet Director: Andrew DeSorbo (Andrew.desorbo@swimrsa.org)

Referee: Ronnie Roach

Marshall: Larry Godlewski

Meet Entries: Andrew DeSorbo (Andrew.desorbo@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 and Counters:

Athletes should be prepared to provide their own timer for all events and own counter for distance events.

Hospitality: Light snacks and drinks will be available on deck for Coaches, Officials, and meet volunteers.

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, 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.

Disability Statement: RSA 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 Raleigh Swimming Association's ability to accommodate all requests.

**2011 RSA July Intrasquad Time Trial Meet
Hosted by the Raleigh Swimming Association
Order of Events**

Friday, July 15th

Women	Event	Men
1	OPEN 400M IM	2
3	OPEN 200M FLY	4
5	OPEN 100M BACK	6
7	OPEN 50M FREE	8
9	OPEN 200M FREE	10
11	OPEN 100M FLY	12
13	OPEN 50M BREAST	14
15	OPEN 200M BACK	16
17	OPEN 200M BREAST	18
19	OPEN 50M BACK	20
21	OPEN 50M FLY	22
23	OPEN 100M FREE	24
25	OPEN 100M BREAST	26
27	OPEN 200M IM	28
29	OPEN 50M MIX*	30
31	OPEN 100M MIX*	32
33	OPEN 200M MIX*	34
35	OPEN 400Y FREE	36
37	OPEN 800M FREE	38
39	OPEN 1500M FREE	40

*** The MIX 50, 100 and 200 will be open for any stroke at the discretion of the meet host and officials.**