

**2009 GOOD STUFF LONG COURSE MEET**  
**HOSTED BY THE RALEIGH SWIMMING ASSOCIATION**  
**May 15-17, 2009**

**Sanction:** Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.  
Sanction # NC09058

**Meet Sponsor:** Raleigh Swimming Association

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

**Dates:** May 15-17, 2009

**Times:** Friday Timed Finals Session – Warm-up: 3:45 PM, Start: 5:00 PM  
Saturday & Sunday 12 & Under Timed Finals Sessions -Warm-up: 7:00 AM, Start 8:00 AM  
Saturday & Sunday 13 & Over Timed Finals Sessions - Warm-up: 12:00 PM, Start: 1:00 PM

**Warm-ups:** Warm-up assignments will be determined after the entries have been received and will be included in the coaches' packets.

**Classification:** 13 & Over - Open Meet with no time standards  
12 & Under – Swimmers must have attained an age-group appropriate B time or better to compete in any event 100 or 200 meters (but see eligibility requirement below for 400 meter events)

**Rules:**

**General:**

The meet 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 exceptions are herein stated.

All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification / registration. Coaches and officials shall prominently display their registration cards while on deck

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.

B The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.

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

All events will be swum as timed finals and will be swum slowest to fastest.

**Distance Events:**

All events 400 meters and longer will be deck seeded. Positive check-in for those events will be required and will close 30 minutes after the start of warm-ups for that session. Failure to check in for a deck seeded event will result in the swimmer being scratched from the event.

**Swimmers in the 13-14 and 15 & Over 400 Freestyle events on Sunday 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 standard age groups (10 & Under, 11-12, 13-14, and 15 & Over) 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 fourth event for that session:**

12 & under 200 Medley Relay Saturday - NLT the conclusion of the 50 backstroke;

13 & over 200 Free Relay Saturday - NLT the conclusion of the 50 backstroke;

12 & under 200 Free Relay Sunday - NLT the conclusion of the 50 breaststroke;

13&over 200 Medley Relay Sunday - NLT the conclusion of the 50 freestyle;

**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 events as needed and reserves the right to limit the number of heats in any event 400 meters or longer as well as the right to limit overall entries in order to maintain reasonable timelines.

Meet Management reserves the right to implement chase starts for events 100 meters or longer in order to maintain reasonable 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:**

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.

Swimmers entered in the 10 & Under and 11-12 100 and 200 meter events must have achieved B times or better for their age group in those specific events or in the corresponding short course events.

Swimmers entered in the 11-12 400 meter events must have achieved BB times or better for that age group in those specific events or in the corresponding short course events (400 IM and 500 Free).

**Swimmers in the 11-12 age group may enter either the 11-12 400 IM OR the 11-12 400 Free, but not both.**

**Entries:**

All entries should be submitted in Hy-tek format via email. Teams are encouraged to submit their entries as soon as possible to ensure their participation in the meet. **All entry information and payments must be received by 6:00 p.m. on Tuesday May 5, 2009 (see Entry Deadline information below).**

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.

**Teams are strongly encouraged to submit recent SCY entry times rather than older LCM times. SCY times will be converted in Meet Manager, and the meet will be seeded by LCM times using converted times as necessary.**

Entries for all 12 & under events may be required to provide proof of the entry time including the meet and date where time standard was achieved. **In the event that any entries cannot be confirmed as meeting time standards, those entries will be scratched, and those entry fees will not be refunded.**

There will be no "ON DECK" registrations accepted. **Swimmers whose registration can not be confirmed by 6:00 p.m. Thursday, May 14, 2009 will not be allowed to swim in the meet, and their entry fees will not be refunded.**

**'NO TIME' entries WILL NOT be accepted for this meet. NT entries in Hy-Tek entry files will not be imported into the meet database. Swimmers with NT events may be entered with estimated times for events without time standards. Any NT entries will be scratched, and those entry fees will not be refunded.**

**Entry Limit:**

Swimmers are limited to 3 individual events and 1 relay per session **NOT TO EXCEED 8 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.

The 12 & Under sessions will be limited to 4 hour timelines for each session using an appropriate heat interval. Entries will be accepted in the order in which correct and accurate entry files and full payment are received up to the entry deadline (see Entries information above). In the event that a team's entries causes the meet to exceed the 4 hour timeline limit, that team will be asked to reduce their entries to stay within the timeline.

**Entry Deadline:**

Entries will be accepted beginning April 15, 2009. Entries will close the earlier of:  
(a) **6:00 p.m. Tuesday, May 5, 2009** or  
(b) when the sessions reach an estimated 4 hours in length.

Swimmers will be entered into the meet in the order entries are received as long as entry fees are received by Tuesday, May 5, 2009. A completed entry summary sheet should be included with the payment. Teams with unpaid entry fees on Tuesday evening, will drop to the bottom of the list, potentially removing them from the meet if we need to turn away entries to stay within the 4 hour rule.

Telephone entries and fax entries will not be accepted. Entries will be time-stamped upon receipt in the event that we are unable to accommodate all teams and need to limit entries. 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 cannot be accommodated, and entry fees will be refunded. **NO OTHER REFUNDS WILL BE MADE.**

**Entry Fee:**

Individual events - all sessions	\$2.50 per event, \$3.00 for out-of LSC athletes
Relays - all sessions	\$8.00 per relay, \$9.00 for out-of LSC relay teams
Facility Surcharge	\$15.00 per athlete
NCS Travel Surcharge	\$2.00 (this also applies to relay only swimmers)

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

**Mail Entries & Fees To:** RSA Good Stuff Meet  
6300 Chapel Hill Road, 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.

**Awards & Results:** First through eighth place ribbons will be awarded for each 12 & Under individual event and age group.  
First through third place ribbons will be awarded for each 12 & Under relay event and age group.

Individual team results will be emailed to each club within 3 days following the completion of the meet. Complete results will also be posted on the RSA website: [www.swimrsa.org](http://www.swimrsa.org)

**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 Meeting:** A coaches meeting will be held at 4:45 p.m. Friday, May 15.

**Coach Check-In:** Coaches' packages with relay sheets, 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  
Kit Raulerson, Head Coach  
(919) 859-4881

**Meet Director:** Larry Godlewski [lgodlewski@nc.rr.com](mailto:lgodlewski@nc.rr.com)

**Meet Referee:** Tom Cox [tcx@nc.rr.com](mailto:tcx@nc.rr.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. Athletes swimming the 13-14 and 15&Over 400 Freestyle events on Sunday must provide their own timer for these events.

**Hospitality:** A hospitality room will be provided for the coaches, officials, and meet workers.

**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, 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.

**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  
Ask for the special RSA Good Stuff Meet rate at any of the above hotels.

**2009 RSA Good Stuff Meet**  
**Hosted by the Raleigh Swimming Association**  
**Friday & Saturday Order of Events**

Friday PM Session – 11-12 and 13 & Over Timed Finals

Warm-ups: 3:45 PM / Start: 5:00 PM

<b>Women</b>	<b>Event</b>	<b>Men</b>
1	13-14 200M FREE	2
3	15 & Over 200M FREE	4
5	11-12 400M FREE*	6
7	11-12 400M IM*	8
9	13-14 400M IM	10
11	15 & Over 400M IM	12

Saturday AM Session – 12 & Under Timed Finals

Warm-ups: 7:00 AM / Start: 8:00 AM

<b>Women</b>	<b>Event</b>	<b>Men</b>
13	10 & Under 50M FLY	14
15	11-12 50M FLY	16
17	10 & Under 50M BACK	18
19	11-12 50M BACK	20
21	10 & Under 200M FREE	22
23	11-12 200M FREE	24
25	10 & Under 100M BREAST	26
27	11-12 100M BREAST	28
29	10 & Under 100M FREE	30
31	11-12 100M FREE	32
33	10 & Under 200M MEDLEY RELAY	34
35	11-12 200M MEDLEY RELAY	36

Saturday PM Session – 13 & Over Timed Finals

Warm-ups: 12:00 PM / Start: 1:00 PM

<b>Women</b>	<b>Event</b>	<b>Men</b>
37	13-14 50M BREAST	38
39	15 & Over 50M BREAST	40
41	13-14 50M BACK	42
43	15 & Over 50M BACK	44
45	13-14 200M IM	46
47	15 & Over 200M IM	48
49	13-14 100M FREE	50
51	15 & Over 100M FREE	52
53	13-14 200M BACK	54
55	15 & Over 200M BACK	56
57	13-14 100M FLY	58
59	15 & Over 100M FLY	60
61	13-14 200M BREAST	62
63	15 & Over 200M BREAST	64
65	13-14 200M MEDLEY RELAY	66
67	15 & Over 200M MEDLEY RELAY	68

\*Eligible swimmers may enter either the 11-12 400 IM OR the 11-12 400 Free and must have achieved a BB time or faster to enter these events.

Events 400 meters and longer will be deck seeded. Positive check-in for those events will close 30 minutes after the start of warm-ups for that session.

**2009 RSA Good Stuff Meet**  
**Hosted by the Raleigh Swimming Association**  
**Sunday Order of Events**

Sunday AM Session – 12 & Under Timed Finals

Warm-ups: 7:00 AM / Start: 8:00 AM

<b>Women</b>	<b>Event</b>	<b>Men</b>
69	10 & Under 50M FREE	70
71	11-12 50M FREE	72
73	10 & Under 50M BREAST	74
75	11-12 50M BREAST	76
77	10 & Under 100M FLY	78
79	11-12 100M FLY	80
81	10 & Under 100M BACK	82
83	11-12 100M BACK	84
85	10 & Under 200M IM	86
87	11-12 200M IM	88
89	10 & Under 200M FREE RELAY	90
91	11-12 200M FREE RELAY	92

Sunday PM Session – 13 & Over Timed Finals

Warm-ups: 12:00 PM / Start: 1:00 PM

<b>Women</b>	<b>Event</b>	<b>Men</b>
93	13-14 50M FLY	94
95	15 & Over 50M FLY	96
97	13-14 50M FREE	98
99	15 & Over 50M FREE	100
101	13-14 100M BREAST	102
103	15 & Over 100M BREAST	104
105	13-14 200M FLY	106
107	15 & Over 200M FLY	108
109	13-14 100M BACK	110
111	15 & Over 100M BACK	112
113	13-14 200M FREE RELAY	114
115	15 & Over 200M FREE RELAY	116
117	13-14 400M FREE	118
119	15 & Over 400M FREE	120

Events 400 meters and longer will be deck seeded. Positive check-in for those events will close 30 minutes after the start of warm-ups for that session.

Entry Summary Sheet  
 2009 Good Stuff Meet  
 Hosted by the Raleigh Swimming Association  
 Triangle Aquatic Center, Cary, NC  
 May 15-17, 2009

Use this form for a summary of entries.

Meet Classification	# Swimmers	# NC Individual Events	# OOS Individual Events	# Relay Events	# OOS Relay Events	
NC Women						
NC Men						
Out-of-State Women						
Out-of-State Men						
Column Totals						
	X \$17.00 surcharge	X \$2.50 NC IE fee	X \$3.00 OOS IE fee	X \$8.00 Relay entry fee	X \$9.00 OOS IE 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 Good Stuff Meet  
 6300 Chapel Hill Road, 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: \_\_\_\_\_

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.