



RSA Cupid Cuts Meet  
 Hosted by RALEIGH SWIMMING ASSOCIATION (RSA)  
 February 11-12, 2017  
 Held at Sonner Aquatic Facility  
 1013 Jones Franklin Rd  
 Raleigh, NC 27606  
 (919)-859-4881

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.  
**Sanction #NC17066**

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
Neil Horman (919)-801-3288 neil.horman@swimrsa.org	Neil Horman neil.horman@swimrsa.org
<b>MEET REFEREE</b>	<b>MEET MARSHAL</b>
Michael Ivy (919)-649-6588 mwivy64@gmail.com	Brent St. Pierre Brent.stpierre@swimrsa.org
	<b>ADMINISTRATIVE OFFICIAL</b>
	Neil Horman Neil.horman@swimrsa.org

**FACILITY**

**Competition Pool:** The Sonner Aquatic Facility is a 6 - lane, 25-yard course with non-turbulent lane markers, deck-anchored starting blocks, and a 12-foot depth at the starting end and 3.5-foot depth at return end. All starts, including relay starts, from the return end must begin from within the water. For the 6 lanes of competition, the primary timing system will be three stopwatches per lane

**Warm-up/Warm-down Pool:** In addition to the competition pool, an adjacent 6 lane, 20-yard diving well will be available for continuous warm-up/warm-down use throughout the meet.

**Other Site Information:** There is no spectator seating on the pool. Spectator seating and viewing will be provided from gym walkway outside the fence but not above the wall in the natural area, inside the gym, and from the main building hallway monitors. Spectators wishing to be on deck are welcome to volunteer as timers. Outdoor seating areas for spectators and athletes will be designated prior to the meet start. Each team will be responsible for bringing tents for non-swimmer spectating. The competition course has not been certified in accordance with 104.2.2C(4).

**Facility Rules:** Please inform your families of the following rules.

- \* The facility does allow coolers or outside food or beverages.
- \* No smoking is allowed on the grounds of the facility or inside the facility.
- \* No glass containers are allowed inside the facility.
- \* Only meet volunteers, USA Swimming registered athletes and USA

Swimming registered coaches and officials may be on deck.

\* The RSA parking lot is reserved for officials and coaches. Swimmers can be dropped off at the entrance door. There are two additional parking lots that parents and spectators can use. One is just to the left after you turn in off Jones Franklin Road. The second lot is in an office complex just to the north of RSA along the east side of Jones Franklin Road. A map will be sent closer to the day of the event.

\*Athletes use the restrooms within main pool house. Restrooms within the gym are only for non-swimmers.

\* Each team is responsible for cleaning up their area. Please place all trash in receptacles provided.

**CLASSIFICATION**

This is a timed final meet for all ages. This is a intrasquad meet. The meet will be swum in Short Course Yards.

**MEET FORMAT**

(1) Events are Open to all age groups. All events will be conducted on a pre-seeded timed finals basis. These finals will be swum from slowest to fastest.

(2) There will be one competition pool for the meet. Meet management reserves the right to adjust session start time or move and combine events and heats based on number of entries received. Each session will be capped at 200 athletes.

(3) There will be only one heat of women and one heat of men 1650 yd freestyle and 1000 yd freestyle. There will be a limit of two heats of women and men 400 yd IM and 500 yd freestyle.

(4) Relays will be offered for 12&u athletes.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	12:30 PM	1:30 PM	Open
2	Sunday	10:00 AM	11:00 AM	Open

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For:
Wednesday, Feb 3	6:00 PM	Entry deadline
Saturday, Feb 11	12:45 PM	Coaches/General Meeting
Saturday, Feb 11	1:15 PM	Timers meeting
Sunday, Feb 12	10:45 AM	Timers meeting

<b>SAFETY</b>	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. All starts from the shallow end of the pool, including relay take offs, will be in-water starts.
<b>RACING STARTS</b>	Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an 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.
<b>RULES</b>	<p>This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated. The NCS Scratch Rule is not in effect for this meet.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</p> <p><b>Deck changes are prohibited.</b></p> <p>No photography or mobile phone use of any type will be permitted behind the starting blocks.</p> <p>Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.</p>
<b>ELIGIBILITY</b>	Age Group swimmers registered with RSA and USA Swimming, Inc. Swimmers must be registered prior to entry deadline. Entries listed as "Registration Applied For" will not be accepted. There will be no on deck registration available at this meet. There are no time standards required to enter this meet.
<b>SWIMMERS WITH DISABILITIES</b>	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 RSA's ability to accommodate all requests.
<b>ENTRIES</b>	<p>Please email entries using Hy-Tek Team Manager. Entries may be sent via email and must include a Hy-Tek compatible entry file, team entry report and financial report. All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge. Please note the following entry rules will be strictly enforced by the Meet Directors:</p> <p>(1) Payment must be received by the entry deadline in order to be seeded into the heat sheet.</p> <p>(2) Please list the swimmer's age as of Feb 11, 2017.</p> <p>(3) There may be on-deck event entries taken at this meet, but in open lanes only, with double fees paid at time of entry.</p>
<b>QUALIFYING TIMES</b>	For events 400 yards or longer, a BB time in the equivalent event at half the

distance is required to participate in said event.

**ENTRY LIMITATIONS**

Individuals:

Swimmers are limited to no more than 8 (eight) events for the meet. Each swimmer may participate in up to 3 (three) individual events per session.

Relays: 12&u may participate in one relay per session.

Meet management reserves the right to limit event entries in order to ensure compliance with the timeline.

**ENTRY VERIFICATION**

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

**ENTRY DEADLINES**

Entries must be received by 6:00 p.m., Wednesday Feb 3, 2017. No telephone entries will be accepted.

Double entry fees may be charged for late entries, if accepted. A late entry is any entry received on or after 6:00pm on Wednesday Feb 3, 2017. All fees are non-refundable. A check made payable to the "Raleigh Swimming Association" must be received by the entry deadline. If payment is not received by the entry deadline, those entries may not be seeded into the psych sheet.

**ENTRY FEES**

<b>Make checks payable to: RSA; All fees are non-refundable</b>	
Individual Event	\$3.00 per event
Relay Event	\$3.00 per athlete per relay
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$7 per swimmer
Late Entry Fee	Double the IE and relay fees listed

**SEEDING**

The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order.

**CHECK-IN**

Positive check in will be required for the 400IM, 1000 Freestyle and 1650 Freestyle

**SCRATCHES**

There will be no penalty for scratching events at the block.

**SCORING**

This meet will not be scored.

**AWARDS**

Prize awards will not be provided for heat winners.

**RESULTS**

Results will be posted on RSA's website within 48 hours of the meet's conclusion. Forty-eight hours following the meet, teams may obtain Hy-Tek backups either on a memory stick or via email attachment.

**COACHES**

All coaches on deck must be registered and certified with USA Swimming.

Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

**OFFICIALS/TIMERS/  
VOLUNTEERS**

There will be a need for officials. RSA welcomes and encourages anyone willing to volunteer to contact the Meet Referee, Michael Ivy, at [mwivy64@gmail.com](mailto:mwivy64@gmail.com) prior to the meet or to sign in once you arrive at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of such to the meet referee by displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. Officials briefing will be held 45 minutes prior to the start of the meet or sessions. Timers briefing will be held 15 minutes prior to the start of the meet or session.

**HOSPITALITY/  
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Limited refreshments and snacks will be available.

**WARM-UP**

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/down in the diving well. There is to be no diving or horseplay in this area.

**WAIVER/RELEASE**

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. Raleigh Swimming Association (RSA), Sonner Aquatic Facility, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

## ORDER OF EVENTS

Saturday, Feb 11, 2017 – Session 1

Warm-up: 12:30 pm; Meet Start: 1:30 pm

Girls	Event	Boys
1	Open 200 yd Fly	2
3	Open 25 yd Fly	4
5	Open 25 yd Freestyle	6
7	Open 100 yd Freestyle	8
9	Open 50 yd Breast	10
11	Open 200 yd Breast	12
13	Open 100 yd IM	14
15	Open 25 yd Back	16
17	Open 100 yd Back	18
19	12&u 200 yd Medley Relay	20
21	Open 1000 yd Freestyle	22
23	Open 1650 yd Freestyle	24

Sunday, Feb 12, 2017 – Session 2

Warm-up: 10:00 am; Meet Start: 11:00 am

Girls	Event	Boys
25	Open 100 yd Fly	26
27	Open 50 yd Fly	28
29	Open 200 yd Freestyle	30
31	Open 50 yd Freestyle	32
33	Open 25 yd Breast	34
35	Open 100 yd Breast	36
37	Open 200 yd IM	38
39	Open 200 yd Back	40
41	Open 50 yd Back	42
43	12&u 200 yd Freestyle Relay	44
45	Open 400 yd IM	46
47	Open 500 yd Freestyle	48

Note: Based on number of entrants, meet management reserves the right to combine events, reduce the number of heats or add breaks throughout the meet to provide rest for the athletes.

**2017 RSA Cupid Cuts Meet  
Summary of Fees/Release Form**

Complete and email or mail this form, along with entry fees, to (checks payable to RSA):

RSA  
ATTN: Finances  
1013 Jones Franklin Rd  
Raleigh, NC 27606  
Email to: finances@swimrsa.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$3.00 per event	
Relay Entries		\$3.00 per athlete per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$10.00 per swimmer	
<b>Total Fees Due</b>			

**Waiver, Acknowledgement and Liability Release:**

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Raleigh Swimming Association (RSA), Sonner Aquatic Facility, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

\_\_\_\_\_  
SIGNATURE (Coach or Club Representative)

\_\_\_\_\_  
CLUB

\_\_\_\_\_  
TITLE

\_\_\_\_\_  
DATE