

**RMY LAST CHANCE INVITATIONAL**

**RMY Racers**

**February 3-4, 2018**

**Harrison Family YMCA, 1000 Independence Drive, Rocky Mount, NC 27804 252-972-9622**

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

**Sanction #NC18000**

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
Kaila Billups 252-972-9622 ext. 235 kbillups@rmymca.org	Yvonne Wilkins 1000 Independence Drive Rocky Mount, NC 27804 252-972-9622 ext. 236 rmycoachyvonne@gmail.com
<b>MEET REFEREE</b>	<b>MEET MARSHAL</b>
Richard Wilson 336-478-9635 dickwilson94@gmail.com	Jamie Lease 252-451-0577 Jmswim22@aol.com

**FACILITY**

**Pool: 25 yard, 8 lanes with non-turbulent lane ropes. The competition course has not been certified in accordance with 104.2.2C(4). Each lane is 7 feet wide. Depth at starting end of pool is 9 feet and 4 feet at the turn end with Spectrum Bighorn starting blocks, Daktronics electronic timing system with 8 lane scoreboard.**

**MEET FORMAT**

**This is a timed final Age Group/Senior Open meet, pre-seeded meet.**

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	8:00 AM	9:00 AM	10 & Under
2	Saturday	Not before 12:00 PM	Not before 1:00 PM	11 & Over
3	Sunday	8:00 AM	9:00 AM	10 & Under
4	Sunday	Not before 12:00 PM	Not before 1:00 PM	11 & Over

**DEADLINE AND MEETING SUMMARY**

<b>Day, Date</b>	<b>Time</b>	<b>For:</b>
Wednesday, January 24, 2018	Midnight	Entry deadline
Saturday, February 3, 2018	8:45 AM	Coaches/General Meeting
Sat/Sun February 3-4, 2018	30 min prior to ea. session	Official Briefings

**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.**

<b>RACING STARTS</b>	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.
<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.</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>Deck changes are prohibited.</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>	All swimmers must be registered with 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.
<b>SWIMMERS WITH DISABILITIES</b>	RMY 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 RMY's ability to accommodate all requests.
<b>ENTRIES</b>	Submit entries in Hy-tek format via email to <a href="mailto:rmycoachyvonne@gmail.com">rmycoachyvonne@gmail.com</a> . A completed and signed Entry Summary Sheet (included in the announcement) must accompany entries and payment in full must be received by the Meet Entry Coordinator prior to meet start time. A swimmer's age on the first day of the meet will determine their age for the entire meet. RMY entries will be entered first and then accept teams/entries in the order received, until the four/eight hour rule is reached. Entries received thereafter will be returned immediately. All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge. Each team will need to provide at least 2 timers for each session and 2 timers for each 400IM and 500 Free swimmer.
<b>ENTRY LIMITATIONS</b>	Swimmers may swim a maximum of 4 individual events plus 1 relay per day. Meet management reserves the right to combine sessions and heats based on the number of swimmer entries.
<b>ENTRY VERIFICATION</b>	An email will be sent to the person submitting the entry confirming receipt

of the entry within 48 hours of receipt.

**ENTRY DEADLINES**

The Meet Entry Coordinator must receive entries by the end of the day on Wednesday, January 24, 2018. Late entries may be accepted at the discretion of the Meet Director.

**ENTRY FEES**

<b>Make checks payable to: Harrison Family YMCA; All fees are non-refundable</b>	
Individual Event	\$3.00 per event; see NCS rules for any restrictions
Relays	\$10.00 per relay; see NCS rules for any restrictions
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$6.00 per swimmer
Late Entry Fee	Up to double the IE and relay fees listed

**SEEDING**

Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.

**SCORING**

No team or individual scoring will be kept.

**AWARDS**

Ribbons will be awarded 1<sup>st</sup> through 8<sup>th</sup> place for individual events and 1<sup>st</sup> through 4<sup>th</sup> for relays.

**RESULTS**

At the conclusion of the meet, results will be sent via email

**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. RMY welcomes and encourages anyone willing to volunteer to contact the Meet Director by email prior to the meet or 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. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.

**HOSPITALITY/  
CONCESSIONS**

There will be a hospitality area open to all coaches, officials and volunteers. Refreshments will be available at the concession stand.

**WARMUPS**

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall 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, the recreation pool will be available for warm-up/ cool down. 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. RMY Racers, Harrison Family Y, 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, February 3, 2018  
Warm-up: 8:00AM; Meet Start: 9:00AM

Girls/Women	Event	Boys/Men
1	8 & Under 100 Medley Relay	2
3	10 & Under 200 Medley Relay	4
5	8 & Under 25 Free	6
7	10 & Under 50 Free	8
9	8 & Under 50 Back	10
11	10 & Under 100 Back	12
13	8 & Under 25 Fly	14
15	10 & Under 50 Fly	16
17	8 & Under 50 Breast	18
19	10 & Under 100 Breast	20
21	8 & Under 100 Free	22
23	10 & Under 200 Free	24

Saturday, February 3, 2018  
Warm-up: Not before 12:00PM; Meet Start: Not before 1:00PM

Girls/Women	Event	Boys/Men
25	11-12 200 Medley Relay	26
27	Open 200 Medley Relay	28
29	11-12 50 Free	30
31	Open 50 Free	32
33	11-12 100 Back	34
35	Open 200 Back	36
37	11-12 50 Fly	38
39	Open 100 Fly	40
41	11-12 100 Breast	42
43	Open 200 Breast	44
45	11-12 200 Free	46
47	Open 200 Free	48
49	Open 400 IM	50

**Sunday, February 4, 2018**  
**Warm-up: 8:00AM; Meet Start: 9:00AM**

Girls/Women	Event	Boys/Men
51	8 & Under 100 Free Relay	52
53	10 & Under 200 Free Relay	54
55	8 & Under 50 Fly	56
57	10 & Under 100 Fly	58
59	8 & Under 100 IM	60
61	10 & Under 100 IM	62
63	8 & Under 25 Breast	64
65	10 & Under 50 Breast	66
67	8 & Under 50 Free	68
69	10 & Under 100 Free	70
71	8 & Under 25 Back	72
73	10 & Under 50 Back	74

**Sunday, February 4, 2018**  
**Warm-up: Not before 12:00PM; Meet Start: Not before 1:00PM**

75	11-12 200 Free Relay	76
77	Open 200 Free Relay	78
79	11-12 100 Fly	80
81	Open 200 Fly	82
83	11-12 200 IM	84
85	Open 200 IM	86
87	11-12 50 Breast	88
89	Open 100 Breast	90
91	11-12 100 Free	92
93	Open 100 Free	94
95	11-12 50 Back	96
97	Open 100 Back	98
99	Open 500 Free	100

**RMY Last Chance Invitational  
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to Harrison Family Y):  
 RMY Racers  
 PO Box 4063  
 Rocky Mount, NC 27803  
 Email to: rmycoachyvonne@gmail.com

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		\$10.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$9.00 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. RMY Racers, Harrison Family YMCA, 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.

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

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TITLE \_\_\_\_\_ DATE \_\_\_\_\_