



RSA Red / Black Intrasquad Meet
 Hosted by RALEIGH SWIMMING ASSOCIATION (RSA)

September 22, 2018

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 #NC18139

MEET DIRECTOR Neil Horman (919)-801-3288 neil.horman@swimrsa.org	MEET ENTRY COORDINATOR Angela Rose angelamrose@yahoo.com
MEET REFEREE Michael Ivy (919)-649-6588 mwivy64@gmail.com	MEET MARSHAL Brent St. Pierre Brent.stpierre@swimrsa.org
	ADMINISTRATIVE OFFICIAL 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 from the turn end, including relay starts, must begin from within the water. For the 6 lanes of competition, the timing system will be a three stopwatch system.

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 deck or within the office hallway. 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 rear mulch area outside the gym. 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. 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 on property or in 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.

CLASSIFICATION Intrasquad

MEET FORMAT (1) Age Group events are based on 8&under, 9-12, 13-18 yr old 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.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	1:30 PM	2:45 PM	All

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Friday, Sept 14	6:00 PM	Entry deadline
Saturday, Sept 22	1:15 PM	Coaches/General Meeting
Saturday, Sept 22	2:00 PM	Officials Meeting
Saturday, Sept 22	2:20 PM	Timers meeting

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. All starts from the turn end, including relay starts, must begin from within the water.

RACING STARTS

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.

RULES

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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Deck changes are prohibited.

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.

ELIGIBILITY

All swimmers must be registered with RSA and USA Swimming. 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.

SWIMMERS WITH DISABILITIES

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.

ENTRIES

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. Please note the following entry rules will be strictly enforced by the Meet Directors:

- (1) Payment must be received by the entry deadline in order to be seeded into the heat sheet.
- (2) Please list the swimmer's age as of Sept 22, 2018.
- (3) There may be on-deck event entries taken at this meet, but in open lanes only.

ENTRY LIMITATIONS

Individuals:

Age group swimmers are limited to no more than 3 (three) events for the meet.

Relays:

No relays will be offered in this meet.

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., Friday, Sept 14, 2018. No telephone entries will be accepted.

ENTRY FEES

Make checks payable to: RSA; All fees are non-refundable	
Individual Event	\$3.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$7 per swimmer
Late Entry Fee	Double the IE 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 400 IM check-ins required for this meet.

SCRATCHES There will be no penalty for scratching any events.

SCORING This meet will not be scored.

AWARDS Prize awards will 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 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. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers.

Officials briefing will be held 45 minutes prior to the start of the meet.
Timers briefing will be held 20 minutes prior to the start of the meet.

**HOSPITALITY/
CONCESSIONS**

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

WARM-UP

Warm up procedures for this meet will take place according to the table below. 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.

Group	Start Time	End Time	Location
Ages 10&u	1:30pm	1:50pm	Lap pool
Ages 11-12	1:50pm	2:10pm	Lap pool
Ages 13&over	2:10pm	2:30pm	Lap pool

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.

IMAGE RELEASE

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

ORDER OF EVENTS

Saturday, Sept 22, 2018 – Session 1

Warm-up: 1:30 pm; Meet Start: 2:45 pm

Girls	Event	Boys
1	Open 50 yd Freestyle	2
3	8 & under 25 yd Freestyle	4
5	Open 200 Yard Freestyle	6
7	Open 100 yd Freestyle	8
9	Open 200 yd Breast	10
11	8 & under 25 yd Breast	12
13	Open 200 yd Back	14
15	12 & under 50 yd Breast	16
17	Open 100 yd Breast	18
19	Open 200 yd Back	20
21	8 & under 25 yd Back	22
23	12 & under 50 yd Back	24
25	Open 100 yd Back	26
27	Open 200 yd Fly	28
29	8 & under 25 yd Fly	30
31	12 & under 50 yd Fly	32
33	Open 100 yd Fly	34
35	Open 200 yd IM	36
37	Open 400 yd IM	38

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.

2018 RSA Red Black Intrasquad Meet

Summary of Fees/Release Form

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

RSA

ATTN: Laura Hubbard

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	
Swimmers (Travel Fund & Facility Surcharge)		\$10.00 per swimmer	
Total Fees Due			

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