



2019 RSA Cupid Cuts Meet
 Hosted by RALEIGH SWIMMING ASSOCIATION (RSA)

February 9-10, 2019
 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 #NC19053 and #NC19053TT

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| 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 primary 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 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.

CLASSIFICATION

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

MEET FORMAT

(1) Events are Open to all age groups. Events will be swum from slowest to fastest except for events 400 yards or longer which will be swum fastest to slowest.

(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.

(3) Based on number of entrants, meet management reserves the right to combine events or reduce the number of heats.

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

| Session | Day | Warm-up | Meet Start | Age Group |
|---------|----------|---------------------|---------------------|-----------|
| 1 | Saturday | 1:30 PM | 2:30 PM | Open |
| 2 | Saturday | Following Session 1 | Following Session 1 | Open |
| 3 | Sunday | 10:00 AM | 11:00 AM | Open |
| 4 | Sunday | Following Session 3 | Following Session 3 | Open |

DEADLINE AND MEETING SUMMARY:

| Day, Date | Time | For: |
|-------------------|----------------------------------|-------------------------|
| Wednesday, Jan 30 | 6:00 PM | Entry deadline |
| Saturday, Feb 9 | 1:45 PM | Coaches/General meeting |
| Saturday, Feb 9 | 1:45 PM | Officials meeting |
| Saturday, Feb 9 | 2:10 PM | Timers meeting |
| Saturday, Feb 9 | Prior to last event of Session 1 | Session 2 Time Trials |
| Sunday, Feb 10 | 10:15 | Officials meeting |
| Sunday, Feb 10 | 10:40 AM | Timers meeting |
| Sunday, Feb 10 | Prior to last event of Session 3 | Session 4 Time Trials |

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 shallow end of the pool, including relay take offs, will be in-water starts.

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. The NCS Scratch Rule is not in effect for this meet. 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.

ELIGIBILITY

All swimmers must be 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.

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. 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:

- (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 Feb 9, 2019.
- (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.

ENTRY LIMITATIONS

Swimmers are limited to a maximum of 3 individual events per day and 10 individual events throughout the meet. Time trials are included in the meet limit. In addition, swimmers are limited to participating in no more than 6 individual events per day including time trials. Note that a DQ, No Show, or DFS in any individual event counts as participation in that event. Relays are not included in either limit.

TIME TRIALS Time trials will be offered after timed finals on Saturday and Sunday afternoon and are intended for swimmers who may be attempting to qualify for Age Group and Senior Champs. Time Trials are offered at the discretion of the meet referee. All Time Trial swimmers must be entered in the meet. All USA Swimming rules will apply to Time Trials. Time Trials are included in daily entry limits, and must not exceed entry limits mandated by USA Swimming. Athletes participating in Time Trials MUST provide THREE timers.

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 January 30, 2019. 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 January 30, 2019. 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

| Make checks payable to: RSA; All fees are non-refundable | |
|---|-------------------------------------|
| Individual Event | \$3.00 per event |
| Relay Event | \$3.00 per athlete per relay |
| Time Trial | \$10.00 per time trial |
| NCS Travel Fund | \$3.00 per swimmer |
| Facility Surcharge | \$10 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 400 IM, 500 Free, 1000 Free, and 1650 Free require positive check-in.

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 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

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.

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.

2019 ORDER OF EVENTS

Saturday, Feb 9, 2019 – Session 1

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

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

Saturday, Feb 9, 2018 – Session 2 - Time Trials

Warm-up: Following Session 1; Meet Start: Following Session 1

| Girls | Event | Boys |
|-------|------------------|------|
| | Meet Event Order | |

Sunday, Feb 10, 2019 – Session 3

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

| Girls | Event | Boys |
|-------|-----------------------------|------|
| 25 | Open 100 yd Fly | 26 |
| 27 | Open 25 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 100 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 |

Sunday, Feb 11, 2019 – Session 4 - Time Trials

Warm-up: Following Session 3; Meet Start: Following Session 3

| Girls | Event | Boys |
|-------|------------------|------|
| | Meet Event Order | |

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.

**2019 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: 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 | |
| Relay Entries | | \$3.00 per athlete per relay | |
| Swimmers (Travel Fund & Facility Surcharge) | | \$13.00 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