

**THE TYR SPORT SENIOR KICK-OFF MEET**  
**HOSTED BY THE RALEIGH SWIMMING ASSOCIATION**  
**October 19-21, 2007**



**Sanction:** Held under the Sanction of United States Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC07076

**Meet Sponsor:** TYR SPORT

**Location:** Triangle Sportsplex  
1 Dan Kidd Dr.  
Hillsborough, NC 27278  
919-644-0339

**Date:** October 19-21, 2007

**Times:** Friday combined sessions - Warm-ups: 3:00 PM, Start: 4:30 PM  
Sat and Sun Circuit Sessions - Warm-up: 7:00 AM, Start: 8:10 AM  
Sat and Sun Afternoon Sessions - Warm-ups: 12:00PM, Start 1:00PM

Warm-ups for the afternoon sessions not before noon, start not before 1:00 pm. Once the timeline has been established, teams will be notified of the final afternoon session schedule.

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

**Facility:** The Competition pool is an 11-lane, 25-yard course with non-turbulent lane markers, deck-anchored starting blocks, and a 5-foot depth at the starting end. Up to 10 lanes will be used for Competition. The Colorado Timing System will be used along with watches. A 10-lane digital scoreboard will also be used. In addition, a Warm-up/Warm-down Pool, adjacent to the competition pool, will be available for continuous warm-up/down. Spectator seating for approximately 400 people is available on one side of the pool. The facility also includes boys' and girls' locker rooms and a snack bar.

This facility forbids coolers, food or beverages to be brought into the building.

\*No smoking is allowed inside the facility.

\*No glass containers are allowed inside the facility.

\*Shoes are required in the lobby due to ice skaters on the premises.

\*Please observe all posted facility rules.

\*All persons on-deck, behind the blocks, or on the bulkhead must be certified coaches, officials, registered swimmers or meet volunteers.

**Parking:** Parking is allowed in designated areas only. Vehicles illegally parked in the parking lots or street area are liable to be ticketed or towed by the local Police Department at the owner's expense.

**Rules:** 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 events 400 yards or longer will be deck seeded. Positive check-in for those events will be required 30 minutes after the start of warm-ups for that session. The North Carolina Scratch Rule will be in effect for all events 400 yards or longer.

There will be no recall of heats for false starts. Any swimmer(s) leaving the block or in motion at the time of the starting signal, as independently observed by the starter and referee, will be disqualified and informed of disqualification at the conclusion of the race.

The 1000 yard Free and 500 yard Free will be swum fastest to slowest with the first two heats of women, then the first two heats of men, then alternating. Each swimmer in these heats must provide his or her own counter and timer.

Meet Management reserves the right to combine events as needed and reserves the right to limit the number of heats in any event 400 yards or longer as well as overall entries in order to maintain reasonable timelines. Meet management also reserves the right to run the meet in the appropriate number of competition lanes (6-10) to best serve the athletes, officials, and families.

All swimmers entering relays must be listed on the entry sheets. Any relay scratches should be indicated on the session scratch sheet, not on the relay cards. Relays will be seeded and posted along with the individual events. Relay cards with the names and order of the relay team are to be delivered to the clerk of course before the second event has begun for each session.

**Classification:**

Senior Meet

**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 in the Circuit Session must have at least 13-14 AA times in two or more strokes. Swimmers in the afternoon sessions must not have AA times in two or more strokes. The afternoon sessions are for 13 and over swimmers only.

Circuit swimmers entered in the 500 yard free must have achieved the 13-14 A time. Swimmers in the 400 IM must have achieved the 13-14 A time. Swimmers entered in the 1000 yard free must have achieved the 1000 yard free 13-14 AA time OR the 400/500 yard free AAA time.

**Entries:**

All entries should be submitted in Hy-tek format, and will be matched to the appropriate event by the event number. Entries may be submitted via email. However hard copies of each entry, showing the swimmers' ages as of October 19, 2007 must be included in the normal post delivery along with the summary sheet, team checklist and payment. **All entry information must be received by October 9, 2007.**

Entries for events 400 yards or longer must attach proof of the time including the meet and date where time standard was achieved.

There will be no "ON DECK" registrations accepted.

**'NO TIME' entries WILL NOT be accepted for this meet. Swimmers with NT events should be entered with their estimated times. Any NT entries will be scratched, and entry fees will not be refunded.**

**Entry Limit:** All swimmers are limited to 4 individual events and 1 relay per day. **NOT TO EXCEED 9 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.

**Entry Deadline:** All entries must be received by **6pm Tuesday, October 9, 2007.** 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 can not be accommodated, and entry fees refunded. **NO OTHER REFUNDS WILL BE MADE.**

**Entry Fee:**

Individual events-	\$2.50 per event / \$2.75 for out-of-state entries.
Relays-	\$8.00 per relay
Facility Surcharge-	\$5.00 per swimmer, including relay only swimmers
NCS Travel Surcharge-	\$2.00 (This also applies to relay only swimmers)

No refunds will be given for inappropriate entries.

**Mail Entries & Fees To:** TYR/RSA Senior Kick-off Meet  
4904 Waters Edge Drive  
Suite 155  
Raleigh, NC 27606  
(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:** There will be a First, Second and Third place Trophy awarded to the teams with the Top 3 point totals at the conclusion of the meet. (Only the Circuit sessions will be scored.)

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)

**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.**

**Scoring:** Only the Circuit Session will be scored.

For individual events-	
Place	Points
<b>1</b>	11
<b>2</b>	9
<b>3</b>	8
<b>4</b>	7
<b>5</b>	6
<b>6</b>	5

7 4  
8 3  
9 2  
10 1

Relay events score double.

**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 4:15pm Friday, October 19.

**Coach Check-In:** Coaches' packages with relay cards, 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 USS 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.

**Meet Host:** Raleigh Swimming Association  
Kit Raulerson, Head Coach  
(919) 859-4881

**Meet Director:** Kevin Facchine (sgswimming@gmail.com)

**Referee:** Tom Cox (tcox@nc.rr.com)

**Marshall:** Fritz Lehman

**Meet Entries:** Larry Godlewski (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. Those swimming the 1000 Free should be prepared to provide their own timer for this event.

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

**Concessions:** Concessions are available at the Triangle Sportsplex snack bar for spectators and swimmers.

**Release Statement:** USA Swimming, Inc., North Carolina Swimming, Inc., Raleigh Swimming Association, TRIANGLE SPORTSPLEX 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:**

Days Inn	3460 Hillsborough Rd., Durham, NC 27705	(919)383-1551
Fairfield Inn	3710 Hillsborough Rd., Durham, NC 27705	(919)382-3388
Hampton Inn	1816 Hillandale Rd. Durham, NC 27705	(919)471-6100
Hilton	3800 Hillsborough Rd., Durham, NC 27705	(919)383-8033
Holiday Inn Express	202 Cardinal Dr., Hillsborough, NC 27278	(919)644-7977
Microtel	120 Old Dogwood St., Hillsborough, NC 27278	(919)245-3102

**TYR SPORT Senior Kick-Off Meet**  
**Hosted by the Raleigh Swimming Association**  
**Order of Events**

Friday Evening Session - Combined  
 Warm-ups: 3:00 PM / Start: 4:30 PM

Women	Event	Men
1	400Y IM*	2
3	50 Free	4
5	1000Y Free*	6

Senior Circuit - Saturday AM  
 Warm-ups: 7:00 AM / Start: 8:10 AM

7	100Y FREE	8
9	200Y BACK	10
11	100Y BREAST	12
13	200Y FLY	14
15	200Y IM	16
17	200Y FREE RELAY	18

Afternoon Session - Saturday PM  
 Warm-ups: 12:00PM / Start: 1:00 PM

19	100Y FREE	20
21	200Y BACK	22
23	100Y BREAST	24
25	200Y FLY	26
27	200Y IM	28
29	200Y FREE RELAY	30

Senior Circuit - Sunday AM  
 Warm-ups: 7:00 AM / Start: 8:10 AM

31	200Y FREE	32
33	100Y BACK	34
35	200Y BREAST	36
37	100Y FLY	38
39	200Y MEDLEY RELAY	40
41	500Y FREE*	42

Afternoon Session - Sunday PM  
 Warm-ups: 12:00PM/ Start: 1:00PM

43	200Y FREE	44
45	100Y BACK	46
47	200Y BREAST	48
49	100Y FLY	50
51	200Y MEDLEY RELAY	52
53	500Y FREE*	54

\*The 1000 Free, 500 Free, 400 IM will be deck seeded with positive check-in required within 30 minutes after the start of warm-ups for that session. 1000 free, and 500 free will be swum fastest to slowest, two heats women, two heats men, then alternating.

For the 500 Free (circuit) & 400 IM, swimmers must have at least the 13-14 A time. For the 1000 free, swimmers must have achieved the 1000 Free 13-14 AA time OR the 400/500 yard Free AAA time.

Entry Summary Sheet  
 2006 TYR Sport Senior Kick-Off Meet  
 Hosted by the Raleigh Swimming Association  
 Triangle Sportsplex, Hillsborough, NC  
 October 19-21, 2007

Use this form for a summary of entries.

Age Group	# Swimmers	# Individual Events	# Relay Events	
Sr. Women- PM				
Sr. Men- PM				
Sr. Women- Circuit				
Sr. Men- Circuit				
Column Totals				
	X \$7.00 surcharge	X \$2.50 or \$2.75 IE fee	X \$8.00 Relay 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:

TYR/RSA Senior Kick-Off Meet  
 4904 Waters Edge Drive  
 Suite 155  
 Raleigh, NC 27606  
 (919) 859-4881  
 meets@swimrsa.org

United States Swimming, Inc., North Carolina Swimming, Raleigh Swimming Association, Triangle Sportsplex 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.

TYR SPORT Senior Kick-off Meet  
Hosted by the Raleigh Swimming Association  
Entry Checklist

Coaches:

First of all let us know if you are coming ASAP. Send email to [kit.raulerson@swimrsa.org](mailto:kit.raulerson@swimrsa.org) and [sgswimming@gmail.com](mailto:sgswimming@gmail.com) with approximate numbers for **each** session (Circuit and Afternoon).

Please use this checklist to make sure you return all the required items. The following forms must be filled out and included with your entry.

1. Fee Summary Form (including Email contact address) \_\_\_\_\_
2. Individual Entry forms including USS numbers OR  
computer-generated entries, along with a hard copy of entry \_\_\_\_\_
3. NO NT entries. They will be scratched without refund \_\_\_\_\_
4. Relay Entry Forms \_\_\_\_\_
5. Check payable to Raleigh Swimming Association for all fees \_\_\_\_\_