

The logo features the letters 'RMY' in a large, stylized, cyan-colored font. The 'R' and 'M' are solid cyan, while the 'Y' is a cyan outline. Overlaid on the logo is the following text:

RMY Fall INVITATIONAL
Harrison Family YMCA
Rocky Mount, NC
September 29-30, 2007

SANCTION: Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC07074.

HOST TEAM: Rocky Mount Family YMCA RACERS

SITE INFORMATION: Competition Pool: 25 yard, 8 lanes with non-turbulent lane ropes, Depth at starting end of pool is 9 feet with Spectrum, Bighorn starting blocks. Daktronics Electronic Timing system with 8 lane scoreboard. Recreation pool will be available for continuous warm-up and swim down.

RULES: The meet will be conducted in accordance with the current USA Swimming Rules and Regulations and the NCS Official Handbook and NCS Safety Program, except where rules therein are optional and exceptions are herein stated.

CLASSIFICATION: Open Age Group

ELIGIBILITY: All swimmers must be registered with USA Swimming, Inc.

ENTRIES: Submit entries by Hy-tek entry file--via e-mail. List swimmers' age as of the first day of the meet. Mail: 1) a printout listing individual swimmers, their events, USA-S number, age as of Sept. 28, 2007, and entry times. 2) Attached summary sheet with fees. All relay only swimmers including alternates must pay the NCS Travel Fund Surcharge. This meet will be limited to the first 200 swimmers for each session. Each team will need to provide at least 2 timers for each session.

ENTRY LIMIT: Swimmers are limited to 4 individual events and 1 relay each day. Meet management reserves the right to combine heats.

ENTRY DEADLINE: Entries are due by the end of the day on Wednesday, Sept.19, 2007. Late entries will be accepted only at the discretion of the Meet Director. Late entries may not be seeded. Late entries will be charged double fees. No telephone or fax entries will be accepted.

ENTRY FEES: \$2.00 for Each Individual Event
\$8.00 for Relays
NCS Travel Fund Surcharge: \$2.00 per swimmer including "relay only" swimmers.
\$4.00 Facility Charge per swimmer
Make one team check payable to: Harrison Family YMCA. Entry fees are not refundable.

MAIL ENTRIES TO: Harrison Family YMCA
RMY Fall Invitational
Attn: Vickie Payton
PO Box 4063
Rocky Mount, NC 27803



- E-MAIL ENTRIES:** Vickie Payton at: vickiep@rmymca.org
- AWARDS:** Ribbons will be awarded: 1st through 8th place.
- SCORING:** Not a scored team meet.
- WARM-UP SCHEDULE:** First 30 minutes – General warm-up in all lanes. No diving.
Last 20 minutes – Specific warm
Lanes 1, 2, 4 and 8 - Push off beginning at starting end of pool, circle swim only, no diving.
Lanes 3 through 6 – Dive start only, swim one length from start end only.
- TIME SCHEDULE:** 10 & Under session- Warm-ups begin at 7:30AM. Timed finals at 8:30AM.
11 & Over session - Warm-ups will begin at either 12:00PM or immediately after the conclusion of the morning session, whichever is later. Timed finals will begin 1 hour later.
- 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. 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 that they are on deck.
- COACHES' MEETING:** There will be a Coaches' Meeting at 8:20AM on Saturday Sept. 28, 2007.
- MEET DIRECTOR:** Vickie Payton
- MEET REFEREE(S):** Mark Chenier
- MEET MARSHAL(S):** Jamie Lease
- MEET OFFICIALS:** RMY welcomes officials from other clubs. Please contact Vickie Payton to volunteer to officiate.
- HOSPITALITY:** The Hospitality Room located in the YMCA Chapel and will be open to officials, coaches, and meet workers.
- CONCESSIONS:** Food will be available for purchase at the Juice Dr. located in the pool lobby.
- FACILITY:** From I-95, take Hwy64 East, exit at Centura Hwy/Church St. and go North, turn left onto Independence Dr. just past RMHS Football Stadium and in front of the RBC building, Harrison Family YMCA is on the right.
- RELEASE:** "USA Swimming, Inc., North Carolina Swimming, Inc., and the Harrison Family YMCA 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."
- ATTACHMENTS:** ENTRY SUMMARY FORM



ORDER OF EVENTS
RMY Fall Invitational
SATURDAY September 29, 2007

MORNING SESSION 1

Timed Finals: Warm-ups at 7:30 am, Competition at 8:30 am

Women

1	8 & Under 100 Medley Relay
3	10 & Under 200 Medley Relay
5	8 & Under 50 Free
7	10 & Under 100 Free
9	8 & Under 25 Back
11	10 & Under 50 Back
13	8 & Under 25 Fly
15	10 & Under 50 Fly
17	8 & Under 50 Breast
19	10 & Under 100 Breast
21	8 & Under 200 Free
23	10 & Under 200 Free

Men

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4
6
8
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12
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24

AFTERNOON SESSION 2

Warm-ups not before 12:00 PM, Timed Finals one hour later

Women

25	11-12 200 Medley Relay
27	Open 200 Medley Relay
29	11-12 100 Free
31	Open 100 Free
33	11-12 50 Back
35	Open 100 Back
37	11-12 50 Fly
39	Open 100 Fly
41	11-12 100 Breast
43	Open 200 Breast
45	11-12 200 Free
47	Open 200 Free

Men

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48



ORDER OF EVENTS

RMY Fall Invitational

SUNDAY September 30, 2007

MORNING SESSION 1

Timed Finals: Warm-ups at 7:30 am, Competition at 8:30 am

Women

49	8 & Under 100 Free Relay
51	10 & Under 200 Free Relay
53	8 & Under 50 Fly
55	10 & Under 100 Fly
57	8 & Under 100 IM
59	10 & Under 100 IM
61	8 & Under 25 Breast
63	10 & Under 50 Breast
65	8 & Under 25 Free
67	10 & Under 50 Free
69	8 & Under 50 Back
71	10 & Under 100 Back

Men

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52
54
56
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AFTERNOON SESSION 2

Warm-ups not before 12:00 PM, Timed Finals one hour later

Women

73	11-12 200 Free Relay
75	Open 200 Free Relay
77	11-12 200 IM
79	Open 200 IM
81	11-12 50 Breast
83	Open 100 Breast
85	11-12 50 Free
87	Open 50 Free
89	11-12 100 Back
91	Open 200 Back
93	11-12 100 Fly
95	Open 200 Fly
97	Open 500 Free

Men

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RMY