



## 2025 RSA Punch Your Ticket

Hosted by  
Raleigh Swimming Association  
July 02, 2025  
Held at Sonner Aquatic Facility  
1013 Jones Franklin Rd  
Raleigh, NC 27606



*Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.  
Sanction #NC25134*

MEET DIRECTOR	MEET ENTRY COORDINATOR
Beth Ward rsameetdirector@gmail.com	Beth Ward rsameetdirector@gmail.com
MEET REFEREE	MEET MARSHAL
Corley Strunk corley.strunk@gmail.com	Ryan Brumback Allison Grant

### FACILITY and HOST TEAM REQUIREMENTS

Raleigh Swimming Association (RSA) has discussed specific health and safety procedures with the venue management. At this time, the facility and RSA have no additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet.

### FACILITY

The Sonner Aquatic Facility is a 6-lane, 25-yard course with non-turbulent lane ropes, deck-anchored starting blocks, and a 12-foot depth at the starting end and 3.5-foot depth at the return end. All starts from the turn end, including relay starts, must begin from within the water. The primary timing system for each lane will be three (3) manual watches. RSA will ensure the correct competition course dimensions.

**Warm-up/Warm-down Pool:** There will be no separate pool available for warm-up/warm-down. One lane will be available in the competition pool for warm-up and warm-down.

Lifeguards will provide first aid.

**Facility Rules:** Please inform your families of the following rules:

- The facility does allow coolers and 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.
- Athletes use the restrooms within the main pool house. Restrooms within the gym are for non-swimmers.
- Parking is allowed in the Sonner parking lot and along the street. No parking prior to 5:30 PM is allowed in the Coval parking lot.

## MEET FORMAT

- All events will be conducted in a timed finals format. All events will require positive check-in.
- Meet management reserves the right to adjust the session start times, combine sessions, insert breaks, or move and combine events and heats based on the number of entries received.

Session	Day	Warm-up	Meet Start	Age Group
1	Wednesday	3:00 PM	3:45 PM	13 & Over

## DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, June 22	12:00 PM	Entry deadline
Wednesday, July 02	3:00 PM	Coaches/General Meeting
All	45 min before session start	Officials Meeting
All	30 min before session start	Timers Meeting
All	45 min before session start	Positive check-in deadline

## 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.

## TECHNICAL SUIT BAN for 12&Us

Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.

A Technical Suit is one that has the following components:

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

## MAAPP

All adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

## SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

Any swimmer entered in the meet 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 without the use of a backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer's guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer's team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

#### **ELIGIBILITY**

This is an RSA intrasquad meet, open to all RSA swimmers 13 years old and older with coaches' approval. All swimmers must be registered with RSA and USA Swimming, Inc. All Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to the entry deadline. Entries listed as "Registration Applied For" will not be accepted. There will be no on-deck registration available at this meet.

#### **MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS**

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**

Entries submitted in Hy-Tek format require no hard copy entry forms. Email is preferred for electronic entries 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 Director:

- Payment must be received by the entry deadline in order to be seeded into the heat sheet.
- A swimmer's age as of July 02, 2025 of the meet will determine their age for the entire meet.

#### **ENTRY LIMITATIONS**

Swimmers may swim a maximum of 2 individual events per session and a total of 2 individual events throughout the meet. Note that a DQ, No Show, or DFS in any individual event counts as participation in that event. All swimmers must provide at least 1 timer for the duration of the 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**

The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. Late entries may be accepted at the discretion of the

Meet Referee. Double entry fees may be charged for late entries, if accepted. There will be no on deck entries.

## ENTRY FEES

Make checks payable to: Raleigh Swimming Association; All fees are non-refundable	
Individual Event	\$10.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$10.00 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. All non-conforming times will be seeded last in rank order.

## CHECK-IN

All events require positive check-in. Check-in will occur at the admin table as stated in the Deadline and Meeting Summary.

## SCRATCHES

There will be no penalty for scratching positive check-in events at the block.

## SCORING

No team or individual scoring will be kept.

## AWARDS

No awards will be provided.

## RESULTS

Results will be posted on RSA's website within 24 hours of the meet's conclusion. At the conclusion of the meet, teams may obtain Hy-Tek backups 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. Volunteering Officials should contact the Meet Referee by email **prior to the meet**. All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet/session. There will be a meeting at the day(s)/time(s) listed in the "Deadline and Meeting Summary" above. Meetings will be in-person at the meet prior to each session. All officials are strongly encouraged to complete an individual personal review of applicable USAS rules prior to the meet. Officials should report at the time specified by the Meet Referee and bring a mask (if necessary) and a writing utensil.

## HOSPITALITY/ CONCESSIONS

There will be a hospitality area open to all coaches and officials.

## 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 (if available). **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, 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

**Wednesday, July 02, 2025 Session 1**  
**Warm-up: 3:00 PM; Meet Start: 3:45 PM**

Mixed	Event
101	50 yd Free
102	100 yd Back
103	200 yd IM
104	100 yd Fly
105	200 yd Breast
106	100 yd Free
107	200 yd Back
108	100 yd Breast
109	200 yd Fly
110	200 yd Free
111	400 yd IM
112	500 yd Free
113	1000 yd Free
114	1650 yd Free

**Note: Based on the number of entries, meet management reserves the right to combine events, reduce the number of heats, or add breaks to provide rest for the athletes.**

**2025 RSA Punch the Ticket  
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to Raleigh Swimming Association):

Raleigh Swimming Association

ATTN: Laura Hubbard

1013 Jones Franklin Road

Raleigh, NC 27606

Email to: [laura.hubbard@swimrsa.org](mailto:laura.hubbard@swimrsa.org)

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$10.00 per event	
Swimmers (Travel Fund, Facility Surcharge, Heat Sheets)		\$13.00 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. Raleigh Swimming Association, 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.

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SIGNATURE (Coach or Club Representative)

CLUB

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TITLE

DATE