

**2011 NC RMY WINTER INVITATIONAL**  
**Harrison Family YMCA**  
**Rocky Mount, NC**  
**January 22-23, 2011**

- SANCTION:** Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC11011.
- HOST TEAM:** Rocky Mount Family YMCA RACERS
- SITE INFORMATION:** Pool: 25 yard, 8 lanes with non-turbulent lane ropes. (Not certified by USA Swimming). Each lane is 7 feet wide. Depth at starting end of pool is 9 feet with Spectrum Bighorn starting blocks, Daktronics electronic timing system with 8 lane scoreboard. Recreation pool is available for continuous warm-up and swim down.
- RULES:** The meet will be conducted in accordance with the current USA Swimming Code and the NCS Official Handbook and NCS Safety Program, except where rules therein are optional and exceptions are herein stated. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- CLASSIFICATION:** Age Group/Senior
- ELIGIBILITY:** All swimmers must be registered with USA Swimming, Inc.  
The RMY Racers Swim Team 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 the RMY Racers Swim Team's ability to accommodate all requests.
- 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 January 22, 2011, 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. Meet management reserves the right to combine sessions based on the number of swimmer entries.
- ENTRY LIMIT:** Swimmers are limited to 4 individual events and 1 relay for the day. Meet management reserves the right to combine heats when necessary.
- ENTRY DEADLINE:** Entries are due by the end of the day on Tuesday, January 11, 2011. 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:** \$2.50 for Each Individual Event  
\$8.00 for Relays  
NCS Travel Fund Surcharge: \$3.00 per swimmer including "relay only" swimmers.  
\$5.00 Facility Charge per swimmer  
Make one team check payable to: Harrison Family YMCA. Entry fees are not refundable.
- SEND ENTRIES TO:** Harrison Family YMCA  
RMY Winter Invitational  
Attn: Vickie Payton  
PO Box 4063  
Rocky Mount, NC 27803  
E-Mail: vickiep@rmyymca.org

**AWARDS:** Ribbons will be awarded 1<sup>st</sup> through 8<sup>th</sup> place for individual events and 1<sup>st</sup> through 4<sup>th</sup> for relays.

**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 8:00AM. Timed finals at 9:00AM.  
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. All coaches and officials on deck must be registered with USA Swimming. Meet management will require all coaches and officials to show proof of certification/registration. Coaches and officials shall prominently display their registration cards while on deck.

**COACHES' MEETING:** There will be a coaches meeting at 8:45AM on Saturday January 22, 2011.

**MEET OFFICIALS:** There will be a meeting of all officials in the hospitality room 30 minutes prior to the start of each session. RMY welcomes officials from other clubs. Please contact Vickie Payton at [vickiep@rmymca.org](mailto:vickiep@rmymca.org) to volunteer as an official.

**MEET DIRECTOR:** Vickie Payton

**MEET REFEREE(S):** Mark Eldridge

**MEET MARSHAL(S):** Jamie Lease

**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 Snack Bar located in the pool lobby.

**FACILITY:** From I-95, take Hwy. 64 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. The Harrison Family YMCA is on the right, just past the City of Rocky Mount Athletic Complex.

**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 WINTER INVITATIONAL**  
SATURDAY January 22, 2011

**MORNING SESSION 1**  
 Timed Finals: Warm-ups at 8:00 am, Competition at 9:00 am

| <b>Women</b> |                             | <b>Men</b> |
|--------------|-----------------------------|------------|
| 1            | 8 & Under 100 Medley Relay  | 2          |
| 3            | 10 & Under 200 Medley Relay | 4          |
| 5            | 8 & Under 25 Free           | 6          |
| 7            | 10 & Under 50 Free          | 8          |
| 9            | 8 & Under 50 Back           | 10         |
| 11           | 10 & Under 100 Back         | 12         |
| 13           | 8 & Under 25 Fly            | 14         |
| 15           | 10 & Under 50 Fly           | 16         |
| 17           | 8 & Under 50 Breast         | 18         |
| 19           | 10 & Under 100 Breast       | 20         |
| 21           | 8 & Under 100 Free          | 22         |
| 23           | 10 & Under 200 Free         | 24         |

**AFTERNOON SESSION 2**  
 Warm-ups not before 12:00 PM, Timed Finals one hour later

| <b>Women</b> |                        | <b>Men</b> |
|--------------|------------------------|------------|
| 25           | 11-12 200 Medley Relay | 26         |
| 27           | Open 200 Medley Relay  | 28         |
| 29           | 11-12 50 Free          | 30         |
| 31           | Open 50 Free           | 32         |
| 33           | 11-12 100 Back         | 34         |
| 35           | Open 200 Back          | 36         |
| 37           | 11-12 50 Fly           | 38         |
| 39           | Open 100 Fly           | 40         |
| 41           | 11-12 100 Breast       | 42         |
| 43           | Open 200 Breast        | 44         |
| 45           | 11-12 200 Free         | 46         |
| 47           | Open 200 Free          | 48         |
| 49           | Open 400 IM            | 50         |



**ORDER OF EVENTS**  
**ECSL WINTER INVITATIONAL**

SUNDAY January 23, 2011

**MORNING SESSION 1**

Timed Finals: Warm-ups at 8:00 am, Competition at 9:00 am

**Women**

|    |                           |
|----|---------------------------|
| 51 | 8 & Under 100 Free Relay  |
| 53 | 10 & Under 200 Free Relay |
| 55 | 8 & Under 50 Fly          |
| 57 | 10 & Under 100 Fly        |
| 59 | 8 & Under 100 IM          |
| 61 | 10 & Under 100 IM         |
| 63 | 8 & Under 25 Breast       |
| 65 | 10 & Under 50 Breast      |
| 67 | 8 & Under 50 Free         |
| 69 | 10 & Under 100 Free       |
| 71 | 8 & Under 25 Back         |
| 73 | 10 & Under 50 Back        |

**Men**

|    |
|----|
| 52 |
| 54 |
| 56 |
| 58 |
| 60 |
| 62 |
| 64 |
| 66 |
| 68 |
| 70 |
| 72 |
| 74 |

**AFTERNOON SESSION 2**

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

**Women**

|    |                      |
|----|----------------------|
| 75 | 11-12 200 Free Relay |
| 77 | Open 200 Free Relay  |
| 79 | 11-12 100 Fly        |
| 81 | Open 200 Fly         |
| 83 | 11-12 200 IM         |
| 85 | Open 200 IM          |
| 87 | 11-12 50 Breast      |
| 89 | Open 100 Breast      |
| 91 | 11-12 100 Free       |
| 93 | Open 100 Free        |
| 95 | 11-12 50 Back        |
| 97 | Open 100 Back        |
| 99 | Open 500 Free        |

**Men**

|     |
|-----|
| 76  |
| 78  |
| 80  |
| 82  |
| 84  |
| 86  |
| 88  |
| 90  |
| 92  |
| 94  |
| 96  |
| 98  |
| 100 |

**Entry Summary Sheet**  
**RMY WINTER INVITATIONAL**  
**Harrison Family YMCA**  
**January 22-23, 2011**  
**Entries Due: January 11, 2011**

Use this form for a summary of all entries:

| Age Group    | Total # of Swimmers | Total # of Entries | Total # of Relays | Total Surcharge Fee | Total Entry Fee |
|--------------|---------------------|--------------------|-------------------|---------------------|-----------------|
| 8-U Girls    |                     |                    |                   |                     |                 |
| 8-U Boys     |                     |                    |                   |                     |                 |
| 9-10 Girls   |                     |                    |                   |                     |                 |
| 9-10 Boys    |                     |                    |                   |                     |                 |
| 11-12 Girls  |                     |                    |                   |                     |                 |
| 11-12 Boys   |                     |                    |                   |                     |                 |
| 13 & O Girls |                     |                    |                   |                     |                 |
| 13 & O Boys  |                     |                    |                   |                     |                 |
|              |                     |                    |                   |                     |                 |
|              |                     |                    |                   |                     |                 |

Return this Summary Sheet with Entry Fees and Forms to:

**TOTAL FEES**

RMY WINTER INVITATIONAL  
 The Harrison Family YMCA  
 PO Box 4063  
 Rocky Mount, NC 27803  
[vickiep@rmymca.org](mailto:vickiep@rmymca.org)

Call Letters: \_\_\_\_\_

Coach: \_\_\_\_\_

Team Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

I understand and agree that neither the United States Swimming, Inc., North Carolina Swimming, Inc., The RMY Racers or the Harrison Family YMCA nor co-sponsoring organizations or their respective chapters, officers, directors, employees, agents, members or volunteers shall assume or have any responsibility or liability for expenses or medical treatment or form compensation for any injury swimmers, coaches, spectators or anyone affiliated with this organization may suffer during or resulting from their participation in this program. I do hereby waive, release and forever discharge any and all rights and claims for damages that anyone affiliated with this organization may have or that may hereafter accrue to them arising out of or in any way connected with their participation in this program. I also represent and warrant that all participants have been advised to seek consultation from their doctor about whether they can safely participate in this program and whether there are precautions or limitations to their participation.

Signature on the entry summary and subsequent entry into this meet constitutes understanding and acceptance of the above release. Signature: \_\_\_\_\_ Date: \_\_\_\_\_