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## TUESDAY TIME TRIAL

### Tuesday, November 27<sup>th</sup>

**Sanction:** Will be held under the sanction of USA-Swimming Inc., issues by NCS, Inc. Sanction #NC08009

**Host:** Raleigh Swimming Association

**Eligibility:** All swimmers must be registered with USA-Swimming and be members of the Raleigh Swimming Association.

**Classification:** Time Trial

**Facility:** Triangle Aquatic Center, Cary, NC 27511, 919-459-4045  
**Competition Pool** The Triangle Aquatic Center facility features a 50-meter pool divided into two courses which include an 8-lane, 25-yard competition course and a 10-lane, 25-yard competition course, with a variable depth ranging from 7 to 12 feet. Two courses will be used in this competition if the number of swimmers and timeline deem it necessary. An additional 10-lane, 25-yard pool is available for continuous warm-up/warm-down. The pool is equipped with state-of-the-art, anti-turbulent lane lines and Paragon starting blocks. A fully electronic Daktronic timing system, digital scoreboards and stopwatches will be used in each competition lane. Hy-Tek Meet Manager software will be used. Locker rooms for changing are available.

Only meet volunteers, USA Swimming registered athletes and USA Swimming registered officials may be on deck. **NO SPECTATORS** on deck.

**Other Site Information:** There is seating capacity for 1,000 spectators on the viewing level. There is ample parking available in the adjacent mall lot. A concession stand is available for drinks and snack items.

**Rules:** *Please inform all families of the following pool rules.*

- 1) No smoking is allowed inside the facility.
- 2) No outside food drinks or coolers allowed inside the facility.
- 3) No glass containers are allowed inside the facility.
- 4) No chairs allowed in the spectator level. Swimmers may have a chair on deck.

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, and the current North Carolina Swimming Rules and Regulations, and the current North Carolina Swimming Safety Program. These rules will serve as the official guide for technical and procedural rules, except wherein are optional and exceptions are herein stated.

The NCS Safety Program is in effect for this meet. Coaches will closely supervise swimmers at all times. No running or horseplay will be tolerated.

**Schedule:** Warm-ups will begin at 5:30 in the Assigned lanes at TAC. Warm up will move to the competition pool at 6:00pm or the conclusion of the high school meet. Meet will begin at 6:15 or 15 minutes after the pool clears from the previous meet. A coaches and officials meeting will be held at the starters table at 6:00pm.

**Format/Seeding:** All events will be conducted on a timed basis. Events will be swum slowest to fastest, all girls, then all boys, combined age group.

**Entry Limit:** All swimmers are limited to three individual events.

**Entry:** Please list each swimmer's age as of November 27<sup>th</sup> 2007. All entries will be internally submitted on Hy-Tek Meet Manager.

**Entry Deadline:** All entries must be received prior to 6pm on Monday, November 26<sup>th</sup> 2007.

**Entry Fees:** \$3 per individual event + \$2 NCS surcharge per athlete.

**Awards:** No awards

**Co-Meet Directors:** Tammy Minyard and Margaret Bell

**Meet Referee:** Thorton Burnette

**Meet Marshall:** Kit Raulerson

**Warm-up:** In accordance with USA-Swimming guidelines, there will be a published warm up procedure for all coaches and athletes attending the meet. The Marshall will ensure compliance with these procedures.

**Hospitality:** There will be water provided to timers, coaches, officials, and meet management.

**Release:** USA-Swimming, North Carolina Swimming Inc., RSA and Triangle Aquatic Center and all employees and representatives of these organizations shall be held free and harmless from any and all liabilities or claim for damages arising by reason of injuries to anyone during the conduct of this event.

**Parents on Deck:** Only parents serving as meet management, timers, officials, or hospitality will be allowed on deck.

**Timers:** Athletes need to provide their own timers for the session duration if possible.

**Order of Events:**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
1	200 Freestyle	2
3	50 Butterfly	4
5	50 Backstroke	6
7	50 Breaststroke	8
9	50 Freestyle	10
11	100 Individual Medley	12
13	100 Butterfly	14
15	100 Backstroke	16
17	100 Breast stroke	18
19	100 Freestyle	20
21	200 Individual Medley	22