

2009 GOOD STUFF LONG COURSE MEET
HOSTED BY THE RALEIGH SWIMMING ASSOCIATION
May 15-17, 2009

- Sanction:** Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC090xx
- Meet Sponsor:** Raleigh Swimming Association
- Location:** Triangle Aquatic Center
275 Convention Dr.
Cary, NC 27511
919-459-4045
- Dates:** May 15-17, 2009
- Times:** Friday Timed Finals Session – Warm-up: 3:45 PM, Start: 5:00 PM
Saturday & Sunday 12 & Under Timed Finals Sessions -Warm-up: 7:00 AM, Start 8:00 AM
Saturday & Sunday 13 & Over Timed Finals Sessions - Warm-up: 12:00 PM, Start: 1:00 PM
- Warm-ups:** Warm-up assignments will be determined after the entries have been received and will be included in the coaches' packets.
- Classification:** 13 & Over - Open Meet with no time standards
12 & Under – Swimmers must have attained an age-group appropriate B time or better to compete in any event 100 or 200 meters (but see eligibility requirement below for 400 meter events)
- 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.**
- Access to the pool deck is restricted to athletes, credentialed coaches and officials, pool staff, and meet volunteers only. No other individuals will be allowed on the pool deck during warm-ups or competition.**
- 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 entered in the 10 & Under and 11-12 100 and 200 meter events must have achieved B times or better for their age group in those specific events or in the corresponding short course events.
- Swimmers entered in the 11-12 400 meter events must have achieved BB times or better for that age group in those specific events or in the corresponding short course events (400 IM and 500 Free).
- Swimmers in the 11-12 age group may enter either the 11-12 400 IM OR the 11-12 400 Free, but not both.**
- Entry Limit:** Swimmers are limited to 3 individual events and 1 relay per session **NOT TO EXCEED 8 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.

The 12 & Under sessions will be limited to 4 hour timelines for each session using an appropriate heat interval. Entries will be accepted in the order in which correct and accurate entry files and full payment are received up to the entry deadline (see Entries information above). In the event that a team's entries causes the meet to exceed the 4 hour timeline limit, that team will be asked to reduce their entries to stay within the timeline.

- Awards & Results:** First through eighth place ribbons will be awarded for each 12 & Under individual event and age group.
First through third place ribbons will be awarded for each 12 & Under relay event and age group.
- 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
- 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 4:45 p.m. Friday, May 15.
- Coach Check-In:** Coaches' packages with relay sheets, 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 USA Swimming 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.
- Timers:** Participating clubs may be asked to provide timers in proportion to their entries. Athletes swimming the 13-14 and 15&Over 400 Freestyle events on Sunday must provide their own timer for these events.
- Hospitality:** A hospitality room will be provided for the coaches, officials, and meet workers.
- Facility:** The Triangle Aquatic Center (TAC) provides 3 indoor pools and supporting amenities including a full-service café, a swim shop, classroom and wireless internet. The 50-meter competition pool with bulkhead offers a total of 8 50-meter competition lanes with a depth of seven to twelve feet. The 25-yard program pool allows for 10 warm-up/swim-down lanes. The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. Spectator seating for 1,000 above deck offers bleacher seating with backs, tables and open seating. There is a Daktronics OmniSport 2000 Pro Swimming timing system with two matrix scoreboards. The aquatic facility is conveniently located just off I-40 at exit 291 and adjacent to Cary's largest mall, the Cary Towne Center.
- Parking:** Parking in the TAC lot is reserved for officials and meet volunteers only. Meet participant parking is available in the shopping mall lot adjacent to the pool. Illegally parked vehicles are liable to be ticketed or towed by the local Police Department at the owner's expense.
- Concessions:** Concessions are available at the Triangle Aquatic Center Café Splash Down for spectators and swimmers.

2009 RSA Good Stuff Meet
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Friday & Saturday Order of Events

Friday PM Session – 11-12 and 13 & Over Timed Finals

Warm-ups: 3:45 PM / Start: 5:00 PM

Women	Event	Men
1	13-14 200M FREE	2
3	15 & Over 200M FREE	4
5	11-12 400M FREE*	6
7	11-12 400M IM*	8
9	13-14 400M IM	10
11	15 & Over 400M IM	12

Saturday AM Session – 12 & Under Timed Finals

Warm-ups: 7:00 AM / Start: 8:00 AM

Women	Event	Men
13	10 & Under 50M FLY	14
15	11-12 50M FLY	16
17	10 & Under 50M BACK	18
19	11-12 50M BACK	20
21	10 & Under 200M FREE	22
23	11-12 200M FREE	24
25	10 & Under 100M BREAST	26
27	11-12 100M BREAST	28
29	10 & Under 100M FREE	30
31	11-12 100M FREE	32
33	10 & Under 200M MEDLEY RELAY	34
35	11-12 200M MEDLEY RELAY	36

Saturday PM Session – 13 & Over Timed Finals

Warm-ups: 12:00 PM / Start: 1:00 PM

Women	Event	Men
37	13-14 50M BREAST	38
39	15 & Over 50M BREAST	40
41	13-14 50M BACK	42
43	15 & Over 50M BACK	44
45	13-14 200M IM	46
47	15 & Over 200M IM	48
49	13-14 100M FREE	50
51	15 & Over 100M FREE	52
53	13-14 200M BACK	54
55	15 & Over 200M BACK	56
57	13-14 100M FLY	58
59	15 & Over 100M FLY	60
61	13-14 200M BREAST	62
63	15 & Over 200M BREAST	64
65	13-14 200M MEDLEY RELAY	66
67	15 & Over 200M MEDLEY RELAY	68

*Eligible swimmers may enter either the 11-12 400 IM OR the 11-12 400 Free and must have achieved a BB time or faster to enter these events.

Events 400 meters and longer will be deck seeded. Positive check-in for those events will close 30 minutes after the start of warm-ups for that session.

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Sunday Order of Events

Sunday AM Session – 12 & Under Timed Finals

Warm-ups: 7:00 AM / Start: 8:00 AM

Women	Event	Men
69	10 & Under 50M FREE	70
71	11-12 50M FREE	72
73	10 & Under 50M BREAST	74
75	11-12 50M BREAST	76
77	10 & Under 100M FLY	78
79	11-12 100M FLY	80
81	10 & Under 100M BACK	82
83	11-12 100M BACK	84
85	10 & Under 200M IM	86
87	11-12 200M IM	88
89	10 & Under 200M FREE RELAY	90
91	11-12 200M FREE RELAY	92

Sunday PM Session – 13 & Over Timed Finals

Warm-ups: 12:00 PM / Start: 1:00 PM

Women	Event	Men
93	13-14 50M FLY	94
95	15 & Over 50M FLY	96
97	13-14 50M FREE	98
99	15 & Over 50M FREE	100
101	13-14 100M BREAST	102
103	15 & Over 100M BREAST	104
105	13-14 200M FLY	106
107	15 & Over 200M FLY	108
109	13-14 100M BACK	110
111	15 & Over 100M BACK	112
113	13-14 200M FREE RELAY	114
115	15 & Over 200M FREE RELAY	116
117	13-14 400M FREE	118
119	15 & Over 400M FREE	120

Events 400 meters and longer will be deck seeded. Positive check-in for those events will close 30 minutes after the start of warm-ups for that session.