



**2010 NC GOOD STUFF LONG COURSE MEET  
HOSTED BY THE RALEIGH SWIMMING ASSOCIATION  
May 14-16, 2010**

- Sanction:** Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC10050.
- Meet Sponsor:** Raleigh Swimming Association
- Location:** Triangle Aquatic Center  
275 Convention Dr.  
Cary, NC 27511  
919-459-4045
- Dates:** May 14-16, 2010
- 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
- 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 that can be configured for separate 8-lane and 10-lane 25-yard competition courses. The 50 meter pool has a certification for USA Swimming. Paragon starting blocks will be used for the start of all events. Competition lanes are a minimum of 7 feet wide. 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..
- 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.  
12 & Under – Swimmers must have attained an age-group appropriate B time or better to compete in any event 100 or 200 meters. See eligibility requirement below for 400 meter events.
- Rules:** **General:**  
The meet will be conducted in accordance with the current USA Swimming Rules and Regulations, the NCS Official Handbook, and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated.
- All coaches and officials on deck must be registered and certified 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.
- The North Carolina Scratch Rule will be in effect for this meet. For example:  
204.3. INDIVIDUAL SCRATCH RULE - Swimmers shall inform themselves of the meet

starting time and shall report to the proper meet authorities promptly upon call. The meet information shall specify all mandatory check-in and scratch deadlines and procedures.

204.3.2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless he notifies the clerk of course before the seeding for that event has begun that he wishes to scratch. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet information states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet information.

204.3.4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:

A The Referee is notified in the event of illness or injury and accepts the proof thereof.

B The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.

C It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

All events will be swum as timed finals and will be swum slowest to fastest.

#### **Distance Events:**

All events 400 meters and longer will be deck seeded. Positive check-in for those events will be required and will close 30 minutes after the start of warm-ups for that session. Failure to check in for a deck seeded event will result in the swimmer being scratched from the event.

**Swimmers in the 13-14 and 15 & Over 400 Freestyle events on Sunday must provide their own timer.**

#### **Relays:**

All Relay events will be swum as timed finals in the session indicated in the Order of Events. All swimmers entering relays must be listed on the entry sheets. Relay entries should be by standard age groups (10 & Under, 11-12, 13-14, and 15 & Over) and will be deck seeded and swum by entry times.

**Relay sheets with the names and order of the relay swimmers must be delivered to the clerk of course not later than (NLT) the conclusion of the fourth event for that session:**

12 & under 200 Medley Relay Saturday - NLT the conclusion of the 50 backstroke;

13 & over 200 Free Relay Saturday - NLT the conclusion of the 50 backstroke;

12 & under 200 Free Relay Sunday - NLT the conclusion of the 50 breaststroke;

13&over 200 Medley Relay Sunday - NLT the conclusion of the 50 freestyle;

#### **Competition Course:**

All sessions will be swum in an 8-lane competition course. Meet management reserves the right to divide any sessions by gender or age as necessary to best serve the athletes, officials, and families.

#### **Timeline and Meet Entry Constraints:**

Meet Management reserves the right to combine events as needed and reserves the right to limit the number of heats in any event 400 meters or longer as well as the right to limit overall entries in order to maintain reasonable timelines.

Meet Management reserves the right to implement chase starts for events 100 meters or

longer in order to maintain reasonable timelines.

**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.

Raleigh Swimming Association, Inc. welcomes all swimmers with disabilities as described in the USA Swimming Technical Rules, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice to the meet director by the entry deadline accompanying their meet entry file, including the names of any personal assistants required and/or registered service animals. Failure to provide advance notice may limit RSA's ability to accommodate all requests.

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.**

**Entries:** All entries should be submitted in Hy-tek format via email. Teams are encouraged to submit their entries as soon as possible to ensure their participation in the meet. **All entry information and payments must be received by 6:00 p.m. on Tuesday May 4, 2010 (see Entry Deadline information below).**

Teams will be required to resubmit their entire corrected meet entry file to resolve any meet entry issues as the meet staff does not have the capacity to correct entries for individual swimmers or events. If meet entries must be limited, they will be accepted in the order in which final and completely correct entry files and complete payment of all entry fees are received until the meet capacity is reached.

**Teams are strongly encouraged to submit recent SCY entry times rather than older LCM times. SCY times will be converted in Meet Manager, and the meet will be seeded by LCM times using converted times as necessary.**

Entries for all 12 & under events may be required to provide proof of the entry time including the meet and date where time standard was achieved. **In the event that any entries cannot be confirmed as meeting time standards, those entries will be scratched, and those entry fees will not be refunded.**

There will be no "ON DECK" registrations accepted. Swimmers whose registration can not be confirmed by 6:00 p.m. Thursday, May 13, 2010 will not be allowed to swim in the meet, and their entry fees will not be refunded.

**'NO TIME' entries WILL NOT be accepted for this meet. NT entries in Hy-Tek entry**

**2010 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.

**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.

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**Sunday Order of Events**

Sunday AM Session – 12 & Under Timed Finals

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

<b>Women</b>	<b>Event</b>	<b>Men</b>
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

<b>Women</b>	<b>Event</b>	<b>Men</b>
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.