



RSA 2009 Summer Sizzle Meet
Hosted by Raleigh Swimming Association
June 27-28, 2009

- Sanction:** Held under the Sanction of United States Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC09068 Rev 2
- Sponsor:** Raleigh Swimming Association
- Location:** Triangle Aquatic Center
275 Convention Dr.
Cary, NC 27511
(919) 459-4045.
See <http://www.triangleaquatics.org/> for more information and directions.
- Date:** June 27-28, 2009
- Times:** Sat AM - Warm-ups: 11:00 AM, Start: 12:00 noon
Sun - Warm-ups: 11:00 AM, Start: 12:00 noon
- Warm-ups:** Warm-up lane assignments will be determined after the entries have been received and will be included in the coaches' packets.
- Classification:** Age Group / Senior
All events will be swum as timed finals.
- Time Standards:** No time standards for 50's and 100's.
12&under 200's require a qualifying time listed in the Order of Events. Note: they may meet the time standard with *either* the 100 time or the 200 time.
13&over 200's have no time standards.
400 free requires an age-group appropriate BB time in the 200 free.
800 free requires an age-group appropriate BB time in the 200free.
1500 free requires an age-group appropriate A time in the 200 free.
400 IM requires an age-group appropriate B time in the 200im.

Distance Events:

All events 400 meters and longer will be deck seeded. All events 400 meters and longer will be swum as Open events without age group categorization; all entries will be seeded as one group. Positive check-in for those events will be required and will close 30 minutes after the start of warm-ups for that session.

Events 400 meters and longer will be swum girls **fastest to slowest**, followed by boys **fastest to slowest**.

Each swimmer in the 400 IM and 400 Free 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 the following age groups (10 & Under, 11-12, Senior/Open) 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 sixth event for that session.

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 any events as needed and reserves the right to limit the number of heats or entries in any event to control meet timelines. This includes events with combined age groups.

Meet Management reserves the right to implement chase starts for events 100 meters or longer in order to maintain reasonable timelines. All events 400 meters or longer will be deck seeded. Positive check-in for those events will be required 30 minutes after the start of warm-ups for that session.

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.**

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.



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Order of Events:

Saturday A.M. – June 27

Warm-ups: 11:00 A.M. / Start 12:00 Noon.

Female	Qualifying Time	Event	Qualifying Time	Male
1	100 Free – 1:20.79 OR 200-2:53.89	12 & Under 200 Free	100 Free – 1:18.29 OR 200 – 2:50.69	2
3		13 & Over 200 Free		4
5		12 & Under 100 Butterfly		6
7		13 & Over 100 Butterfly		8
9		12 & Under 50 Back		10
11		13 & Over 50 Back		12
13	100 Breast – 1:44.99 OR 200 – 3:47.59	12 & Under 200 Breaststroke	100 Breast – 1:44.19 OR 200 – 3:44.19	14
15		13 & Over 200 Breaststroke		16
17		12 & Under 100 Free		18
19		13 & Over 100 Free		20
21		12 & Under 50 Butterfly		22
23		13 & Over 50 Butterfly		24
25	100 Bk – 1:33.89 OR 200 – 3:20.29	12 & Under 200 Backstroke	100 Back – 1:34.19 OR 200 – 3:15.79	26
27		13 & Over 200 Backstroke		28
29		10 & U 200 Freestyle Relay		30
31		12 & U 200 Freestyle Relay		32
33		13 & O 200 Freestyle Relay		34
35	Age Appropriate BB time in 200 Free	Open 800 Freestyle	Age Appropriate BB time in 200 Free	36
37	Age Appropriate BB time in 200 IM	Open 400 IM	Age Appropriate BB time in 200 IM	38

Sunday AM - June 29
Warm-ups: 11:00 AM / Start: 12 Noon

Female		Event		Male
39		12 & Under 100 Breaststroke		40
41		13 & Over 100 Breaststroke		42
43		12 & Under 50 Freestyle		44
45		13 & Over 50 Freestyle		46
47	100 Fly - 1:33.69 OR 200 - 3:19.09	12 & Under 200 Butterfly	100 Fly - 1:32.49 OR 200 - 3:18.29	48
49		13 & Over 200 Butterfly		50
51		12 & Under 100 Backstroke		52
53		13 & O 100 Backstroke		54
55		12 & Under 50 Breaststroke		56
57		13 & O 50 Breaststroke		58
59	3:19.69	12 & U 200 IM	3:19.59	60
61		13 & O 200 IM		62
63	Age Appropriate BB time in 200 Free	Open 400 Freestyle	Age Appropriate BB time in 200 Free	64
65	Age Appropriate A time in 200 Free	Open 1500 Freestyle	Age Appropriate A time in 200 Free	66

*All events 400 meters and longer will be deck seeded with positive check-in required within 30 minutes after the start of warm-ups for that session. The 400 Free and 400 IM events will be swum fastest 3 heats of girls swum slow to fast; fastest 3 heats of boys swum slow to fast; remaining heats alternating girls then boys swum fast to slow.