

**2011 RSA KICK OFF MEET
HOSTED BY THE RALEIGH SWIMMING ASSOCIATION
November 11-13, 2011**

Sanction: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC11136

Meet Sponsor: Raleigh Swimming Association

Location: Triangle Aquatic Center
275 Convention Dr.
Cary, NC 27511
919-459-4045

Dates: November, 11-13 2010

Times: **Senior Meet (all sessions are Timed Finals):**
Friday – Warm-up: 3:45 PM, Start: 5:00 PM
Saturday & Sunday - Warm-up: 7:30 AM, Start 8:30 AM
Age Group (12 & Under) Meet (all sessions are Timed Finals):
Friday – Warm-up: 3:45 PM, Start: 5:00 PM
Saturday & Sunday -Warm-up: 7:30 AM, Start 8:30 AM

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.



Team info

Team bus will leave @ 2:00pm on Friday return Saturday after AM session. All 11/12 in my group may swim in the senior session we will not swim age group session. More information will follow.

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Order of Events – Senior Meet

Senior Meet - Friday Evening
Warm-ups: 3:45 PM / Start: 5:00 PM

Women	Event	Men
1	400Y IM*	2
3	50 Free	4
5	1000Y Free*	6

Senior Meet - Saturday AM
Warm-ups: 7:30 AM / Start: 8:30 AM

Women	Event	Men
7	200Y BACK	8
9	50Y FLY	10
11	100Y FREE	12
13	50Y BACK	14
15	100Y BREAST	16
17	200Y FLY	18
19	200Y IM	20
21	200Y FREE RELAY	22