

**2009 JANUARY JUBILEE MEET
HOSTED BY THE RALEIGH SWIMMING ASSOCIATION
January 16-19, 2009**

- Sanction:** Held under the Sanction of United States Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC09003
- Meet Sponsor:** Raleigh Swimming Association
- Location:** Triangle Aquatic Center
275 Convention Dr.
Cary, NC 27511
919-459-4045
- Date:** January 16-19, 2009
- Times:** Friday Timed Finals Session - Warm-ups: 3:00 PM, Start: 4:00 PM
Saturday and Sunday Prelim Sessions - Warm-up: 8:00AM, Start: 9:00 AM
Saturday and Sunday Finals Sessions - Warm-up: 5:30 PM, Start: 6:30 PM
Monday Timed Finals Session - Warm-ups: 9:00 AM, Start: 10:00 AM
- Warm-ups:** Warm-up assignments will be determined after the entries have been received and will be included in the coaches' packets.
- 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 18, seven to twelve foot deep 25-yard competition lanes. 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. There is spectator seating for 1,000 above deck that 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 is allowed in designated areas only. Vehicles illegally parked in the parking lots or street area are liable to be ticketed or towed by the local Police Department at the owner's expense.
- 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. The North Carolina Scratch Rule will be in effect for this meet.

Distance Events:

All events 400 yards 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. Athletes who do not positive check-in will be scratched from the event.

The 1650 yard free, 1000 yard free and 500 yard free will be swum fastest to slowest with the first two heats of women, then the first two heats of men, then alternating*. **Each swimmer in these events must provide their own counter and timer.** Athletes may enter either the 1650 free or the 1000 free but not both. The 1650 yard free and 1000 yard free events will be swum as timed finals. Please note that the meet host may utilize both pools during these events so that some athletes may swim their heat in a pool other than the one they have swum other prelim events. For instance, a women in the 1000 may have her heat swum in the 8 lane pool while her other events may have been swum in the 10 lane pool. This will be discussed at the coaches' meeting(s).

Finals:

There will be separate Finals for 10 & Under events (1 heat), 12 & Under 200 yard stroke (non-free and non-IM) (1 heat), 11-12 50 and 100 yard events and 200 IM (2 heats), 12 & Under 500 Free will be timed finals in Sunday morning session. 13-14 50, 100, and 200 yard events (2 heats), 13-14 500 yard free (1 heat), Senior 50, 100, and 200 yard events (3 heats), Senior 500 yard free (2 heats).

All events during the Monday session are Timed Final events.

Finals heats will be swum younger age groups before older (where applicable) and faster heats before slower heats (A final before B Final before C Final).

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. Any relay scratches should be indicated on the session scratch sheet, not on the relay cards. Relays will be seeded and posted along with the individual events.

Relay entries should be by standard age groups (10 & Under, 11-12, 13-14, and Senior) and will be 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 following deadlines:

400 Medley Relay Friday- NLT 30 minutes after the start of WARMUPS for Friday Session;

400 Free Relay Saturday - NLT 30 minutes after the start of WARMUPS for Friday Session;

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

200 Free Relay Sunday - NLT 30 minutes after the start of Finals session;
800 Free Relay Monday - NLT the conclusion of the 50 Fly;

Competition Course:

All sessions will be swum in an 8 lane competition course. Meet management reserves the right to expand this to a 10 lane competition course and 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 yards or longer as well as overall entries in order to maintain reasonable timelines. If entries for the 1650 free and the 1000 free are limited, at least one heat of each event will be allowed for 12 & Under men and 12 & Under women, and at least two heats of each event will be allowed for 13-14 men, 13-14 women, Senior men, and Senior women. The Meet Host intends to run single session prelims but may split the meet if entries dictate

Classification: Senior / Age Group Open Meet– see time standards below for specific event eligibility

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.

All 50 yard and 100 yard events and all relays are open and have no time standards. All swimmers are eligible to enter these events but must provide an entry time (no NT entries will be accepted).

All events 200 yards or longer have time standards as indicated below. Athletes may compete in any event where they have achieved the time standard shown for that event but must provide an entry time (no NT entries will be accepted).

Time Standards:

10 & Under events >100 yards:
200 free and 200IM - 10 & Under B time

12 & Under and 11-12 events >100 yards:
200 free and 200IM – 11-12 B time
200 stroke – 11-12 BB time
400 IM and 500 Free – See Order of Events
1000 and 1650 free – 11-12 A time

13-14 events >100 yards:
All 200's – 13-14 B time
400 IM and 500 Free – See Order of Events
1000 and 1650 free – 13-14 A time

Senior events >100 yards:
All 200's – 15-16 B time
400 IM and 500 Free – See Order of Events
1000 and 1650 free – 15-16 A time

Entries:

All entries should be submitted in Hy-tek format, and will be matched to the appropriate event by the event number. Entries may be submitted via email. However hard copies of each entry, showing the swimmers' ages as of January 16, 2009 must be included in the normal post delivery along with the summary sheet, team checklist and payment. Teams are encouraged to submit their entries as soon as possible to ensure their participation in the meet. **All entry information must be received by 6:00 p.m. on Tuesday, January 6, 2009.** Entries for 13-14 and Senior 50 yard stroke events (not free) should use the swimmer's corresponding 100 yard stroke event time. The Meet Host intends to run single session prelims but may split the meet if entries dictate

Entries for 13-14 and Senior 100 IM events should use the swimmer's corresponding 200 IM time.

Entries for events 400 yards or longer 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 can not 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, January 14, 2009 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. Swimmers with NT events should be entered with their estimated times. Any NT entries will be scratched, and those entry fees will not be refunded.

Entry Limit:

Swimmers are limited to 3 individual events and 1 relay per session **NOT TO EXCEED 10 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.

Entry Deadline:

All entries must be received by **6:00 p.m. Tuesday, January 6, 2009.** Telephone entries and fax entries will not be accepted. Entries will be time-

stamped upon receipt in the event that we are unable to accommodate all teams and need to limit entries. Late entries may be accepted at the discretion of the Meet Director but will be charged double entry fees. As the meet capacity is met, teams will be notified by telephone or email if their entries can not be accommodated, and entry fees refunded. **NO OTHER REFUNDS WILL BE MADE.**

Entry Fee: Individual events - all sessions: \$3.50 per event / \$4.00 for out-of-state entries.
Relays - all sessions \$8.00 per relay / \$9.00 out-of-state relays
Facility Surcharge \$10.00 per swimmer, including relay only swimmers
NCS Travel Surcharge \$2.00 (this also applies to relay only swimmers)

No refunds will be given for inappropriate entries.

Mail Entries & Fees To: RSA 2009 January Jubilee Meet
4904 Waters Edge Drive
Suite 155
Raleigh, NC 27606
(919) 859-4881
meets@swimrsa.org

Please make checks payable to RALEIGH SWIMMING ASSOCIATION.

Do not send entries in a manner that requires signature upon delivery. Email verification of receipt will be sent.

If there are any questions about entries please call the RSA office or the Meet Director.
Please include all team, swimmer and/or event information in the message.

Awards & Results: First through eighth place ribbons will be awarded for each 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

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.**

Scoring: The top 16 places for individual events will be scored as follows:

<u>Place</u>	<u>Points</u>	<u>Place</u>	<u>Points</u>
1	20	9	9
2	17	10	7

3	16	11	6
4	15	12	5
5	14	13	4
6	13	14	3
7	12	15	2
8	11	16	1

Relay events score double.

Coaches Meeting: A coaches meeting will be held at 4:15pm Friday, January 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 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. Coaches and must display their membership card at all times during the meet.

Meet Host: Raleigh Swimming Association
Kit Raulerson, Head Coach
(919) 859-4881

Meet Director: Andrew DeSorbo (Andrew.DeSorbo@swimrsa.org)

Referee: Thornton Burnette

Marshall: Fritz Lehman

Meet Entries: Larry Godlewski (lgodlewski@nc.rr.com, meets@swimrsa.org)

Officials: RSA welcomes anyone who would like to assist with officiating during this meet. Please contact the Meet Referee, or include the name, phone number, and level of any willing official with your entry. Official's briefings will be held in the hospitality room 30 minutes after the start of warm-ups for each session. Note: Officials are required to display their USA certification cards while on deck.

Timers: Participating clubs may be asked to provide timers in proportion to their entries. Athletes swimming the 400 IM, 500 free, 1000 free, or 1650 free must provide their own timer for these events.

Hospitality: A hospitality room will be provided for the coaches, officials, and meet workers.

Concessions: Concessions are available at the Triangle Aquatic Center Café Splash Down for spectators and swimmers.

Release Statement: USA Swimming, Inc., North Carolina Swimming, Inc., Raleigh Swimming Association, TRIANGLE AQUATIC CENTER AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Hotels:

Holiday Inn Hotel and Suites Cary
5630 Dillard Drive, Cary NC 27511, (919) 851-1220 - 2.5 miles from TAC

Best Western Cary Inn and Extended Stay Suites
1722 Walnut Street, Cary NC 27511, (919) 481-1200 - 1.6 miles from TAC

Days Inn Cary
1716 Walnut Street, Cary NC 27511, (919) 481-4011 - 1.6 miles from TAC:

Holiday Inn Raleigh North
2805 Highwoods Blvd, Raleigh NC 27604, (919) 872-3500 – 13.5 miles from TAC

Best Western Raleigh North
2715 Capital Blvd., Raleigh NC 27604, (919) 790-7741 – 13.4 miles from TAC

Ask for the special RSA January Jubilee Meet rate at any of the above hotels.

**2009 RSA January Jubilee Meet
Hosted by the Raleigh Swimming Association
Order of Events**

Friday Evening Session – Timed Finals

Warm-ups: 3:00 PM / Start: 4:00 PM

Women	Qual Time	Event	Qual Time	Men
1		12 & Under 400Y Medley Relay		2
3		13-14 400Y Medley Relay		4
5		Senior 400Y Medley Relay		6
7	12:53.0	12 & Under 1000Y FREE*	12:48.9	8
9	12:07.6	13-14 1000Y FREE*	11:41.5	10
11	11:55.9	Senior 1000Y FREE*	11:12.2	12
13	21:41.7	12 & Under 1650Y FREE*	21:35.9	14
15	20:12.2	13-14 1650Y FREE*	19:29.5	16
17	19:58.9	Senior 1650Y FREE*	18:48.0	18
19		12 & Under 400 FREE RELAY		20
21	N/A	13-14 400Y FREE RELAY	N/A	22
23	N/A	Senior 400 Y FREE RELAY	N/A	24

Saturday AM 13 & Over Session – Prelims
 Saturday AM 12 & Under Session – Prelims

Warm-ups: 8:00 AM / Start: 9:00 AM
 Warm-ups: 8:00 AM / Start: 9:00 AM

Women	Qual Time	Event	Qual Time	Men
25	02:53.0	12 & Under 200Y FLY	02:51.5	26
27	02:53.4	13-14 200Y FLY	02:44.3	28
29	02:50.5	Senior 200Y FLY	02:40.5	30
31	N/A	10 & Under 50Y BACK	N/A	32
33	N/A	11-12 50Y BACK	N/A	34
35	N/A	13-14 50Y BACK	N/A	36
37	N/A	Senior 50Y BACK	N/A	38
39	03:12.5	12 & Under 200Y BREAST	03:07.4	40
41	03:16.0	13-14 200Y BREAST	03:02.4	42
43	03:12.1	Senior 200Y BREAST	02:55.1	44
45	N/A	10 & Under 50Y	N/A	46
47	N/A	11-12 50Y FREE	N/A	48
49	N/A	13-14 50Y FREE	N/A	50
51	N/A	Senior 50Y FREE	N/A	52
53	N/A	10 & Under 100Y IM	N/A	54
55	N/A	11-12 100Y IM	N/A	56
57	N/A	13-14 100Y IM	N/A	58
59	N/A	Senior 100Y IM	N/A	60
61	N/A	10 & Under 200Y MEDLEY RELAY	N/A	62
63	N/A	11-12 200Y MEDLEY RELAY	N/A	64
65	N/A	13-14 200Y MEDLEY RELAY	N/A	66
67	N/A	Senior 200Y MEDLEY RELAY	N/A	68

Saturday Evening Session – Finals**Warm-ups: 5:30 PM / Start: 6:30 PM**

Women	Event	Men
25	12 & Under 200Y FLY	26
27	13-14 200Y FLY	28
29	13-14 200Y FLY	30
31	10 & Under 50Y BACK	32
33	11-12 50Y BACK	34
35	13-14 50Y BACK	36
37	Senior 50Y BACK	38
39	12 & Under 200Y BREAST	40
41	13-14 200Y BREAST	42
43	Senior 200Y BREAST	44
45	10 & Under 50Y	46
47	11-12 50Y FREE	48
49	13-14 50Y FREE	50
51	Senior 50Y FREE	52
53	10 & Under 100Y IM	54
55	11-12 100Y IM	56
57	13-14 100Y IM	58
59	Senior 100Y IM	60

Sunday AM 13&Over Session – Prelims
 Sunday AM 12&Under Session – Prelims

Warm-ups: 8:00 AM / Start: 9:00 AM
 Warm-ups: 8:00 AM / Start: 9:00 AM

Women	Qual Time	Event	Qual Time	Men
69	02:50.2	12 & Under 200Y BACK	02:46.6	70
71	02:51.8	13-14 200Y BACK	02:42.8	72
73	02:50.2	Senior 200Y BACK	02:34.8	74
75	03:42.7	10 & Under 200Y IM	03:40.9	76
77	03:05.0	11-12 200Y IM	03:03.5	78
79	02:56.5	13-14 200Y IM	02:45.5	80
81	02:53.1	Senior 200Y IM	02:38.3	82
83	N/A	10 & Under 100Y FREE	N/A	84
85	N/A	11-12 100Y FREE	N/A	86
87	N/A	13-14 100Y FREE	N/A	88
89	N/A	Senior 100Y FREE	N/A	90
91	N/A	10 & Under 50Y BREAST	N/A	92
93	N/A	11-12 50Y BREAST	N/A	94
95	N/A	13-14 50Y BREAST	N/A	96
97	N/A	Senior 50Y BREAST	N/A	98
99	N/A	10 & Under 100Y FLY	N/A	100
101	N/A	11-12 100Y FLY	N/A	102
103	N/A	13-14 100Y FLY	N/A	104
105	N/A	Senior 100Y FLY	N/A	106
107	N/A	10 & Under 200Y FREE RELAY	N/A	108
109	N/A	11-12 200Y FREE RELAY	N/A	110
111	N/A	13-14 200Y FREE RELAY	N/A	112
113	N/A	Senior 200Y FREE RELAY	N/A	114
115	06:30.0	12 & Under 500Y FREE	06:32.5	116
117	06:15.0	13-14 500Y FREE	06:07.7	118
119	06:00.0	Senior 500Y FREE	05:50.0	120

Sunday Evening Session – Finals**Warm-Ups: 5:30 PM / Start: 6:30 PM**

Women	Event	Men
69	12 & Under 200Y BACK	70
71	13-14 200Y BACK	62
73	Senior 200Y BACK	64
75	10 & Under 200Y IM	66
77	11-12 200Y IM	68
79	13-14 200Y IM	70
81	Senior 200Y IM	72
83	10 & Under 100Y FREE	74
85	11-12 100Y FREE	76
87	13-14 100Y FREE	78
89	Senior 100Y FREE	80
91	10 & Under 50Y BREAST	82
93	11-12 50Y BREAST	84
95	13-14 50Y BREAST	86
97	Senior 50Y BREAST	88
99	10 & Under 100Y FLY	90
101	11-12 100Y FLY	92
103	13-14 100Y FLY	94
105	Senior 100Y FLY	96
117	13-14 500Y FREE	118
119	Senior 500Y FREE	120

Monday Morning Session – Timed Finals**Warm-ups: 9:00 AM / Start: 10:00 AM**

Women	Qual Time	Event	Qual Time	Men
121	N/A	10 & Under 100Y BACK	N/A	122
123	N/A	11-12 100Y BACK	N/A	124
125	N/A	13-14 100Y BACK	N/A	126
127	N/A	Senior 100Y BACK	N/A	128
129	N/A	10 & Under 50Y FLY	N/A	130
131	N/A	11-12 50Y FLY	N/A	132
133	N/A	13-14 50Y FLY	N/A	134
135	N/A	Senior 50Y FLY	N/A	136
137	03:20.2	10 & Under 200 FREE	03:09.9	138
139	02:43.5	11-12 200 FREE	02:39.4	140
141	02:36.6	13-14 200 FREE	02:26.8	142
143	02:33.4	Senior 200 FREE	02:20.9	144
145	N/A	10 & Under 100Y BREAST	N/A	146
147	N/A	11-12 100Y BREAST	N/A	148
149	N/A	13-14 100Y BREAST	N/A	150
151	N/A	Senior 100Y BREAST	N/A	152
153	06:06.2	12 & Under 400Y IM	05:59.6	154
155	05:40.0	13-14 400Y IM	05:23.0	156
157	05:34.0	Senior 400Y IM	05:10.0	158
159		14 & Under 800Y FREE RELAY		160
161		Senior 800Y FREE RELAY		162

*The 1650 Free, 1000 Free, 500 Free, and 400 IM will be deck seeded with positive check-in required within 30 minutes after the start of warm-ups for that session. The 1650 Free, 1000 free, and 500 free will be swum fastest to slowest, two heats women, two heats men, then alternating. If these events are split by gender into separate pools, the events will be swum fastest to slowest (no alternating). The 1650 Free and 1000 free will be swum as timed finals.

**Entry Summary Sheet
 2009 January Jubilee Meet
 Hosted by the Raleigh Swimming Association
 Triangle Aquatic Center, Cary, NC
 January 16-18, 2009**

Use this form for a summary of entries.

Meet Classification	# Swimmers	# NC	# OOS	# Relay
		Individual	Individual	Events
		Events	Events	

NC Women

NC Men

Out-of-State Women

Out-of-State Men

Column Totals

	X \$12.00	X \$2.75 NC	X \$3.00	X \$8.00	TOTAL DUE
	surcharge	IE fee	OOS IE fee	Relay entry fee	
		+	+	+	=

Make checks payable to: Raleigh Swimming Association. Total Fees are due at the time entries are received.

Return this summary sheet with entry fees, waivers, official rosters and entry forms to:

RSA 2009 January Jubilee Meet
 4904 Waters Edge Drive
 Suite 155
 Raleigh, NC 27606
 (919) 859-4881
 meets@swimrsa.org

United States Swimming, Inc., North Carolina Swimming, Raleigh Swimming Association, Triangle Aquatic Center and other governing bodies of the facilities shall be held harmless for any and all liabilities or claims for damages arising by reasons of injuries to anyone during the conduct of this meet.

Signature: _____

Coach: _____

Club: _____

Address: _____

Call Letters: _____

Wk Phone: _____

Hm Phone: _____

Email: _____

**** This summary form and a check for all applicable fees are required for this to be a valid entry.**

2009 January Jubilee Meet
Hosted by the Raleigh Swimming Association
Entry Checklist

Coaches:

Please let us know ASAP if you are coming to this meet. Send email to kit.raulerson@swimrsa.org and sgswimming@gmail.com with approximate numbers for **each** session (Senior and Age Group).

Please use this checklist to make sure you return all the required items. The following forms must be filled out and included with your entry.

1. Fee Summary Form (including Email contact address) _____
2. Individual Entry forms including USS numbers OR
computer-generated entries, along with a hard copy of entry _____
3. **NO NT entries. They will be scratched without refund** _____
4. Relay Entry Forms _____
5. Check payable to Raleigh Swimming Association for all fees _____