



RMY FALL INVITATIONAL

**Harrison Family YMCA
Rocky Mount, NC**

September 19-20, 2009

- SANCTION:** Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC09084
- HOST TEAM:** Rocky Mount Family YMCA RACERS
- SITE INFORMATION:** Pool: 25 yard, 8 lanes with non-turbulent lane ropes. Lanes are 7 feet wide. Depth at starting end of pool is 9 feet with Spectrum Bighorn starting blocks, Daktronics electronic timing system with 8 lane scoreboard. Recreation pool will be available for continuous warm-up and swim down.
- RULES:** The meet will be conducted in accordance with the current USA Swimming Code and the NCS Official Handbook and NCS Safety Program, except where rules therein are optional and exceptions are herein stated.
- CLASSIFICATION:** Open Age Group Meet
- ELIGIBILITY:** All swimmers must be registered with USA Swimming, Inc.
- ENTRIES:** Submit entries by Hy-tek entry file--via e-mail. List swimmers' age as of the first day of the meet. Mail: 1) a printout listing individual swimmers, their events, USA-S number, age as of Sept. 19, 2009, and entry times. 2) Attached summary sheet with fees. All relay only swimmers including alternates must pay the NCS Travel Fund Surcharge. This meet will be limited to the first 200 swimmers for each session. Each team will need to provide at least 2 timers for each session.
- ENTRY LIMIT:** Swimmers are limited to 4 individual events and 1 relay for the day. Meet management reserves the right to combine heats when necessary.
- ENTRY DEADLINE:** Entries are due by the end of the day on September 8, 2009. Late entries will be accepted only at the discretion of the Meet Director. Late entries may not be seeded. Late entries will be charged double fees. No telephone or fax entries will be accepted.
- ENTRY FEES:** \$2.00 for Each Individual Event
\$8.00 for Relays
NCS Travel Fund Surcharge: \$2.00 per swimmer including "relay only" swimmers.
\$5.00 Facility Charge per swimmer
Make one team check payable to: Harrison Family YMCA. Entry fees are not refundable.
- MAIL ENTRIES TO:** Harrison Family YMCA
RMY FALL INVITATIONAL
Attn: Vickie Payton
PO Box 4063
Rocky Mount, NC 27803

E-MAIL ENTRIES: Vickie Payton at: vickiep@rmymca.org

AWARDS: Ribbons will be awarded 1st through 8th place for individual events and 1st through 4th for relays.

SCORING: Not a scored team meet.

WARM-UP SCHEDULE: First 30 minutes – General warm-up in all lanes. No diving.
Last 20 minutes – Specific warm
Lanes 1, 2, 4 and 8 - Push off beginning at starting end of pool, circle swim only, no diving.
Lanes 3 through 6 – Dive start only, swim one length from start end only.

TIME SCHEDULE: 10 & Under session- Warm-ups begin at 8:00AM. Timed finals at 9:00AM.
11 & Over session - Warm-ups will begin not before 12:00PM or immediately after the conclusion of the morning session, whichever is later. Timed finals will begin 1 hour later.

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. All coaches and officials on deck must be registered 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.

COACHES' MEETING: There will be a coaches meeting at 8:45AM on Saturday Sept. 19, 2009.

MEET OFFICIALS: There will be a meeting of all officials in the hospitality room 30 minutes prior to the start of each session. RMY welcomes officials from other clubs. Please contact Vickie Payton at vickiep@rmymca.org to volunteer as an official.

MEET DIRECTOR: Vickie Payton

MEET REFEREE(S): Mark Eldridge

MEET MARSHAL(S): Jamie Lease

HOSPITALITY: The Hospitality Room located in the YMCA Chapel and will be open to officials, coaches, and meet workers.

CONCESSIONS: Food will be available for purchase at the Juice Dr. located in the pool lobby.

FACILITY: From I-95, take Hwy64 East, exit at Centura Hwy/Church St. and go North, turn left onto Independence Dr. just past RMHS Football Stadium and in front of the RBC building, Harrison Family YMCA is on the right.

RELEASE: "USA Swimming, Inc., North Carolina Swimming, Inc., and the Harrison Family YMCA 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."

ATTACHMENTS: ENTRY SUMMARY FORM

RMY

ORDER OF EVENTS

RMY Fall INVITATIONAL

SATURDAY September 19, 2009

MORNING SESSION 1

Timed Finals: Warm-ups at 8:00 am, Competition at 9:00 am

Women

1	8 & Under 100 Medley Relay
3	10 & Under 200 Medley Relay
5	8 & Under 25 Free
7	10 & Under 50 Free
9	8 & Under 50 Back
11	10 & Under 100 Back
13	8 & Under 25 Fly
15	10 & Under 50 Fly
17	8 & Under 50 Breast
19	10 & Under 100 Breast
21	8 & Under 100 Free
23	10 & Under 200 Free

Men

2
4
6
8
10
12
14
16
18
20
22
24

AFTERNOON SESSION 2

Warm-ups not before 12:00 PM, Timed Finals one hour later

Women

25	11-12 200 Medley Relay
27	Open 200 Medley Relay
29	11-12 50 Free
31	Open 50 Free
33	11-12 100 Back
35	Open 200 Back
37	11-12 50 Fly
39	Open 100 Fly
41	11-12 100 Breast
43	Open 200 Breast
45	11-12 200 Free
47	Open 200 Free

Men

26
28
30
32
34
36
38
40
42
44
46
48



ORDER OF EVENTS
RMY FALL INVITATIONAL

SUNDAY September 20, 2009

MORNING SESSION 1

Timed Finals: Warm-ups at 8:00 am, Competition at 9:00 am

Women

49	8 & Under 100 Free Relay
51	10 & Under 200 Free Relay
53	8 & Under 50 Fly
55	10 & Under 100 Fly
57	8 & Under 100 IM
59	10 & Under 100 IM
61	8 & Under 25 Breast
63	10 & Under 50 Breast
65	8 & Under 50 Free
67	10 & Under 100 Free
69	8 & Under 25 Back
71	10 & Under 50 Back

Men

50
52
54
56
58
60
62
64
66
68
70
72

AFTERNOON SESSION 2

Warm-ups not before 12:00 PM, Timed Finals one hour later

Women

73	11-12 200 Free Relay
75	Open 200 Free Relay
77	11-12 100 Fly
79	Open 200 Fly
81	11-12 200 IM
83	Open 200 IM
85	11-12 50 Breast
87	Open 100 Breast
89	11-12 100 Free
91	Open 100 Free
93	11-12 50 Back
95	Open 100 Back
97	Open 500 Free

Men

74
76
78
80
82
84
86
88
90
92
94
96
98

Entry Summary Sheet

RMY FALL INVITATIONAL

Harrison Family YMCA

September 19-20, 2009

Entries Due: Wednesday September 8, 2009

Use this form for a summary of all entries:

Age Group	Total # of Swimmers	Total # of Entries	Total # of Relays	Total Surcharge Fee	Total Entry Fee
8-U Girls					
8-U Boys					
9-10 Girls					
9-10 Boys					
11-12 Girls					
11-12 Boys					
13 & O Girls					
13 & O Boys					

Return this Summary Sheet with Entry Fees and Forms to:

TOTAL FEES

RMY FALL INVITATIONAL
 The Harrison Family YMCA
 PO Box 4063
 Rocky Mount, NC 27803
vickiep@rmyymca.org

Call Letters: _____

Coach: _____

Team Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

I understand and agree that neither the United States Swimming, Inc., North Carolina Swimming, Inc., The RMY Racers or the Harrison Family YMCA nor co-sponsoring organizations or their respective chapters, officers, directors, employees, agents, members or volunteers shall assume or have any responsibility or liability for expenses or medical treatment or form compensation for any injury swimmers, coaches, spectators or anyone affiliated with this organization may suffer during or resulting from their participation in this program. I do hereby waive, release and forever discharge any and all rights and claims for damages that anyone affiliated with this organization may have or that may hereafter accrue to them arising out of or in any way connected with their participation in this program. I also represent and warrant that all participants have been advised to seek consultation from their doctor about whether they can safely participate in this program and whether there are precautions or limitations to their participation.

Signature on the entry summary and subsequent entry into this meet constitutes understanding and acceptance of the above release. Signature: _____ Date: _____