



**2010 NC JANUARY JUBILEE MEET  
HOSTED BY THE RALEIGH SWIMMING ASSOCIATION  
January 15-18, 2010**

**Sanction:** Held under the Sanction of United States Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC10015

**Meet Sponsor:** Raleigh Swimming Association

**Location:** Triangle Aquatic Center Phone: 919-459-4045  
275 Convention Drive  
Cary, NC 27511

**Date:** January 15-18, 2010

**Times:** Friday Timed Finals Session - Warm-ups: 3:00 PM-3:50 PM, Start: 4:00 PM  
Saturday and Sunday Prelim Sessions - Warm-up: 8:00AM – 8:50 AM, 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 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. 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. The facility may charge a fee for admission to the spectator seating area overlooking the pool. 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 areas are liable to be ticketed or towed by the local Police Department at the owner's expense.

**Rules:** **General:**  
The meets 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 these meets. 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 yards 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.

### **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 positively 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.

**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.

### **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), 15 & Older 50, 100, and 200 yard events (3 heats), 15 & Older 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 shall be by standard age groups (10 & Under, 11-12, 13-14, and 15 & Older) 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, 15 & Older men, and 15 & Older women. The Meet Host intends to run single session prelims but may split the meet if entries dictate

**Classification:** 15 & Older / Age Group Open Meet– see time standards below for specific event eligibility

**Eligibility:** All athletes must be registered with USA Swimming. 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

15 & Older 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 15, 2010 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 5, 2010.** Entries for 13-14 and 15 & Older 50 yard stroke events (not free) should use the swimmer's actual 50 yard time or a reasonable estimate of their 50 yard time if an official time does not exist for the swimmer in the SWIMs database. The Meet Host intends to run single session prelims but may split the meet if entries dictate

Entries for 13-14 and 15 & Older 100 IM events should use the swimmer's actual time or a reasonable estimate of their 100 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 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 cannot be confirmed by 6:00 p.m. Thursday, January 14, 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. 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 5, 2010**. 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 cannot 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 for prelim/final events and  
\$2.50 per event / \$3.00 for out of state timed final events.

**Out of LSC teams should contact Larry Godlewski ([lgodlewski@nc.rr.com](mailto:lgodlewski@nc.rr.com)) for an alternate meet entry file due to changed fee structure.**

Relays - all sessions \$8.00 per relay / \$9.00 for 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 2010 January Jubilee Meet

6300 Chapel Hill Road, Suite 110  
Raleigh, NC 27607  
Office Phone: 919-859-4881  
[meets@swimrsa.org](mailto: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](http://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>
<b>1</b>	20	<b>9</b>	9
<b>2</b>	17	<b>10</b>	7
<b>3</b>	16	<b>11</b>	6
<b>4</b>	15	<b>12</b>	5
<b>5</b>	14	<b>13</b>	4
<b>6</b>	13	<b>14</b>	3
<b>7</b>	12	<b>15</b>	2
<b>8</b>	11	<b>16</b>	1

Relay events score double.

**USA Swimming** Coaches must present a current USA Swimming membership card to the meet director

**Membership:** To receive their entry package and must display their membership card at all times during the meet.

**Coaches Meeting:** A coaches meeting will be held at 3:50 pm Friday, January 15 and Saturday, January 16 at 8:50 AM.

**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 Swimming 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.

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

- Meet Director:** Larry Godlewski - [lgodlewski@nc.rr.com](mailto:lgodlewski@nc.rr.com)
- Referee:** Ronnie Roach - [ronnie.roach@gmail.com](mailto:ronnie.roach@gmail.com) 252-207-0278
- Marshall:** Ian McCulloch
- Meet Entries:** Gary Quint - [gary.quint@gmail.com](mailto:gary.quint@gmail.com)
- Officials:** RSA welcomes anyone who would like to assist with officiating during this meet. Please sign up for the sessions you would like to work on our [Officials Signup Page](#). We will attempt to place officials on a first come first serve basis. If you have any questions or trouble with the form, please contact Ronnie Roach [ronnie.roach@gmail.com](mailto:ronnie.roach@gmail.com) 252-207-0278.
- Official's briefings will be held in the hospitality room 45 minutes prior to the start of each session.
- 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:** Hampton Inn and Suites  
111 Hampton Woods Lane, Raleigh, NC 27607, (919) 233-1798.  
[www.carysuites.hamptoninn.com](http://www.carysuites.hamptoninn.com)  
Minutes from the Triangle Aquatics Center. Free Comp room for coach if team stays here.
- Area Attractions:** Museums:  
NC Museum of Natural Sciences [www.ncnaturalsciences.org](http://www.ncnaturalsciences.org)  
NC Museum of History [www.ncmuseumofhistory.org](http://www.ncmuseumofhistory.org)  
NC Museum of Art [www.ncartmuseum.org](http://www.ncartmuseum.org)
- Shopping (some of the best in NC):  
Cary Towne Center (adjacent to TAC)  
CrossRoads Plaza – Walnut Street  
Crossroads 20 movie theaters - <http://raleigh.ohsohandy.com/theater/crossroads-20>  
Crabtree Valley Mall – I-440 at Exit 7  
Triangle Towne Center – I-540 at Exit 16  
SouthPoint Mall – I-40 at Exit 276



**2010 RSA January Jubilee Meet  
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Order of Events**

**Friday Evening Session – Timed Finals**

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

<b>Women</b>	<b>Qual Time</b>	<b>Event</b>	<b>Qual Time</b>	<b>Men</b>
1		12 & Under 400Y Medley Relay		2
3		13-14 400Y Medley Relay		4
5		15 & Older 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	15 & Older 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	15 & Older 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	15 & Older 400 Y FREE RELAY	N/A	24



**2010 RSA January Jubilee Meet**  
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**Order of Events**

**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**

<b>Women</b>	<b>Qual Time</b>	<b>Event</b>	<b>Qual Time</b>	<b>Men</b>
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	15 & Older 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	15 & Older 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	15 & Older 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	15 & Older 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	15 & Older 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	15 & Older 200Y MEDLEY RELAY	N/A	68



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Order of Events**

**Saturday Evening Session – Finals**

**Warm-ups: 5:30 PM / Start: 6:30 PM**

<b>Women</b>	<b>Event</b>	<b>Men</b>
<b>25</b>	<b>12 &amp; Under 200Y FLY</b>	<b>26</b>
<b>27</b>	<b>13-14 200Y FLY</b>	<b>28</b>
<b>29</b>	<b>13-14 200Y FLY</b>	<b>30</b>
<b>31</b>	<b>10 &amp; Under 50Y BACK</b>	<b>32</b>
<b>33</b>	<b>11-12 50Y BACK</b>	<b>34</b>
<b>35</b>	<b>13-14 50Y BACK</b>	<b>36</b>
<b>37</b>	<b>15 &amp; Older 50Y BACK</b>	<b>38</b>
<b>39</b>	<b>12 &amp; Under 200Y BREAST</b>	<b>40</b>
<b>41</b>	<b>13-14 200Y BREAST</b>	<b>42</b>
<b>43</b>	<b>15 &amp; Older 200Y BREAST</b>	<b>44</b>
<b>45</b>	<b>10 &amp; Under 50Y</b>	<b>46</b>
<b>47</b>	<b>11-12 50Y FREE</b>	<b>48</b>
<b>49</b>	<b>13-14 50Y FREE</b>	<b>50</b>
<b>51</b>	<b>15 &amp; Older 50Y FREE</b>	<b>52</b>
<b>53</b>	<b>10 &amp; Under 100Y IM</b>	<b>54</b>
<b>55</b>	<b>11-12 100Y IM</b>	<b>56</b>
<b>57</b>	<b>13-14 100Y IM</b>	<b>58</b>
<b>59</b>	<b>15 &amp; Older 100Y IM</b>	<b>60</b>



**2010 RSA January Jubilee Meet**  
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**Order of Events**

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	15 & Older 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	15 & Older 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	15 & Older 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	15 & Older 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	15 & Older 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	15 & Older 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	15 & Older 500Y FREE	05:50.0	120



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Order of Events**

**Sunday Evening Session – Finals**

**Warm-Ups: 5:30 PM / Start: 6:30 PM**

<b>Women</b>	<b>Event</b>	<b>Men</b>
69	12 & Under 200Y BACK	70
71	13-14 200Y BACK	62
73	15 & Older 200Y BACK	64
75	10 & Under 200Y IM	66
77	11-12 200Y IM	68
79	13-14 200Y IM	70
81	15 & Older 200Y IM	72
83	10 & Under 100Y FREE	74
85	11-12 100Y FREE	76
87	13-14 100Y FREE	78
89	15 & Older 100Y FREE	80
91	10 & Under 50Y BREAST	82
93	11-12 50Y BREAST	84
95	13-14 50Y BREAST	86
97	15 & Older 50Y BREAST	88
99	10 & Under 100Y FLY	90
101	11-12 100Y FLY	92
103	13-14 100Y FLY	94
105	15 & Older 100Y FLY	96
117	13-14 500Y FREE	118
119	15 & Older 500Y FREE	120



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**Order of Events**

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

<b>Women</b>	<b>Qual Time</b>	<b>Event</b>	<b>Qual Time</b>	<b>Men</b>
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	15 & Older 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	15 & Older 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	15 & Older 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	15 & Older 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	15 & Older 400Y IM	05:10.0	158
159		14 & Under 800Y FREE RELAY		160
161		15 & Older 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. The 1650 Free and 1000 free will be swum as timed finals.

Entry Summary Sheet  
 2010 January Jubilee Meet  
 Hosted by the Raleigh Swimming Association  
 Triangle Aquatic Center, Cary, NC  
 January 15-18, 2010

Use this form for a summary of entries.

Meet Classification	# Swimmers	# Individual Events	# Individual Events	# Relay Events	
Prelim /Final Women					
Prelim/Final Men					
Timed Final Women					
Timed Final Men					
Column Totals					
	X \$12.00 surcharge	X \$3.50 or \$4.00 IE fee	X \$2.50 or \$3.00 IE fee	X \$8.00 or \$9.00 Relay Fee	TOTAL DUE
		+	+	+	=

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:

2010 January Jubilee Meet  
 6300 Chapel Hill Road, Suite 110  
 Raleigh, NC 27607  
 (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: \_\_\_\_\_

Call Letters: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Wk Phone: \_\_\_\_\_

Hm Phone: \_\_\_\_\_

Email: \_\_\_\_\_

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

2010 NC 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](mailto:kit.raulerson@swimrsa.org) and [lgodlewski@nc.rr.com](mailto:lgodlewski@nc.rr.com) with approximate numbers for **each** session (15 & Older 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 USA Swimming 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. **List of all coaches who will be attending the meet** \_\_\_\_\_
6. Check payable to Raleigh Swimming Association for all fees \_\_\_\_\_