

## 2012 North Carolina Long Course Meters Meet at Triangle Aquatic Center



Saturday, August 18 -  
Sunday, August 19, 2012  
**Raleigh Area Masters Meets**  
Swim Meet Registration



### Registration Schedule

Right now it is 3:58 PM ET on Saturday, March 3, 2012.

	Open	Close
<b>Swimmer Registration</b>	Thu, March 15, 2012 12:00 AM ET	Fri, August 17, 2012 08:59 PM ET

#### Resources



Club and Team Rosters

[SwimPhone](#)

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**IMPORTANT NOTE:** You need to be a 2012 member of USMS to enter this swim meet. Go to [www.usms.org/reg/](http://www.usms.org/reg/) to join or renew your USMS membership.

**Sanctioned by LMSC for NC for USMS, Inc. Sanction #**

**Meet Director:** Fritz Lehman [meetdirector12@yahoo.com](mailto:meetdirector12@yahoo.com), Raleigh Area Masters.

Contact [meetdirector12@yahoo.com](mailto:meetdirector12@yahoo.com) for questions about meet registration.  
Contact [nsilvernail@nc.rr.com](mailto:nsilvernail@nc.rr.com) for questions about swim meet billing.

**Meet Referee:** TBD

REGISTRATION IS AVAILABLE ONLINE ONLY! IT'S MORE EFFECTIVE AND EASIER!

**Facility:** Triangle Aquatic Center, 275 Convention Drive, Cary, NC 27511, (919) 459-4045. This state-of-the-art, 72,000 square foot facility houses three pools. The competition pool ranges in depth from 7 to 12 feet, with 6-8 lanes configured as long-course. Water temperature is maintained between 79-81 degrees. Two matrix scoreboards for results and competitor names are located above the pool. Spectator capacity within the facility is 1000 with room for additional seating of 600 on deck. Directions can be found via <http://triangleaquatics.org/AboutUs/Directions/>.

**Rules:** Swimmers must be registered with USMS for 2012. USMS One Day Registration will not be allowed for this meet. USMS rules govern the meet. Swimmers are limited to 5 individual events per day. When warming up, you must enter the pool feet first except in sprint lanes. No paddles or kickboards are allowed. All swimmers must sign the standard USMS waiver upon arriving at the meet.

**Deadline:** Entries must be completed online by 11:59pm EST Sunday, August 12, 2012. **Online entries are required.** Late entries will be accepted online between 12:00am EST Monday, August 13, 2012 and 11:59pm EST Friday, August 17, 2012. A late entry fee will apply. Deck entries will be accepted from 7:00am to 8:30 am Saturday, August 18, 2012. A deck entry fee will apply. Heat sheets will be published based on all entries received by Thursday, August 16, 2012 at 11:59pm.

**Fee:** \$50.00 flat fee. No charge for relays. There will be no refunds unless the meet is cancelled, in which case \$10.00 of the fee paid will be retained and \$40.00 will be refunded. The late entry fee is \$60.00.

**Scoring & Awards:** Individual events will be scored 9-7-6-5-4-3-2-1 (eight places); relays doubled. Award certificates will be available to each participant. Awards will be given to individuals with the highest points in each age group, male and female.

**Seeding:** All events will be seeded by gender and time except the following events which will be seeded by time only: 400, 800 and 1500 free. All events will be seeded from slow to fast. "No Time" is not allowed. The Meet Director reserves the right to combine genders in any other events.

**Schedule:** August 18-19, 2012. Saturday and Sunday: Check-in and warm up at 7:00am; first heat starts at 8:30am.

**T-Shirt:** A commemorative T-shirt is available for \$12.00 per shirt.

### Schedule of Events

Saturday August 18, 2012

Warm up 7:00 am; Meet starts at 8:30am

Relay Cards for event 5 needed before event 1.

W M

1 2 200 M Freestyle

3 4 50 M Backstroke

5 5 400 M Mixed Free Relay

15 minute break

6 7 200 M Backstroke

8 9 100 M Butterfly

Relay Cards for event 14 needed before event 11.

Check-in for the 800/1500 closes after event 10.

10 11 100 M Breaststroke

12 13 50 M Freestyle

14 14 200 M Mixed Medley Relay

15 minute break

15 16 800/1500 M Mixed Freestyle

Sunday August 19, 2012

Warm up 7:00am; Meet starts at 8:30am

Check-in for 400 Freestyle closes at 8:00 AM. You may Check-in on Saturday.

W M

17 17 400 M Mixed Freestyle

Relay Cards for events 24/25 are needed before event 18.

18 19 200 M I.M.

20 21 50 M Butterfly

22 23 200 M Breaststroke

24 25 200 M Freestyle Relay

15 minute break

Relay Cards for events 34/35 are needed before event 26.

26 27 100 M Backstroke

28 29 200 M Butterfly

30 31 50 M Breaststroke

32 33 100 M Freestyle

15 minute break

34 35 400 M Medley Relay

### HOTELS:

Triangle Aquatic Center recommends the following local accommodations:

<http://triangleaquatics.org/Events/PreferredHotels/>

**Please note: If paying by credit card, your credit card statement will reflect a charge from "Raleigh Area Masters."**

**Online Registration will open on 3/15/2012.**

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