

**IMPORTANT NOTES:** You need to be a 2024 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. No USMS one day registration allowed. **The order of events has change from past meets due to pool availability.**

Sanctioned by LMSC for NC for USMS, Inc. Sanction #pending  
Sanctioned by USA Swimming for observation. Sanction #pending

**Meet Director:** [Mark Rubacky](mailto:meetdirector@swimram.org)

Contact [meetdirector@swimram.org](mailto:meetdirector@swimram.org) for questions about meet registration and billing.

**Meet Referee:** Thornton Burnette

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 lanes configured as short-course. Additional lanes will be available for continuous warm up/warm down. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement. Water temperature is maintained between 79-81 degrees. Two matrix scoreboards for results and competitor names are located above the pool. Backstroke ledges will be available for use during the meet. Spectator capacity within the facility is 1000 with room for additional seating of 600 on deck. Directions can be found via <https://www.triangleaquatics.org/contact-us/directions/>.

**Timing System:** The primary timing system will be automatic timing (Daktronics Timing System). Times can be submitted for world records, USMS records, and USMS Top 10 consideration. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.

**Rules:** Swimmers must be registered with USMS for 2024. 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 equipment is allowed (paddles, fins, kickboards, etc).

**COVID Safety Protocols:** RAM reserves the right to alter COVID-19 protocols based on local, state, and national guidelines at the time of the event. Any updates will be posted on this page and emailed to registered swimmers prior to the event.

- Do not attend if you're experiencing any symptoms of COVID-19. If you experience symptoms or test positive for COVID-19 within two weeks after the conclusion of the event, please contact [meetdirector@swimram.org](mailto:meetdirector@swimram.org)
- Attendees will be **NOT BE** required to wear a mask.

**Age Determination:** The eligibility of a participant shall be determined by the age as of the last day of the meet, with the exception of 18 year old swimmers who must be 18 on the first day of the meet.

**Fees and Deadlines:**

Fee	Amount	Deadline
Early Registration Fee	\$40	2/1/24
Registration Fee	\$45	2/25/24
Event Fee	\$7 / event	2/25/24
Relay Event Fee	\$5 / relay	3/3/24

Online entries are required. Heat sheets will be posted after each event closes positive check-in. Deck entries will **NOT** be accepted.

**Scoring & Awards:** Individual events will be scored 9-7-6-5-4-3-2-1; relays doubled. Award certificates will be available. Awards will be given to individuals with the highest points in each age group, male and female. There will be team awards for first through third place for NC workout groups and first through third place for teams from outside NC.

**Seeding:** All events will be seeded by gender and time except the following events which will be seeded by time only: 1650 and 1000 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. **Positive Check in is required for 1650, 1000, 500 free, 400 IM.** [You can check in online](#) (Preferred) starting at 3:00 pm Thursday March 1st, 2024.

Event #	Event	Positive Check in Deadline
10 & 11	500 Free	Sat. 12:00 noon
24	1000 Free	Sun. 8:00 AM
25	1650 Free	Sun. 8:00 AM
39 & 40	400 IM	Sun. 11:00 AM

**Relays:** On deck relay entries will be accepted until the deadline for each relay event. Deadlines for relays are below the meet director reserves the right to change these deadlines once the meet timeline is posted. Relays cost \$5 per relay entry.

Event #	Event	Deadline
1	Mixed 200 Free Relay	Sat. 1:30 pm
6&7	Men/Women 200 Medley Relay	Sat. 1:30 pm
12	Mixed 200 Medley Relay	Sat. 1:30 pm
17&18	Men/Women 200 Free Relay	Sat. 2:30 PM
23	Mixed 800 Free Relay	Sat. 2:30 PM
26&27	Men/Women 400 Free Relay	Sun. 11:30 AM
32	Mixed 800 Free Relay	Sun. 11:30 AM
37&38	Men/Women 400 Medley Relay	Sun. 11:30 AM
43	Mixed 400 Free Relay	Sun. 1:00 PM
48&49	Men/Women 800 Free Relay	Sun. 1:00 PM

**Social:** We will have a pizza party on the pool deck after the meet and during awards presentation.

**Hotels:** The following hotels are willing to provide discounted rates to our swimmers from out of town:

- **SpringHill Suites Raleigh Cary**
- **Fairfield Inn & Suites Raleigh Cary**
- **Courtyard Raleigh Cary Crossroads**

**[Book your corporate rate for NC Masters Swimming Championships](#)**

## Events

1000 yd Freestyle – Limited to first 24 entries

1650 yd Freestyle – Limited to first 24 entries

Saturday, March 2, 2024 - Session 1 - Saturday Afternoon

Warm-ups start at 1:00 PM

Meet Session starts at 2:00 PM

Meet Session is estimated to end at 6:00 PM

#	Sex	Event
1	Mixed	200 Y Free Relay
2	Men	200 Y Fly
3	Women	200 Y Fly
4	Men	100 Y Free
5	Women	100 Y Free
6	Men	200 Y Medley Relay
7	Women	200 Y Medley Relay
8	Men	200 Y Breast
9	Women	200 Y Breast
10	Men	500 Y Free
11	Women	500 Y Free
12	Mixed	200 Y Medley Relay
13	Men	50 Y Fly
14	Women	50 Y Fly
15	Men	200 Y IM
16	Women	200 Y IM
17	Men	200 Y Free Relay
18	Women	200 Y Free Relay
19	Men	50 Y Breast
20	Women	50 Y Breast
21	Men	100 Y Back

#	Sex	Event
22	Women	100 Y Back
23	Mixed	800 Y Free Relay

Sunday, March 3, 2024 - Session 2 - Distance

Warm-ups start at 8:00 AM

Meet Session starts at 8:45 AM

Meet Session is estimated to end at 11:30 AM

#	Sex	Event
24	Mixed	1650 Y Free
25	Mixed	1000 Y Free

Sunday, March 3, 2024 - Session 3 - Sunday Afternoon

Warm-ups start at 11:30 AM

Meet Session starts at 12:30 PM

Meet Session is estimated to end at 5:00 PM

#	Sex	Event
26	Men	400 Y Free Relay
27	Women	400 Y Free Relay
28	Men	100 Y Fly
29	Women	100 Y Fly
30	Men	50 Y Back
31	Women	50 Y Back
32	Mixed	400 Y Medley Relay
33	Men	200 Y Free
34	Women	200 Y Free
35	Men	100 Y Breast
36	Women	100 Y Breast
37	Men	400 Y Medley Relay
38	Women	400 Y Medley Relay
39	Men	400 Y IM
40	Women	400 Y IM
41	Men	200 Y Back
42	Women	200 Y Back
43	Mixed	400 Y Free Relay
44	Men	100 Y IM
45	Women	100 Y IM
46	Men	50 Y Free
47	Women	50 Y Free
48	Men	800 Y Free Relay
49	Women	800 Y Free Relay

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

