

IMPORTANT NOTE: You need to be a 2025 member of USMS to enter this swim meet. Go to www.usms.org/reg/ to join or renew your USMS membership. No USMS one day registration allowed.

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

Meet Director: [Mark Rubacky](#)

Contact 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 6-8 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 <http://www.triangleaquatics.org/about-tac/56-2/>.

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 2025. 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).

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	\$35	2/28/25

Registration Fee	\$40	3/23/25
Event Fee	\$5 / event	3/23/25
Relay Event Fee	\$5 / relay	3/30/25

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. Medals for 1st - 3rd will be awarded. 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. 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, 1000 and 500 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 Checkin is required for 1650, 1000, 500 free, 400 IM.** [You can checkin online](#) (Preferred) starting at 3:00 pm Thursday March 19th, 2020.

Event #	Event	Positive Checkin Deadline
1	1650 Free	Sat. 8:00 AM
15 & 16	500 Free	Sat. 12:00 noon
30	1000 Free	Sun. 8:00 AM
44 & 45	400 IM	Sun. 12:00 noon

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
2 & 3	Men/Women 400 Medley Relay	Sat. 12:00 noon
10 & 11	Men/Women 800 Free Relay	Sat. 12:00 noon
16	Mixed 200 Medley Relay	Sat. 12:00 noon
23&24	Men/Women 200 Free Relay	Sat. 1:15 PM
29	Mixed 400 Free Relay	Sat. 1:15 PM

31&32	Men/Women 400 Medley Relay	Sun. 10:30 AM
37	Mixed 800 Free Relay	Sun. 10:30 AM
42&43	Men/Women 200 Medley Relay	Sun. 10:30 AM
50	Mixed 400 Medley Relay	Sun. 12:00 noon
57	Mixed 200 Free Relay	Sun. 12:00 noon

Social:

TBD

T-Shirt: A commemorative T-shirt is available for \$20.00 per shirt. This year's shirt is Tie-Die with the meet logo on the front. There will be a very limited number of shirts available at the event so pre-order your shirt with your entry to guarantee a shirt.

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

TBD

Events

1650 yd Freestyle – Limited to first 40 entries

1000 yd Freestyle – Limited to first 40 entries

Meet Course: 25 Yards

Saturday, March 29, 2025 - Session 1 - 1650 Session

Warm-ups start at 7:30 AM

Meet Session starts at 8:30 AM

Meet Session is estimated to end at 11:00 AM

#	Sex	Event
1	Mixed	1650 Y Free

Saturday, March 29, 2025 - Session 2 - Saturday 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	
2	Men	400 Y	Medley Relay
3	Women	400 Y	Medley Relay
4	Men	100 Y	Free
5	Women	100 Y	Free
6	Men	200 Y	Back
7	Women	200 Y	Back
8	Men	50 Y	Breast
9	Women	50 Y	Breast
10	Men	800 Y	Free Relay
11	Women	800 Y	Free Relay
12	Men	50 Y	Back
13	Women	50 Y	Back
14	Men	500 Y	Free
15	Women	500 Y	Free
16	Mixed	200 Y	Medley Relay
17	Men	25 Y	Fly
18	Women	25 Y	Fly
19	Men	25 Y	Free
20	Women	25 Y	Free
21	Men	200 Y	Breast
22	Women	200 Y	Breast
23	Men	200 Y	Free Relay
24	Women	200 Y	Free Relay
25	Men	100 Y	Fly
26	Women	100 Y	Fly

#	Sex	Event
27	Men	200 Y IM
28	Women	200 Y IM
29	Mixed	400 Y Free Relay

Sunday, March 30, 2025 - Session 3 - 1000 Session

Warm-ups start at 7:30 AM

Meet Session starts at 8:30 AM

Meet Session is estimated to end at 10:00 AM

#	Sex	Event
30	Mixed	1000 Y Free

Sunday, March 30, 2025 - Session 4 - Sunday Afternoon

Warm-ups start at 10:30 AM

Meet Session starts at 11:30 AM

Meet Session is estimated to end at 4:00 PM

#	Sex	Event
31	Men	400 Y Free Relay
32	Women	400 Y Free Relay
33	Men	100 Y Back
34	Women	100 Y Back
35	Men	200 Y Fly
36	Women	200 Y Fly
37	Mixed	800 Y Free Relay
38	Men	100 Y Breast
39	Women	100 Y Breast
40	Men	50 Y Free
41	Women	50 Y Free

#	Sex	Event	
42	Men	200 Y	Medley Relay
43	Women	200 Y	Medley Relay
44	Men	400 Y	IM
45	Women	400 Y	IM
46	Men	25 Y	Back
47	Women	25 Y	Back
48	Men	25 Y	Breast
49	Women	25 Y	Breast
50	Mixed	400 Y	Medley Relay
51	Men	100 Y	IM
52	Women	100 Y	IM
53	Men	200 Y	Free
54	Women	200 Y	Free
55	Men	50 Y	Fly
56	Women	50 Y	Fly
57	Mixed	200 Y	Free Relay

Note: If paying by credit card, your credit card statement will reflect a charge from "RALEIGH AREA MASTERS."