

RAM's last chance LCM Meet

IMPORTANT NOTE: You need to be a 2022 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

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 long-course. 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 2022. USMS One Day Registration will not be allowed for this meet. USMS rules govern the meet. Swimmers are limited to 5 individual events. When warming up, you must enter the pool feet first except in sprint lanes. No equipment is allowed (paddles, fins, kickboards, etc).

Entries and Fees: Entry fee of \$45, \$7 per event, \$5 for each relay. Online Entries only. Swimmers may enter a maximum of five individual events. All entries must be received by Sunday, August 14, 2019 at 11:59 pm. NO DECK Entries. The 800 free will be limited to the first 24 entries.

Scoring & Awards: There will be no team scoring. Results will be posted online at ncmaters.org and dixiezone.org. Meet mobile will be used during the meet. There will be no awards but there will be a certificate and labels with place and time available.

Seeding: All events will be seeded from slow to fast. “No Time” is not allowed. Positive Check is required for 800 free, 400 free, 400 IM. You can check-in online (Preferred) starting at 3:00 pm Friday August 19th, 2022.

Relays: Paper relay entries will be accepted on deck until 9:00am for the 800 free relay and 11:00am for the 400 relays. Mens and Womens relays may be combined into one heat depending on entries.

Schedule: August 20, 2022. Distance Session: Warm up at 8:00am; first heat of the 800 starts at 8:45 am. Regular Session: Warm up not before 10:30am; first heat of Mixed 200 Back starts not before 11:30am. There will be warm up/cool down lanes available during the meet.

Hotels:

TBD