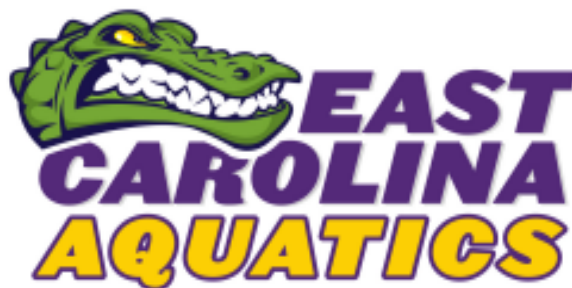


2021 RSA Rock The Blocks

October 8-10th, 2021

Smithfield Recreation and Aquatic Center

600 Booker Dairy Rd, Smithfield NC



Session	Day	Arrival	Warm-Up	Meet Start	Age Group
1	Friday	3:45 PM	4:00 PM	5:30 PM	11 & Over
2	Saturday	6:45 AM	7:00 AM	8:30 AM	13 & Over
3	Saturday	12:15 PM	12:30 PM	1:30 PM	12 & Under
4	Sunday	6:45 AM	7:00 AM	8:30 PM	13 & Over
5	Sunday	12:15 PM	12:30 PM	1:30 PM	12 & Under

Masks: Masks will be required by everyone to be in the building.

Seating: Swimmers should bring chairs to put up on deck. Only swimmers are allowed on deck.

Spectators: ONE SPECTATOR PER SWIMMER.

However, as conditions change, it may be necessary to close the venue to spectators.

POSITIVE CHECK-IN: The 400 IM, 500 Free, and 1000 Free require a positive check-in. Swimmers should check in at the admin table 30 minutes prior to session start.

Friday Session: - Swimmers must supply own timers and counters.

[VOLUNTEER SIGNUP](#)

[ENTRY LIST](#)

[PSYCH SHEET](#)

[HEAT SHEET](#)

[LIVE STREAM](#)

ORDER OF EVENTS

Friday, Oct 8, 2021 – Session 1
Warm-up: 4:00 PM; Start: 5:30 PM

Girls/Women	Event	Boys/Men
101	11–12 500 Free (+√)	102
103	11 & Over 1000 yd Free (F→S, +√)	104

Saturday, Oct 9, 2021 – Session 2
Warm-up: 7:00 AM; Start: 8:30 AM

Girls/Women	Event	Boys/Men
201	13&O 200 yd Free	202
203	13&O 100 yd Back	204
205	13&O 200 yd IM	206
207	13&O 50 yd Free	208
209	13&O 200 yd Breast	210
211	13&O 100 yd Fly	212
213	13&O 500 yd Free (+√)	214

Saturday, Oct 9, 2021 – Session 3
Warm-up: 12:30 PM; Start: 1:30 PM

Girls/Women	Event	Boys/Men
221	8&U 25 yd Free	222
223	12&U 50 Free	224
225	8&U 25 Back	226
227	12&U 100 Back	228
229	8&U 25 Breast	230
231	12&U 50 Breast	232
233	8&U 25 Fly	234
235	12&U 50 Fly	236
237	12&U 200 yd Free Relay	238

Sunday, Oct 10, 2021 – Session 4
Warm-up: 7:00 AM; Start: 8:30 AM

Girls/Women	Event	Boys/Men
301	13&O 200 Back	302
303	13&O 100 yd Free	304
305	13&O 200 yd Fly	306
307	13&O 100 yd Breast	308
309	13&O 400 yd IM (+√)	310

Sunday, Oct 10, 2021 – Session 5
Warm-up: 12:30 PM; Start: 1:30 PM

Girls/Women	Event	Boys/Men
321	8&U 50 yd Free	322
323	12&U 100 Free	324
325	12&U 50 Back	326
327	8&U 50 Breast	328
329	12&U 100 Breast	330
331	8&U 50 Fly	332
333	12&U 100 Fly	334
335	12&U 200 yd Medley Relay	336

Note: Based on the number of entrants, meet management reserves the right to combine events, reduce the number of heats, or add breaks to provide rest for the athletes.