



Raleigh Swimming Association

www.swimrsa.org

Swim Meet Philosophy

Meets give the athletes and coaches an opportunity to measure progress and determine focus issues. The athletes compete with other athletes of a similar skill level. Most of the meets that new or young athletes attend are held on weekends in or near the Triangle area.

RSA emphasizes competition with oneself. Winning ribbons, medals or trophies should not be the main goal. Each individual's improvement is the primary objective.

As athletes get older, they are taught to set realistic, yet challenging, goals for meets and to relate those goals to practice in order to improve their training efforts. Athletes are prepared and encouraged to compete in all swimming events, distances and strokes. This promotes versatility and encourages the athletes to explore their potential in the wide range of events offered in competitive swimming.

RSA relies on our families to volunteer to assist with the management of RSA-hosted meets.

Meet Overview

North Carolina Swimming, the organization that governs RSA's USA Swimming athletes in North Carolina, classifies meets according to the qualifying time that is required to participate, the ages of the athletes and the length of the pool.

The swimming year is divided into two seasons, which are generally named for the pool length. The fall and winter months make up most of the Short Course, or yards pool, season. The summer months make up the Long Course, or meters pool, season.

Time Standards

Some meets incorporate all levels of athletes in one meet over multiple sessions. Other meets are designed specifically for the targeted time standards.

Time standards are classified as B, BB, A, AA, AAA, and AAAA times. Each time standard has a minimum qualifying time. Any time that has not met a minimum time for a "B" classification is a B/C time.

If you want to determine your child's time designation in a particular stroke, compare the time to the times noted [here](#). Please note the first times noted are long course meters. If you are looking for short course yards times, scroll down to page seven or <ctrl-F> short course yards.

Championship meets are all time standard by event, meaning athletes can only swim the specific events in which they have met the qualifying standards (and bonus events, if offered). Times standards for North Carolina Swimming Championship meets, Sectional meets and National qualifying meets may be found under the [Times tab](#) on the RSA website.