WCSA Lenoir Heat Wave Meet
LENR vs. WST, CVAC, AQTC
June 17th , 2008

LOCATION	William B. Stronach, Jr. Aquatic and Fitness Center 1031 Jim Barger Rd. Lenoir, NC 28645
DATE/TIME	Warm-ups begin at 5:40 pm, and the meet starts at 6:30 pm. There will be a coaches and officials meeting at 6:25 pm.
FACILITY	Competition Pool with 8 lanes, depths ranging from 3 1/2 to 12 feet and equipped with non-turbulent lane lines. Paddock starting blocks will be used. Electronic Timing will be used. **Relays- Swimmers starting from shallow end must start in the water.**
RULES	The meet will be conducted in accordance with the USA Code, the NCS Official Handbook and the NCS Safety Program.
SANCTION	Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. Sanction #NC08067
CLASSIFICATION	Closed WCSA Meet, age group.
ELIGIBILITY	All swimmers must be properly registered with USA Swimming, Inc.
SAFETY	The North Carolina Swimming Safety Guidelines will be in effect during this meet. Coaches are advised to supervise their swimmers at all times. No running or horseplay will be tolerated.
RELEASE STATEMENT	"USA Swimming, Inc., North Carolina Swimming, Inc., Swim Lenoir, Inc., and the William B. Stronach, Jr. Aquatic and Fitness Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet."
ENTRIES	Entries must be submitted using HY–TEK's Team Manager. Entries may be mailed on diskette or e-mailed. List ages of swimmers as of June 17th, 2008.
ENTRY LIMIT	Swimmers may enter a maximum of three (3) individual events and two (2) relay events.
ENTRY DEADLINE	ENTRIES MUST BE RECEIVED NO LATER THAN Thursday, June 12th, 2008.
SEND ENTRIES TO	king420@charter.net
ENTRY FEES	$8.00 per swimmer. Make checks payable to Swim Lenoir.

AWARDS	Ribbons will be given 1st thru 8th place for individual events and 1st thru 3rd place for relay events.
SCORING	Scoring will be 9-7-6-5-4-3-2-1 for individual events and double for relays (Maximum of two relays per team may score)
WARM-UPS	Warm-ups begin at 5:40pm. Warm-ups will be conducted according to the NCS Safety Program and shall be supervised.
MEET DIRECTOR	Todd King
MEET REFEREE	Bob Esch
MEET MARSHALL	Mark Hites
QUESTIONS	Please direct all questions to the Meet Director

WCSA Order of Events

GIRLS		BOYS
1	12 & UNDER 200 IM	2
3	SENIOR 200 IM	4
5	8 & UNDER 200 FREE REL	6
7	12 & UNDER 200 FREE REL	8
9	SENIOR 200 FREE REL	10
11	8 & UNDER 50 FREE	12
13	12 & Under 50 FREE	14
15	SENIOR 100 FREE	16
17	8 & UNDER 50 BR	18
19	12 & Under 50 BR	20
21	SENIOR 100 BR	22
23	8 & UNDER 50 BACK	24
25	12 & UNDER 50 BACK	26
27	SENIOR 100 BACK	28
29	8 & UNDER 50 FLY	30
31	12 & UNDER 50 FLY	32
33	SENIOR 100 FLY	34
35	8 & UNDER 200 MED RELAY	36
37	12 & UNDER 200 MED RELAY	38
39	SENIOR 200 MED RELAY	40