

**WCSA Lenoir Distance Meet**  
**LENR vs. WST, XCELL, RCST, AQTC**  
**July 8th , 2008**

<b>LOCATION</b>	William B. Stronach, Jr. Aquatic and Fitness Center 1031 Jim Barger Rd. Lenoir, NC 28645
<b>DATE/TIME</b>	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.
<b>FACILITY</b>	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.
<b>RULES</b>	The meet will be conducted in accordance with the USA Code, the NCS Official Handbook and the NCS Safety Program.
<b>SANCTION</b>	Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. Sanction #NC08069
<b>CLASSIFICATION</b>	Closed WCSA Meet, age group.
<b>ELIGIBILITY</b>	All swimmers must be properly registered with USA Swimming, Inc.
<b>SAFETY</b>	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.
<b>RELEASE STATEMENT</b>	"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."
<b>ENTRIES</b>	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 July 8th, 2008.
<b>ENTRY LIMIT</b>	Swimmers may enter a maximum of three (2) individual events.
<b>ENTRY DEADLINE</b>	ENTRIES MUST BE RECEIVED NO LATER THAN Thursday, July 3 <sup>rd</sup> , 2008.
<b>SEND ENTRIES TO</b>	<a href="mailto:king420@charter.net">king420@charter.net</a>
<b>ENTRY FEES</b>	\$8.00 per swimmer. Make checks payable to Swim Lenoir.
<b>AWARDS SCORING</b>	Ribbons will be given 1 <sup>st</sup> thru 8 <sup>th</sup> place for individual events No scoring

**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

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## Order of Events

<b>GIRLS</b>		<b>BOYS</b>
1	12 & UNDER 200 IM	2
3	SENIOR 400 IM	4
5	12 & Under 100 FREE	6
7	SENIOR 200 FREE	8
9	12 & Under 100 BR	10
11	SENIOR 200 BR	12
13	12 & UNDER 100 BACK	14
15	SENIOR 200 BACK	16
17	12 & UNDER 100 FLY	18
19	SENIOR 200 FLY	20
21	SENIOR 400 FREE	22