

**WESTERN CAROLINA SWIM ASSOCIATION**  
**Hickory, N.C.**  
**AUGUST 1 & 2, 2008**

**HOST:** Catawba Valley Aquatic club

**SANCTION:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc., Sanction#NC08082

**FACILITY:** The pool is located on the campus of Lenoir-Rhyne College. It is 25 yards long and 6 lanes wide. Shallow end depth is 3.5 feet and the starting end depth is 12 feet.

**RULES:** The meet will be conducted in accordance with the current USA Swimming Code, NCS Official Handbook and NCS Safety Program except where rules therein are optional and exceptions are herein stated. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay in any area of the facility will be tolerated.

**CLASSIFICATION:** This is a closed league competition open to USA Swimming registered members.

**ENTRIES:** Submit entries either in writing, email, OR on Hy-Tek Disk. List swimmers ages on August 1, 2008.  
A copy of the Official team roster as furnished by NCS must accompany the entries.

**ENTRY LIMIT:** Each swimmer may swim 3 individual events and 2 relays.

**RELAYS:** Each team may enter as many relays as they wish with only the fastest one scoring.

**ENTRY DEADLINE:** Entries must be in by July 24th. Send entries via email, snail mail, or fax using Hy-tek team manager files.

**FORMAT:** This meet will be prelims/finals except for relays.

**COACHES MEETING:** A meeting will be held immediately after the warm-ups on Friday evening and as needed during the meet Location will be announced.

**OFFICIALS MEETING:** An official's meeting will be held 45 min before the start of each session.

**ENTRY FEES:** \$2.50 PER INDIVIDUAL EVENT  
\$8.00 PER RELAY  
\$2.00 NCS TRAVEL FEE  
\$10.00 PER SWIMMER FACILITY SURCHARGE  
\$12.00 PER TEAM WCSA MEMBERSHIP FEE

\*\*\*All entries are non-refundable.

Make checks payable to Catawba Valley Aquatic Club  
c/o Paul Schiffel  
4608 33<sup>rd</sup> St. Dr. NE  
Hickory, NC 28601

**Email entries to:** [coachpaul@cvacswimming.org](mailto:coachpaul@cvacswimming.org)

**AWARDS:** Medals will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> in individual events and ribbons for 4<sup>th</sup> through 6<sup>th</sup> place.

Relays will be awarded medals for 1<sup>st</sup> through 3<sup>rd</sup>. Only one relay team from each team may score.

High Point Trophies will be given for each age group male and female.  
Team Awards will be given for 1<sup>st</sup> through 3<sup>rd</sup> male , female, and combined.  
The Chuck Stockton Spirit Awards will be presented to the team exhibiting the most sportsmanship and team spirit during the meet. This will be voted on by the Parent President and Coach from each club.

**SCORING:** USA Swimming scoring system for 6 lane pools.

**WARM-UP:** General warm-up for 45 minutes and specific warm-up the last 15 minutes. Warm-ups shall be conducted according to the NCS Safety Program and shall be supervised at all times. Coaches are advised to closely supervise their swimmers at all times.

**MEET DIRECTOR:** Paul Schiffel

**MEET REFEREE:** Sam Choate

**MEET MARSHALL:** Gaye Watts

**RELEASE STATEMENT:** "USA Swimming, Inc., North Carolina Swimming, Inc., Lenoir-Rhyne College, and Catawba Valley Aquatic Club 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 event."

**ORDER OF EVENTS:** See attached..

**SEND ENTRIES TO:** Paul Schiffel                      FAX (828) 256-4116  
4608 33<sup>rd</sup> St. Dr. NE              Email: coachpaul@cvacswimming.org  
Hickory, N.C. 28601

COACHES AND ENTRY COORDINATORS - WE WILL BE USING A DECK SEEDING METHOD FOR THIS MEET. ALL SWIMMERS AND COACHES WILL BE REQUIRED TO POSITIVELY CHECK-IN 15 MINUTES BEFORE THE CONCLUSION OF THE WARM-UP SESSIONS. Heat sheets will then be generated for coaches and officials and placed at strategic places around the pool. We will be running a clerk of course.

**LATE ENTRIES - Entries on the deck will only be accepted for new swimmers to the meet with proof of USA Swimming Reg. NO changed entries will be allowed unless proven to be meet management error.**

# WCSA CHAMPIONSHIP ORDER OF EVENTS

## FRIDAY EVENING

WARM-UPS START 5:00 PM FINALS START 6:00 PM

FEMALE	EVENTS	MALE
1	8-UNDER 200 FREE RELAY	2
3	10-UNDER 200 FREE RELAY	4
11	10-UNDER 200 IM	12
19	8-UNDER 50 FREE	20
21	10-UNDER 50 FREE	22
29	8-UNDER 50 BREAST	30
31	10-UNDER 50 BREAST	32
39	8-UNDER 50 BACK	40
41	10-UNDER 50 BACK	42
49	8-UNDER 50 FLY	50
51	10-UNDER 50 FLY	52
59	8-UNDER 200 MEDLEY RELAY	60
61	10-UNDER 200 MEDLEY RELAY	62

## SATURDAY MORNING TRIALS

WARM-UPS AT 8:00 AM COMPETITION BEGINS AT 9:00 AM

FEMALE	EVENTS	MALE
13	11-12 200 IM	14
15	13-14 200 IM	16
17	15-18 200 IM	18
23	11-12 50 FREE	24
25	13-14 100 FREE	26
27	15-OVER 100 FREE	28
33	11-12 50 BREAST	34
35	13-14 100 BREAST	36
37	15-OVER 100 BREAST	38
43	11-12 50 BACK	44
45	13-14 100 BACK	46
47	15-OVER 100 BACK	48
53	11-12 50 FLY	54
55	13-14 100 FLY	56
57	15-OVER 100 FLY	58

## 10-MINUTE BREAK BEFORE THE RELAYS

5	12-UNDER 200 FREE RELAY	6
7	14-UNDER 200 FREE RELAY	8
10	18-UNDER 200 FREE RELAY	12

\*\*\*\*NOTE – The 200 Medley Relays will be swum at the beginning of the finals session.  
Awards for the 200 free relay will be given at the end of the morning session.

## SATURDAY NIGHT FINALS

WARM-UPS AT 4:30 PM

COMPETITION AT 5:30 PM

### ORDER OF EVENTS

63	12 UNDER 200 MEDLEY RELAY	64
65	14-UNDER 200 MEDLEY RELAY	66
67	18-UNDER 200 MEDLEY RELAY	68

### BREAK TO PRESENT AWARDS FOR RELAYS

11	10-UNDER 200 IM	12
13	11-12 200 IM	14
15	13-14 200 IM	16
17	15-18 200 IM	18

### BREAK TO PRESENT AWARDS FOR THE IM

19	8-UNDER 50 FREE	20
21	10-UNDER 50 FREE	22
23	11-12 50 FREE	24
25	13-14 100 FREE	26
27	15-18 100 FREE	28

### BREAK TO PRESENT AWARDS FOR THE FREE

29	8-UNDER 50 BREAST	30
31	10-UNDER 50 BREAST	32
33	11-12 50 BREAST	34
35	13-14 100 BREAST	36
37	15-18 100 BREAST	38

### BREAK TO PRESENT AWARDS FOR BREAST

39	8-UNDER 50 BACK	40
41	10-UNDER 50 BACK	42
43	11-12 50 BACK	44
45	13-14 100 BACK	46
47	15-18 100 BACK	48

### BREAK TO PRESENT AWARDS FOR BACK

49	8-UNDER 50 FLY	50
51	10-UNDER 50 FLY	52
53	11-12 50 FLY	54
55	13-14 100 FLY	56
57	15-18 100 FLY	58

\*\*\* All relays will be swum as timed finals.