

# Swim Lenoir Fall Sizzler

## October 17, 2008

<b>LOCATION</b>	William B. Stronach, Jr. Aquatic and Fitness Center 1031 Jim Barger Rd Lenoir, NC 28645
<b>DATE/TIME</b>	Friday, October 17, 2008. Warm-ups 5:00-5:50pm, and the meet starts at 6:00pm. There will be a coaches meeting at 5:50 pm in main hallway. Officials will meet at 5:15 in main hallway.
<b>FACILITY</b>	Competition Pool with 6 lanes, depths ranging from 4 to 11 feet, equipped with non-turbulent lane lines and Paddock starting blocks. A Colorado electronic timing system with one-line scoreboard will be used. Stopwatches will be used for backup times.
<b>RULES</b>	“The meet will be conducted in accordance with the current USA Swimming Rules & Regulations and the NCS Official Handbook and NCS Safety Program, except where rules therein are optional and exceptions are herein stated. <i>“All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification / registration. Coaches and officials shall prominently display their registration cards while on deck.”</i>
<b>SANCTION</b>	Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. <b>Sanction # NC08105</b>
<b>CLASSIFICATION</b>	<b>12 and under -Open NCS timed final event. Time restrictions of B times and slower for all events.</b>
<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. Absolutely no running or horseplay will be tolerated.
<b>RELEASE STATEMENT</b>	"USA Swimming, Inc., North Carolina Swimming, Inc., Swim Lenoir, 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 Team Manager. Entries should be e-mailed to <a href="mailto:king420@charter.net">king420@charter.net</a> . List ages of swimmers as of October 17, 2008.

**ENTRY LIMIT** Swimmers may enter a maximum of three (3) individual events. Late Entries may be accepted at the discretion of the Meet Director and will not be seeded. Entry fees are double for late entries.

**ENTRY DEADLINE** All entries must be received no later than midnight Thursday, October 9, 2008.

**SEND ENTRIES TO** [king420@charter.net](mailto:king420@charter.net)

**ENTRY FEES** \$2.00 per individual event.  
\$2.00 NC Travel Fund per swimmer  
\$4.00 per swimmer facility fee.  
Make check payable to **Swim Lenoir**. Entry fees are **non-refundable**.

**AWARDS** Ribbons will be given 1<sup>st</sup> thru 6<sup>th</sup> place for individual events. Heat Winner ribbons will be awarded.

**SCORING** No individual or team scores will be kept.

**WARM-UPS** Warm-ups begin at 5:00 pm. "The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated."

**MEET DIRECTOR** Todd King

**MEET REFEREE** Bob Esch

**MEET MARSHALL** DJ Brown

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Lenoir , NC

### Order of Events

1	8 and under 100 yard IM	2
3	9-10 100 yard IM	4
5	11-12 100 yard IM	6
7	8 and under 25 Free	8
9	9-10 50 yard free	10
11	11-12 50 yard free	12
13	8 and under 25 yard Breast	14
15	9-10 50 yard Breast	16
17	11-12 50 yard Breast	18
19	8 and under 25 yard Back	20
21	9-10 50 yard Back	22
23	11-12 50 yard Back	24
25	8 and under 25 yard Fly	26
27	9-10 50 yard Fly	28
29	11-12 50 yard Fly	30