

**BLUE RIDGE SWIM LEAGUE**  
**HICKORY, N.C.**  
**February 7, 2009**

**HOST:** Catawba Valley Aquatic club

**SANCTION:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc., Sanction#NC9029

**FACILITY:** The pool is on the campus of Lenoir Rhyne College. It is 25 yards long and 6 lanes wide. There is a separate gym for swimmers to relax in between events.

**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.

**CLASSIFICATION:** This is a closed league competition open to USA Swimming registered members who are members of the Blue ridge Swim League.

**ENTRIES:** Submit entries either in writing OR on Hy-Tek Disk. List swimmers ages on February 7th. A copy of the Official team roster as furnished by NCS must accompany the entries.

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

**ENTRY DEADLINE:** Entries must be in by January 30, 2009. Send entries via email, snail mail, or Fax using Hy-tek team manager files.

**AWARDS:** Ribbons 1<sup>st</sup> thru 6<sup>th</sup>.

**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 start at 8:00 am. 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:** Paul Schiffel/John Beatty

**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:** Previously stated for BRSL Quad Meets.

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

NO ENTRY FEES

COACHES MEETING IF NEEDED 9 AM OFFICIALS MEETING 8:30 AM

All coaches and officials on deck must be registered 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.