

**Blue Ridge Swim League
Shamrock Meet
WST, PAC, AQTC, SCSC, NOMAD, MSC
March 7, 2009**

LOCATION	William B. Stronach, Jr. Aquatic and Fitness Center 1031 Jim Barger Rd Lenoir, NC 28645
DATE/TIME	Saturday, March 7, 2009. Warm-ups begin at 8:00- 8:50am, and the meet starts at 9:00am. There will be a coaches meeting at 8:50 am. in the main hall.
FACILITY	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 using with one-line scoreboard will be used. Stopwatches will be used for backup times.
RULES	“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>
OFFICIALS	Officials meeting will be held at 8:15 in the main hall.
SANCTION	Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. Sanction # NC09044
CLASSIFICATION	Closed league (Blue Ridge Swim League), USA swimming sanctioned meet.
ELIGIBILITY	All swimmers must be current members in good standing of the Blue Ridge Swim League to be eligible to swim in this meet.
SAFETY	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.
RELEASE STATEMENT	"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."

- ENTRIES** Entries must be submitted using HY-TEK Team Manager. Entries should be e-mailed to king420@charter.net . List ages of swimmers as of March 7, 2009.
- ENTRY LIMIT** Swimmers may enter a maximum of three (3) individual events and two (2) relay events. Late Entries may be accepted at the discretion of the Meet Director and will not be seeded. There will be a \$10 charge for late entries.
- ENTRY DEADLINE** **All entries must be received no later than midnight Thursday, February 26, 2009.**
- SEND ENTRIES TO** king420@charter.net
- ENTRY FEES** Fees will be \$10.00 per swimmer. Make check payable to **Swim Lenoir**. Entry fees are **non-refundable**.
- AWARDS** Ribbons will be given 1st thru 6th place for individual events and 1st thru 3rd place for relay events.
- SCORING** Individual events will be scored thru six places (7,5,4,3,2,0) . Relays will be scored thru 3 places (14, 10, 8).
- WARM-UPS** Warm-ups begin at 8:00 am. “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** Gaye Watts
- MEET MARSHALL** DJ Brown

Blue Ridge Swim League

Order of Events

Girls Event #	Event	Boys Event #
1	8 and under 100 Free Relay	2
3	10 and under 200 Free Relay	4
5	11-12 200 Free Relay	6
7	13-14 200 Free Relay	8
9	Senior 200 Free Relay	10
11	8 and under 100 Medley Relay	12
13	10 and under 200 Medley Relay	14
15	11-12 200 Medley Relay	16
17	10- under 100IM	18
19	11-12 100 IM	20
21	13-14 200 IM	22
23	Senior 200 IM	24
25	8 and under 25 Free	26
27	10 and under 50 Free	28
29	11-12 50 Free	30
31	13-14 100 Free	32
33	Senior 100 Free	34
35	8 and under 25 Breast	36
37	10 and under 50 Breast	38
39	11-12 50 Breast	40
41	13-14 100 Breast	42
43	Senior 100 Breast	44
45	8 and under 25 Back	46
47	10 and under 50 Back	48
49	11-12 50 Back	50
51	13-14 100 Back	52
53	Senior 100 Back	54
55	8 and under 25 Fly	56
57	10 and under 50 Fly	58
59	11-12 50 Fly	60
61	13-14 100 Fly	62
63	Senior 100 Fly	64
65	13-14 200 Medley Relay	66
67	Senior 200 Medley Relay	68