

WCSA Lenoir Heat Wave Meet
LENR vs. WST, XCELL, AQTC
June 16th , 2009

LOCATION	William B. Stronach, Jr. Aquatic and Fitness Center 1031 Jim Barger Rd. Lenoir, NC 28645
DATE/TIME	Warm-ups begin at 5:40 pm, and the meet starts at 6:30 pm. There will be an officials meeting at 6:00 pm. at the timing table tent. There will be coaches meeting at 6:25 at the timing table tent.
FACILITY	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. Relays- Swimmers starting from shallow end must start in the water.
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>
SANCTION	Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. Sanction #NC09072
CLASSIFICATION	Closed WCSA Meet, age group.
ELIGIBILITY	All swimmers must be properly registered with USA Swimming, Inc.
SAFETY	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.
RELEASE STATEMENT	"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."
ENTRIES	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 June 16th, 2009.
ENTRY LIMIT	Swimmers may enter a maximum of three (3) individual events and two (2) relay events.

ENTRY DEADLINE ENTRIES MUST BE RECEIVED NO LATER THAN Tuesday, June 9th, 2009.

SEND ENTRIES TO king420@charter.net

ENTRY FEES \$10.00 per swimmer. Make checks payable to Swim Lenoir.

AWARDS Ribbons will be given 1st thru 8th place for individual events and 1st thru 3rd place for relay events.

SCORING Scoring will be 9-7-6-5-4-3-2-1 for individual events and double for relays (Maximum of two relays per team may score)

WARM-UPS Warm-ups begin at 5:40pm. "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

QUESTIONS Please direct all questions to the Meet Director

WCSA Order of Events

GIRLS		BOYS
1	12 & UNDER 200 IM	2
3	SENIOR 200 IM	4
5	8 & UNDER 200 FREE REL	6
7	12 & UNDER 200 FREE REL	8
9	SENIOR 200 FREE REL	10
11	8 & UNDER 50 FREE	12
13	12 & Under 50 FREE	14
15	SENIOR 100 FREE	16
17	8 & UNDER 50 BR	18
19	12 & Under 50 BR	20
21	SENIOR 100 BR	22
23	8 & UNDER 50 BACK	24
25	12 & UNDER 50 BACK	26
27	SENIOR 100 BACK	28
29	8 & UNDER 50 FLY	30
31	12 & UNDER 50 FLY	32
33	SENIOR 100 FLY	34
35	8 & UNDER 200 MED RELAY	36
37	12 & UNDER 200 MED RELAY	38
39	SENIOR 200 MED RELAY	40