

**WCSA Lenoir Distance Meet**  
**LENR vs. WST, XCELL, RCST, AQTC, ISYS**  
**July 7th , 2009**

<b>LOCATION</b>	William B. Stronach, Jr. Aquatic and Fitness Center 1031 Jim Barger Rd. Lenoir, NC 28645
<b>DATE/TIME</b>	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 a coaches meeting at 6:25 at the timing table tent.
<b>FACILITY</b>	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.
<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. Sanction #NC09074
<b>CLASSIFICATION</b>	Closed WCSA Meet, age group.
<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. No running or horseplay will be tolerated.
<b>RELEASE STATEMENT</b>	"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."
<b>ENTRIES</b>	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 July 7th, 2009.
<b>ENTRY LIMIT</b>	Swimmers may enter a maximum of three (2) individual events.
<b>ENTRY DEADLINE</b>	ENTRIES MUST BE RECEIVED NO LATER THAN Tuesday,

June 30<sup>th</sup> , 2009.

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

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

**AWARDS** Ribbons will be given 1<sup>st</sup> thru 8<sup>th</sup> place for individual events  
**SCORING** No scoring

**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 Distance Meet

## Order of Events

<b>GIRLS</b>		<b>BOYS</b>
1	12 & UNDER 200 IM	2
3	SENIOR 400 IM	4
5	12 & Under 100 FREE	6
7	SENIOR 200 FREE	8
9	12 & Under 100 BR	10
11	SENIOR 200 BR	12
13	12 & UNDER 100 BACK	14
15	SENIOR 200 BACK	16
17	12 & UNDER 100 FLY	18
19	SENIOR 200 FLY	20
21	SENIOR 400 FREE	22