

WCSA CONFERENCE CHAMPIONSHIPS

JULY 31- AUGUST 1, 2009

- LOCATION** William B. Stronach, Jr. Aquatic and Fitness Center
1031 Jim Barger Rd.
Lenoir, NC 28645
- WARMUPS** Friday afternoon warm-ups begin at 5:00 pm, and the meet starts at 6:00 pm. There will be an officials meeting at 5:30 pm. at the timing table tent. There will be a coaches meeting at 5:55 at the timing table tent. Saturday morning warm-ups begin at 8:00 am, and the meet starts at 9:00. There will be an officials meeting at 8:30am at the timing table tent. There will be a coaches meeting at 8:55am at the timing table tent. Saturday afternoon warm-ups begin at 4:30 pm, and the meet starts at 5:30 pm. There will be an officials meeting at 5:00 pm. at the timing table tent. There will be a coaches meeting at 5:25 pm at the timing table tent.
"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."
- FACILITY** Competition Pool with 8 lanes, depths ranging from 3 1/2 to 12 feet and equipped with non-turbulent lane lines. Pool is 50 meters long with 8 ft. wide lanes. 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. *"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."*
- SANCTION** Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. Sanction #NC09082
- 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 July 31st, 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 Wednesday, July 22nd, 2009.
- SEND ENTRIES TO** king420@charter.net
- ENTRY FEES**
- \$ 8.00 per swimmer facility fee
 - \$2.00 NCS travel fee
 - \$8.00 per relay
 - \$2.50 per individual event
- Make checks payable to **Swim Lenoir**.
- AWARDS**
- Medals will be given 1st thru 3rd place and ribbons for 4th-8th for individual events. Medals will be given for 1st thru 3rd place for relay events. Only one relay team from each team may score. High Point Trophies will be given for each age group male and female. Team Awards will be given for 1st-3rd male, female and combined. The Chuck Stockton Team Spirit award will be presented to the team exhibiting the most sportsmanship and team spirit during the meet. This will be voted on by the parent president and coach from each club. A graduating senior award will be given to all senior's. (Coaches please give Todd King those names)
- SCORING** Scoring will be 9-7-6-5-4-3-2-1 for individual events and double for relays (Maximum of ONE relay per team may score)
- MEET DIRECTOR** Todd King
- MEET REFEREE** Gaye Watts
- MEET MARSHALL** DJ Brown
- QUESTIONS** Please direct all questions to the Meet Director

WCSA Order of Events

Friday Evening

Warm-ups Start 5:00 pm Meet Begins at 6:00pm

Female	Events	Male
1	*8-under 200 Free Relay	2
3	*10-under 200 Free Relay	4
11	10-under 200 IM	12
19	8-under 50 Free	20
21	10-under 50 Free	22
29	8-under 50 Breast	30
31	10-under 50 Breast	32
39	8-under 50 Back	40
41	10-under 50 Back	42
49	8-under 50 Fly	50
51	10-under 50 Fly	52
59	*8-under 200 Medley Relay	60
61	*10-under 200 Medley Relay	62

All relays are timed finals. Awards will be given Friday night for both relays

Saturday Morning

Warm-ups Start 8:00am Meet Begins at 9:00am

Female	Events	Male
5	*12-under 200 Free Relay	6
7	*14-under 200 Free Relay	8
9	*18-under 200 Free Relay	10
13	11-12 200 IM	14
15	13-14 200 IM	16
17	15-18 200 IM	18
23	11-12 50 Free	24
25	13-14 100 Free	26
27	15-18 100 Free	28
33	11-12 50 Breast	34
35	13-14 100 Breast	36
37	15-18 100 Breast	38
43	11-12 50 Back	44
45	13-14 100 Back	46
47	15-18 100 Back	48
53	11-12 50 Fly	54
55	13-14 100 Fly	56
57	15-18 100 Fly	58
63	*12-under 200 Medley Relay	64
65	*14-under 200 Medley Relay	66
67	*18-under 200 Medley Relay	68

All relays are timed finals. Awards will be given Saturday morning for both relays

Saturday Night Finals

Warm-ups at 4:30pm

Meet begins at 5:30

Female	Order of Events	Male
11	10-under 200 IM	12
13	11-12 200 IM	14
15	13-14 200 IM	16
17	15-18 200 IM	18

BREAK TO PRESENT AWARDS FOR 200 IM

19	8-under 50 Free	20
21	10-under 50 Free	22
23	11-12 50 Free	24
25	13-14 100 Free	26
27	15-18 100 Free	28

BREAK TO PRESENT AWARDS FOR FREESTYLE

29	8-under 50 Breast	30
31	10-under 50 Breast	32
33	11-12 50 Breast	34
35	13-14 100 Breast	36
37	15-18 100 Breast	38

BREAK TO PRESENT AWARDS FOR BREASTSTROKE

39	8-under 50 Back	40
41	10-under 50 Back	42
43	11-12 50 Back	44
45	13-14 100 Back	46
47	15-18 100 Back	48

BREAK TO PRESENT AWARDS FOR BACKSTROKE

49	8-under 50 Fly	50
51	10-under 50 Fly	52
53	11-12 50 Fly	54
55	13-14 100 Fly	56
57	15-18 100 Fly	58

**PRESENT AWARDS FOR BUTTERFLY, HIGH POINT, GRADUATING SENIORS, AND
TEAM AWARDS (WOMENS, MENS, AND OVERALL)**