

Blue Ridge Swim League
Fall Kickoff Meet
September 18 , 2010

- LOCATION** William B. Stronach, Jr. Aquatic and Fitness Center
1031 Jim Barger Rd
Lenoir, NC 28645
- DATE/TIME** Saturday, Sept. 18, 2010. Warm-ups 8:00-8:50am, and the meet starts at 9:00am. There will be a coaches meeting at 8:50 in main hall.
- FACILITY** Competition Pool, 25 yards, with 6 lanes which are 7 ft. wide, depths ranging from 4 to 11 feet, equipped with non-turbulent lane lines and Paddock starting blocks. The pool is not certified in accordance with USA Swimming Rules. A Colorado electronic timing system 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. *“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.”*
- OFFICIALS** Officials meeting will be held at 8:15 in main hall.
- SANCTION** Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. **Sanction** #NC10088.
- CLASSIFICATION** **Closed league** (Blue Ridge Swim League), USA swimming sanctioned meet.
- ELIGIBILITY** Must be members of USA Swimming. Also, 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. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

**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 Sept. 18, 2010.

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.

ENTRY DEADLINE

All entries must be received no later than midnight Thursday, September 9th, 2010.

SEND ENTRIES TO

king420@charter.net

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

Bob Esch

MEET MARSHALL

DJ Brown

BLUE RIDGE SWIM LEAGUE

Order of Events

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