

ASC/SMAC Dual Meet

October 16, 2010

- Sanction:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC10102.
- Site:** Asheville School Pool, Asheville School, Asheville NC. (Asheville School Pool is on NC Swimming's list of certified pools.) 10 ft depth at starting end of pool, 4 ft depth at turning end, 7 ft wide lanes, Paragon starting blocks.
- Rules:** The meet will be held in accordance with the current USA Swimming rules and regulations and the NC Swimming official handbook and NC Swimming Safety Program.
- Class:** Dual/Tri/Quad
- Eligibility:** All swimmers must be registered with USA Swimming and will be verified prior to the meet with NC Swimming's Registration Chair.
- Entry Fee:** None
- Events:** See attached
- Scoring:** None
- Warmups:** Warmups will be conducted according to the NCS Safety program and will be supervised at all times.
- Safety:** The NCS Safety Program will be in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No running or horseplay will be tolerated.

Any swimmer entered in the meet, and unaccompanied by a USA Swimming member coach, must either be certified by a USA Swimming member coach as proficient in performing a racing start, or, that swimmer 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.

All coaches on deck must be certified and registered with USA Swimming. Meet management will require all coaches and officials to show proof of certification/registration. All coaches and officials must prominently display their registration cards while on deck.

USA Swimming Inc., North Carolina Swimming Inc., and Asheville Swim Club
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 event.

Meet Director: Alan Barry

Meet Referee: Joe Schmidt

Meet Marshals: Carol Bowers, Fred Bowers, Heather Butler

Coaches' Meeting: Coaches' meeting will be held on deck ten minutes before the beginning
of warmup.

Official's Briefing: There will be an official's briefing on deck fifteen minutes before the
beginning of the meet.

Order of Events

1	8 & Under 25 free	2
3	9-13 50 free	4
5	12 & Over 100 free	6
7	8 & Under 25 breast	8
9	9-12 50 breast	10
11	12 & Over 100 breast	12
13	8 & Under 100 free relay	14
15	9-10 200 free relay	16
17	11-12 200 free relay	18
19	13 & Over 200 free relay	20
21	8 & Under 25 fly	22
23	9-12 50 fly	24
25	13 & Over 100 fly	26
27	12 & Under 100 IM	28
29	11 & Over 200 IM	30
31	8 & Under 25 back	32
33	9-12 50 back	34
35	13 & Over 100 back	36