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A BRSL Quad Meet
Pilot Mountain, NC
November 20, 2010

Host: North Piedmont Aquatic Club (PAC) and the Edward M. Armfield Civic Center

Teams: AQUATECHS, LENR, WST, PAC, GATEWAY

Sanction: Held under the sanction of USA Swimming, Inc. issued by North Carolina Swimming, Inc. Sanction # NC10131.

Facility: The Edward M. Armfield Civic Center has an eight-lane 25 yard indoor pool with 7ft. wide non-turbulent lanes, a Daktronics timing system complete with eight lane scoreboard and touch pads. The pool is equipped with Paragon starting platforms and is 8ft. deep at the start end and 4 ft. deep at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

Directions: From I-77 North take exit 101 to I-74 east. Take I-74 East to US 52 South. Take US 52 South to the Pilot Mountain exit. The exit is between exit 136 and 134, is marked Pilot Mountain and it exits to the left. Take the exit to the top of the hill and bear left. The pool is the first building on the left.

Rules Statement: The meet will be conducted in accordance with the current USA Swimming Rules & Regulations and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated.

Classification: Closed league meet

Eligibility: All swimmers must be registered with USA Swimming, Inc. and members of the Blue Ridge Swim League (BRSL).

Entries: Submit Hy-Tek entries via e-mail. List swimmers ages as of 11/20/2010.

Entry Limit: Swimmers may enter 3 individual events and two relays.

Entry Deadline: All entries, forms and fees must be received by Wednesday, November 10, 2010. Late entries will be accepted but may not be seeded.

Fees: \$10.00 per swimmer payable to North Piedmont Aquatic Club. Entry fees are non-refundable.

Mail To: Jeffrey Tunstall
459 Welch Rd.
Mt. Airy, NC 27030 swim4pac@yahoo.com

Order of Events: Attached

Awards: Individual Events: Ribbons 1st through 8th place

Scoring: Individual Events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2

Warm-ups: 8:00-8:50 AM
The first 30 minutes will be general warm-up in assigned lanes
The last 20 minutes will be for specific warm-up in assigned lanes

Meet Schedule: Competition begins at 9:00 AM

Safety: 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.

Racing Starts: 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.

Coaches Meeting: Saturday, November 20, 2010 at 8:50 AM on the deck of the warm water pool

Officials Meeting: Saturday, November 20, 2010 at 8:10 AM on the deck of the warm water pool

Meet Director: Jeffrey Tunstall 336-719-6850 swim4pac@yahoo.com

Meet Referee: Dennis Lawson 336-368-2007

Safety Marshall: Leah Tunstall 336-719-6850

Hospitality: Hospitality will be available in the warm water pool area for all coaches, officials, and meet volunteers.

Credentials: 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.

Disabilities: North Piedmont Aquatic Club welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals, Failure to provide advance notice may limit North Piedmont Aquatic Club's ability to accommodate all requests.

Meet Release: USA Swimming, Inc., North Carolina Swimming, Inc., North Piedmont Aquatic Club, and the Armfield Civic Center shall be held free and harmless from all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Order of Events

1	Girls 8&UN 100 Free Relay	34	Boys 11-12 50 breast
2	Boys 8&UN 100 Free Relay	35	Girls 13-14 100 breast
3	Girls 9-10 200 Free Relay	36	Boys 13-14 100 breast
4	Boys 9-10 200 Free Relay	37	Girls Senior 100 breast
5	Girls 11-12 200 Free Relay	38	Boys Senior 100 breast
6	Boys 11-12 200 Free Relay	39	Girls 8&UN 25 back
7	Girls 13-14 200 Free Relay	40	Boys 8&UN 25 back
8	Boys 13-14 200 Free Relay	41	Girls 9-10 50 back
9	Girls Senior 200 Free Relay	42	Boys 9-10 50 back
10	Boys Senior 200 Free Relay	43	Girls 11-12 50 back
11	Girls 10&UN 100 IM	44	Boys 11-12 50 back
12	Boys 10&UN 100 IM	45	Girls 13-14 100 back
13	Girls 11-12 100 IM	46	Boys 13-14 100 back
14	Boys 11-12 100 IM	47	Girls Senior 100 back
15	Girls 13-14 200 IM	48	Boys Senior 100 back
16	Boys 13-14 200 IM	49	Girls 8&UN 25 fly
17	Girls Senior 200 IM	50	Boys 8&UN 25 fly
18	Boys Senior 200 IM	51	Girls 9-10 50 fly
19	Girls 8&UN 25 free	52	Boys 9-10 50 fly
20	Boys 8&UN 25 free	53	Girls 11-12 50 fly
21	Girls 9-10 50 free	54	Boys 11-12 50 fly
22	Boys 9-10 50 free	55	Girls 13-14 100 fly
23	Girls 11-12 50 free	56	Boys 13-14 100 fly
24	Boys 11-12 50 free	57	Girls Senior 100 fly
25	Girls 13-14 100 free	58	Boys Senior 100 fly
26	Boys 13-14 100 free	59	Girls 8&UN 100 Medley Relay
27	Girls Senior 100 free	60	Boys 8&UN 100 Medley Relay
28	Boys Senior 100 free	61	Girls 9-10 200 Medley Relay
29	Girls 8&UN 25 breast	62	Boys 9-10 200 Medley Relay
30	Boys 8&UN 25 breast	63	Girls 11-12 200 Medley Relay
31	Girls 9-10 50 breast	64	Boys 11-12 200 Medley Relay
32	Boys 9-10 50 breast	65	Girls 13-14 200 Medley Relay
33	Girls 11-12 50 breast	66	Boys 13-14 200 Medley Relay
		67	Girls Senior 200 Medley Relay
		68	Boys Senior 200 Medley Relay