

**2010 NC BLUE RIDGE SWIM LEAGUE
HICKORY, N.C.
November 20th, 2010**

HOST: Catawba Valley Aquatic club

SANCTION: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc., Sanction# NC10132.

FACILITY: The pool is on the campus of Lenoir Rhyne University. It is 25 yards long with 6 seven foot lanes with Paragon starting platforms. The starting end is 12 feet deep and the turn end is 3.5 feet deep. There is a separate gym for swimmers to relax in between events. We may use a electronic timing system if it arrives in time.

RULES: The meet will be conducted in accordance with the current USA Swimming Code, NCS Official Handbook and NCS Safety Program except where rules therein are optional and exceptions are herein Stated.

CLASSIFICATION: This is a closed league competition open to USA Swimming registered members. The following teams will participate - GG,SAC,SCSC, and RCST

ENTRIES: Submit entries either in writing OR ON Hy-Tek Disk. List swimmers ages on November 21st. A copy of the Official team roster as furnished by NCS must accompany the entries.

ENTRY LIMIT: Each swimmer my swim 3 individual events.

ENTRY DEADLINE: Entries must be in by November 12, 2010. Send entries via email, snail mail, or fax using Hy-tek team manager files.

AWARDS: Ribbons 1st thru 6th.

SCORING: USA Swimming scoring system for 6 lane pools.

COACHES AND OFFICIALS: Meeting on the deck at 8:50 am.

WARM-UP: General warm-up for 45 minutes and specific warm-up the last 15 minutes. Warm-ups start at 8:00 am. Warm-ups shall be conducted according to the NCS Safety Program and shall be supervised at all times. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated.

MEET DIRECTOR: Paul Schiffel

MEET REFEREE: Gaye Watts

MEET MARSHALL: Todd Blatchford

RELEASE STATEMENT: "USA Swimming, Inc., North Carolina Swimming, Inc., Lenoir Rhyne College, and Catawba Valley Aquatic 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."

COACHES: 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.

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 with the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Catawba Valley 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 any 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 Catawba Valley Aquatic Club's ability to accommodate all requests

ORDER OF EVENTS: Previously stated for BRSL Quad Meets.

SEND ENTRIES TO: Paul Schiffel FAX (828) 256-4116
4608 33rd St. Dr. NE Email: coachpaul@cvacswimming.org
Hickory, N.C. 28601