

## 2010 NC ASC/Sanford Squids Dual Meet

December 18th, 2010

- Sanction:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC10137.
- 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.
- ASC welcomes all swimmers with disabilities as described in USASwimming's Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that will require any accommodations must 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 and/or registered service animals. Failure to provide advance notice may limit ASC's ability to accommodate requests.
- 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	12 & Over 200 free	8
9	8 & Under 25 breast	10
11	8-12 50 breast	12
13	12 & Over 100 breast	14
15	12 and Over 200 breast	16
17	8 & Under 100 free relay	18
19	9-10 200 free relay	20
21	11-12 200 free relay	21
23	13 & Over 200 free relay	24
25	8 & Under 25 fly	26
27	8-12 50 fly	28
29	12 & Over 100 fly	30
31	12 & Over 200 fly	32
33	12 & Under 100 IM	34
35	11 & Over 200 IM	36
37	8 & Under 25 back	38
39	8-12 50 back	40
41	12 & Over 100 back	42
43	12 & over 200 back	44
45	Open 500 free	46