

2011 NC Sharks Aquatics Quad Meet
Blue Ridge Swim League
Kathryn M. Neisler Natatorium, Kings Mountain, NC
January 8th, 2011

Sanction: Held under the sanction of the United States Swimming Inc.
Issued by North Carolina Swimming Inc. Sanction# NC11004.

Site information: Competition Pool, 25 Yards, 6 lanes, indoor pool. The pool depth ranges from 3 1/2 ft. to 10 ft., with 5 foot wide lanes separated with four (4) inch competitor anti-wave lane lines. An electronic timing/starting system (Colorado Fully Automatic) is used with a 6 lane display board readout. Stainless steel blocks are permanently mounted, 3 feet above the water line, in the deep end of the pool. The pool is not certified with USA Swimming.

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

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.

SAC 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 SAC's ability to accommodate all requests.

Classification: Closed League Meet

Eligibility: All swimmers must be registered with the USA Swimming Inc.

Entries: Please List swimmer's age as of January 8th, 2011. Submit entries by e-mail or on diskettes if at all possible (Hy-Tek). There will be no on deck registration at this meet.

Entry Limit: Swimmers may enter up to three (3) individual events plus two (2) relays.

Entry Deadline: Entries must be received by 5:00 p.m. Wednesday, December 29th 2010. Late entries will be allowed at the discretion of the meet director. Late entries may be accepted at the discretion of the Meet Director. No telephone or fax entries will be accepted.

Entry fees: \$10/swimmer

Seeding: All events will be pre-seeded

Mail Entries To: A check payable to Sharks Aquatics Club must accompany entries.
Send check and entries to:

David Messenger
802 Meadowbrook Rd.
Kings Mountain NC 28086
Phone# 704-907-1983
E-mail: sharks_coachdave@yahoo.com

Awards: Individual heat winner ribbons will be given to each individual heat winner. Ribbons will be distributed for 1st place through 6th place and relays 1st through 3rd place. For open 50 yards events, ribbons will be given for 10 & under, 11-12 and 13 and over. For open 100 yard events, ribbons will be given for 12 and under, 13-14 and 15 and over.

Scoring: All events are timed finals

Warm ups Start: 8:00 A.M.

Meet Starts: 9:00 A.M.

Officials Meeting: 8:30 A.M. in the Hospitality Room (lifeguard office).

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 horse play will be tolerated. No glass containers or bottles are allowed in pool area. Only registered swimmers allowed in pool.

Coaches Meeting: Scheduled when deemed necessary

Meet Director: David Messenger (704-907-1983)

Meet Referee: Jim Riggs (704-418-0069)

Meet Marshall: Curtis Hopper (704-865-5488)

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.

Hospitality: The hospitality area will be open to all coaches and officials. Concession will be available to all swimmers and parents.

*Release Statement: "USA Swimming, Inc., North Carolina Swimming, Inc., and Sharks Aquatics 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.

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	12 & Under 200 Free Relay	6
7	14 & Under 200 Free Relay	8
9	Senior 200 Free Relay	10
11	8 & Under 100 IM	12
13	10 & Under 100 IM	14
15	11-12 100 IM	16
17	13-14 200 IM	18
19	Senior 200 IM	20
21	Open 25 Free	22
23	12 & Under 50 Free	24
25	Open 100 Free	26
27	Open 25 Breast	28
29	12 & Under 50 Breast	30
31	Open 100 Breast	32
33	Open 25 Back	34

35	12 & Under 50 Back	36
37	Open 100 Back	38
39	Open 25 Fly	40
41	12 & Under 50 Fly	42
43	Open 100 Fly	44
45	8 & Under 100 Med Relay	46
47	10 & Under 200 Med Relay	48
49	12 & Under Medley Relay	50
51	14 & Under 200 Med Relay	52
53	Senior 200 Medley Relay	54