

ASC/Barracuda/SMAC/GSA Quad-meet

March 12-13, 2011

- Sanction:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC11054.
- 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:** Closed 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.
- All swimmers must be registered with Asheville Swim Club, Barracuda Swim Club, Smokey Mountain Aquatic Club or Greensboro Swim Association.
- 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
- Times:** 11:00 am warmup, 12:00 pm meet start Saturday. There will be a 30 minute break after the end of Session I before a 30 minute warmup for session II. Sunday morning 9:00 am warmup, 10:00 am meet start.
- 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.

Meet Events ASC-Barracuda-SMAC Tri-meet

Session 1

1	8 & under 25 free	2
3	9-10 100 free	4
5	11-12 100 free	6
7	13 & over 100 free	8
9	8 & under 25 breast	10
11	9-10 50 breast	12
13	11-12 50 breast	14
15	13 & over 200 breast	16
17	8 & under 25 fly	18
19	9-10 100 fly	20
21	11-12 100 fly	22
23	13 & over 100 fly	24
25	8 & under 25 back	26
27	9-10 50 back	28
29	11-12 50 back	30
31	13 & over 200 back	32
33	8 & under 100 F.R.	34
35	10 & under 200 F.R.	36
37	11-12 200 F.R.	38
39	Open 200 F.R.	40
41	12 & under 100 IM	42
43	Open 400 IM	44

Session 2

45	12 & under 500 free	46
47	Open 1000 free	48

Session 3

49	8 & under 50 free	50
51	9-10 50 free	52
53	11-12 50 free	54
55	13 & over 50 free	56
57	8 & under 50 Breast	58
59	9-10 100 breast	60
61	11-12 100 breast	62
63	13 & over 100 breast	64
65	8 & under 50 fly	66
67	9-10 50 fly	68
69	11-12 50 fly	70
71	13 & over 200 fly	72
73	8 & under 50 back	74
75	9-10 100 back	76
77	11-12 100 back	78
79	13 & over 100 back	80
81	8 & under 100 M.R.	82
83	9-10 200 M.R.	84
85	11-12 200 M.R.	86
87	Open 200 M.R.	88
89	Open 200 free	90
91	12 & under 200 IM	92
93	13 & over 200 IM	94

