

**Blue Ridge Swim League**  
**Fall Kickoff Meet**  
**Oct. 3<sup>rd</sup> , 2009**

<b>LOCATION</b>	William B. Stronach, Jr. Aquatic and Fitness Center 1031 Jim Barger Rd Lenoir, NC 28645
<b>DATE/TIME</b>	Saturday, Oct. 3 <sup>rd</sup> , 2009. Warm-ups 8:00-8:50am, and the meet starts at 9:00am. There will be a coaches meeting at 8:50 in main hall.
<b>FACILITY</b>	Competition Pool, 25 yards, with 6 lanes which are 7 ft. wide, depths ranging from 4 to 11 feet, equipped with non-turbulent lane lines and Paddock starting blocks. A Colorado electronic timing system with one-line scoreboard will be used. Stopwatches will be used for backup times.
<b>RULES</b>	“The meet will be conducted in accordance with the current USA Swimming Rules & Regulations and the NCS Official Handbook and NCS Safety Program, except where rules therein are optional and exceptions are herein stated. <i>“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.”</i>
<b>OFFICIALS</b>	Officials meeting will be held at 8:15 in main hall.
<b>SANCTION</b>	Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. <b>Sanction</b> #NC09104
<b>CLASSIFICATION</b>	<b>Closed league</b> (Blue Ridge Swim League), USA swimming sanctioned meet.
<b>ELIGIBILITY</b>	Must be members of USA Swimming. Also, all swimmers must be current members in good standing of the Blue Ridge Swim League to be eligible to swim in this meet.
<b>SAFETY</b>	The North Carolina Swimming Safety Guidelines will be in effect during this meet. Coaches are advised to supervise their swimmers at all times. Absolutely no running or horseplay will be tolerated.
<b>RELEASE STATEMENT</b>	"USA Swimming, Inc., North Carolina Swimming, Inc., Swim Lenoir, and the William B. Stronach, Jr. Aquatic and Fitness Center 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 meet."

- ENTRIES** Entries must be submitted using HY-TEK Team Manager. Entries should be e-mailed to [king420@charter.net](mailto:king420@charter.net) . List ages of swimmers as of October 3<sup>rd</sup> , 2009.
- ENTRY LIMIT** Swimmers may enter a maximum of three (3) individual events and two (2) relay events. Late Entries may be accepted at the discretion of the Meet Director and will not be seeded. There will be a \$10 charge for late entries.
- ENTRY DEADLINE** **All entries must be received no later than midnight Thursday, September 24<sup>th</sup> , 2009.**
- SEND ENTRIES TO** [king420@charter.net](mailto:king420@charter.net)
- ENTRY FEES** Fees will be \$10.00 per swimmer. Make check payable to **Swim Lenoir**. Entry fees are **non-refundable**.
- AWARDS** Ribbons will be given 1<sup>st</sup> thru 6<sup>th</sup> place for individual events and 1<sup>st</sup> thru 3<sup>rd</sup> place for relay events.
- SCORING** Individual events will be scored thru six places (7,5,4,3,2,0) . Relays will be scored thru 3 places (14, 10, 8).
- WARM-UPS** Warm-ups begin at 8:00 am. “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.”
- MEET DIRECTOR** Todd King
- MEET REFEREE** Bob Esch
- MEET MARSHALL** DJ Brown

# 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	11-12 200 Free Relay	6
7	13-14 200 Free Relay	8
9	Senior 200 Free Relay	10
11	10-Under 100M	12
13	11-12 100 IM	14
15	13-14 200 IM	16
17	Senior 200 IM	18
19	8-Under 25 Free	20
21	10-Under 50 Free	22
23	11-12 50 Free	24
25	13-14 100 Free	26
27	Senior 100 Free	28
29	8-Under 25 Breast	30
31	10-Under 50 Breast	32
33	11-12 50 Breast	34
35	13-14 100 Breast	36
37	Senior 100 Breast	38
39	8-Under 25 Back	40
41	10-Under 50 Back	42
43	11-12 50 Back	44
45	13-14 100 Back	46
47	Senior 100 Back	48
49	8-under 25 Fly	50
51	10-Under 50 Fly	52
53	11-12 50 Fly	54
55	13-14 100 Fly	56
57	Senior 100 Fly	58
59	8-Under 100 Medley Relay	60
61	10-Under 200 Medley Relay	62
63	11-12 200 Medley Relay	64
65	13-14 200 Medley Relay	66
67	Senior 200 Medley Relay	68