

ASC-SMAC-BHRC Tri Meet

Dec 17th, 2016

- Sanction:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. **Sanction #NC16210**
- Site:** Asheville School Pool, Asheville School, Asheville NC. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. 10 ft depth at starting end of pool, 4 ft depth at turning end, 7 ft wide lanes, Paragon starting blocks, Daktronics timing system with backup buttons.
- Rules:** The meet will be conducted in accordance with the current USA Swimming Rules & Regulations and the NCS Safety Program. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Deck changes are prohibited.
- Class:** Closed Tri Meet
- 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, Smokey Mountain Aquatic Club, Brevard Health and Racquet Club.
- Disabilities:** ASC welcomes all swimmers with disabilities as described in USA Swimming'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
- Entries:** Must be received by Wednesday, Dec 7th at 3:00 pm. Entries will only be accepted as TM files by e-mail only.
- Entry Limit:** 4 individual events and one relay.
- Events:** See attached
- Times:** 7:30 am warm-up, 9:00 am meet start.

Scoring: None

Awards: None

Warm-ups: Warm-ups 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.

Racing Start: 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.

Certification: 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.

Release: USA Swimming Inc., North Carolina Swimming Inc., and Asheville Swim Club, their coaches, employees and agents 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 e-mail: ashevilleswim@bellsouth.net

Meet Referee: Matt Butler e-mail: butlerconinc@gmail.com

Meet Marshals: Carol Bowers, Fred Bowers, Heather Butler

Coaches' Meeting: Coaches' meeting will be held on deck ten minutes before the beginning of warm-up.

Official's Briefing: There will be an official's briefing on deck fifteen minutes before the beginning of the meet.

Warm-up Break: The referee and the coaches will agree on three or four 5 minute warm-ups during the meet. These breaks will be chosen during the coaches' meeting.

Order of Events

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