

**BLUE RIDGE SWIM LEAGUE  
HICKORY, N.C.  
NOVEMBER 17, 2018**

**HOST:** Catawba Valley Aquatic club

**SANCTION:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. **Sanction #NC18134**

**FACILITY:** The pool is on the campus of Lenoir Rhyne University. It is 25 yards long with 6 seven-foot lanes with Paragon starting platforms. The starting end is 12 feet deep and the turn end is 3.5 feet deep. There is a separate gym for swimmers to relax in between events. We will use electronic timing system and scoreboard. The competition course is not certified in accordance with 104.2.2(4).

**RULES:** The meet will be conducted in accordance with the current USA Swimming Rules and Regulations and NCS Safety Program except where rules therein are optional, and exceptions are herein stated. Use of audio visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Deck changes are prohibited. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

**CLASSIFICATION:** This is a closed league competition open to USA Swimming registered members and members of BRSL clubs.

**ELIGIBILITY:** All swimmers must be registered with USA Swimming, Inc. and members BRSL clubs listed above. No on deck registration will be offered at this meet.

**ENTRIES:** Submit entries either in writing OR ON Hy-Tek Disk. List swimmers ages on November 17, 2018. A copy of the Official team roster as furnished by NCS must accompany the entries.

**ENTRY LIMIT:** Each swimmer may swim 3 individual events.

**BRSL ASSESSMENT:** \$15 per swimmer.

**ENTRY DEADLINE:** Entries must be in by November 11, 2018. Send entries via email, snail mail, or fax using Hy-tek team manager files.

**AWARDS:** Ribbons 1<sup>st</sup> thru 6<sup>th</sup>.

**SCORING:** USA Swimming scoring system for 6 lane pools.

**COACHES AND OFFICIALS:** Meeting on the deck at 8:50 am.

**CREDENTIALS:** All coaches and officials on deck must be registered and certified with USA Swimming and will be required to show proof of such to the meet referee by displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented.

**WARM-UP:** General warm-up for 45 minutes and specific warm-up the last 15 minutes. Warm-ups start at 8:00 am. Warm-ups shall be conducted according to the NCS Safety Program and shall be supervised at all times.

**SAFETY:** Coaches are required to closely supervise at their swimmers at all times. NO running or horseplay will be tolerated.

In- water starts will be used for 100 relay legs and individual events that start from the 3.5-foot end.

**MEET DIRECTOR: Paul Schiffel –coachpaul@cvacswimming.org**

**MEET REFEREE: Roy McRea – roymcrea@yahoo.com**

**MEET MARSHAL: Mandy Burgess**

**RELEASE STATEMENT:** USA Swimming, Inc., North Carolina Swimming, Inc., Lenoir Rhyne University and Catawba Valley Aquatic 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.

**MEDIA RELEASE:** All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

**RACING STARTS:** 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 with the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**SWIMMERS WITH DISABILITIES:** Catawba Valley Aquatic Club 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 Catawba Valley Aquatic Club's ability to accommodate all requests

**ORDER OF EVENTS:** See Attached

**SEND ENTRIES TO:** Paul Schiffel                      FAX (828) 256-4116  
475-E 26<sup>th</sup> Ave. NE              Email: coachpaul@cvacswimming.org  
Hickory, N.C. 28601

## BRSL ORDER OF EVENTS

Warm ups at 8 am Competition at 9 am

FEMALE	EVENTS	MALE
1	10-UNDER 100 IM	2
3	11-12 100 IM	4
5	13-14 200 IM	6
7	15-18 200 IM	8
9	8-UNDER 100 FREE RELAY	10
11	10-UNDER 200 FREE RELAY	12
13	12-UNDER 200 FREE RELAY	14
15	14-UNDER 200 FREE RELAY	16
17	18-UNDER 200 FREE RELAY	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	15-18 100 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	15-18 100 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	15-18 100 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	15-18 100 FLY	58
59	8-UNDER 100 MEDLEY RELAY	60
61	10-UNDER 200 MEDLEY RELAY	62
63	12-UNDER 200 MEDLEY RELAY	64
65	14- UNDER 200 MEDLEY RELAY	66
67	18-UNDER 200 MEDLEY RELAY	68