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A BRS� Closed League Quad Meet

For PAC, NMA, QCD, and AQTC

Hosted by North Piedmont Aquatic Club (PAC)

November 10, 2018

Held at the Edward M. Armfield Civic Center, 873 W 52 Bypass, Pilot Mountain, NC 27041

Held under the sanction of USA Swimming, Inc. issued by North Carolina Swimming, Inc.

Sanction #NC18186

MEET DIRECTOR	MEET ENTRY COORDINATOR
Leah Tunstall (336) 429-8209 swim4pac@gmail.com	Leah Tunstall 459 Welch Rd. Mount Airy, NC 27030 (336) 429-8209 swim4pac@gmail.com
MEET REFEREE	MEET MARSHAL
Jeff Tunstall (336) 401-3049 jeffrey.tunstall@gmail.com	Leah Tunstall (336) 429-8209 swim4pac@gmail.com

FACILITY

The Edward M. Armfield Civic Center has an eight-lane 25 yard indoor pool with 7ft. wide non-turbulent lanes, a Daktronics timing system complete with eight lane scoreboard and touch pads. The pool is equipped with Paragon starting platforms and is 8 ft. deep at the start end and 4 ft. deep at the turn end. The competition course has not been certified in accordance with 104.2.2C(4). Free parking for the meet is available in the gravel parking lot behind the facility.

MEET FORMAT

This is a single session, timed final, closed league, Age Group competition.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	8:00-8:50 AM	9:00 AM	All

DEADLINE AND MEETING SUMMARY

Day, Date	Time	For:
Thursday, November 1, 2018	5:00 PM	Entry Deadline
Saturday, November 10, 2018	8:10 AM	Officials Meeting
Saturday, November 10, 2018	8:50 AM	Coaches Meeting

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 horseplay will be tolerated.

RACING STARTS

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by an 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.

- RULES** The meet will be conducted in accordance with the current USA Swimming Rules & Regulations, except where rules therein are optional and exceptions are stated. 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. 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.
- ELIGIBILITY** All swimmers must be registered with USA Swimming, Inc. and members of the Blue Ridge Swim League (BRSL). Swimmers must be registered prior to the entry deadline. There will be no on deck registration available at this meet.
- SWIMMERS WITH DISABILITIES** North Piedmont 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 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 North Piedmont Aquatic Club's ability to accommodate all requests.
- ENTRIES** Entries submitted in Hy-Tek format require no hard copy entry forms. E-mail is preferred for electronic entries, however, disks are also acceptable. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline. A swimmer's age on the first day of the meet will determine his/her age for the entire meet. All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge.
- ENTRY LIMITATIONS** Swimmers may enter 3 individual events and two relays.
- ENTRY VERIFICATION** An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.
- ENTRY DEADLINES** The Meet Entry Coordinator must receive entries by Thursday, November 1, 2018 at 5:00 PM. Late entries may be accepted at the discretion of the Meet Director.
- ENTRY FEES** \$15.00 per swimmer payable to North Piedmont Aquatic Club. Entry fees are non-refundable.
- SEEDING** The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order.
- CHECK-IN** Positive Check-in is not required for this competition

SCRATCHES	There will be no penalty for scratching pre-seeded events at the block.
SCORING	Individual Events: 9-7-6-5-4-3-2-1 Relay Events: 18-14-12-10-8-6-4-2
AWARDS	Individual Events - Ribbons 1 st through 8 th place. No relay awards will be given.
RESULTS	At the conclusion of the meet, teams may obtain Hy-tek backups via email.
COACHES	All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches meetings.
OFFICIALS/TIMERS/ VOLUNTEERS	There will be a need for officials. North Piedmont Aquatic Club welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. All 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. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.
HOSPITALITY/ CONCESSIONS	There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.
WARM-UP	In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/down (if available). There is to be no diving or horseplay in this area.
WAIVER/RELEASE	As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. North Piedmont Aquatic Club, The Edward M. Armfield Civic and Recreation Center, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You

acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

IMAGE 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.

Order of Events

1	Girls 8&UN 100 Free Relay	34	Boys 11-12 50 breast
2	Boys 8&UN 100 Free Relay	35	Girls 13-14 100 breast
3	Girls 9-10 200 Free Relay	36	Boys 13-14 100 breast
4	Boys 9-10 200 Free Relay	37	Girls Senior 100 breast
5	Girls 11-12 200 Free Relay	38	Boys Senior 100 breast
6	Boys 11-12 200 Free Relay	39	Girls 8&UN 25 back
7	Girls 13-14 200 Free Relay	40	Boys 8&UN 25 back
8	Boys 13-14 200 Free Relay	41	Girls 9-10 50 back
9	Girls Senior 200 Free Relay	42	Boys 9-10 50 back
10	Boys Senior 200 Free Relay	43	Girls 11-12 50 back
11	Girls 10&UN 100 IM	44	Boys 11-12 50 back
12	Boys 10&UN 100 IM	45	Girls 13-14 100 back
13	Girls 11-12 100 IM	46	Boys 13-14 100 back
14	Boys 11-12 100 IM	47	Girls Senior 100 back
15	Girls 13-14 200 IM	48	Boys Senior 100 back
16	Boys 13-14 200 IM	49	Girls 8&UN 25 fly
17	Girls Senior 200 IM	50	Boys 8&UN 25 fly
18	Boys Senior 200 IM	51	Girls 9-10 50 fly
19	Girls 8&UN 25 free	52	Boys 9-10 50 fly
20	Boys 8&UN 25 free	53	Girls 11-12 50 fly
21	Girls 9-10 50 free	54	Boys 11-12 50 fly
22	Boys 9-10 50 free	55	Girls 13-14 100 fly
23	Girls 11-12 50 free	56	Boys 13-14 100 fly
24	Boys 11-12 50 free	57	Girls Senior 100 fly
25	Girls 13-14 100 free	58	Boys Senior 100 fly
26	Boys 13-14 100 free	59	Girls 8&UN 100 Medley Relay
27	Girls Senior 100 free	60	Boys 8&UN 100 Medley Relay
28	Boys Senior 100 free	61	Girls 9-10 200 Medley Relay
29	Girls 8&UN 25 breast	62	Boys 9-10 200 Medley Relay
30	Boys 8&UN 25 breast	63	Girls 11-12 200 Medley Relay
31	Girls 9-10 50 breast	64	Boys 11-12 200 Medley Relay
32	Boys 9-10 50 breast	65	Girls 13-14 200 Medley Relay
33	Girls 11-12 50 breast	66	Boys 13-14 200 Medley Relay
		67	Girls Senior 200 Medley Relay
		68	Boys Senior 200 Medley Relay