

BLUE RIDGE SWIM LEAGUE
HICKORY, N.C.
February 14, 2015

HOST: Catawba Valley Aquatic club

SANCTION: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. **Sanction #NC15000**

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 new scoreboard, if it arrives in time. 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. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

CLASSIFICATION: This is a closed league competition open to USA Swimming registered members. The following teams will participate - GG, NOMAD, AQUATECHS, BAD FISH, and EXCELL

ELIGIBILITY: All swimmers must be registered with USA Swimming, Inc.

ENTRIES: Submit entries either in writing OR ON Hy-Tek Disk. List swimmers ages on February 14, 2015. 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: \$10 per swimmer.

ENTRY DEADLINE: Entries must be in by February 7, 2015. Send entries via email, snail mail, or fax using Hy-tek team manager files.

AWARDS: Ribbons 1st thru 6th.

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. Meet Management will require all coaches and officials to show proof of certification/registration. Coaches and officials will prominently display their registration cards while on deck.

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.

SAFETY: The NCS Safety Program is in effect for this meet. Coaches are required to closely supervise at their swimmers at all times. NO running or horseplay will be tolerated.

MEET DIRECTOR: Paul Schiffel –coachpaul@cvacswimming.org

MEET REFEREE: Wendy Goodwin - 10nisgirl@gmail.com

MEET MARSHALL: Doug Leatherman

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.

COACHES: 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.

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 26th 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