

ASC-SMAC Distance Meet

Oct 9th, 2016

- Sanction:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. **Sanction #NC16178**
- 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.
- 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 Dual 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 or Smokey Mountain Aquatic Club.
- No on deck registration is available at this meet.
- 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 Thursday September 29<sup>th</sup>, 2016 at 3:00 pm. Entries will only be accepted as TM files by e-mail.
- Entry Limit:** 2 events.
- Events:** See attached

**Times:** 7:45 am warm-up, 9:00 am meet start on Sunday October 9<sup>th</sup>, 2016.

**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 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: [ashvilleswim@bellsouth.net](mailto:ashvilleswim@bellsouth.net)

**Meet Referee:** Matt Butler e-mail: [butlerconinc@gmail.com](mailto: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 one or two 5 minute warm-ups during the meet. These breaks will be chosen during the coaches' meeting.

## Order of Events

1	12 & Under 500 free	2
3	Open 1000 free	4
5	Open 400 IM	6