

**BLUE RIDGE SWIM LEAGUE
HICKORY, N.C.
November 22, 2008**

HOST: Catawba Valley Aquatic club

SANCTION: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc., Sanction#NC08115

FACILITY: The pool is on the campus of Lenoir Rhyne College. It is 25 yards long and 6 lanes wide. There is a separate gym for swimmers to relax in between events.

RULES: The meet will be conducted in accordance with the current USA Swimming Code, NCS Official Handbook and NCS Safety Program except where rules therein are optional and exceptions are herein Stated.

CLASSIFICATION: This is a closed league competition open to USA Swimming registered members.

ENTRIES: Submit entries either in writing OR ON Hy-Tek Disk. List swimmers ages on November 22nd. A copy of the Official team roster as furnished by NCS must accompany the entries.

ENTRY LIMIT: Each swimmer may swim 3 individual events.

ENTRY DEADLINE: Entries must be in by November 12, 2008. 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.

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. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated.

MEET DIRECTOR: Paul Schiffel

MEET REFEREE: Sam Choate

MEET MARSHALL: Glenn Wlater

RELEASE STATEMENT: "USA Swimming, Inc., North Carolina Swimming, Inc., Lenoir Rhyne College, 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.

ORDER OF EVENTS: Previously stated for BRSL Quad Meets.

SEND ENTRIES TO: Paul Schiffel FAX (828) 256-4116
4608 33rd St. Dr. NE Email: coachpaul@cvaacswimming.org
Hickory, N.C. 28601

BRSL ORDER OF EVENTS

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 200 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 200 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