

BRSL/CVAC TURKEY INVITE
Catawba Valley Aquatic Club (CVAC)
November 23, 2024
Held at Lenoir Rhyne University, Hickory, NC
625 Stasavich Pl

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC24203

MEET DIRECTOR	MEET ENTRY COORDINATOR
Paul Schiffel coachpaul@cvacswimming.org	Paul Schiffel coachpaul@cvacswimming.org
MEET REFEREE	MEET MARSHAL
James Keil Jkeil416@gmail.com	Courtney Schiffel Scott Schiffel

FACILITY and HOST TEAM REQUIREMENTS *CVAC has discussed specific health and safety procedures with the venue management. At this time, the facility and CVAC have no additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet.*

SPECTATOR LIMITATIONS and PROTOCOLS *Spectators are allowed.*

PARENTAL ACCESS *Parents will have access to their children during the meet.*

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 Daktronics electronic timing system and scoreboard. Electronic timing system will be supported by two buttons and two watches per lane, with each timer operating one button and one watch. CVAC will ensure the correct competition course dimensions.

Medical help available if necessary at meet with trained lifeguards, coaches with safety training, orthopedic physician's assistant parent at meet, close proximity to Urgent Care and a major medical center.

MEET FORMAT This is a closed Blue Ridge Swim League Timed Finals meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday, Nov. 23, 2024	8:00 AM	9:00 AM	All

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Sunday, Nov 17th, 2024	10:00 pm	Entry deadline

Saturday, Nov 23, 2024	8:50 am	Official Briefings
Saturday, Nov 23, 2024	8:50 am	Coaches/General Meeting
Saturday, Nov. 23, 2024	8:30 am	Timer Briefing

RULES

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated.

TECHNICAL SUIT BAN for 12&Us Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.

A Technical Suit is one that has the following components:

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

MAAPP

All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of a backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer's guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer's team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. and the Blue Ridge Swim League, and must be members of CVAC, GG, RCST, or MSC. All Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to entry deadline. Entries listed as "Registration Applied For" will not be accepted. **There will be no on deck registration available at this meet.**

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

CVAC 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 CVAC's ability to accommodate all requests.

ENTRIES

Submit entries either in writing or on Hy-Tek Disk to Paul Schiffel, 475 26th Ave. NE, Unit E, Hickory, NC 28601 Email: coachpaul@cvacswimming.org. List swimmer's ages as of Nov 23, 2024. A copy of the official team roster as furnished by NCS must accompany all entries.

ENTRY LIMITATIONS

Swimmers may swim a maximum of three 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 the date and time listed in the Deadline and Meeting Summary. No late entries will be accepted. There will be no on deck entries.**

ENTRY FEES

Make checks payable to: CVAC ; All fees are non-refundable	
BRSL Fee	\$20.00 per swimmer
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers

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 All events will be pre-seeded and there will be no positive check-in.

SCRATCHES There will be no penalty for scratching pre-seeded events at the block.

SCORING USA Swimming scoring system for 6 lane pools.

AWARDS Ribbons 1st thru 6th

RESULTS Results will be posted on the CVAC website within 24 hours of the meets conclusion. At the conclusion of the meet, teams may obtain Hy-Tek backups either on a memory stick or via email attachment.

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. **CVAC** welcomes and encourages anyone willing to volunteer. Volunteering Officials should contact the Meet Referee by email **prior to the meet**. All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet/session. There will be a meeting at the day(s)/time(s) listed in the "Deadline and Meeting Summary" above.

Meetings may be in-person at the meet or virtual in advance and assignments may be communicated electronically prior to each session. All officials are strongly encouraged to complete an individual personal review of applicable USAS rules prior to the meet. Officials should report at the time specified by the Meet Referee and bring a mask (if necessary) and a writing utensil.

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.

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. CVAC, Lenoir Rhyne University, 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.

BRSL ORDER OF EVENTS
Warm ups at 8 am Competition at 9 am

FEMALE	EVENT	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	11-12 200 Free Relay	14
15	13-14 200 Free Relay	16
17	15-18 200 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	11-12 200 Medley Relay	64
65	13-14 200 Medley Relay	66
67	15-18 200 Medley Relay	68

**CVAC Blue Ridge Swim Meet
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to HOST TEAM):

Coach PAUL Schiffel

Head Coach

Lenoir Rhyne University and Catawba Valley Aquatic Club

828-310-3924

Hickory, NC

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$20.00 per swimmer	
Travel Fund Surcharge		\$3.00 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. CVAC, Lenoir Rhyne University, 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. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my 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.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE