

**BLUE RIDGE SWIM LEAGUE  
HICKORY, N.C.  
November 17, 2007**

**HOST:** Catawba Valley Aquatic club

**SANCTION:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc., Sanction# NC07100.

**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 Rules and Regulations, 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 18<sup>th</sup>. 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 9, 2007. Send entries via email, snail mail, or fax using Hy-tek team manager files.

**AWARDS:** Ribbons 1<sup>st</sup> thru 6<sup>th</sup>.

**SCORING:** USA Swimming scoring system for 6 lane pools.

**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.

**MEET DIRECTOR:** Paul Schiffel

**MEET REFEREE:** Sam Choate

**MEET MARSHALL:**

**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."

**ORDER OF EVENTS:** Previously stated for BRSL Quad Meets.

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