

Swim Lenoir Fall Sizzler

October 19, 2007

- LOCATION** William B. Stronach, Jr. Aquatic and Fitness Center
1031 Jim Barger Rd
Lenoir, NC 28645
- DATE/TIME** Friday, October 19, 2007. Warm-ups begin at 5:00pm, and the meet starts at 6:00pm. There will be a coaches and officials meeting at 5:50 pm.
- FACILITY** Competition Pool with 6 lanes, depths ranging from 4 to 11 feet, equipped with non-turbulent lane lines and Paddock starting blocks. A Colorado electronic timing system with one-line scoreboard will be used. Stopwatches will be used for backup times.
- RULES** The meet will be conducted in accordance with the current USA Swimming Official Handbook and the NCS Safety Program.
- SANCTION** Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. **Sanction #**
- CLASSIFICATION** **Open NCS timed final event. Time restrictions of B times and slower for all events.**
- ELIGIBILITY** All swimmers must be properly registered with USA Swimming, Inc.
- SAFETY** The North Carolina Swimming Safety Guidelines will be in effect during this meet. Coaches are advised to supervise their swimmers at all times. Absolutely no running or horseplay will be tolerated.
- RELEASE STATEMENT** "USA Swimming, Inc., North Carolina Swimming, Inc., Swim Lenoir, and the William B. Stronach, Jr. Aquatic and Fitness Center 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 meet."
- ENTRIES** Entries must be submitted using HY-TEK Team Manager. Entries should be e-mailed to king420@charter.net . List ages of swimmers as of October 19, 2007.
- ENTRY LIMIT** Swimmers may enter a maximum of three (3) individual events. Late Entries may be accepted at the discretion of the Meet Director and will not be seeded. Entry fees are double for late entries.
- ENTRY DEADLINE** **All entries must be received no later than midnight Thursday, October 10, 2007.**
- SEND ENTRIES TO** king420@charter.net

ENTRY FEES	\$2.00 per individual event. \$2.00 NC Travel Fund per swimmer \$3.00 per swimmer facility fee. Make check payable to Swim Lenoir . Entry fees are non-refundable .
AWARDS	Ribbons will be given 1 st thru 6 th place for individual events . Heat Winner ribbons will be awarded.
SCORING	No individual or team scores will be kept.
WARM-UPS	Warm-ups begin at 5:00 pm. Warm-ups will be conducted according to the NCS Safety Program and shall be supervised.
MEET DIRECTOR	Todd King
MEET REFEREE	Bob Esch/Sam Choate
MEET MARSHALL	DJ Brown