



GCY Long Course Trials for Trials & First Chance Meet

Hosted by the Greensboro Community YMCA
 Saturday, April 4, 2015
 Held at Greensboro Aquatic Center
 1921 West Lee Street, Greensboro, NC 27435

Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Approved Meet #NC15056AP

<p>MEET DIRECTOR Angie Carr 336-266-6384 atcarr@triad.rr.com</p>	<p>MEET ENTRY COORDINATOR Cynthia Shannon 501 West Market Street Greensboro, NC 27401 336-478-9635 gcymakos@gmail.com</p>
<p>MEET REFEREE Todd Webber 336-207-0803 toddw0312@gmail.com</p>	<p>ADMINISTRATIVE REFEREE Cynthia Shannon 336-478-9635 cynthia.shannon@ymcagreensboro.org</p>
<p>MEET MARSHALL Brad Herndon 501 West Market Street Greensboro, NC 27401 336-478-9635 brad.herndon@ymcagreensboro.org</p>	

FACILITY

The Greensboro Aquatic Center is a state-of-the-art indoor facility with three pools which opened in August 2011. The main competition pool is 9-10 feet deep at both ends and will be configured into one 50M course with eight 9-foot wide lanes. All lanes feature non-turbulent lane lines and Colorado starting blocks. Eight lanes will be used for this competition. The Colorado electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. At least three lanes will be open for continuous warm up and down.

Seating for 1800 spectators is available.

Parking will be available for \$5 per day with unlimited entry and exit. Any coach or official who presents a 2015 USAS membership card or current YMCA certification to the gate attendant at the volunteer lot will receive free parking.

MEET FORMAT

This is an open, timed final meet. Session 1 will not be pre-seeded; session 2 will be pre-seeded.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	7:00 AM	8:00 AM	All ages
2	Saturday	Not before 12:00 PM	Not before 1:00 PM	All ages

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday, March 25	Midnight	Entry deadline
All Sessions	30 minutes prior to session start	Officials briefings
Saturday, April 4	6:45 AM	General Meeting
Saturday, April 4	7:30 AM	All changes for events that do not require positive check-in
Saturday, April 4	7:30 AM	Positive check-in for Session 1 400-meter Individual Medley 400-meter Freestyle 800-meter Freestyle 1500-meter Freestyle
Saturday, April 4	Session 2 start time	Positive check-in for Session 2 400-meter Individual Medley 400-meter Freestyle

SAFETY

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 in addition to the host team marshal.

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.

RACING STARTS

Any swimmer entered in the meet, unaccompanied by a USA Swimming or YMCA member coach, must be certified by a USA Swimming or YMCA member coach as being proficient in performing a racing start or 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. It is also the responsibility of the swimmer or the swimmer's guardian to request assignment from the Meet Director to a coach attending the meet if a coach from the swimmer's team is unable to attend.

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.
- All events will be swum as timed finals.
- The referee and meet management reserve the right to combine heats and/or events.
- Use of audio or visual recording devices, including cell phones, is

- not permitted in changing areas, rest rooms or locker rooms.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Within USA Swimming and the YMCA and first with unanimous agreement of the Meet Referee and the Meet Director, and then with unanimous agreement of all coaches attending the General Meeting, changes may be made to the format of the meet to improve competition and to accommodate unforeseen circumstances that arise after the meet is sanctioned.

ELIGIBILITY

- All swimmers must either have full privilege memberships at their YMCA AND/OR be registered with USA Swimming, Inc. 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.
- Swimmers ages will be determined as of April 4, 2015. Session 1 is open to those swimmers ages 12 and over only.
- Session 1 is open to swimmers who have achieved at least one of the 2015 YMCA Short Course Time Trial qualifying times or 2015 YMCA Long Course qualifying times as listed below in the meet information.
- Session 2 is open to all swimmers, no qualifying times are required.
- Times will be reported to USA Swimming. Coaches are asked to remove the USA Swimming ID from all swimmers not registered with USA Swimming. In addition, please provide a list of these swimmers with meet entries.

ENTRIES

Entries submitted in Hy-Tek format require no hard copy entry forms. Email is preferred for electronic entries. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline for entries to be considered complete. Entries will be entered in the order received. Unless entries are rejected, entry fees are non-refundable. The conforming time for this meet is LCM. Entries should be made with LCM times or converted SCY times.

ENTRY LIMITATIONS

Swimmers may swim a maximum of 3 individual events per session with a maximum of 5 individual events for the meet. Meet management reserves the right to limit the number of total entries to adhere to a 4-hour timeline. In addition all positive check-in events may be limited to the fastest 3 heats of women and fastest 3 heats of men of each event.

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 midnight on Wednesday, March 24, 2015. Late entries may be accepted at the discretion of the Meet Referee.

ENTRY FEES

Make checks payable to: Bryan Family YMCA All fees are non-refundable	
Individual Event	\$4.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$12.00 per swimmer
Late Entry Fee	\$8.00 per event

SEEDING

The conforming time standard for this meet is long course meters. Swimmers will be seeded and swum from slowest to fastest unless otherwise indicated. There will be a course conversion offered for this meet, done either automatically on the event entry file or at the coach's discretion. "No time (NT)" entries will not be accepted.

CHECK-IN

A positive check-in, located at clerk of course, will be required for the following events:

- 400-meter Individual Medley
- 400-meter Freestyle
- 800-meter Freestyle
- 1500-meter Freestyle

Swimmers who fail to check in will be scratched from the event and not seeded. Any swimmer who has checked in, been seeded and fails to complete in said event shall be barred from his/her next individual event. Swimmers must provide their own timers and counters for each positive check-in event (listed above).

In addition, all other events for Session 1 will be available at clerk of course during the check-in period for adds/scratches. There will be no penalty for scratching these events at the block.

SCRATCHES

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

SCORING

No team or individual scoring will be kept.

AWARDS

No awards will be given.

RESULTS

At the conclusion of the meet, results will be sent to each team via e-mail attachment.

COACHES

All coaches on deck must either be registered and certified with USA Swimming or the YMCA. Meet Management will require all coaches to show proof of certification/registration. All coaches shall prominently display their registration cards at all times while on deck. There will be a coaches'/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 such meetings.

OFFICIALS

There will be a need for officials. GCY welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. All officials on deck must be registered and certified with YMCA or USA Swimming and will be required to show proof of certification/registration. Officials shall prominently display their registration cards at all times while on deck. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area 30 minutes prior to each session.

**HOSPITALITY/
CONCESSIONS**

Full hospitality services will be available to all coaches and officials. Refreshments will be available at the concession stand.

WARM-UP

Guidelines will be published in coach's packets to be picked up at clerk of course upon arrival. The Meet Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area.

GCY Long Course Time Trials

Qualifying Time Standards

April 4, 2015

Session 1: Trials for Trials

25 Y	Women	50 M	Event	50 M	Men	25 Y
Course	25 M	Course		Course	25 M	Course
	Course	Course			Course	
26.02	29.05	29.57	50 Free	26.78	26.00	23.29
56.37	1:02.91	1:04.06	100 Free	58.64	56.94	51.01
2:01.78	2:15.92	2:17.61	200 Free	2:06.82	2:03.85	1:50.97
5:14.39	4:35.68	4:41.39	400/500 Free	4:24.26	4:15.64	4:51.49
10:40.99	9:22.04	9:36.99	800/1000 Free	8:57.99	8:44.68	9:58.29
17:49.99	17:46.83	18:25.99	1500/1650 Free	17:25.89	16:40.63	16:43.59
1:02.77	1:10.06	1:10.93	100 Back	1:06.00	1:04.08	57.42
2:15.22	2:30.92	2:32.80	200 Back	2:22.64	2:18.50	2:04.09
1:12.01	1:20.37	1:22.78	100 Breast	1:14.27	1:11.70	1:04.24
2:35.59	2:53.66	2:56.81	200 Breast	2:42.64	2:37.01	2:20.68
1:02.25	1:09.48	1:09.94	100 Fly	1:04.29	1:03.50	56.89
2:19.00	2:35.14	2:36.19	200 Fly	2:23.16	2:20.61	2:05.98
2:18.37	2:34.44	2:37.24	200 IM	2:24.56	2:19.55	2:05.04
4:52.83	5:26.82	5:30.88	400 IM	5:09.91	5:00.92	4:29.62

ORDER OF EVENTS

Session 1: Trials for Trials
Saturday, April 4, 2015
Warm-up: 7:00 AM; Meet Start: 8:00 AM

Women	Event	Men
101	Open 100-meter Butterfly	102
103	Open 200-meter Breaststroke	104
105	Open 50-meter Freestyle	106
107	** Open 800-meter Freestyle **	
109	Open 100-meter Backstroke	110
111	** Open 400-meter Individual Medley **	112
113	Open 200-meter Freestyle	114
115	** Open 400-meter Freestyle **	116
117	Open 100-meter Breaststroke	118
119	Open 200-meter Backstroke	120
121	Open 200-meter Butterfly	122
123	Open 100-meter Freestyle	124
125	Open 200-meter Individual Medley	126
	** Open 1500-meter Freestyle **	128

** May be limited to fastest 3 heats of women and fastest 3 heats of men **
Positive check-in is required.

Session 2: First Chance Session
Saturday, April 4, 2015
Warm-up: Not before 12:00 PM; Meet Start: Not before 1:00 PM

Women	Event	Men
201	Open 100-meter Butterfly	202
203	Open 50-meter Breaststroke	204
205	Open 50-meter Freestyle	206
207	Open 100-meter Backstroke	208
209	** Open 400-meter Individual Medley **	210
211	Open 100-meter Breaststroke	212
213	Open 50-meter Backstroke	214
215	Open 50-meter Butterfly	216
217	Open 100-meter Freestyle	218
219	Open 200-meter Individual Medley	220
221	** Open 400-meter Freestyle **	222

** May be limited to fastest 3 heats of women and fastest 3 heats of men **
Positive check-in is required.

**GCY LC Time Trial Meet
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to
(checks payable to Bryan Family YMCA):

GCY
ATTN: Cynthia Shannon
501 West Market St.
Greensboro, NC 27401
Email to: gcymakos@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$4.00 per event	
Swimmers (NCS Travel Fund + Facility Surcharge)		\$15.00 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 the YMCA or 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. The Greensboro Community YMCA, Bryan Family YMCA, 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