



2015 North Carolina Swimming Senior Long Course Championship

Hosted by Greensboro Community YMCA

July 23-26, 2015

Held at Greensboro Aquatic Center

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC15115 and NC15115TT



MEET DIRECTOR		MEET ENTRY COORDINATOR	
Angie Carr 336-266-6384 atcarr@triad.rr.com		Trish Martin OME@NCswim.org 336-327-4697	
MEET REFEREE	ADMIN REFEREE	MEET MARSHAL	
Lou Mondelli mondellil@bellsouth.net 803-242-1706	Lisa Olack Olack.Lisa@gmail.com	Brad Herndon 501 West Market Street Greensboro, NC 27401 336-478-9635 brad.herndon@ymcagreensboro.org	

FACILITY

Greensboro Aquatic Center
1921 West Lee Street, Greensboro 27403 **Phone:** (336) 315-8498

Facility/Pool Specifications: Greensboro Aquatic Center is an indoor facility with three pools. 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. 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 to the gate attendant at the volunteer lot will receive free parking.

The competition pool has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Only meet volunteers, USA Swimming registered athletes and current USA Swimming registered officials and coaches may be on deck.

NO SPECTATORS ARE ALLOWED ON THE COMPETITION POOL DECK AT ANY TIME.

CLASSIFICATION

A Senior Championship meet in prelims/finals and timed finals format with qualifying time standards as listed on the order of events.

RULES

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations and the NCS Safety Program.

SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Only feet first entry into warm down lanes at all times and during warm ups except during specific warm ups periods while under the direct supervision of a certified coach. No glass is allowed in the pool area or locker rooms at any time. Running and horseplay will not be allowed. As at any pool, the deck may be slippery and caution should be taken to prevent accidents. Swimmers are not allowed in pool equipment rooms or work out rooms. NO blocking of fire exits, which includes doorways and passages. Coaches must carry

their coach certification cards or have access to Deck Pass at all times when on the pool deck and must hold current certifications and registration with USA Swimming. No spectators will be allowed on the competition deck at any time.

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

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

REGISTRATION

USA Swimming Registration is required of all swimmers and will be verified. On deck registration WILL NOT BE PERMITTED.

SCHEDULE

Session #	Day	Session	Warm-up	Meet Start
1	Thursday	Finals	3:30-4:50 PM	5:00 PM
2	Friday	Prelims	7:00-8:50 AM	9:00 AM
3	Friday	Finals	4:30-5:50 PM	6:00 PM
4	Saturday	Prelims	7:00-8:50 AM	9:00 AM
5	Saturday	Finals	4:30-5:50 PM	6:00 PM
6	Sunday	Prelims	7:00-8:50 AM	9:00 AM
7	Sunday	Finals	4:00-5:20 PM	5:30 PM

Scheduled breaks are noted in the Order of Events. The Meet Referee has authority to add breaks as necessary.

FORMAT

Except for relay events and the 800M Free and 1500M Free, all events will be conducted on a preliminary and finals basis.

During each finals session, there will be C, B and A (bonus, consolation and championship) Final heats. The C heat will swim first, followed by the B, then A heats in that order.

Alternates should identify themselves to the starter and be ready to swim in the C Final if no shows occur.

In Sunday's finals, the Men's 200M Back will immediately follow the Women's 1500M Free and precede the Women's 200M Back in order to alternate women's and men's events throughout the evening's program.

Within USA Swimming Rules and first with unanimous agreement of the Meet Referee, the Meet Director, and the Senior Chair 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

Any NCS and USA registered swimmer who has achieved the current qualifying time standard in any event is eligible to compete in that event. Non-NCS registered swimmers/teams wishing to attend should request advance permission from the NCS Senior Chair. Swimmers qualifying in any individual event are also eligible to enter up to two bonus events subject to

both daily and meet limits. Swimmers qualifying in the 800M Free automatically qualify to swim the 1500M Free and vice versa.

QUALIFYING PERIOD

Long Course Championships: A swimmer must have achieved the qualifying time listed per event from January 1 of the prior year to 11:59PM the Sunday night before the entry deadline.

INDIVIDUAL ENTRIES

A swimmer may enter a maximum of three (3) individual events per day with a total entry of seven (7) individual events for the meet. Swimmers may enter with any provable qualifying time from the qualifying period that meets the event requirements.

Swimmers qualifying in the 800M Free automatically qualify for the 1500M Free and vice versa. Swimmers without a qualifying time in the second distance event should enter with their qualifying event/time from the first distance event.

Bonus events are offered at this meet. Swimmers qualifying in any individual event are also eligible to enter up to two bonus events subject to both daily and meet limits. There are no qualifying standards for the bonus events. Swimmers should enter with any provable LCM or SCY time. Swimmers without provable times for the bonus events should enter with 59:59.99 SCY and will be seeded last.

RELAY ENTRIES

Relay entry times are not required to be provable and may be overridden with aggregate or estimated times.

Clubs may enter a maximum of two relays per event. If there are two entries, they will be designated A and B. Swimmers designated as 'relay only' in the OME may ONLY swim relays. All relay swimmers, including alternates, must be listed on the Meet Entry Form and must pay the \$3.00 NCS surcharge. Relay only swimmers may not swim time trials.

Any relay that does not have at least one swimmer in an individual event will be disqualified.

**ENTRIES
PROOF OF TIME
ENTRY DEADLINE
LATE ENTRIES
CORRECTIONS**

ENTRIES WILL ONLY BE ACCEPTED FROM OME. The OME system will be used for entries, including relays. See the OME Users Guide on NCSwim.org if you have questions about the system or contact OME@NCswim.org.

OME will close for on-time entries on **Monday at 6:00 PM, three days before the meet.** OME will open no later than the Monday four weeks prior to the entry deadline by 12:00 Noon.

Coaches may update entry times in OME until the Monday 6:00 PM entry deadline. Entry changes and additions that cannot be made in OME must be emailed to the Entry Coordinator by the Monday 6:00PM entry deadline to be considered on time.

Coaches shall confirm OME entries and rosters are correct and complete prior to checking out by the Monday 6:00PM entry deadline. All relay only swimmers must be included on team rosters. Only printed copies of original OME entry receipts and rosters will be accepted as proof of administrative or system errors.

An entry list will be issued to each team registered in OME by midnight on Monday after entries close. Entry corrections, time corrections, and new entries must be emailed by Tuesday 6:00PM to the Entry Coordinator. Each email will be acknowledged with a return email confirmation for receipt of proof. New entries are subject to double entry fees and a \$50 per team late fee.

The Entry Coordinator will not accept changes after Tuesday 6:00PM after which point the psych sheet will be posted and the meet will be seeded. Any changes submitted after Tuesday

6:00PM will be made only with the approval of the Meet Referee and the Senior Chair.

If a time override is used to enter an individual event in OME, proof of time must be submitted to the Entry Coordinator no later than 6:00 PM Tuesday, two days prior to the meet, or the swimmer will not be seeded into the event in question. If proof is provided to the Meet Referee after the deadline but before warm ups on Thursday, the swimmer may be added to the event subject to lane availability. Proof of time consists of a SWIMS entry or copy of/link to the final Meet Manager meet results from a USAS sanctioned, approved, or observed meet. Sanction number, date, and location must be provided. Hy-Tek Team Manager results will not be accepted as proof.

IMPORTANT: Payment should be made by check and is due no later than check in on Thursday. Contact the Meet Director to discuss alternate payment arrangements.

ENTRY FEES

Make checks payable to: [Bryan YMCA]

Individual Event	\$8.00 per event
Relays	\$12.00 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$15.00 per swimmer, excluding relay only
<i>All fees are non-refundable, except if entry is rejected for non-compliance.</i>	

SEEDING

The conforming time for this meet is LCM. All times will be seeded by LCM first then SCY, all qualifiers then all bonus swims. In the 800M and 1500M Freestyles, alternate event qualifiers will be seeded ahead of bonus swimmers. Combined heats may be swum at the discretion of the Meet Referee.

All events that are 400M and longer and all relays will be deck seeded. A positive check-in by the deadline indicated below is required to be seeded into the event. Failure to check in by the deadline will result in the swimmer not being able to swim the event.

Individual Events	Check-In Deadline	
800M Free	Thursday	4:30 PM
400M IM	Friday	8:30 AM
400M Free	Saturday	8:30 PM
1500M Free	Sunday	8:30 AM
Relay Events	Check-In Deadline	Relay Cards Due
800M Free Relay	Thursday	4:30 PM 6:00 PM
400M Free Relay	Friday	8:30 AM 6:00 PM
400M Medley Relay (AM/PM)	Sunday	8:30 AM 9:30 AM for morning relays 5:30 PM for evening relays

400M IM AND 400M FREE

The 400M IM and the 400M Free will be swum as prelim/final events. Each preliminary event (top 3 heats circle seeded) will be swum fastest four (4) heats of women slow to fast, then the fastest four (4) heats of men slow to fast. Any remaining heats will swim fast to slow, alternating women and men. Combined heats may be swum at the discretion of the Meet Referee.

800M AND 1500M FREE

The 800M and 1500M Free will be swum as timed final events. All heats of the 800M Free will be swum alternating women and men, fast to slow. After positive check in, the fastest eight women and fastest eight men in the 1500M Free will swim during the finals session on Sunday. All other heats of the 1500M Free will be swum at the conclusion of prelims after a 10 minute

break, fast to slow, alternating women and men. Combined heats may be swum at the discretion of the Meet Referee. There will be NO AM/PM option for the 1500M. Swimmers must provide their own counters for the 800M and 1500M Frees.

Swimmers qualifying in the 800M Free are automatically eligible to swim the 1500M Free and vice versa.

At the discretion of the Meet Referee and the Senior Chair the 800M and 1500M freestyles may be swum 2 per lane. This announcement will be made at the General Meeting. If these events are swum 2 per lane each swimmer will enter the water and remain on the right side of the course as they enter. They will remain on the same side throughout the race (no circle swimming). When placing two swimmers per lane, only men shall be placed with men and women with women. To ensure fairness of competition every effort shall be made to have all swimmers compete two per lane throughout the entire event.

RELAYS

All relays will be swum as timed finals. Relays will be swum during the evening sessions on Thursday and Friday. The 800M Freestyle relay will be swum first two heats of women slow to fast, first two heats of men slow to fast, followed by remaining heats fast to slow alternating women and men. Other relays will swim slow to fast, all women then all men. Teams have a choice of AM or PM on Sunday. Those not indicating a preference will be seeded in the AM.

Relay cards are due to the admin referee at the beginning of finals on the night they will be swum. Relay cards for the Sunday AM relays are due to the admin referee by 9:30 AM Sunday.

There will be a 10 minute break prior to the start of relay events.

SCRATCHES

The North Carolina Scratch rule will be in effect. Coaches and swimmers are expected to be familiar with the rule.

While there is no penalty for not swimming in the non-deck seeded preliminary events, a "no show" or a "declared false start" are both considered disqualifications from an event and the swimmer is treated as having competed or participated in the event. A swimmer wishing to scratch from a preliminary event to make room for a time trial may scratch with the Deck Referee or Admin Referee any time prior to the beginning of the event. Scratch forms will be available from the Administrative Referee. Any swims scratched in this manner will not count toward a swimmers daily total.

SCORING

INDIVIDUAL EVENTS: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

RELAY EVENTS: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Only two relays per gender can score for each team.

Team scores and individual high point scores will be published in the finals heat sheets.

AWARDS

Individual events: 1st – 8th place medals

Relays: 1st- 3rd place medals

Team Place Awards: 1st – 6th place

High Point Awards: Top scoring NCS-registered female and male.

Phillips Performance Award: Single highest FINA power-point swim by female and male.

Following the conclusion of each individual A Final Heat (Championship Final), there will be an immediate awards ceremony to present the top five (5) finishers' awards.

READY ROOM

The top eight qualifiers for the A final are invited to report to the ready room five minutes prior

to their event for the parade of the A final heat.

JUNIOR ATHLETE REPRESENTATIVE

All NCS registered swimmers are eligible to cast a vote for one nominee for North Carolina Swimming Junior Athlete Representative. Ballot boxes will be located at Clerk of Course. Voting will close at the end of Sunday morning preliminaries.

TIME TRIALS

Entry fees for time trials will be \$10.00 due at sign up. Time trials count towards a swimmer's individual event total for each day, but not the meet total. Swimmers must provide their own timers for Time Trials. Swimmers may compete in two time trials during the meet.

Time Trial Event Order each day of the meet: 50 Freestyle, 100's, 200's, 400's, relays.

- Time trials will be offered after Prelims and after Finals.
- Only swimmers properly entered in at least one individual event are eligible for individual or relay time trials. Relay only swimmers will not be allowed to swim Time Trials.
- Entry deadline for Time Trials shall be one hour after the beginning of the session. This time may be changed in the General Meeting depending on projected session time lines.
- Time trials will begin not more than 15 minutes following the conclusion of all prelim and final races. All teams competing in the time trial may agree to less than 15 minutes.
- Backstroke events should not be combined with forward starting events.
- The distance freestyles typically will be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc., and will be announced at the General Meeting. Swimmers in the distance freestyles must provide their own lap counters.
- Time permitting, non-meet event time trials may be conducted after all meet event time trials have been conducted.

COACHES

There will be a General Meeting at 3:00 PM on Thursday afternoon. Coaches are responsible for any information presented at the meeting. Meetings may also be held at other times announced by the Meet Referee.

CREDENTIALS

All coaches and officials on deck must wear their current USA Swimming membership card in a visible place or have access to Deck Pass to show upon request. Those failing to do so could be barred from the deck. All coaches and officials will need to show their credentials when checking in and to pass security to get on deck.

OFFICIALS

There will be an officials' meeting ONE hour prior to the beginning of each session. We welcome all certified officials on deck. The uniform is white shirts over navy bottoms with white shoes. Long pants or skirts are preferred for finals.

This meet has been designated as a USA Swimming Official Qualification Meet. (Certification and re-certification for N2 all positions and N3 S&T.) Regardless of the numbers of sessions required for certification/re-certification, an official will need to serve a minimum of four (4) sessions to be evaluated. Any official wishing to participate should fill out the Officials sign up form on NCSwim.org. All requests for assigned positions should be emailed to the Meet Referee by July 1 and will be based on evaluation requests and level of experience. Please see the USA Swimming website for additional information on National evaluation and certification requirements.

ELIGIBILITY AND TECHNICAL JURY

An Eligibility and Technical Jury will be appointed by NC Swimming consisting of one coach, one swimmer and one non-coach/non-athlete member of NC Swimming should an eligibility or technical protest arise.

HOSPITALITY

There will be a hospitality room available to all coaches and officials. [Concession stands are available for spectators and swimmers.]

SWIMMERS WITH DISABILITIES

NCS 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 [GCY's] ability to accommodate all requests.

**WAIVER/
RELEASE**

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on your OME entry are registered with USA Swimming. You acknowledge that you are familiar with the Safe Sport 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. [The Greensboro Community YMCA Swim Team (GCY), the YMCA of Greensboro, Inc., Greensboro Aquatic Center, 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.

NCS Scratch Rule

208.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet announcement shall specify all mandatory check-in and scratch deadlines and procedures.

- .1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
- .2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch or as noted in 208.3.4 A or D.. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet announcement states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400Ms or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet announcement.
- .3 Preliminary and Finals Events
 - A. Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck then 208.3.2 applies
 - B. Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 208.3.4. For events occurring on the last day of a meet, a fine of \$100 per missed swim shall also be assessed to the club by the appropriate Division Chair for failure to compete. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.
 - C. In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete
 - D. When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim
 - E. If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)
- .4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:
 - A. The Referee is notified in the event of illness or injury and accepts the proof thereof.
 - B. The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
 - C. The swimmer was not named in any finals heat during the initial announcement of results
 - D. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

208.4. RELAY SCRATCH RULE

- .1 All Meets - Any relay or relay member, in a relay event that fails to compete in or report for that event shall not be penalized.

2015 NORTH CAROLINA SWIMMING

SENIOR LONG COURSE CHAMPIONSHIPS

ORDER OF EVENTS

Thursday Timed Finals start at 5:00 PM

Women's Event	SC QT	LC QT	EVENTS	LC QT	SC QT	Men's Event
1	11:08.59	9:56.49	800M Freestyle	9:20.99	10:30.19	2
			10-minute break			
3	NQT	NQT	800M Freestyle Relay	NQT	NQT	4

Friday Prelims start at 9:00 AM, Finals start at 6:00 PM

Women's Event	SC QT	LC QT	EVENTS	LC QT	SC QT	Men's Event
5	2:01.19	2:17.69	200M Freestyle	2:06.59	1:51.09	6
7	1:12.79	1:21.99	100M Breaststroke	1:13.69	1:03.89	8
9	1:02.89	1:10.69	100M Butterfly	1:02.49	55.79	10
11	4:52.19	5:31.19	400M IM	5:06.79	4:25.79	12
			10-minute break			
13	NQT	NQT	400M Free Relay* (all relays at night)	NQT	NQT	14

Saturday Prelims start at 9:00 AM, Finals start at 6:00 PM

Women's Event	SC QT	LC QT	EVENTS	LC QT	SC QT	Men's Event
15	2:17.69	2:33.49	200M Butterfly	2:20.49	2:04.39	16
17	26.19	29.69	50M Freestyle	26.89	23.09	18
19	2:35.39	2:56.69	200M Breaststroke	2:40.39	2:18.99	20
21	1:03.49	1:12.89	100M Backstroke	1:05.99	56.69	22
23	5:21.99	4:48.79	400M Freestyle	4:30.29	5:00.19	24

Sunday Prelims start at 9:00 AM, Finals start at 5:30 PM

Women's Event	SC QT	LC QT	EVENTS	LC QT	SC QT	Men's Event
25	56.39	1:03.99	100M Freestyle	58.99	50.79	26
27	18:39.79	19:01.59	1500M Freestyle** (top 8 at night)			
29	2:16.79	2:36.49	200M Backstroke	2:22.89	2:03.39	28
			1500M Freestyle** (top 8 at night)	17:54.89	17:30.19	30
31	2:17.39	2:37.39	200M IM	2:23.99	2:04.09	32
			10-minute break			
33	NQT	NQT	400M Medley Relay*** (AM/PM)	NQT	NQT	34

* Relays swim at night.

** Top 8 swim at night. No AM/PM option. Morning heats swim at the end of the morning session after relays and a 10 minute break.

*** Sunday relays swum in the morning or at night according to AM/PM preference.

2015 NORTH CAROLINA SWIMMING SENIOR LONG COURSE CHAMPIONSHIPS
Entry Fee Summary Report

Club Name:		Club Code:	
Address:			
City, Zip:			
Head Coach			
Name:			
Email:			
Cell:			
Office:			
Assistant Coaches Attending Meet			
Name:			
Name:			
Name:			
Name:			
Name:			

I certify that all coaches identified above are currently certified and registered as coaches with USA Swimming, Inc. and will be certified and registered as coaches during the meet dates, and will be directly responsible for the swimmers entered in this meet during the conduct of the event, Thursday, [July 23] - Sunday, [July 26], 20[15].

Signature _____ Date _____

Release Statement

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., [GCY, GREENSBORO AQUATIC CENTER], AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS SHALL BE HELD FREE AND HARMLESS FROM ANY AND ALL LIABILITIES ON CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

Signature _____ Date _____

# of Individual Entries		X \$8.00 each entry	\$
# of Relay Team Entries		X \$12.00 each relay entry	\$
NCS Travel Fund (Total swimmers)		X \$3.00 each swimmer	\$
Facility Charge (Total swimmers-Relay Only swimmers)		X \$15.00 each swimmer	\$
TOTALS			\$

Make checks payable to Bryan YMCA and submit to the Meet Director with this form no later than the General Meeting on Thursday.

NC Swimming Sr. Long Course Championships

Hosted by GCY Makos

Preferred Hotels

Greensboro Aquatics Center ~ Greensboro, NC

July 23-26, 2015



HOTEL	RATE	BREAKFAST INCLUDED	DISTANCE TO GAC
Comfort Inn 1103 Lanada Road 336-297-1055	\$99.99 Single or Double Occupancy	Yes	5 miles
Comfort Suites 3308 Isler Street 336-235-4002	\$109.00 Double and Single Occupancy	Yes Up to 4 People	2.5 miles
Microtel Inn Greensboro 4304 Big Tree Way 336-547-7007	\$54.95 Single Occupancy \$59.95 Double Occupancy	Yes	4.5 miles

PLEASE NOTE: When securing your hotel reservation, please refer to the group name,

NC Swimming Sr. Long Course Championships.

The above listed rates are valid until July 10, 2015.