



2016 NCAA DIII, DII & DI LONG COURSE TIME TRIALS

Hosted by Queens University
Sponsored by Greensboro Aquatic Center
and
Greensboro Convention and Visitors Bureau



Sunday, March 20, 2016

The Greensboro Aquatic Center
1921 Gate City Blvd., Greensboro, NC 27403



Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming
Approval #NC16089APTT

MEET DIRECTOR	MEET ENTRY COORDINATOR
Kate McIntosh Katherine.McIntosh@greensboro-nc.gov	Kate McIntosh Katherine.McIntosh@greensboro-nc.gov
MEET REFEREE	MEET MARSHAL
Trish Martin pksmartin@bellsouth.net	David Hoover David.Hoover@greensboro-nc.gov

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 50 meter yard course with eight 9-foot wide lanes each. All lanes feature non-turbulent lane lines and Colorado starting blocks. Up to 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. The Greensboro Coliseum will provide free parking. Directions to the GAC are available at www.GreensboroAquaticCenter.com.

MEET FORMAT

This is a closed time trial pre-seeded meet unless otherwise indicated.

ELIGIBILITY

These NCAA **DIII, DII & DI** LC Time Trials are open to any member of an NCAA DIII Men’s or Women’s Swimming team who is eligible to represent his/her school in NCAA competition in the 2015-2016 season, and to any member of an NCAA DII or DI Men’s or Women’s Swimming team from North or South Carolina who is eligible to represent his/her school in NCAA competition in the 2015-2016 season.

The results of these LC Time Trials will NOT be uploaded to the NCAA database and will NOT be considered for NCAA Championship meet qualification.

Swimmers who are also 2016 registered members of USA Swimming and are registered through their respective LSCs prior to March 14th will have their

results automatically uploaded to SWIMS for USA Swimming meet qualification. No on deck registration is available.

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.

Session	Day	Facility Opens	Warm-up Starts	Meet Starts
1	Sunday, March 20	7:30 AM	8:00 AM	9:30 AM

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tues., Mar. 15	12:00 midnight	Email entry deadline
Mar. 16-19	Regular TT sign up hours	On deck entries accepted for teams attending Championship meet
Sat., Mar. 19	12:00 midnight	Entries close
Sun., Mar. 20	9:00 AM	Positive check in closes
Sun., Mar. 20	8:50 AM	Officials' briefing
Sun., Mar. 20	9:20 AM	Coaches' meeting at Meet Referee's discretion

ENTRIES

Entry files may be emailed to the Entry Coordinator until the stated deadlines.

On deck entries will be accepted during regular TT sign up hours at Championship meet.

Entries should be made with LCM or SCY times. Times are not required to be provable and may be estimated to provide accurate seeding for all competitors. NT entries will be seeded last.

ENTRY DEADLINES

Entries may be submitted via Hytek email up until midnight on Tuesday, Mar. 15.

On deck entries submitted on Sunday Mar. 20th will be considered late and accepted only for open lanes and at the discretion of the Meet Referee.

ENTRY LIMITATIONS

Swimmers may swim a maximum of three (3) time trials. Breaks may be scheduled by the Meet Referee and will be announced in the coaches' meetings.

ENTRY FEES

No fees will be charged.

ENTRY VERIFICATION

Preliminary psych sheets will be posted at GAC and on www.GreensboroAquaticCenter.com.

CHECK-IN	<p>A positive check-in, located at clerk of course, will be required for the following events:</p> <ul style="list-style-type: none"> • 800M Freestyle • 1500M Freestyle <p>Swimmers should positively check in for their events by 9:00 AM to be seeded.</p>
SEEDING	<p>The conforming time standard for this meet is long course meters. Swimmers will be seeded slowest to fastest, LCM then SCY. The Meet Referee reserves the right to combine heats and events according to USA Swimming rules.</p>
WARM-UP	<p>General warm up in all lanes from 8:00-9:00 AM. Specific warm ups from 9:00-9:20 as follows: one-way dive starts in Lanes 2 and 7, pace in Lanes 1 and 8, general warm up in other lanes. Additional sprint and pace lanes may be assigned at the Meet Referee's discretion. The Marshal will ensure teams, coaches, and swimmers follow all warm-up procedures.</p> <p>During the competition, there will be at least three lanes available for continuous warm-up/down. Swimmers will enter the pool feet first in this area.</p>
SAFE SPORT	<p>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 host team marshal.</p> <p>Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms.</p> <p>DECK CHANGES ARE PROHIBITED.</p> <p>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.</p> <p>Any swimmer entered in the meet, unaccompanied by a 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.</p>
SCORING/AWARDS	<p>This session will not be scored and no awards will be made.</p>
RESULTS	<p>Results will be posted on GAC's website (www.GreensboroAquaticCenter.com) within 24 hours of each meet's conclusion and teams will be emailed their results.</p>

**SWIMMERS WITH
DISABILITIES**

Queens University welcomes all NCAA swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in the meet. 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 Queens University's ability to accommodate all requests.

COACHES

All coaches on deck must be registered and properly certified with their NCAA teams and must check in with the Meet Director.

There may be a General Meeting at 9:20 AM at the Meet Referee's discretion. 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. Coaches are responsible for any information presented at the meeting.

OFFICIALS

Queens University welcomes and encourages USA Swimming certified officials to contact the Meet Referee by email prior to the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of current certification/registration to the meet referee. Officials briefings will be held 60 minutes prior to the start of the session in the hospitality area.

Uniform for this meet is white polo over navy pants, shorts, or skirts with white shoes.

**HOSPITALITY/
CONCESSIONS**

There will be limited hospitality available on deck to all coaches and officials. Refreshments will be for sale at concession stands. Outside food beyond that needed for swimmer nutrition and hydration is not permitted by the facility.

**2016 NCAA DIII, DII & DI LONG COURSE TIME TRIALS
ORDER OF EVENTS**

Sunday March 20, 2016

NCAA swimmers who are eligible to represent their schools in the 2015-2106 season are eligible. Swimmers who are properly registered with USA Swimming by March 14 will have their times automatically uploaded to the SWIMS database. Times from this meet will not be uploaded to the NCAA database and are not eligible for NCAA Championship entries.

Facility Opens: 7:30 AM Warm-up: 8:00 AM Meet Starts: 9:30 AM

Women's Event #	Event	Men's Event #
101	50M Freestyle	102
103	400M Freestyle	104
105	100M Backstroke	106
107	100M Breaststroke	108
109	400M Individual Medley	110
111	200M Butterfly	112
113	100M Freestyle	114
115	200M Breaststroke	116
117	200M Backstroke	118
119	200M Individual Medley	120
121	100M Butterfly	122
123	200M Freestyle	124
125	800M Freestyle	
	1500M Freestyle	126

2016 NCAA DIII, DII & DI LONG COURSE Time Trials Release Form

Complete and email or mail this form or bring it to the Time Trial sign up area prior to competition.

Mail to GAC ATTN: Kate McIntosh
1921 Gate City Blvd., Greensboro, NC 27403

Email to: Katherine.McIntosh@greensboro-nc.gov

Team Name	
Coach	
Coach Phone	
Coach Email	
Team Address	

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the team's swimmers participating in this Time Trial session are **eligible to compete for their NCAA team in the 2015-2016 season**. Swimmers who are **registered with USA Swimming by March 14, 2016** will have their times automatically uploaded to the SWIMS database. I understand that times will **not be uploaded to the NCAA database** and are **not eligible for NCAA Championship entry**. 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. Greensboro Aquatic Center, City of Greensboro, North Carolina Swimming, 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