



**Swim GSA's Mother May 1? Meet**  
 Hosted by SGSA  
 May 6-7, 2016  
 Greensboro Aquatic Center



Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming  
**Approval #NC16096**

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
Bruce Cantrell 336-370-8426 <a href="mailto:GSAMeetDir2@GSAswim.org">GSAMeetDir2@GSAswim.org</a>	Lynne Klauer <a href="mailto:MeetEntries@GSAswim.org">MeetEntries@GSAswim.org</a>
<b>MEET REFEREE</b>	<b>MEET MARSHALS</b>
Trish Martin 336-327-4697 <a href="mailto:GSAOfficials@GSAswim.org">GSAOfficials@GSAswim.org</a>	Clark Hering <a href="mailto:GSAOfficials@GSAswim.org">GSAOfficials@GSAswim.org</a>

**FACILITY** Greensboro Aquatic Center is a state-of-the-art 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. 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. Free parking will be provided for coaches and working officials who present 2016 USAS membership cards or parking passes to the Volunteer Lot gate attendant. Directions to GAC are available at [www.GSAswim.org](http://www.GSAswim.org).

**MEET FORMAT** This is a timed final Open pre-seeded meet unless otherwise indicated.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday timed finals	5:00 PM	6:00PM	Open
2	Saturday timed finals	9:00AM	10:00AM	Open
3	Saturday timed finals	1:00 PM	2:00PM	Open

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For:
Wed., Apr. 27	12:00 noon	Entry deadline

**SAFE SPORT** 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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Deck changes are prohibited.

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 an USA Swimming member coach, must be certified by a USA Swimming or 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.

**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.

**ELIGIBILITY** All swimmers 18 and under must be properly registered with USA Swimming by the entry deadline.

**SWIMMERS WITH DISABILITIES** SGSA 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 SGSA's ability to accommodate all requests.

**ENTRIES** Entries submitted in HyTek format require no hard copy entry forms. Unless entries are rejected, entry fees are non-refundable.

Chase starts for 100's and 200's may be utilized if entries warrant.

Breaks are noted in the Order of Events. Additional breaks may be added at the discretion of the Meet Referee.

**ENTRY LIMITATIONS** Swimmers may swim a maximum of five (5) individual events per day.

**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 Wednesday, April 27, 2016 at 12:00 noon. Late entries will be accepted only at the discretion of the Meet Director. Late entries may not be seeded. SGSA reserves the right to limit or suspend the addition of swimmers or heats to accommodate late entries. Late entries will be charged double fees.

## ENTRY FEES

All fees are non-refundable	
Individual event entry fee	\$ 6.00
Facility Fee per swimmer	\$15.00
NCS Travel Fund	\$3.00
Late entry fees	Double

- SEEDING** The conforming time standard for this meet is long course meters. Coaches should enter swimmers with LCM, converted SCY, or estimated LCM times. NT entries are not encouraged for best competition and will be seeded last.
- Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. SGSA reserves the right to combine heats and events at the discretion of the Meet Referee.
- SCRATCHES** There will be no penalty for scratching pre-seeded events including relays at the block.
- SCORING** Events will not be scored.
- AWARDS** There will be no awards.
- RESULTS** Results will be posted on SGSA's website ([www.GSAswim.org](http://www.GSAswim.org)) within 24 hours of the meets conclusion and coaches will be emailed their results.
- COACHES** All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration and coaches shall prominently display their registration cards at all times while on deck.
- OFFICIALS** SGSA welcomes and encourages certified officials and apprentices to contact the Meet Referee by email prior to the meet or by signing in at 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. Official briefings will be held on deck 30 minutes prior to the start of the session.
- TIMERS** Timers meetings will be held in the hallway approximately 20 minutes prior to the start of the session.
- HOSPITALITY/  
CONCESSIONS** There will be hospitality for coaches and officials. Refreshments will be for sale at the concession stand.
- SUSAN G. KOMEN  
FUND RAISER  
LUNCH** Swim GSA will host a fundraiser lunch between sessions on Saturday. The cost of the lunch is \$10 per person. Proceeds will go to the "Susan G. Komen" foundation in honor of all our swim moms. We will contact coaches to request a head count estimate of interested swimmers, families, and coaches.

**WARM-UP**

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The 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 no lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area. Swimmers will enter the pool feet first except in lanes that are designated for one way race starts under the direct supervision of a USAS certified coach.

**RELEASE**

SGSA, North Carolina Swimming, and USA Swimming, Inc., GAC, 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.

**ORDER OF EVENTS****Friday Timed Finals****Warm-up: 5:00PM Meet Start: 6:00PM**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
1	Open 200 Butterfly	2
3	Open 200 Backstroke	4
5	Open 200 Breaststroke	6
7	Open 200 Individual Medley	8

**Saturday Morning Timed Finals****Warm-up: 9:00AM Meet Start: 10:00AM**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
9	Open 50 Freestyle	10
11	Open 50 Butterfly	12
13	Open 50 Backstroke	14
15	Open 50 Breaststroke	16
17	Open 200 Freestyle	18

**Saturday Afternoon Timed Finals****Warm-up: 1:00PM Meet Start: 2:00PMAM**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
19	Open 100 Butterfly	20
21	Open 100 Backstroke	22
23	Open 100 Breaststroke	24
25	Open 100 Freestyle	26

End of Meet

**Swim GSA's Mother May I? 2016**

**Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to Swim GSA):

Swim GSA ATTN: Amy Stowers

P. O. Box 10085

Greensboro, NC 27404

Email to: [Amy@GSAswim.org](mailto:Amy@GSAswim.org)

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$6.00 per event	
Swimmers (Travel Fund & Facility Surcharge)		\$18.00 per swimmer	
<b>Total Fees Due</b>			

**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 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. Swim GSA, the 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