



Swim GSA's 61st Annual Eastern Invitational

www.SwimGSA.com

June 23-26, 2016

Greensboro Aquatic Center

1921 West Gate City Blvd, Greensboro, NC 27403



Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming

Sanction #NC16101 and TT Sanction #NC16101TT

MEET DIRECTOR	MEET ENTRY COORDINATOR
Tom Brewer 336-420-4136 TBrewer441@aol.com	Tom Brewer 336-420-4136 TBrewer441@aol.com P. O. Box 10085 Greensboro, NC 27404
MEET REFEREE	MEET MARSHAL
Todd Webber Toddw0312@gmail.com	Bruce Cantrell Bcantrell1956@gmail.com

FACILITY 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. The GAC will provide parking for \$5 per day with unlimited entry and exit. Swim GSA will provide free parking for coaches and working officials in the Volunteer Lot. Directions to GAC are available at www.SwimGSA.com.

CHASE STARTS Pending entries, chase starts may be utilized in any session to accommodate all swimmers wishing to compete.

ENTRY DEADLINES The Meet Entry Coordinator must receive entries no later than Monday, June 13, 2016 at 12:00 Midnight. Entries will be accepted only at the discretion of the Meet Director and may be declined once capacity is reached. Swim GSA reserves the right to limit or suspend the addition of swimmers or heats to accommodate entries. Late entries may not be accepted. Late entries will be charged double fees.

This meet typically fills well before the entry deadline. Teams interested in attending should contact the Meet Director as soon as possible.

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. No running or horseplay will be tolerated. 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 and locker rooms in addition to 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 or in the swimmer locker rooms at any time.

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.

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.

ELIGIBILITY All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline. There will be no on deck registration available.

Swimmer’s age on the first day of the meet will determine his age for the entire meet. Swimmers must be at least 8 years old to enter. 12-year-old swimmers who wish to “swim up” in the 13&O events must do so for the entire meet and will be seeded with the 17&O age group for finals.

RULES The meet will be conducted in accordance with USA Swimming Rules and Regulations except where the rules therein are optional and exceptions are herein stated.

MEET FORMAT This is a timed final, prelim/final Age Group/Senior pre-seeded meet unless otherwise indicated.

All start times except for Thursday and morning preliminary sessions should be considered estimated. More precise times will be communicated to coaches after entries have been processed.

Session	Day	Est. Warm-up	Est. Meet Start	Age Group
1	Thursday timed finals	3:00 PM	4:00 PM	12&O
2	Friday prelims	6:30 AM	8:00 AM	13&O
3	Friday timed finals	12:15 PM	1:00 PM	8-12
4	Friday finals	4:30 PM	5:30 PM	13&O
5	Saturday prelims	6:30 AM	8:00 AM	13&O
6	Saturday timed finals	12:15 PM	1:00 PM	8-12
7	Saturday finals	4:30 PM	5:30 PM	13&O
8	Sunday prelims	6:30 AM	8:00 AM	13&O
9	Sunday timed finals	12:15 PM	1:00 PM	8-12
10	Sunday finals	4:30 PM	5:30 PM	13&O

CHECK IN DEADLINES:

Session	Event	Check In Deadline
Thursday Timed Finals	12&O 1500M Freestyle Positive Check In	3:30 PM
	12&O 800M Freestyle Positive Check In	3:30 PM
Friday Prelims	13&O 400M Individual Medley Positive Check In	7:30 AM
Friday Timed Finals	8-12 200M Individual Medley Positive Check In	12:45 PM
	8-12 200M Freestyle Relay Cards Due	1:30 PM
Friday Finals	13&O 200M Freestyle Relay Cards Due	5:00 PM
	13&O 400M Medley Relay Cards Due	7:00 PM
Saturday Prelims	13&O 400M Freestyle Positive Check In	7:30 AM
Saturday Timed Finals	8-12 200M Medley Relay Cards Due	1:30 PM
Saturday Finals	13&O 200M Medley Relay Cards Due	5:00 PM
	13&O 400M Freestyle Relay Cards Due	7:00 PM
Sunday Prelims	13&O 200 Breaststroke Scratches 13&O 200 Backstroke Scratches 13&O 200 Individual Medley Scratches	End of Prelims on Saturday
Sunday Timed Finals	9-12 400M Freestyle Positive Check In	2:00 PM

ENTRIES Entries should be submitted in HyTek format via email. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator no later than the entry deadline for entries to be considered complete. Swim GSA entries will be entered first and then complete entries from other teams in the order received. Swim GSA reserves the right to limit entries in order to comply with the four/eight hour rule. Rejected entries will be returned immediately. All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge and Facility Surcharge. Unless entries are rejected, entry fees are non-refundable.

Only LCM times will be accepted for entries. Swimmers without actual LCM times should be entered with converted SCY times or estimated LCM times to assure best seeding for all competitors. NT entries will not be accepted.

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

ENTRY LIMITS Swimmers may enter up to ten (10) individual events for the meet. 13&O swimmers may swim a maximum of three (3) individual events and two (2) relays per day and 8-12 swimmers are limited to four (4) individual events and one (1) relay per day.

Meet Management reserves the right to limit 12&U entries to comply with the 4-hour rule and to manage session/meet timelines.

The 13&O 400M Freestyle and 400M IM may be limited to the Top 32-48 by gender to manage morning timelines. The 9-12 400M Freestyle may be limited to the Top 32. Swimmers who enter these 400M events but are not allowed to swim will be accommodated in other events as possible or may request an entry fee refund.

ENTRY VERIFICATION An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY FEES

Make checks payable to: SWIM GSA. All fees are non-refundable	
Individual Event P/F	\$8.00 per event
Individual Event TF	\$6.00 per event
Relays	\$12.00 per relay
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$15.00 per swimmer
Late Entry Fee	Double

CHECK-IN

A positive check-in, located at clerk of course, will be required for the following events. Swimmers who do not check in may not be seeded in the event.

- 12&O 1500M Freestyle
- 12&O 800M Freestyle
- 13&O 400M Individual Medley
- 8-12 200M Individual Medley
- 13&O 400M Freestyle
- 9-12 400M Freestyle
- Scratches will be requested before deck seeding Sunday's 13&O 200M preliminary events.

SEEDING

The conforming time standard for this meet is LCM (long course meters). Swimmers will be seeded and swim from **FASTEST TO SLOWEST FOR ALL EVENTS** unless otherwise indicated. Swim GSA reserves the right to use chase starts or to combine heats and events at the discretion of the Meet Referee.

- **8-12 and 9-12 Timed Finals Events:** All events for 8-12 swimmers will be swum as timed finals in the afternoons. Individual event results will be split by 8-10/11-12 for 8-12 events and by 9-10/11-12 for 9-12 events for scoring and awards.
- **13&O Prelim/Finals Events:** Preliminary results will be divided into 13-14, 15-16, and 17&O for finals seeding. There will be A/B Finals for each age group. The A Final will be swum before the B Final. Finals will be swum in event order: 13-14 A Final/B Final, 15-16 A Final/B Final, then 17&O A Final/B Final. There is not a ready room. All finalists should report to the blocks. Alternates should report to the Starter prior to the event and may swim in the B Final for their age group in the event of no shows.
- **12&O 1500M Free:** The 1500M Freestyle will be swum as a timed final, fastest to slowest, alternating women and men. The event will be deck seeded after positive check-in. Swimmers must provide their own timers and counters. This event will not be broken out by age for scoring or awards.
- **12&O 800M Free:** The 800M Freestyle will be swum as a timed final, fastest to slowest, alternating women and men. The event will be deck seeded after positive check-in. Swimmers must provide their own timers and counters. This event will not be broken out by age for scoring or awards.
- **13&O 400M IM:** The 13&O 400M Individual Medley will be swum as a timed final event and will be deck seeded after positive check in. The fastest 32-48 positively checked in swimmers in each event will swim with finals, slowest to fastest in event order. (Coaches will be informed once entries close how many swimmers will compete at night.) Remaining heats will swim at the end of preliminaries, fastest to slowest in event order. No AM/PM option will be offered. Swimmers may be asked to provide their own timers during prelims.

- The event will be broken out by age group for scoring and awards.
- **8-12 200M IM:** The 8-12 200M IM will be deck seeded after positive check-in and will be swum fastest to slowest in event order.
 - **13&O 400M Free:** The 13&O 400M Freestyle will be swum as a timed final event and will be deck seeded after positive check in. The fastest 32-48 positively checked in swimmers in each event will swim with finals, slowest to fastest in event order. (Coaches will be informed once entries close how many swimmers will compete at night.) Remaining heats will swim at the end of preliminaries, fastest to slowest in event order. No AM/PM option will be offered. Swimmers may be asked to provide their own timers during prelims. The event will be broken out by age group for scoring and awards.
 - **13&O 200M Preliminary Events on Sunday:** All 200M preliminaries on Sunday morning will be deck seeded after scratches to optimize the session time line. Coaches will be asked for scratches by the end of the preliminary session on Saturday. Sunday's meet program will be published during Saturday finals.
 - **9-12 400M Free:** The 9-12 400M Freestyle will be swum fastest to slowest in event order. The event will be deck seeded after positive check-in and may be limited to the top 32. Swimmers may be asked to provide their own timers.
 - **RELAYS:** All 8-12 relays will be swum as timed finals in the afternoon sessions. All 13&O relays will be swum as timed finals in the evening sessions. No AM/PM option will be offered.

**SCRATCHES/
PENALTIES**

For positive check in deck seeded events, a swimmer who is properly checked in, been seeded, and fails to complete in said event, shall be barred from his next individual event unless the swimmer declares a false start prior to his heat or the Meet Referee accepts that the swimmer's failure to compete was caused by illness, injury, or factors beyond the swimmer's control.

For all finals events, a swimmer identified as a finalist when preliminary results are announced who fails to compete in said final heat shall be barred from his next individual event unless he declared intent to scratch within 30 minutes of the results announcement or the Meet Referee accepts that the swimmer's failure to compete was caused by illness, injury, or factors beyond the swimmer's control.

Alternates should report to the starter prior to the event and will swim in the B Final for their age group if no shows occur.

There will be no penalty for scratching or failing to compete in pre-seeded timed final and preliminary events and deck seeded 13&O events on Sunday morning including relays at the block.

SCORING

Individual and relay events will score points as follows:

- Individual events top 16: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relay events score double

AWARDS

8-10/9-10, and 11-12: 1st-3rd medals; 4th-8th ribbons
 13-14, 15-16, and 17&O: 1st-3rd medals
 Relays: 1st medal; 2nd-3rd ribbons

RESULTS

Results will be posted on Swim GSA's website (www.SwimGSA.com) within 24 hours of the meet's conclusion and teams will be emailed results. Live Results and

Meet Mobile will be used for this meet as facility internet connectivity allows.

WARM-UP

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. Swimmers will enter the pool feet first except in lanes that are designated for one way race starts under the direct supervision of a USA Swimming certified coach. During the competition, there will be at least three lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times or split the warm up period according to the number of entries.

**SWIMMERS
WITH
DISABILITIES**

Swim GSA 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 Swim GSA's ability to accommodate all requests.

TIME TRIALS

Time permitting and at the Meet Referee's discretion, limited time trials may be offered for 13&O swimmers making valid attempts to achieve championship qualifying times. Time trials count toward a swimmers' daily individual event limit but not their meet limit. Time trial entry fees are \$10.00 per event and swimmers must provide their own timers. Coaches interested in time trials should contact the Meet Referee.

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. There may be a coaches' meeting after Friday morning warm ups 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.

**OFFICIALS AND
TIMERS**

Swim GSA 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 45 minutes prior to the start of each session in the hospitality area. The uniform is white over navy with white shoes. Long pants or skirts preferred for finals.

Swim GSA welcomes volunteer timers from visiting teams. Please check in with the volunteer coordinator at the entrance to see if there are open lanes and to get a deck pass. Timers meetings will be held approximately 20 minutes prior to the start of each session.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches, officials, and meet administrators. Refreshments will be for sale at concession stands. Outside food is not permitted by the facility.

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ORDER OF EVENTS

Thursday Timed Finals

Warm-up: 3:00 Meet Start: 4:00

Girls/Women	Event	Boys/Men
1	12&O 1500M Freestyle* **	2
3	12&O 800M Freestyle* **	4

*Positive Check In Event. See special seeding information.

**Swimmers are required to provide their own timers and counters for Thursday's events.

Friday Preliminaries

Warm-up: 6:30 Meet Start: 8:00

Girls/Women	Event	Boys/Men
7	13&O 200M Freestyle	8
9	13&O 100M Breaststroke	10
11	13&O 100M Butterfly	12
13	13&O 400M Individual Medley* ** (Top 32-48 at night)	14

*Positive Check In Event. See special seeding information.

** Swimmers may be required to provide their own timers during the preliminary session.

Friday Timed Finals

Warm-up: Not before 12:15 Meet Start: Not before 1:00

Girls/Women	Event	Boys/Men
37	8-12 50M Butterfly	38
39	8-12 100M Freestyle	40
41	8-12 200M Individual Medley*	42
43	8-12 50M Backstroke	44
45	8-12 200M Freestyle Relay	46

*Positive Check In Event. See special seeding information.

Friday Finals

Warm-up: Not before 4:30 Meet Start: Not before 5:30

Girls/Women	Event	Boys/Men
5	13&O 200M Freestyle Relay	6
	5 Minute Break	
7	13-14/15-16/17&O 200M Freestyle	8
9	13-14/15-16/17&O 100M Breaststroke	10
11	13-14/15-16/17&O 100M Butterfly	12
13	400M Individual Medley (Top 32-48)	14
	5 Minute Break	
15	13&O 400M Medley Relay	16

Saturday Preliminaries

Warm-up: 6:30 Meet Start: 8:00

Girls/Women	Event	Boys/Men
19	13&O 200M Butterfly	20
21	13&O 100M Freestyle	22
23	13&O 100M Backstroke	24
25	13&O 400M Freestyle* (Top 32-48 at night)	26

*Positive Check In Event. See special seeding information.

Saturday Timed Finals**Warm-up: Not before 12:15 Meet Start: Not before 1:00**

Girls/Women	Event	Boys/Men
47	8-12 200M Freestyle	48
49	8-12 100M Backstroke	50
51	8-12 50M Breaststroke	52
53	8-12 200M Medley Relay	54

Saturday Finals**Warm-up: Not before 4:30 Meet Start: Not before 5:30**

Girls/Women	Event	Boys/Men
17	13&O 200M Medley Relay	18
	5 Minute Break	
19	13-14/15-16/17&O 200M Butterfly	20
21	13-14/15-16/17&O 100M Freestyle	22
23	13-14/15-16/17&O 100M Backstroke	24
25	400M Freestyle (Top 32-48)	26
	5 Minute Break	
27	13&O 400M Freestyle Relay	28

Sunday Preliminaries**Warm-up: 6:30 Meet Start: 8:00**

Girls/Women	Event	Boys/Men
29	13&O 200M Breaststroke*	30
31	13&O 200M Backstroke*	32
33	13&O 50M Freestyle	34
35	13&O 200M Individual Medley*	36

*Positive Check In Event. See special seeding information.

Sunday Timed Finals**Warm-up: Not before 12:15 Meet Start: Not before 1:00**

Girls/Women	Event	Boys/Men
55	8-12 50M Freestyle	56
57	8-12 100M Butterfly	58
59	8-12 100M Breaststroke	60
61	9-12 400M Freestyle*	62

*Positive Check In Event. See special seeding information. May be limited to top 32.

Sunday Finals**Warm-up: Not before 4:30 Meet Start: Not before 5:30**

Girls/Women	Event	Boys/Men
29	13-14/15-16/17&O 200M Breaststroke	30
31	13-14/15-16/17&O 200M Backstroke	32
33	13-14/15-16/17&O 50M Freestyle	34
35	13-14/15-16/17&O 200M Individual Medley	36

END OF MEET

Swim GSA 61st Annual Eastern Invitational 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@SwimGSA.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

	Total Number	Cost per	Total
Individual Entries P/F		\$8.00 per event	
Individual Entries TF		\$6.00 per event	
Relay Entries		\$12.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$18.00 per swimmer	
Total Fees Due			

Est. # of team coaches attending the meet	Morning Sessions	Afternoon Sessions	Finals Sessions

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 Greensboro Aquatic Center, 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