



GCY Sprint & Distance Meet

Hosted by the Greensboro Community YMCA Swim Team
June 10-12, 2016
Held at Held at Greensboro Aquatic Center
1921 Gate City Blvd, Greensboro, NC 27435



Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC16112; Time Trial Sanction #NC16112TT

MEET DIRECTOR Angie Carr 336-266-6384 atcarr@triad.rr.com Brad Herndon 501 West Market Street Greensboro, NC 27401 336-478-9635 brad.herndon@ymcagreensboro.org	MEET ENTRY COORDINATOR Cynthia Shannon 501 West Market St. Greensboro, NC 27401 336-478-9631 cynthia.shannon@ymcagreensboro.org
MEET REFEREE Cynthia Shannon 501 West Market St. Greensboro, NC 27401 336-478-9631 / 336-317-1769 cynthia.shannon@ymcagreensboro.org	MEET MARSHALL Sarah Ramirez 501 West Market Street Greensboro, NC 27401 336-478-9622 sewramirez@gmail.com
ADMINISTRATIVE OFFICIAL Oneta Manuel 910-990-6449 moneta697@gmail.com	

FACILITY

The 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. 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 2016 USAS membership card to the gate attendant at the volunteer lot will receive free parking.

MEET FORMAT

Competition for open events shall consist of a preliminaries and finals session, except as otherwise noted. All 12 and under competition will be timed finals.

AGE GROUPS

Swimmers will compete their age as of June 10, 2016. The age groups for competition will be 10 & under, 11/12, 13/14 and Open. 10 & Under and 11/12 events will be swum together and awarded separately. During preliminaries, 13/14 and Open events will be swum together. During Finals, these age groups will be swum separately

Session	Day	Warm-up	Session Start	Age Group
1	Friday	7:00 AM	8:30AM	Prelims
2	Friday	Not before 12:00	Not before 1:00 PM	12 & Under TF
3	Friday	4:30 PM	5:30 PM	Finals
4	Saturday	7:00 AM	8:30AM	Prelims
5	Saturday	Not before 12:00	Not before 1:00 PM	12 & Under TF
6	Saturday	4:30 PM	5:30 PM	Finals
7	Sunday	7:00 AM	8:30AM	Prelims
8	Sunday	Not before 12:00	Not before 1:00 PM	12 & Under TF
9	Sunday	4:30 PM	5:30 PM	Finals

DEADLINE AND MEETING SUMMARY:

Date	Time	For:
Tuesday, May 31, 2016	Midnight	Entry deadline
Friday, June 10, 2016	6:45 AM	General Meeting
June 10-12, 2016	45 minutes prior to each session start	Officials' Briefings
Friday, June 10, 2016	7:30 AM	Positive Check-in for: Open 400-meter Individual Medley Open 800-meter Freestyle Relay
Saturday, June 11, 2016	7:30 AM	Positive Check-in for: Open 400-meter Freestyle
Sunday, June 12, 2016	7:30 AM	Positive Check-in for Women's 800-meter Freestyle Men's 1500-meter Freestyle
Sunday, June 12, 2016	30 minutes prior to the session start	Positive Check-in for 12 & Under 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 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.

RULES

- This meet will be conducted in accordance with current USA Swimming Technical Rules, except where rules therein are optional and exceptions are stated.
- Deck entries (only to fill empty lanes) will be taken until 30 minutes prior to the start of the session.
- Use of audio or visual recording devices, including cell phones, 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. Entries listed as "Registration Applied For" will not be accepted. There will be no on-deck registration available at this meet. No qualifying times are required. Swimmers ages will be determined as of June 10, 2016.

SWIMMERS WITH DISABILITIES

GCY 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 who 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.

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. All relay-only swimmers must be listed and pay the Facility Surcharge. All relay-only swimmers, including alternates, must be listed. Rejected entries will be returned immediately. Unless entries are rejected, entry fees are non-refundable. The conforming time for this meet is LCM. Entries should be made with LCM times, converted SCY times, or estimated LCM times. NT will be seeded last.

ENTRY LIMITATIONS

All swimmers participating in any open prelim/final event may swim a maximum of 3 individual events and 1 relay per day and a total of 8 individual events and 1 relay for the meet.

12 & Under swimmers participating in timed final events only may swim a maximum of 4 individual events and 1 relay per day and 10 individual events and 2 relays for the meet.

Meet management reserves the right to limit the number of total entries to comply with the 4-hour time rule.

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 Tuesday, May 31, 2016. Late entries may be accepted at the discretion of the Meet Referee.

ENTRY FEES

Make checks payable to: Bryan YMCA; All fees are non-refundable	
Individual Event	\$8 per Prelim/Final Event \$6 per Timed Final Event
Relay Event	\$12 per relay
NCS Travel Fund	\$3 per swimmer
Facility Surcharge	\$15 facility surcharge per swimmer, including relay-only
Late Entry Fee	Double the entry fee
Time Trial Event	\$10 per Individual Event/\$20 per Relay Event

CHECK-IN

A positive check-in, located in Clerk of Course, will be required for the following events:

- Open 400-meter Individual Medley
- Open 400-meter Freestyle
- Open 800-meter Freestyle Relay
- Women’s Open 800-meter Freestyle
- Men’s Open 1500-meter Freestyle
- 12 & under 400-meter Freestyle

In addition there will be an AM/PM option for the both the Women’s Open 800-meter Freestyle and the Men’s Open 1500-meter Freestyle events.

SEEDING

The conforming time standard for this meet is long course meters. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order.

Competition for open events shall consist of a preliminaries and finals session for all events except those 400 meters and over. Those events will be timed finals with the fastest heats swimming in finals (see below). The finals session will include A and B heats for all 13/14 events; and A, B, C and D for all Open events. All finals events will be swum slowest to fastest.

All 12 and under competition will be timed finals.

All events 200 meters and shorter will be pre-seeded. All events of 400 meters and longer will be deck seeded with a positive check-in requirement.

The open 400M Freestyle and open 400 Individual Medley will be swum as a timed final event and will be deck seeded after positive check in. The fastest 4 heats of 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. No AM/PM option will be offered. Swimmers must provide their own timers during prelims. The event will be broken out by age group for results.

The Women's Open 800M Freestyle and Men's Open 1500M Freestyle will be swum as timed final events and will be deck seeded after positive check in. The fastest 2 heats of 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. An AM/PM option will be offered for these events. Swimmers must provide their own timers and counters during prelims and counters during finals. The event will be broken out by age group for results.

The 800M Freestyle Relay events will be limited to the 2 fastest heats at the end of the Friday finals session. No relays will be swum during prelims.

Meet management reserves the right to combine heats or events as well as use chase starts to adhere to the timeline.

SCRATCHES

The current NCS Scratch Rule will be in effect during the conduct of this meet for prelim/finals and deck-seeded events. (See below.)

SCORING

This meet will not be scored.

AWARDS

Ribbons will be awarded to the top 8 finishers for ages 10 and under and ages 11-12 individual events and top 3 finishers for 12 and under relays. No ribbons will be awarded for Open events.

TIME TRIALS

Time Trials will be offered at the conclusion of each evening finals session.

Time trials will be for the purpose of achieving championship qualifying times. All entrants in Time Trials must be entered in the meet. Time Trials events will be added to swimmers' daily entries. Entries for swimmers may not exceed the per day entry limits mandated by USA Swimming; i.e., 3 individual entries per day in a prelims/finals meet.

All USA Swimming rules apply to Time Trials.

Time Trial order of events for each Time Trial session:
50M events - 100M events - 200M events - 400M events

Time Trials for events longer than 400 meters will only be offered after all other time trial events on Saturday.

Swimmers are responsible for providing their own timers and counters for all time trial events.

RESULTS

Results will be posted on GCY's website within 24 hours of the meet's conclusion. At the conclusion of the meet, teams will be e-mailed a Hy-Tek results file.

COACHES

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

**OFFICIALS/
TIMERS/
VOLUNTEERS**

There will be a need for officials and timers. GCY welcomes and encourages anyone willing to officiate 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 USA Swimming and will be required to show proof of certification and registration. 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 45 minutes before each session.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. On-deck hospitality will be available for timers and other volunteers. Refreshments for spectators will be available at the concession stand in the concourse.

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.

ORDER OF EVENTS

Session 1
Friday, June 10, 2016
Warm-up: 7:00 a.m.; Session Start: 8:30 a.m.

Women	Event	Men
101	Open 50-meter Freestyle	102
103	Open 200-meter Breaststroke	104
105	Open 100-meter Backstroke	106
107	Open 50-meter Butterfly	108
109	* Open 400-meter Individual Medley *	110
	** 5-minute break **	
111	* Open 800-meter Freestyle Relay *	112

* Positive check-in is required. *

Session 2
Friday, June 10, 2016
Warm-up: Not before 12:00 p.m.; Session Start: Not before 1:00 p.m.

Girls	Event	Boys
131	12 & Under 200-meter Freestyle	132
133	12 & Under 50-meter Backstroke	134
135	12 & Under 100-meter Breaststroke	136
	** 5-minute break **	
137	12 & Under 200-meter Freestyle Relay	138

Session 4
Saturday, June 11, 2016
Warm-up: 7:00 a.m.; Session Start: 8:30 a.m.

Women	Event	Men
201	Open 200-meter Individual Medley	202
203	Open 100-meter Freestyle	204
205	Open 200-meter Butterfly	206
207	Open 50-meter Backstroke	208
209	Open 100-meter Breaststroke	210
211	* Open 400-meter Freestyle *	212

* Positive check-in is required. *

Session 5
Saturday, June 11, 2016
Warm-up: Not before 12:00 p.m.; Session Start: Not before 1:00 p.m.

Women	Event	Men
231	12 & Under 200-meter Medley Relay	232
	** 5-minute break **	
233	12 & Under 50-meter Butterfly	234
235	12 & Under 100-meter Freestyle	236
237	12 & Under 50-meter Breaststroke	238
239	12 & Under 200-meter Individual Medley	240

Session 7
Sunday, June 12, 2016
Warm-up: 7:00 a.m.; Session Start: 8:00 a.m.

Women	Event	Men
301	Open 200-meter Backstroke	302
303	Open 50-meter Breaststroke	304
305	Open 200-meter Freestyle	306
307	Open 100-meter Butterfly	308
309	* Women's Open 800-meter Freestyle *	
	* Men's Open 1500-meter Freestyle *	310

* Positive check-in is required. *

Swimmers should provide their own timers and counters.

Session 8
Sunday, June 12, 2016
Warm-up: Not before 12:00 p.m.; Session Start: Not before 1:00 p.m.

Girls	Event	Boys
331	12 & Under 100-meter Backstroke	332
333	12 & Under 50-meter Freestyle	334
335	12 & Under 100-meter Butterfly	336
337	* 12 & Under 400-meter Freestyle *	338

* Event will be swum fastest to slowest alternating girls and boys. *

Positive check-in is required.

Swimmers should provide their own timers.

GCY Sprint & Distance Meet

Summary of Fees/Release Form

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

GCY Swim Team
ATTN: Cynthia Shannon
501 West Market St
Greensboro, NC 27401

Email to: cynthia.shannon@ymcagreensboro.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$8 per P/F event	
Individual Entries		\$6 per TF event	
Relay Entries		\$12 per event	
Swimmers (\$15 Facility Surcharge + \$3 NCS Travel Fund)		\$18 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 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 Swim Team, the YMCA of Greensboro, 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

208.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and

.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.

.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.