

Goldsboro YMCA
Thanksgiving Invitational
November 18-20, 2016

- SANCTION:** Held under the sanction of USA Swimming Inc., issued by North Carolina Swimming, Inc. **Sanction #NC16183**
- CLASSIFICATION:** This meet is open to all USA Swimming registered athletes.
- LOCATION:** Goldsboro Family YMCA, Goldsboro, North Carolina
- FACILITY:** Raymond A. Bryan Pool, Family YMCA, Goldsboro, NC. An 8-lane 25YD pool with non-turbulent lane lines, Colorado Timing System and scoreboard, and custom paragon starting blocks. The lanes are seven feet wide and the depth at the starting end is 12 feet and at the turn end 4.5 feet. A separate 8-lane 25YD pool is available for continuous warm-up. Ample spectator and swimmer seating is available. The competition course has not been certified in accordance with 104.2.2C(4).
- RULES:** This meet will be conducted in accordance with current USA Swimming Rules & Regulations and the NCS Safety Program. 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.
- CLASSIFICATION:** This is an Age Group/Open invitational meet.
- ELIGIBILITY:** All swimmers must be registered with USA Swimming. Swimmers must be registered prior to entry deadline. There will be no on deck registration available at this meet.
- The Goldsboro YMCA 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 The Goldsboro YMCA's ability to accommodate all requests.
- ENTRIES:** Submit entries on by email to lance.thornton@goldsboroymca.org. List swimmers age as of November 18, 2016. All relay only swimmers, including alternates, must be entered in the submitted entry file and pay the NCS travel fund surcharge of \$3.00 and the \$8.00 Facility charge.
- ENTRY LIMITS:** Swimmers are limited to four individual events and onerelay per day.
- SEEDING:** The conforming time standard for this meet is short course yards. All events will be swum slowest to fastest.
- The 400 IM, 500 Free and 1650 Free will be positive check-in events and may be limited to the top three fastest heats of swimmers for both women and men. The referee will have the authority to combine the slowest two heats if possible. Swimmers who are properly checked in for these events but fail to compete will be barred from their next individual event.
- Positive Check-in for the Friday Evening events will close at 5:40pm.

ENTRY DEADLINE: Entries must be received no later than Sunday, November 13, 2016. E-mail entries will be accepted. The meet management reserves the right to limit the number of entries accepted to ensure an appropriate timeline.

SEND ENTRIES TO: Lance Thornton
1105 Parkway Drive, Goldsboro, NC 27534
E-Mail: lance.thornton@goldsboroymca.org
(w) 919-778-8557
(fax) 919-778-8645

ENTRY FEES: Individual events: \$3.50
Relays: \$8.00
Pool Surcharge: \$8.00 per swimmer
NCS Travel Fund: \$3.00 per swimmer
Make checks payable to: Goldsboro Family YMCA
Entry fees are non-refundable.

AWARDS: Individual Events: Ribbons 1st – 8th place

MEET DIRECTOR: Lance Thornton (lance.thornton@goldsboroymca.org)

MEET REFEREE: Bill Luse (wclswim@ec.rr.com)

MEET MARSHAL: YMCA Lifeguards

STARTING TIMES: Friday PM Session – Warm-ups: 5:00pm/ Timed Finals: 6pm
Saturday & Sunday AM Sessions-Warm-ups: Not before 7:30am/ Timed Finals: 1 hour after the start of warm-ups
Saturday & Sunday PM Sessions-Warm-ups: Not Before 11:30am / Timed Finals: 1 hour after the start of warm-ups

SAFETY: The NCS safety program is in effect at this meet. Coaches are required to closely supervise their swimmers at all times. NO running or horseplay will be tolerated.

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.

In the event that a swimmer or others associated with a team are found to be violating posted rules for use of the Family YMCA or any other restrictions that are posted for the safety of the people in attendance or to protect Family YMCA property the individuals will be reported to the Meet Director or one of the Meet Marshals who will notify the coach. Any coach notified will be expected to take appropriate disciplinary action up to and including expulsion of the person from the meet. The Meet Director, Meet Marshal, or Referee may also take disciplinary action. NO PARENTS WILL BE ALLOWED ON THE DECK UNLESS THEY ARE WORKING AS AN OFFICIAL OR A TIMER. THERE WILL BE NO EXCEPTIONS.

WARM-UPS: Each coach will be provided a copy of warm-up lane assignments when they pick up their heat sheets. Meet management reserves the right to alter the warm-up schedule if needed.

OFFICIALS: We welcome all USA Swimming certified officials on deck. Please contact the meet director or meet referee if there are officials from your team who would be willing to help. There will be an officials' meeting in hospitality 30 minutes prior to each session.

COACHES MEETING A coaches meeting will be held 10 minutes prior to the start of competition at the foot of the scoreboard. *All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification / registration. Coaches shall prominently display their registration cards while on deck.*

TIMERS: **Each team needs to supply timers for each session of the meet.** The number of timers from each team should be commensurate with the number of swimmers competing from that team.

Swimmers entered in the 500 Free and 1650 Free are required to supply their own timers. Swimmers entered in the 400 IM are required to supply their own timers.

RELEASE: As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety 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 Goldsboro Family YMCA, 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.

Goldsboro YMCA Thanksgiving Invitational Order of Events

Friday Evening

Warm-ups at 5:00pm

Timed Finals at 6:00pm

<u>Girls</u>		<u>Boys</u>
1	Open 500 Free	2
3	Open 400 IM	4
5	Open 1650	6

Saturday Morning

Warm-ups: Not before 7:30am

Timed Finals: 1 hour after the start of warm-ups

<u>Girls</u>		<u>Boys</u>
7	11-12 200 Free	8
9	Open 200 Free	10
11	11-12 100 Fly	12
13	Open 100 Fly	14
15	11-12 50 Back	16
17	Open 200 Back	18
19	11-12 100 Breast	20
21	Open 200 Breast	22
23	11-12 50 Free	24
25	Open 50 Free	26
27	11-12 200 Medley Relay	28
29	Open 200 Medley Relay	30

Saturday Afternoon

Warm-ups: Not Before 11:30am

Timed Finals: 1 hour after the start of warm-ups

<u>Girls</u>		<u>Boys</u>
31	10 & Under 200 Free	32
33	9-10 50 Fly	34
35	8 & Under 25 Fly	36
37	9-10 100 Back	38
39	8 & Under 50 Back	40
41	9-10 100 Breast	42
43	8 & Under 50 Breast	44
45	9-10 50 Free	46
47	8 & Under 25 Free	48
49	10 & Under 200 Medley Relay	50
51	8 & Under 100 Medley Relay	52

Sunday Morning

Warm-ups: Not before 7:30am

Timed Finals: 1 hour after the start of warm-ups

<u>Girls</u>		<u>Boys</u>
53	11-12 100 IM	54
55	Open 200 IM	56
57	11-12 100 Back	58
59	Open 100 Back	60
61	11-12 50 Fly	62
63	Open 200 Fly	64
65	11-12 100 Free	66
67	Open 100 Free	68
69	11-12 50 Breast	70
71	Open 100 Breast	72
73	11-12 200 Free Relay	74
75	Open 200 Free Relay	76

Sunday Afternoon

Warm-ups: Not Before 11:30am

Timed Finals: 1 hour after the start of warm-ups

<u>Girls</u>		<u>Boys</u>
77	10 & Under 100 IM	78
79	9-10 50 Back	80
81	8 & Under 25 Back	82
83	9-10 100 Fly	84
85	8 & Under 50 Fly	86
87	9-10 100 Free	88
89	8 & Under 50 Free	90
91	9-10 50 Breast	92
93	8 & Under 25 Breast	94
95	10 & Under 200 Free Relay	96
97	8 & Under 100 Free Relay	98