



# GCY Winter YMCA Swim Meet

Hosted by GCY Swim Team

January 28-29, 2017

Held at Greensboro Aquatic Center

1921 West Gate City Blvd, Greensboro, NC 27435



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

**Approved Meet #NC17055AP and Time Trials Meet #NC17055APTT**

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
Angie Carr 336-266-6384 <a href="mailto:atcarr@triad.rr.com">atcarr@triad.rr.com</a>  Brad Herndon 336-478-9635 <a href="mailto:brad.herndon@ymcagreensboro.org">brad.herndon@ymcagreensboro.org</a>	Cynthia Shannon 501 West Market St Greensboro, NC 27401 336-478-9631 <a href="mailto:cynthia.shannon@ymcagreensboro.org">cynthia.shannon@ymcagreensboro.org</a>
<b>MEET REFEREE</b>	<b>MEET MARSHALL</b>
Cynthia Shannon 336-317-1769 336-478-9631 <a href="mailto:cynthia.shannon@ymcagreensboro.org">cynthia.shannon@ymcagreensboro.org</a>	Sarah Ramirez 336-478-9635 <a href="mailto:sarah.ramirez@ymcagreensboro.org">sarah.ramirez@ymcagreensboro.org</a>

## 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 can be configured into two 25-yard courses with up to ten 7-foot wide lanes each. All lanes feature non-turbulent lane lines and Colorado starting blocks. Up to ten 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. Free parking passes will be provided for volunteers, coaches and officials. In addition any coach or official who presents a 2017 USAS membership card/Deck Pass or current YMCA official's or coach's certification to the gate attendant at the volunteer lot will receive free parking.

## MEET FORMAT

This is a closed YMCA, approved Age Group, timed final meet.

Session	Day	Warm-up	Session Start	Age Group
1	Saturday	7:00 a.m.	8:15 a.m.	Open
2	Saturday	Not before 12:00	Not before 12:45 p.m.	12 & Under
3	Saturday	Not before 4:30 p.m.	5:30 p.m.	8 & Under/ Open
4	Sunday	7:00 a.m.	8:15 a.m.	Open
5	Sunday	Not before 12:00	Not before 12:45 p.m.	12 & Under

#### DEADLINE AND MEETING SUMMARY:

Date	Time	For:
Wednesday, January 18, 2017	Midnight	Entry deadline
Saturday, January 28, 2017	8:00 a.m.	General Meeting
January 28-29, 2017	45 minutes prior to each session start	Officials' Briefings
January 28-29, 2017	90 minutes after each session starts	Time Trials Close
Saturday, January 28, 2017	Session Start	Positive Check-in closes for: <ul style="list-style-type: none"> <li>• Open 400-yard Individual Medley</li> <li>• Open 1650-yard Freestyle</li> </ul>
Sunday, January 29, 2017	7:30 a.m.	Positive Check-in closes for Open 500-yard Freestyle
Sunday, January 29, 2017	30 minutes prior to the session start	Positive Check-in closes for 12 & Under 500-yard Freestyle

#### SAFETY

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No running or horseplay will be tolerated. 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/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 YMCA member coach, must be certified by a YMCA 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. It is also the responsibility of the swimmer or the swimmer's guardian to request assignment from the Meet Director to a YMCA coach attending the meet if a coach from the swimmer's team is unable to attend.

#### RULES

- This meet will be conducted in accordance with current USA Swimming Technical Rules, except where rules therein are optional and exceptions are stated.
- All events will be swum as timed finals.

#### RULES (cont.)

- Deck entries (only to fill empty lanes) will be taken until 30 minutes prior to the start of the session.

- The referee and meet management reserve the right to combine heats and/or events.
- 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.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach area, spectator area and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

**ELIGIBILITY**

- This is a closed YMCA meet. This meet is open to all swimmers who have full privilege memberships at their YMCAs.
- No qualifying times are required.
- Swimmers ages will be determined as of January 28, 2017.
- Times will be reported to USA Swimming. Coaches are asked to remove the USA Swimming ID from all swimmers not registered with USA Swimming. In addition, please provide a list of these swimmers with meet entries.

**SWIMMERS WITH DISABILITIES**

GCY welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our 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 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 first day of the meet. Entries will be entered in the order received. GCY reserves the right to limit entries in order to comply with the four-hour rule. Rejected entries will be returned immediately. Unless entries are rejected, entry fees are non-refundable. The conforming time for this meet is SCY. Entries should be made with SCY times, converted LCM times, or estimated SCY times. NT will be seeded last.

**ENTRY LIMITATIONS**

Swimmers may swim a maximum of 5 individual events plus 1 relay per day. There is no limit on the number of relay entries per team. Meet management reserves the right to limit the number of total entries to comply with the 4-hour time rule. In addition all positive check-in events may be limited (see order of events).

**ENTRY VERIFICATION**

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

**ENTRY DEADLINES**

The Meet Entry Coordinator must receive entries by midnight on Wednesday, January 18, 2017. Late entries may be accepted at the discretion of the Meet Referee.

**ENTRY FEES**

<b>Make checks payable to: Bryan Family YMCA. All fees are non-refundable</b>	
Individual Event	\$4.00 per event
Relay Event	\$10.00 per event
Time Trial Event	\$10.00 per event
Facility Surcharge	\$15.00 per swimmer, including relay-only swimmers
Late Entry Fee	\$8.00 per individual event; \$20.00 per relay event

**SEEDING** The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest. All non-conforming times will be seeded last in rank order

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

- Open 400-yard Individual Medley
- Open 1650-yard Freestyle
- Open 500-yard Freestyle
- 12 & under 500-yard Freestyle

Check-in for the events above will be closed 30 minutes prior to the start of each session. Swimmers failing to check in will be scratched from the event and not seeded. A swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.

**SCRATCHES** There will be no penalty for scratching pre-seeded events at the block.

**SCORING** This meet will not be scored.

**AWARDS** Ribbons will be awarded to the top 8 finishers for 12 and under individual events and to the top 3 finishers for 12 and under relay events. No ribbons will be awarded for open events.

**TIME TRIALS** Time Trials will be offered at the conclusion of each session at the discretion of the meet referee.

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' meet entries. Entries for swimmers may not exceed the per day entry limits mandated by USA Swimming; i.e., 5 individual entries per day in a timed finals meet.

All YMCA/USA Swimming rules apply to Time Trials.

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

**TIME TRIALS SCHEDULE**  
 TT1: Conclusion of Session 1 on Saturday  
 TT2: Conclusion of Session 2 on Saturday  
 TT3: Conclusion of Session 3 on Saturday  
 TT4: Conclusion of Session 4 on Sunday  
 TT5: Conclusion of Session 5 on Sunday

**TIME TRIALS SCHEDULE** Events of 500 yards or less will be available for time trials on  
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**(cont.)** Saturday and Sunday. In addition, the 1000-yard freestyle will be offered on Sunday. Events and/or genders may be combined at the discretion of the meet referee and meet administration.

**RESULTS** Results will be sent to each team via email attachment and posted on the NC Swimming web-site.

**COACHES** All coaches on deck must be registered and certified with YMCA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. 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 general meetings.

**OFFICIALS/  
TIMERS/  
VOLUNTEERS** There will be a need for officials. GCY welcomes and encourages anyone willing to volunteer 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 YMCA or USA Swimming and will be required to show proof of such to the meet referee by displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. Officials shall prominently display their registration cards at all times while on deck. 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 prior to the start of each session.

**HOSPITALITY/  
CONCESSIONS** There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.

**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**  
**Saturday, January 28, 2017**  
**Warm-up: 7:00 a.m.; Session Start: 8:15 a.m.**

Women	Event	Men
101	Open 200-yard Medley Relay	102
	** 5-minute Break **	
103	Open 200-yard Freestyle	104
105	Open 100-yard Breaststroke	106
107	Open 50-yard Freestyle	108
109	Open 100-yard Butterfly	110
111	Open 100-yard Backstroke	112
113	Open 200-yard Individual Medley	114

**Session 2**  
**Saturday, January 28, 2017**  
**Warm-up: Not before 12:00 p.m.; Session Start: Not before 12:45 p.m.**

Girls	Event	Boys
201	12 & Under 200-yard Medley Relay	202
	** 5-minute Break **	
203	10 & Under 50-yard Butterfly	204
205	11-12 50-yard Butterfly	206
207	10 & Under 100-yard Backstroke	208
209	11-12 100-yard Backstroke	210
211	10 & Under 50-yard Breaststroke	212
213	11-12 50-yard Breaststroke	214
215	10 & Under 50-yard Freestyle	216
217	11-12 50-yard Freestyle	218
219	10 & Under 100-yard Individual Medley	220
221	11-12 100-yard Individual Medley	222
223	12 & Under 200-yard Freestyle	224

**Session 3**  
**Saturday, January 28, 2017**  
**Warm-up: Not before 4:30 p.m.; Session Start: Not before 5:30 p.m.**

Girls/Women	Event	Boys/Men
301	8 & Under 100-yard Freestyle Relay	302
303	8 & Under 25-yard Freestyle	304
305	8 & Under 25-yard Backstroke	306
307	8 & Under 25-yard Breaststroke	308
309	8 & Under 25-yard Butterfly	310
311	8 & Under 100-yard Medley Relay	312
313	* * * Open 400-yard Individual Medley * * *	314
315	* * * Open 1650-yard Freestyle * * *	316

\* \* \* May be limited to the fastest 4 heats of women and fastest 4 heats of men \* \* \*

Event will be swum fastest to slowest alternating women and men.  
 Positive check-in is required.  
 Swimmers should provide their own timers and counters.

**Session 4**  
**Sunday, January 29, 2017**  
**Warm-up: 7:00 a.m.; Session Start: 8:15 a.m.**

<b>Women</b>	<b>Event</b>	<b>Men</b>
401	Open 200-yard Freestyle Relay	402
	** 5-minute Break **	
403	Open 200-yard Breaststroke	404
405	Open 200-yard Butterfly	406
407	Open 100-yard Freestyle	408
409	Open 200-yard Backstroke	410
411	* * * Open 500-yard Freestyle * * *	412

\* \* \* May be limited to the fastest 4 heats of women and fastest 4 heats of men \* \* \*  
 Event will be swum fastest to slowest alternating women and men.  
 Positive check-in is required  
 Swimmers should provide their own timers and counters.

**Session 5**  
**Sunday, January 29, 2017**  
**Warm-up: Not before 12:00 p.m.; Session Start: Not before 12:45 p.m.**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
501	12 & Under 200-yard Freestyle Relay	502
	** 5-minute Break **	
503	10 & Under 100-yard Butterfly	504
505	11-12 100-yard Butterfly	506
507	10 & Under 50-yard Backstroke	508
509	11-12 50-yard Backstroke	510
511	10 & Under 100-yard Breaststroke	512
513	11-12 100-yard Breaststroke	514
515	10 & Under 100-yard Freestyle	516
517	11-12 100-yard Freestyle	518
519	* * * 12 & Under 500-yard Freestyle * * *	520

\* \* \* May be limited to the fastest 4 heats of girls and fastest 4 heats of boys \* \* \*  
 Event will be swum fastest to slowest alternating women and men.  
 Positive check-in is required.  
 Swimmers should provide their own timers and counters.

**GCY Winter YMCA Swim Meet  
Summary of Fees/Release Form**

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

GCY

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		\$4.00 per event	
Relay Entries		\$10.00 per event	
Swimmers (Facility Surcharge)		\$15.00 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 the YMCA. I acknowledge that I am familiar with the Safety Rules of YMCA Swimming, 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 YMCA of Greensboro, Inc., the Bryan 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. 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