



**GYSSA Short Course Championships**  
 Sponsored by the Greater YMCA Sunbelt Swimming Association  
 Hosted by GCY Swim Team  
 March 3-5, 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 #NC17072AP Time Trials Meet #NC17072APTT

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

**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 who presents a current YMCA coach's certification or official who presents a current YMCA official's or 2017 USA Swimming membership card/Deck Pass to the gate attendant at the volunteer lot will receive free parking.

**MEET FORMAT**

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

Session	Day	Warm-up	Session Start	Age Group
1	Friday	4:30-5:25 p.m.	5:30 p.m.	all ages
2	Saturday	7:00-7:55 a.m.	8:00 a.m.	12 & Under
3	Saturday	Not before 12:30 p.m.	Not before 1:30 p.m.	13 & Over
4	Sunday	7:00-7:55 a.m.	8:00 a.m.	12 & Under

5	Sunday	Not before 12:30 p.m.	Not before 1:30 p.m.	13 & Over
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**DEADLINE AND MEETING SUMMARY:**

Date	Time	For:
Wednesday, February 21, 2017	Midnight	Entry deadline
Friday, March 3, 2017	4:15 p.m.	General Meeting
March 3-5, 2017	45 minutes prior to each session start	Officials' Briefings
March 3-5, 2017	90 minutes after each session starts	Time Trials Close
Friday, March 3, 2017	5:00 p.m.	Positive Check-in closes for: <ul style="list-style-type: none"> <li>• Senior 400-yard Individual Medley</li> <li>• 12 &amp; Under 500-yard Freestyle</li> <li>• Senior 1650-yard Freestyle</li> </ul>
Saturday, March 4, 2017	1:00 p.m.	Positive Check-in closes for <ul style="list-style-type: none"> <li>• Senior 500-yard Freestyle</li> </ul>

**SAFETY**

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Only feet-first entry into warm-down lanes at all times and during warm ups except during specific warm up periods while under the direct supervision of a certified coach. No glass is allowed in the pool area or locker rooms at any time. No running or horseplay will be tolerated. As at any pool, the deck may be slippery and caution should be taken to prevent accidents. 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. There is NO blocking of fire exits, which includes doorways and passages. 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, National YMCA Championship Meet Rules, the rules that govern YMCA Competitive Sports, the NCS Swimming Handbook, and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated.

- All events will be conducted as timed finals.
- All events will be pre-seeded with the exception of the 500-yard freestyle, the 1650-yard freestyle and the 400-yard individual medley. A positive check-in will be required for each of these events.
- Positive check-in events will be swum fastest to slowest, alternating girls and boys. If two pools are used, no alternating will occur.
- The referee and meet management reserve the right to combine heats and/or events.
- Swimmers in 6 & Under and 8 & Under events only will report to clerk of course. All other event swimmers will report directly to the blocks.
- Use of audio or visual recording devices, including cell phones, is not

<b>RULES (cont)</b>	<p>permitted in changing areas, rest rooms or locker rooms.</p> <ul style="list-style-type: none"> <li>• Deck changes are prohibited.</li> <li>• 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 USA Swimming Vice President of Program Operations.</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• This is a closed YMCA meet that is open only to teams in the Greater YMCA Sunbelt Swimming Association (GYSSA). Swimmers must be listed on the roster of a GYSSA member team.</li> <li>• All participants must be a member of a local YMCA and must have full privilege annual membership at that YMCA to be eligible.</li> <li>• Each participant must have competed in at least one (1) inter-association (closed YMCA) meet prior to the entry deadline.</li> <li>• There are no time standards for this meet with the exception of Senior events 400 yards and longer. In these events swimmers must have achieved a USAS 13-14 "B" time to compete. NTs are not permitted in the meet.</li> </ul>
<b>AGE GROUP</b>	<p>Swimmers ages will be determined as of the first day of the meet (March 3, 2017). The age groups for competition will be as follows: 6 &amp; Under, 8 &amp; Under, 9-10, 11-12 and Senior. The Senior age group will be separated into 14 &amp; Under and 15 &amp; Over for awards and results purposes.</p>
<b>SWIMMERS WITH DISABILITIES</b>	<p>GYSSA and GCY welcome 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 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 GYSSA's and GCY's ability to accommodate all requests.</p>
<b>ENTRIES</b>	<p>The preferred method of entry is in Hy-Tek format. Enter best short course yard times. No handwritten, fax or phone entries will be accepted. Entries with NT will not be accepted. Email is preferred for electronic entries. Please include the following with your entries:</p> <ol style="list-style-type: none"> <li>1. Completed entries in Hy-Tek format</li> <li>2. Printout of entries, both individual and relay</li> <li>3. Completed Entry Summary Form</li> <li>4. Team Roster with T-shirt sizes</li> <li>5. Check for entry fees</li> </ol>
<b>ENTRY LIMITATIONS</b>	<p>Swimmers may swim a maximum of three (3) individual and two (2) relay events per day. Senior events are open to swimmers of any age; however, participation in a senior event 400 yards or longer is limited to those swimmers who have achieved a USAS 13-14 "B" time in the event, prior to the entry deadline. Meet management reserves the right to limit all events 400 yards or longer to the fastest 40 women and fastest 40 men.</p> <p>There is no limit on the number of relay entries per team; however, only the highest placing relay team for each member team will score points.</p>
<b>ENTRY VERIFICATION</b>	<p>An email will be sent to the person submitting the entries confirming receipt of the entries within 48 hours of receipt.</p>
<b>ENTRY DEADLINES</b>	<p>The Meet Entry Coordinator must receive entries by midnight on Tuesday, February 21, 2017. Late entries may be accepted at the discretion of the</p>

Meet Referee.

## ENTRY FEES

Clubs should submit a single check payable to the Bryan Family YMCA for the full amount due. All fees must be paid prior to any swimmer entering the pool and are non-refundable.	
Individual Event	\$2.50 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

## SEEDING

The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise noted. 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:

- Senior 400-yard Individual Medley (closes on Friday at 5:00 p.m.)
- Senior 1650-yard Freestyle (closes on Friday at 5:00 p.m.)
- 12 & Under 500-yard Freestyle (closes on Friday at 5:00 p.m.)
- Senior 500-yard Freestyle (closes on Saturday at 12:30 p.m.)

A swimmer who has checked in, been seeded, and fails to complete in said event, shall be disqualified from his/her next individual event. No penalty shall apply for failure to compete in a positive check-in individual event if (1) the Referee is notified of an illness or injury and accepts proof thereof, or (2) the failure to compete is caused by circumstances beyond the control of the swimmer. A declared false start will count as participation in the event. The North Carolina Scratch Rule will be in effect for this meet.

## SCRATCHES

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

## SCORING

Both individual and relay events will be scored 1<sup>st</sup> through 16<sup>th</sup> places.  
Individual Points: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
Relay Points: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

\*The senior group will be separated into 14 & Under and 15 & Over for awards and points.

## AWARDS

Heat winner awards will be provided for all individual events.

Age Group High Point awards will also be given.

### Team Awards

Top 3 Large Teams and Top 3 Small Teams

(Small teams will be defined as teams with fewer than 75 swimmers registered on the team with GYSSA.)

### Individual Awards

1<sup>st</sup>-3<sup>rd</sup> Places – medals

4<sup>th</sup>-16<sup>th</sup> Places – ribbons

### Relay Awards

1<sup>st</sup>-3<sup>rd</sup> Places – medals

4<sup>th</sup>-8<sup>th</sup> Places – ribbons

## 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 Trial 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. A swimmer wishing to scratch from an event to make room for a time trial may scratch with the Deck Referee or Admin Referee any time prior to the beginning of the event. Any swims scratched in this manner will not count toward a swimmer's daily limit. No shows and declared false starts will count toward the daily limit.

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 Friday  
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

Events of 500 yards or less will be available for time trials on all meet days. 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

Coaches must check in at Clerk of Course and provide current coaching credentials to be allowed on deck. All coaches on deck at the meet must have the following **CURRENT SAFETY CERTIFICATIONS**: CPR, First Aid and Lifeguard Training (or Coaches Safety Training).

There will be a general meeting on Friday in the hospitality room at 4:15 p.m. before warm-ups. 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 meetings.

## OFFICIALS

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 certification/registration. 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.

## TIMERS

Announcements for timers will be made prior to the start of each session.

*Swimmers will be required to provide their own timers for the 400-yard individual medley, 500-yard freestyle and 1650-yard freestyle.*

## HOSPITALITY/ CONCESSIONS

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

## WARM-UP

Specific warm-ups will be held in accordance with the NCS safety program. Specific warm-up times, procedures and lane assignments for warm-ups will be available in the coaches' packets. A current coach's YMCA certification card will be required to obtain the packet. The card must be with the coach at all times on deck. Please begin all warm-up procedures at the starting end of the pool only. Feet-first entry is required until specific warm-up period is announced.

The Meet Marshall will ensure all teams, coaches and swimmers follow all warm-up procedures. During the competition, there will be lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area.

Warm ups may be divided into two (2) sessions and start times may be changed if the number of swimmers dictates this. Following the entry deadline, an e-mail will be sent to all coaches notifying them of warm-up times.

## ORDER OF EVENTS

Session 1

Friday, March 3, 2017

Warm-up: 4:30 p.m.; Session Start: 5:30 p.m.

Girls/Women	Event	Boys/Men
1	11-12 200-yard Individual Medley	2
3	*** Senior 400-yard Individual Medley ***	4
5	10 & Under 200-yard Freestyle	6
7	*** 12 & Under 500-yard Freestyle ***	8
9	*** Senior 1650-yard Freestyle ***	10

\*\*\* May be limited to the fastest 40 women and fastest 40 men \*\*\*

Positive check-in is required.

Events will be swum fastest to slowest alternating women and men.  
Swimmers should provide their own timers and counters.

Session 2  
 Saturday, March 4, 2017  
 Warm-up: 7:00 a.m.; Session Start: 8:00 a.m.

Girls	Event	Boys
11	8 & Under 100-yard Individual Medley	12
13	9-10 100-yard Individual Medley	14
15	11-12 100-yard Individual Medley	16
17	6 & Under 25-yard Backstroke	18
19	7-8 25-yard Backstroke	20
21	9-10 50-yard Backstroke	22
23	11-12 50-yard Backstroke	24
25	8 & Under 50-yard Breaststroke	26
27	10 & Under 100-yard Breaststroke	28
29	11-12 100-yard Breaststroke	30
31	6 & Under 25-yard Freestyle	32
33	7-8 25-yard Freestyle	34
35	9-10 50-yard Freestyle	36
37	11-12 100-yard Freestyle	38
39	8 & Under 50-yard Butterfly	40
41	10 & Under 100-yard Butterfly	42
43	11-12 100-yard Butterfly	44
45	8 & Under 100-yard Medley Relay	46
47	10 & Under 200-yard Medley Relay	48
49	11-12 200-yard Medley Relay	50

Session 3  
 Saturday, March 4, 2017  
 Warm-up: Not before 12:30 p.m.; Session Start: Not before 1:30 p.m.

Women	Event	Men
51	Senior 400-yard Freestyle Relay	52
53	Senior 200-yard Individual Medley	54
55	Senior 100-yard Backstroke	56
57	Senior 200-yard Breaststroke	58
59	Senior 100-yard Freestyle	60
61	Senior 200-yard Butterfly	62
63	Senior 200-yard Medley Relay	64
65	*** Senior 500-yard Freestyle ***	66

\*\*\* May be limited to the fastest 40 women and fastest 40 men \*\*\*

Positive check-in is required.

Events will be swum fastest to slowest alternating women and men.

Swimmers should provide their own timers and counters.

Session 4  
 Sunday, March 5, 2017  
 Warm-up: 7:00 a.m.; Session Start: 8:00 a.m.

Girls	Event	Boys
67	10 & Under 200-yard Individual Medley	68
69	11-12 50-yard Freestyle	70
71	10 & Under 100-yard Freestyle	72
73	8 & Under 50-yard Freestyle	74
75	11-12 50-yard Breaststroke	76
77	9-10 50-yard Breaststroke	78
79	8 & Under 25-yard Breaststroke	80
81	11-12 100-yard Backstroke	82
83	10 & Under 100-yard Backstroke	84
85	8 & Under 50-yard Backstroke	86
87	11-12 50-yard Butterfly	88
89	9-10 50-yard Butterfly	90
91	8 & Under 25-yard Butterfly	92
93	11-12 200-yard Freestyle	94
95	8 & Under 100-yard Freestyle Relay	96
97	10 & Under 200-yard Freestyle Relay	98
99	11-12 200-yard Freestyle Relay	100

Session 5  
 Sunday, March 5, 2017  
 Warm-up: Not before 12:30 p.m.; Session Start: Not before 1:30 p.m.

Women	Event	Men
101	Senior 400-yard Medley Relay	102
103	Senior 50-yard Freestyle	104
105	Senior 100-yard Breaststroke	106
107	Senior 200-yard Backstroke	108
109	Senior 100-yard Butterfly	110
111	Senior 200-yard Freestyle	112
113	Senior 200-yard Freestyle Relay	114



**GYSSA Short Course Championship  
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

<b>Team Name</b>		
<b>Club Code</b>		
<b>Contacts</b>	Head Coach	Secondary Contact
<b>Phone Numbers</b>		
<b>Email Addresses</b>		
	Number of Swimmers registered on team from 9/1/2016 to present	Number of Coaches Attending Meet
<b>Team Mailing Address</b>		

Item	Total Number	Cost per	Total Amount
Individual Entries		\$2.50 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, 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 the USA Competitive Swimming and Diving Committee, the Greater YMCA Sunbelt Swimming Association, 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 (Head Coach)

TITLE

DATE