

**GOLDSBORO YMCA  
LONG COURSE OPEN  
April 28-30, 2017**

- SANCTION:** Held under the sanction of USA Swimming Inc. issued by North Carolina Swimming Inc. **Sanction Number NC17079**
- LOCATION:** Goldsboro Family YMCA, Goldsboro, North Carolina  
1105 Parkway Drive, Goldsboro, NC 27534
- FACILITY:** The Raymond A. Bryan pool is a 50-meter pool featuring eight 50 meter lanes. Pool depth is 12 ft. at the start end and 4.5 ft. on the turn end. The eight lanes have non-turbulent lane ropes, Kiefer starting blocks, a digital scoreboard, and a Colorado Timing System. Computer results will be used. There is a four-lane 20 Yard therapy pool adjacent to the 50m pool that will be available for continuous warm-up/warm-down. Spectator seating for 450 is available in the balcony area. Chairs are not allowed to block the walkways according to fire code regulations nor are they allowed to remain in place overnight. Spectators are **not** allowed on the pool deck. Please notify parents of this rule that applies to all parents who are not active meet volunteers assisting in the meet operations. Only meet volunteers, USA Swimming registered athletes, current USA Swimming registered officials, and coaches may be on deck. The competition pool has not been certified in accordance with USA Swimming 104.2.2C(4).
- RULES:** This meet will be conducted in accordance with the current USA Rules and Regulations, and the current North Carolina Swimming Rules and Regulations, and the current North Carolina Swimming Safety Program. Use of audio visual recording devices, including a cell phone, 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 areas, spectator areas 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:** All swimmers must be registered with USA Swimming, Inc. 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.
- FORMAT:** This meet will be conducted in accordance with current USA Swimming Technical Rules and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated.

- 1) All events will be swum as timed finals.
- 2) Scratches and deck entries will be taken until 30 minutes prior to the start of each session.
- 3) The North Carolina Scratch Rules will be in effect for all deck seeded events.
- 4) The 400 Free, 400 IM & 1500 Free will be deck seeded fastest to slowest. Positive check-in is required and will close 15 minutes prior to the conclusion of warm ups. Swimmers not checked in by this deadline will be scratched.
- 5) Meet management reserves the right to limit the 400 Free, 400 IM & 1500 Free to the fastest 3 heats of girls and the fastest 3 heats of boys.
- 6) The referee and meet management reserve the right to combine heats.
- 7) The meet management reserves the right to combine sessions as deemed necessary.

ENTRIES: Please email entries using Hy-Tek Team Manager for entries. Entries may be sent via email to [lance.thornton@goldsboroymca.org](mailto:lance.thornton@goldsboroymca.org) and must include the following:

- 1) Hy-Tek compatible entry file
- 2) Team entry report

**Entries will be limited to the first 550 swimmers.** Entries will be loaded in the order in which they were received. The meet management reserves the right to limit the number of entries to keep the meet under timeline. Teams will be notified within 24 hours of the entry deadline if their entries cannot be accepted.

**Please note that the Meet Director will strictly enforce the following entry rules:**

1. Payment must be received by the start of the meet in order to get coaches packet. No swimmer will compete until payment is received.
2. Late entries will be considered only if the meet has not reached capacity and at the discretion of the Meet Director. Deck entries will only be allowed if there are open lanes in the event. No new heats will be created. Late and deck entries will be charged double entry fees.
3. All swimmers must be properly registered before April 28, 2017. The list of swimmers competing in the meet will be forwarded to the NCS Registration Chair for approval. There is no on deck registration available.
4. **NT (no time) ENTRIES WILL NOT BE ACCEPTED.**

ENTRY LIMITS: Each swimmer is allowed to swim up to 4 individual events and 1 relay per day.

ENTRY DEADLINE: Entries must be received no later than 11:59pm Sunday, April 23th, 2017.

ENTRY FEES: Make checks payable to **Goldsboro Family YMCA**. Entries fees are non-refundable.

ENTRY FEES: Individual events: \$3.50  
Relay Events: \$8.00  
NCS Surcharge: \$3.00  
Pool Surcharge: \$8.00

AWARDS: Individual: Ribbons 1st – 8<sup>th</sup> place

SCORING: The meet will not be scored.

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

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

SCHEDULE: Friday PM: (All Ages) Warm-ups: 4pm  
Meet Start: 5pm  
Saturday/Sunday AM: (10 & Under)  
Warm-ups: 7:30am  
Meet Start: 8:15am  
Saturday/Sunday AM: (11-12)  
Warm-ups: Not Before 12:00pm  
Meet Start: Not Before 12:45pm  
Saturday/Sunday PM: (Senior)  
Warm-ups: Not Before 3:30pm  
Meet Start: Not Before 4:15pm

SAFETY: The NCS safety program is in effect at this meet. Coaches are required to closely supervise their swimmers at all times. 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.***

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.

- WARM-UPS:** Warm Ups will be determined based on swimmer count after the entry deadline has passed. 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 to improve the running of the meet.
- CREDENTIALS:** All coaches and officials on deck must be registered and certified with 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. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers.
- OFFICIAL MEETING:** There will be an official's meeting in the hospitality area at 4:30PM on Friday and 30 minutes prior to all other sessions. Coaches if you have officials that are planning to work this meet PLEASE have them contact Meet Referee Bill Luse, [wclswim@ec.rr.com](mailto:wclswim@ec.rr.com) with their highest certification and session (s) planning to work.
- COACH MEETING:** A coaches meeting will be held at 4:50 pm on Friday night and as needed throughout the meet.
- TIMERS:** **Volunteer timers will be needed throughout the meet and each participating team will be expected to provide timers.** If there aren't enough timers to start the meet on time, the Meet Referee/Meet Director reserves the right to start the meet regardless. **Swimmers in the 400 IM, 1500 FR, and 400 FR must provide their own timers.**
- HOSPITALITY:** Hospitality will be open to coaches, officials and meet workers and provided by GOLD Swimming and various generous supporters.
- LODGING:** Best Western Plus Goldsboro is the exclusive hotel sponsor of GOLD Swimming. For meet rates please call 919-751-1999 and mention the booking code "YGON" or go online and navigate to the meet dates to take advantage of the special meet rate.
- RELEASE:** It is understood and agreed that USA Swimming, Inc., NC Swimming, Goldsboro Family YMCA and other governing bodies of the facilities shall be held harmless for any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

**GOLDSBORO YMCA OPEN  
LONG COURSE INVITATIONAL  
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**Order of Events**

**Friday, April 28**

*These events will swim fastest to slowest by gender*

Warm-up: 4:00pm

Timed Finals: 5:00pm

| Girls | Event               | Boys |
|-------|---------------------|------|
| 1     | Senior 400 IM       | 2    |
| 3     | 12 & Under 400 Free | 4    |
| 5     | Senior 1500 Free    | 6    |

**Saturday, April 30**

**10 and Under Session**

Warm-up: 7:30am

Timed Finals: 8:15am

|    |                              |    |
|----|------------------------------|----|
| 7  | 10 & U 200M Free             | 8  |
| 9  | 10 & Under 50 M Breast       | 10 |
| 11 | 10 & Under 100 Fly           | 12 |
| 13 | 10 & Under 50 M Free         | 14 |
| 15 | 10 & Under 100M Back         | 16 |
| 17 | 10 & Under 200M Medley Relay | 18 |

**11-12 Session**

Warm-up: not before 12:00pm

Timed Finals: not before 12:45pm

|    |                         |    |
|----|-------------------------|----|
| 19 | 11-12 200M Free         | 20 |
| 21 | 11-12 50M Breast        | 22 |
| 23 | 11-12 100M Fly          | 24 |
| 25 | 11-12 50M Free          | 26 |
| 27 | 11-12 100M Back         | 28 |
| 29 | 11-12 200M Medley Relay | 30 |

### **Senior Session**

Warm-up: not before 3:30pm  
Timed Finals: not before 4:15pm

|    |                          |    |
|----|--------------------------|----|
| 31 | Senior 200M Fly          | 32 |
| 33 | Senior 200M Free         | 34 |
| 35 | Senior 100M Breast       | 36 |
| 37 | Senior 200M IM           | 38 |
| 39 | Senior 100M Back         | 40 |
| 41 | Senior 400M Medley Relay | 42 |

### **Sunday, May 1**

#### **10 and Under Session**

Warm-ups: 7:30am  
Timed Finals: 8:15am

|    |                            |    |
|----|----------------------------|----|
| 43 | 10 & Under 200M IM         | 44 |
| 45 | 10 & Under 100M Free       | 46 |
| 47 | 10 & Under 50M Back        | 48 |
| 49 | 10 & Under 100M Breast     | 50 |
| 51 | 10 & Under 50M Fly         | 52 |
| 53 | 10 & Under 200M Free Relay | 54 |

#### **11-12 Session**

Warm-up: not before 12:00pm  
Timed Finals: not before 12:45pm

|    |                       |    |
|----|-----------------------|----|
| 55 | 11-12 200M IM         | 56 |
| 57 | 11-12 100M Free       | 58 |
| 59 | 11-12 50M Back        | 60 |
| 61 | 11-12 100M Breast     | 62 |
| 63 | 11-12 50M Fly         | 64 |
| 65 | 11-12 200M Free Relay | 66 |

### **Senior Session**

Warm-up: not before 3:30pm  
Timed Finals: not before 4:15pm

|    |                        |    |
|----|------------------------|----|
| 67 | Senior 100M Free       | 68 |
| 69 | Senior 200M Back       | 70 |
| 71 | Senior 100M Fly        | 72 |
| 73 | Senior 50 Free         | 74 |
| 75 | Senior 200M Breast     | 76 |
| 77 | Senior 400M Free Relay | 78 |
| 79 | Senior 400 Free        | 80 |

*\*400 Free will swim Fast to Slow by gender\**