



GCY Sprint & Distance Meet 2017

Hosted by GCY Swim Team

June 9-11, 2017

Held at Greensboro Aquatic Center
1921 West Gate City Blvd, Greensboro, NC 27435



Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanctioned Meet #NC17108

MEET DIRECTOR Jamie Knorr 704-640-3186 Swimmomof5@gmail.com Brad Herndon 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 336-478-9631 336-317-1769 cynthia.shannon@ymcagreensboro.org	MEET MARSHAL 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 will be configured into one 50M course with eight 9-foot wide lanes each. All lanes feature non-turbulent lane lines and Colorado starting blocks. 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 2017 USA Swimming membership card/Deck Pass to the gate attendant at the volunteer lot will receive free parking.

MEET FORMAT

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

Session	Day	Warm-up	Session Start	Age Group
1	Friday timed finals	4:30 p.m.	5:30 p.m.	All
2	Saturday prelims	7:00 a.m.	8:30 a.m.	All
3	Saturday timed finals	Not before 12:00 p.m.	Not before 12:45 p.m.	12 & Under
4	Saturday finals	4:30 p.m.	5:30 p.m.	All
5	Sunday prelims	7:00 a.m.	8:00 a.m.	All
6	Sunday timed finals	Not before 12:00 p.m.	Not before 12:45 p.m.	12 & Under
7	Sunday finals	4:30 p.m.	5:30 p.m.	All

DEADLINE AND MEETING SUMMARY:

Date	Time	For:
Wednesday, May 30, 2017	Midnight	Entry deadline
Friday, June 9, 2017	4:15 p.m.	General Meeting
June 9-11, 2017	45 minutes prior to each session start	Officials' Briefings
Friday, June 9, 2017	5:00 p.m.	Positive Check-in closes for: <ul style="list-style-type: none"> • Open 400-meter Individual Medley • 12 & Under 400-meter Freestyle • Open 1500-meter Freestyle
Saturday, June 10, 2017	7:45 a.m.	Positive Check-in closes for <ul style="list-style-type: none"> • Open 400-meter Freestyle
Sunday, June 11, 2017	7:45 a.m.	Positive Check-in closes for <ul style="list-style-type: none"> • Open 800-meter Freestyle

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 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. It is also the responsibility of the swimmer or the swimmer's guardian to request assignment from the Meet Director to a USA Swimming 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, and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated.

- All events will be pre-seeded with the exception of the 400-meter individual medley, 400-meter, 800-meter, and 1500-meter freestyle. A positive check-in will be required for each of these events.
- All freestyle positive check-in events will be swum fastest to slowest, alternating girls and boys.
- The referee and meet management reserve the right to combine heats and/or events as well as use chase starts to adhere to the timeline.
- 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.

RULES (cont)	<ul style="list-style-type: none"> • 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.
ELIGIBILITY	<ul style="list-style-type: none"> • 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.
AGE GROUP	Swimmers ages will be determined as of the first day of the meet (June 9, 2017). The age groups for competition will be as follows: 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.
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 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 first day of the meet for entries to be considered complete. Entries will be entered in the order received. All relay-only swimmers, including alternates, must be listed and pay the Travel Fund and Facility Surcharge. 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	<ul style="list-style-type: none"> • 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 2 relays 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 entries confirming receipt of the entries within 48 hours of receipt.
ENTRY DEADLINES	The Meet Entry Coordinator must receive entries by midnight on Tuesday, May 30, 2017. Late entries may be accepted at the discretion of the 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	\$6.00 per P/F event; \$6.00 per TF event
Relay Event	\$10.00 per event
NCS Travel Fund	\$3.00 per swimmer, including relay-only swimmers
Facility Surcharge	\$18.00 per swimmer, including relay-only swimmers
Late Entry Fee	Double the entry fee

SEEDING

The conforming time standard for this meet is long course meters. Entries should be made with LCM times, converted SCY times or estimated LCM times. Swimmers will be seeded and swim from slowest to fastest unless otherwise noted. All non-conforming times will be seeded last in rank order.

All 12 & Under competition will be timed finals.

All events 200 meters and below will be pre-seeded.

All individual open events except those 400 meters and over will be contested as preliminaries/finals. Open events 400 meters and over will be contested as timed final events 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 and C heats for all open events. All finals events will be swum slowest to fastest. There will not be a Ready Room. All heats should report to the blocks.

The Open 400-meter Freestyle will be swum as a timed final event and will be seeded after positive check in. The fastest 3 heats of positively checked in swimmers in the event will swim with finals, slowest to fastest in event order. 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 separated by age groups for results.

The Open 800-meter and Open 1500-meter Freestyle events will be swum as timed final events and will be 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. 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 separated by age groups for results.

The 800-meter Freestyle Relay events will be limited to one heat to be swum at the beginning of the Saturday finals session. No heats of relays will swim during preliminaries.

CHECK-IN

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

- Open 400-meter Individual Medley
- 12 & Under 400-meter Freestyle
- Open 1500-meter Freestyle
- Open 400-meter Freestyle
- Open 800-meter Freestyle

SCRATCHES

There will be no penalty for scratching or failing to compete in pre-seeded events at the block.

For deck-seeded events, swimmers who are properly checked in and seeded but fail to compete and are not excused by the Meet Referee will be barred from their next individual events.

Swimmers who are named in the original qualifying heats for finals, who do not scratch, and then fail to compete will be barred from their next individual event, unless excused by the Meet Referee.

SCORING	This meet will not be scored.
AWARDS	Ribbons will be awarded to the top 8 finishers for 10 & under and 11-12 individual events and top 3 finishers for 12 & under relays. No ribbons will be awarded for Open events.
RESULTS	Results will be sent to each team via email attachment and posted on the NC Swimming web-site.
COACHES	<p>All coaches on deck must be registered and certified with USA 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.</p> <p>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.</p>
OFFICIALS	<p>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 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 briefings will be held in the hospitality area 45 minutes prior to the start of each session.</p>
TIMERS	GCY welcomes volunteer timers from visiting teams. Please check in with the volunteer coordinator at the entrance to get a lane assignment and deck pass. Timers' briefings will be held approximately 30 minutes prior to the start of 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. Outside food is not permitted by the facility.
WARM-UP	<p>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 e-mailed to the contact coach and be posted 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.</p> <p>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.</p>

ORDER OF EVENTS

Session 1
 Friday, June 9, 2017
 Warm-up: 4:30 p.m.; Session Start: 5:30 p.m.

Girls/Women	Event	Boys/Men
101	Open 800-meter Freestyle Relay ^③	102
	*** 5-minute break ***	
103	12 & Under 200-meter Individual Medley	104
105	Open 400-meter Individual Medley ^①	106
107	12 & Under 400-meter Freestyle ^{①②}	108
109	Open 1500-meter Freestyle ^{①②}	110

^① Positive check-in is required. Events may be limited to the fastest 5 heats.

^② Events will be swum fastest to slowest alternating women and men. Swimmers should provide their own timers and counters.

^③ Events will be limited to one heat of women and one heat of men.

Sessions 2 & 4
 Saturday, June 10, 2017
 PRELIMS Warm-up: 7:00 a.m.; Session Start: 8:30 a.m.
 FINALS Warm-up: 4:30 p.m.; Session Start: 5:30 p.m.

Women	Event	Men
201	Open 200-meter Individual Medley	202
203	Open 100-meter Backstroke	204
205	Open 200-meter Breaststroke	206
207	Open 50-meter Freestyle	208
209	Open 50-meter Butterfly	210
211	Open 100-meter Freestyle	212
213	Open 200-meter Butterfly	214
215	400-meter Freestyle ^{①②}	216

^① Positive check-in is required. Events may be limited to the fastest 5 heats.

^② Events will be swum fastest to slowest alternating women and men.

Session 3
 Saturday, June 10, 2017
 Warm-up: Not before 12:00 p.m.; Session Start: Not before 12:45 p.m.

Girls	Event	Boys
251	12 & Under 200-meter Freestyle	252
253	12 & Under 50-meter Backstroke	254
255	12 & Under 50-meter Breaststroke	256
257	12 & Under 100-meter Freestyle	258
259	12 & Under 100-meter Butterfly	260
	*** 5-minute break ***	
261	12 & Under 200-meter Medley Relay	262

Sessions 5 & 7
 Sunday, June 11, 2017
PRELIMS Warm-up: 7:00 a.m.; Session Start: 8:30 a.m.
FINALS Warm-up: 4:30 p.m.; Session Start: 5:30 p.m.

Women	Event	Men
301	Open 200-meter Freestyle	302
303	Open 100-meter Breaststroke	304
305	Open 200-meter Backstroke	306
307	Open 50-meter Breaststroke	308
309	Open 50-meter Backstroke	310
311	Open 100-meter Butterfly	312
313	Open 800-meter Freestyle ^{①②}	314

① Positive check-in is required. Events may be limited to the fastest 5 heats.

② Events will be swum fastest to slowest alternating women and men. Swimmers should provide their own timers and counters during prelims.

Session 6
 Sunday, June 11, 2017
 Warm-up: Not before 12:00 p.m.; Session Start: Not before 12:45 p.m.

Girls	Event	Boys
351	12 & Under 50-meter Freestyle	352
353	12 & Under 50-meter Butterfly	354
355	12 & Under 100-meter Breaststroke	356
357	12 & Under 100-meter Backstroke	358
	*** 5-minute break ***	
359	12 & Under 200-meter Freestyle Relay	360

**GCY Sprint & Distance Meet 2017
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		
Contacts	Head Coach	Secondary Contact
Phone Numbers		
Email Addresses		
Team Mailing Address		

Item	Total Number	Cost per	Total Amount
Individual Entries Timed Final		\$6.00 per event	
Individual Entries Prelim/Final		\$6.00 per event	
Relay Entries		\$10.00 per event	
NC Travel Fund		\$3.00 per swimmer	
Facility Surcharge		\$18.00 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, 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 _____

TITLE _____

DATE _____