



# GCY Back-to-Pool Invitational



Hosted by GCY Swim Team  
September 29- 30, 2017  
Held at Greensboro Aquatic Center  
1921 West Gate City Blvd, Greensboro, NC 27403



Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming, Inc.  
**Approved Meet #NC17142AP**

|  |  |
|--|--|
| <b>MEET DIRECTOR</b>   | <b>MEET ENTRY COORDINATOR</b>  |
| Jamie Knorr<br>704-640-3186<br>Swimmomof5@gmail.com<br><br>Brad Herndon<br>336-478-9635<br>brad.herndon@ymcagreensboro.org | Cynthia Shannon<br>501 West Market St.<br>Greensboro, NC 27401<br>336-478-9635<br><a href="mailto:Cynthia.shannon@ymcagreensboro.org">Cynthia.shannon@ymcagreensboro.org</a> |
| <b>MEET REFEREE</b>  | <b>MEET MARSHAL</b>  |
| Oneta Manuel<br>910-990-6449<br>moneta697@gmail.com  | Sarah Ramirez<br>336-478-9622<br>Sarah.ramirez@ymcagreensboro.org  |

## FACILITY

The Greensboro Aquatic Center is a state-of-the-art indoor facility with three pools which opened in August 2011. 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 2016 or 2016 USAS membership card 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 an approved Age Group, timed final meet.

| Session | Day      | Warm-up               | Meet Start            | Age Group |
|---------|----------|-----------------------|-----------------------|-----------|
| 1       | Friday   | 5:00 p.m.             | 6:00 p.m.             | Open      |
| 2       | Saturday | 7:00 a.m.             | 8:00 a.m.             | Open      |
| 3       | Saturday | Not before 11:00 a.m. | Not before 11:30 a.m. | Open      |
| 4       | Saturday | Not before 12:30 p.m. | Not before 1:15 p.m.  | Open      |

## DEADLINE AND MEETING SUMMARY:

| Day, Date                | Time                        | For:   |
|--------------------------|-----------------------------|--|
| Tuesday, Sept 19, 2017   | 12:00 midnight              | Entry deadline   |
| Friday, Sept. 29, 2017   | 4:30 p.m.                   | Positive Check-in for:<br>Open 500-yard Freestyle<br>Open 400-yard Individual Medley<br>Open 1000-yard Freestyle |
| Saturday, Sept. 30, 2017 | 7:15 a.m.                   | General Meeting  |
| Saturday, Sept. 30, 2017 | 30 mins before each session | Official Briefings   |

### 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 or USA Swimming coach, must be certified by a YMCA member or USA Swimming 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 and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated.
- All events will be swum as timed finals.
- 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 USA Swimming Vice President of Program Operations.

**ELIGIBILITY**

- All participants must either be a member of a local YMCA and must have full privilege annual membership at that YMCA to be eligible AND/OR 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.
- Swimmers ages will be determined as of September 29, 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 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 entry deadline for entries to be considered complete. 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 per day and 7 individual events for the meet. Swimmers may only swim in one session per day, regardless of the number of events entered.

**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, September 19, 2017. Late entries may be accepted at the discretion of the Meet Referee.

**ENTRY FEES**

|   |                     |
|---|---------------------|
| <b>Make checks payable to: Bryan Family YMCA.</b> |                     |
| <b>All fees are non-refundable</b>                |                     |
| Individual Event                                  | \$5.00 per event    |
| Facility Surcharge                                | \$15.00 per swimmer |
| Late Entry Fee                                    | \$10.00 per 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 500-yard Freestyle
- Open 400-yard Individual Medley
- Open 1000-yard Freestyle

Check-in for the events above will be closed 30 minutes prior to the start of the 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.

**SCORING**

This meet will not be scored.

**AWARDS**

- Ribbons will be awarded to the top 16 swimmers in each age group: 8 & Under, 9-10, 11-12, 13-14, 15-18.
- A book bag will be awarded to the top 3 female and male swimmers (lowest combined time) in each age group for each Saturday session. To be considered for this, swimmers must swim all 5 events in the session with no disqualifications.

**RESULTS**

At the conclusion of the meet, teams will receive Hy-tek results via email attachment.

**COACHES**

All coaches on deck must be registered and certified with the YMCA and/or 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. 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 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 30 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**

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 prior to Wednesday, September 27th. The Meet Marshal 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

Friday, September 29, 2017

### Session 1

Open

Warm-up: 4:00 p.m.; Session Start: 5:00 p.m.

| Women | Event                      | Men |
|-------|----------------------------|-----|
| 101   | 500-yard Freestyle         | 102 |
| 103   | 400-yard Individual Medley | 104 |
| 105   | 1000-yard Freestyle        | 106 |

Saturday, September 30, 2017

### Session 2

Open

Warm-up: 7:00 a.m.; Session Start: 8:00 a.m.

| Women | Event                      | Men |
|-------|----------------------------|-----|
| 201   | 200-yard Individual Medley | 202 |
| 203   | 100-yard Butterfly         | 204 |
| 205   | 100-yard Backstroke        | 206 |
| 207   | 100-yard Breaststroke      | 208 |
| 209   | 100-yard Freestyle         | 210 |

### Session 3

Open

Warm-up: Not before 11:00 a.m.; Session Start: Not before 11:30 a.m.

| Women | Event                          | Men |
|-------|--------------------------------|-----|
| 301   | 8 & Under 25-yard Freestyle    | 302 |
| 303   | 8 & Under 25-yard Butterfly    | 304 |
| 305   | 8 & Under 25-yard Backstroke   | 306 |
| 307   | 8 & Under 25-yard Breaststroke | 308 |
| 309   | 8 & Under 50-yard Freestyle    | 310 |

### Session 4

Open

Warm-up: Not before 12:30 p.m.; Session Start: Not before 1:15 p.m.

| Women | Event                      | Men |
|-------|----------------------------|-----|
| 401   | 100-yard Individual Medley | 402 |
| 403   | 50-yard Butterfly          | 404 |
| 405   | 50-yard Backstroke         | 406 |
| 407   | 50-yard Breaststroke       | 408 |
| 409   | 50-yard Freestyle          | 410 |

**GCY Back-to-Pool Invitational  
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](mailto:Cynthia.shannon@ymcagreensboro.org)

|              |  |
|--------------|--|
| Team Name    |  |
| Club Code    |  |
| Coach        |  |
| Coach Phone  |  |
| Coach Email  |  |
| Team Address |  |

| Item                          | Total Number | Cost per            | Total |
|-------------------------------|--------------|---------------------|-------|
| Individual Entries            |              | \$5.00 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