



Fall Kick Off

Hosted by YMCA of NWNC RipTYDE Swim Team

September 30, 2017

Held at Gateway YWCA, 1300 S Main St, Winston-Salem, NC 27127

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

Approved Meet #NC17155AP

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| MEET DIRECTOR | MEET ENTRY COORDINATOR |
| Nathan Durrell 775 West End Blvd Winston-Salem, NC 27101 336-721-2100 ext 6262 | Robin Jacobs 775 West End Blvd. Winston-Salem, NC 27101 336-721-2100 ext 6274 coachrobin@swimtyde.org |
| MEET REFEREE | MEET MARSHAL |
| Brad Martin 336-906-3132 Brad.martin@xposc.com | Richard Huffman 336-721-2100 coachrichard@swimtyde.org |

FACILITY

An 8 Lane, 25 yard pool with a depth ranging from 4-7 feet at both the starting end and the turn end, and a lane width of 6 feet. Pool has non-turbulent lane lines, a Colorado Timing System with an 8 lane scoreboard display and custom starting blocks. There is a 3 lane warm-up/cool down pool that will be available. The competition course has not been certified in accordance with 104.2.2C(4).

MEET FORMAT

This is a timed final Age Group/Senior, pre-seeded meet unless otherwise indicated.

| Session | Day | Warm-up | Meet Start | Age Group |
|---------|----------|----------|------------|-----------------|
| 1 | Saturday | 8:30 AM | 9:00 AM | Prep Academy |
| 2 | Saturday | 10:30 AM | 11:30 AM | Comp, Perf, Nat |

DEADLINE AND MEETING SUMMARY:

| Day, Date | Time | For: |
|-------------------|----------------------------|-------------------------|
| Monday, Sept 25 | 11:59 PM | Entry deadline |
| Saturday, Sept 30 | 8:15 AM | Coaches/General Meeting |
| Saturday, Sept30 | 30 min 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. NO running or horseplay will be tolerated. No glass containers are allowed on pool deck. Families are allowed and encouraged to bring chairs on the pool deck for seating. There will be limited bleacher seating around the pool deck. Swimmers will be required to use ONLY the youth locker rooms located off pool deck.

RACING STARTS

Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an 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.

RULES

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated. Use of audio or 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

This is a closed YMCA intrasquad meet. All swimmers must be members of the Northwest North Carolina Riptyde (TYDE) swim team.

SWIMMERS WITH DISABILITIES

TYDE 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 TYDE's ability to accommodate all requests.

ENTRIES

Entries will be submitted to the Meet Coordinator through the TYDE Team Unify Website. Entries submitted in Hy-tek or SDIF format require no hard copy entry forms. Email is preferred for electronic entries however, disks are also acceptable. A swimmer's age on the first day of the meet will determine their age for the entire meet

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| ENTRY LIMITATIONS | Swimmers may swim a maximum of 3 individual events per day . In compliance with the USA Swimming 4 hour rule, swimmers may complete in only one session. |
| ENTRY VERIFICATION | An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt. |
| ENTRY DEADLINES | The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. Late entries may be accepted at the discretion of the Meet Referee. There will be no on deck entries. |
| ENTRY FEES | Each swimmer in Competitive and Performance will be charged \$25 which will be charged to your account on file |
| SEEDING | The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order |
| CHECK-IN | All events are pre-seeded in this meet. Relays must be checked in within 30 minutes of the start of each session. |
| SCRATCHES | There will be no penalty for scratching pre-seeded events at the block. |
| SCORING | No team or individual scoring will be kept. |
| AWARDS | Prep swimmers only-ribbons 1-8 |
| RESULTS | Results will be posted on TYDE TEAM’s website within 24 hours of the meets conclusion. |
| COACHES | All coaches on deck must be registered and certified with USAS and 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 coach/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 coaches meetings. |
| OFFICIALS/TIMERS/ VOLUNTEERS | There will be a need for officials. TYDE 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 certification card or be prepared to show their Deck Pass virtual membership card upon request. 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 as stated in the above meet information. |

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials.
Refreshments will be available.

WARM-UP

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal 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.

WAIVER/RELEASE

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with the TYDE Swim Team. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. The TYDE Swim Team, Gateway YWCA, 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. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your 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.

ORDER OF EVENTS

SATURDAY, Sept 30

Warm-up: 8:30 AM; Meet Start: 9:00 AM

PREP ACADEMY

| Girls/Women | Event | Boys/Men |
|-------------|------------------|----------|
| 1 | 11 & OLDER 50 FR | 2 |
| 3 | 9-10 50 FR | 4 |
| 5 | 8 & UNDER 25 FR | 6 |
| 7 | 11 & OLDER 50 FL | 8 |
| 9 | 9-10 50 FL | 10 |
| 11 | 8 & UNDER 25 FL | 12 |
| 13 | 11 & OLDER 50 BR | 14 |
| 15 | 9-10 50 BR | 16 |
| 17 | 8 & UNDER 25 BR | 18 |
| 19 | 11 & OLDER 50 BK | 20 |
| 21 | 9-10 50 BK | 22 |
| 23 | 8 & UNDER 25 BK | 24 |

SATURDAY, Sept 30

Warm-up: 10:30 AM; Meet Start: 11:30 AM

COMPETITIVE, PERFORMANCE, NATIONAL TRACK

| Girls/Women | Event | Boys/Men |
|-------------|-----------------|----------|
| 25 | OPEN 50 FR | 26 |
| 27 | 11-12 50 FR | 28 |
| 29 | 9-10 50 FR | 30 |
| 31 | 8 & UNDER 25 FR | 32 |
| 33 | OPEN 100 FL | 34 |
| 35 | 11-12 50 FL | 36 |
| 37 | 9-10 50 FL | 38 |
| 39 | 8 & UNDER 25 FL | 40 |
| 41 | OPEN 100 BR | 42 |
| 43 | 11-12 50 BR | 44 |
| 45 | 9-10 50 BR | 46 |
| 47 | 8 & UNDER 25 BR | 48 |
| 49 | OPEN 100 BK | 50 |
| 51 | 11-12 50 BK | 52 |
| 53 | 9-10 50 BK | 54 |
| 55 | 8 & UNDER 25 BK | 56 |
| 57 | OPEN 100 FR | 58 |