



**Swim GSA Quad Meet**  
 EAC, GCY, MOR, SGSA  
 Hosted by Swim GSA



October 7, 2017

The Greensboro Aquatic Center  
 1921 West Gate City Blvd., Greensboro, NC 27403

Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming  
**Sanction #NC17161**

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
Bruce Cantrell 336-321-6229 <a href="mailto:bruce@GSAswim.org">bruce@GSAswim.org</a>	Bruce Cantrell <a href="mailto:bruce@GSAswim.org">bruce@GSAswim.org</a>
<b>MEET REFEREE</b>	<b>MEET MARSHALS</b>
Stephanie Keane <a href="mailto:stephkeaney@gmail.com">stephkeaney@gmail.com</a> 336-202-2773	Clark Hering <a href="mailto:GSAofficials@GSAswim.org">GSAofficials@GSAswim.org</a>

**FACILITY**

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 25Y course with up to ten 7-foot wide lanes. 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 will be provided for coaches and working officials who present 2017 USAS membership cards to the Volunteer Lot gate attendant. Directions to GAC are available at [www.GSAswim.org](http://www.GSAswim.org).

**MEET FORMAT**

This is a Timed Final Senior/Open pre-seeded Meet

<b>Session</b>	<b>Day</b>	<b>Warm-up</b>	<b>Meet Start</b>	<b>Age Group</b>
<b>1</b>	<b>Saturday Timed Finals</b>	<b>9:30 AM</b>	<b>10:30 AM</b>	<b>Open</b>

## DEADLINE AND MEETING SUMMARY

	Time	For:
<b>Monday, 10/02/17</b>	<b>6 PM</b>	<b>Entry Deadline</b>
<b>SAFE SPORT</b>	<p>The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. 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. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions in addition to host team marshal.</p> <p>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.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</p> <p>Deck changes are prohibited.</p> <p>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.</p>	
<b>RACING STARTS</b>	<p>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.</p>	
<b>RULES</b>	<p>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.</p>	
<b>ELIGIBILITY</b>	<p>All swimmers must be current active members of USA Swimming and registered with Swim GSA, MOR, EAC, or GCY. No on deck registration is available at this meet. Swimmers must be registered prior to entry deadline. Each team may bring a maximum of 50 swimmers, which may be made of any combination of women and men.</p>	
<b>ENTRIES</b>	<p>Entries submitted in Hy-Tek format require no hard copy entry forms. Entry fees are non-refundable.</p>	

<b>ENTRY FEE PER SWIMMER</b>	<b>\$25/Swimmer = (\$3 per event + \$10 Facility surcharge + \$3 NCS travel fund surcharge)</b> <b>All fees are non-refundable.</b>
<b>ENTRY LIMITATIONS</b>	Swimmers may swim a maximum of four (4) individual events plus two (2) relays. However, each team can only enter a maximum of 2 relays per relay event and 5 swimmers per event in the 1000 freestyle.
	Breaks are noted in the Order of Events. Additional breaks may be added at the discretion of the Meet Referee.
<b>ENTRY DEADLINES</b>	The Meet Entry Coordinator must receive entries by Monday, October 2, 2017 at 6 PM. Late entries will be accepted only at the discretion of the Meet Director. Late entries may not be seeded. SGSA reserves the right to limit or suspend the addition of swimmers or heats to accommodate late entries. Late entries will be charged double fees.
<b>ENTRY VERIFICATION</b>	An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.
<b>SEEDING</b>	The conforming time standard for this meet is short course yards. Coaches should enter swimmers with SCY, converted LCM, or estimated SCY times. NT entries are not accepted.  Swimmers will be seeded and swim from slowest to fastest. SGSA reserves the right to combine heats and events at the discretion of the Meet Referee.
<b>SCRATCHES</b>	There will be no penalty for scratching any event at the block.

<b>SWIMMERS WITH DISABILITIES</b>	Swim GSA 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 Swim GSA's ability to accommodate all requests.
<b>SCORING</b>	Individual events will be scored 9-4-3-2-1 with 3 scorers per team Relay events will be scored 11-4-2 with 2 relays scoring per team This meet will tally a scoring for each team Combined, Male and Female – Plus – as a dual meet between each team participating e.g. A v B, A v C, A v D, B v C, B v D, C v D
<b>AWARDS</b>	There will be no awards beyond bragging rights.
<b>RESULTS</b>	Results will be posted on SGSA's website ( <a href="http://www.GSAswim.org">www.GSAswim.org</a> ) within 24 hours of the meets conclusion and coaches will be emailed their results.

<b>COACHES</b>	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.
<b>OFFICIALS</b>	Swim GSA welcomes and encourages certified officials and apprentices to contact the Meet Referee by email prior to the meet or by signing in 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. Official briefings will be held on deck 30 minutes prior to the start of the session.
<b>TIMERS</b>	Timers meetings will be held behind starting blocks approximately 20 minutes prior to the start of the session. <u>Each team is to provide timers for 2 lanes with Swim GSA providing timers for 4 lanes.</u>
<b>HOSPITALITY/ CONCESSIONS</b>	There will be limited hospitality.
<b>WARM-UP</b>	In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall 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 no lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area. Swimmers will enter the pool feet first except in lanes that are designated for one way race starts under the direct supervision of a USAS certified coach.
<b>RELEASE</b>	Swim GSA, North Carolina Swimming, and USA Swimming, Inc., GAC, 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.

## ORDER OF EVENTS

### Saturday Timed Finals

Warm-up: 9:30 AM Meet Start: 10:30 AM

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
1	200 Medley Relay	2
3	1000 Free	4
5	200 Freestyle	6
7	100 Backstroke	8
9	100 Breaststroke	10
11	200 Butterfly	12
13	50 Freestyle	14
	10 minute break	
15	100 Freestyle	16
17	200 Backstroke	18
19	200 Breaststroke	20
21	500 Freestyle	22
23	100 Fly	24
	5 minute break	
25	200 Individual Medley	26
27	200 Freestyle Relay	28

End of Meet