

2018 GOLD Thanksgiving Invitational

November 16-18, 2018

Goldsboro Family YMCA, 1105 Parkway Drive, Goldsboro, NC 27534

SANCTION: Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC18180

MEET DIRECTOR	MEET ENTRY COORDINATOR
Barry Neville 563-343-4665 barry.neville@goldsboroymca.org	Barry Neville 1105 Parkway Dr. Goldsboro, NC 27534 563-343-4665 barry.neville@goldsboroymca.org
MEET REFEREE	MEET MARSHAL
Betsy Wisniewski 919-922-5773 betsydw@gmail.com	Barry Neville 563-343-4665 barry.neville@goldsboroymca.org

FACILITY

Raymond A. Bryan Pool, Goldsboro Family YMCA, 1105 Parkway Dr., Goldsboro, NC. An 8-lane 25-yard pool with non-turbulent lane lines, Colorado Timing System and scoreboard, and custom paragon starting blocks. Lanes are seven feet wide and the dept at the starting end is 12 feet, and at the turn end 4 ½ feet. A separate 8-lane 25-yard pool is available for continuous warm-ups. Ample spectator and swimmer seating is available. The competition course has not been certified in accordance with 104.2.2C(4).
Plenty of parking available in the YMCA parking lot. No deck changing is allowed.

MEET FORMAT

This is a Timed Final, pre-seeded Age Group/Open meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday PM	5:00 PM	6:00 PM	All
2	Saturday AM	7:30 AM	8:30 AM	11-12 / Open
3	Saturday PM	Not before 11:30 AM	Not before 12:30 PM	10&Under
4	Sunday AM	7:30 AM	8:30 AM	11-12 / Open
5	Sunday PM	Not before 11:30 AM	Not before 12:30 PM	10&Under

DEADLINE AND MEETING SUMMARY: (keep section in chronological order)

Day, Date	Time	For:
Thursday, November 8	7:00 PM	Entry deadline
Friday, November 16	5:50 PM	Coaches/General Meeting
Friday, November 16	5:20 PM	500 Free & 400 IM positive check
Friday, November 16	6:00 PM	1650 Free positive check-in
Saturday, November 17	8:20 AM	Coaches Meeting

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.

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.

In the event a swimmer (or others) associated with a team are found to be violating posted rules for use of the Family YMCA or any other posted restrictions, the individual(s) will be reported to the Meet Director or one of the Meet Marshals who will notify their coach. Any coach notified will be expected to take appropriate disciplinary action up to and including expulsion of the person(s) 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.

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.

ELIGIBILITY

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.** 10&U swimmers are not eligible to swim in OPEN events.

SWIMMERS WITH DISABILITIES

GOLD 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 GOLD's ability to accommodate all requests.

ENTRIES Entries submitted in Hy-tek format require no hard copy entry forms. Submit entries to **barry.neville@goldsboroymca.org** no later than 7:00 PM, Thursday, November 8. A completed and signed Entry Summary Sheet and payment in full must be received by the Meet Entry Coordinator within 48 hours of receipt of entries. The swimmers age on November 16, 2018, will determine the swimmer age for the entire meet. Entries will be received until the 4-hour rule has been reached. Any entries received after the 4-hour rule has been reached will be immediately returned. All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge.

ENTRY LIMITATIONS Swimmers may swim a maximum of 4 individual events plus 1 relay per day and a total of 10 individual events and 2 relays for the meet. The 1650 may be limited to the fastest three heats of swimmers for both women and men. If an event is limited, those affected will be notified within 24-hours of the meet deadline in order to make an event change.

ENTRY VERIFICATION An email will be sent to the person submitting the entry confirming receipt of the entry within 24 hours of receipt.

ENTRY DEADLINES Entries must be received no later than 7:00 PM, Thursday, November 8, 2018. No late entries will be accepted. There will be no on deck entries.

ENTRY FEES

Make checks payable to: Goldsboro Family YMCA. All fees are non-refundable	
Individual Event	\$3.50 per event
Relays	\$8.00 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$10.00 per swimmer
Late Entry Fee	Not applicable

SEEDING The conforming time standard for this meet is short course yards. With the exception of Friday’s events, events will be seeded and swum from slowest to fastest. **Friday’s events (500 Free, 400 IM, 1650 Free) will be swum fastest to slowest, alternating women and men.**

CHECK-IN A positive check-in, located at the timing table, will be required for the following events: 500 Free, 400 IM, 1650 Free
 Check in for both the 500 Free and 400 IM will be 5:20 PM (Friday, Nov. 16).
 1650 Free Check in will by 6:00 PM (Friday, Nov. 16).
 Swimmers who fail to check in will be scratched from the event. A swimmer who has checked in, but fails to compete, shall be scratched from their next individual event.

SCRATCHES There will be no penalty for scratching pre-seeded events at the block.

SCORING None

AWARDS	Individual Events: Ribbons 1 st – 8 th place
RESULTS	Results will be posted on GOLD Swimming within 24 hours of the meets conclusion. Those submitting entries will receive a Hy-tek result file via email as soon as results become final.
COACHES	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. 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	<p>There will be a need for officials. We welcome and encourage 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 at the date and time listed in the Deadline and Meeting Summary.</p> <p>Friday Session (Timing/Counters): Swimmers must provide at least 1 timer for their Friday's events. Swimmers must provide a counter for their 500 Free & 1650 Free.</p>
HOSPITALITY/ CONCESSIONS	There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.
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 USA Swimming. 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. Gold Swimming, Goldsboro 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. 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.

IMAGE RELEASE

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

ORDER OF EVENTS

Session 1: Friday, November 16, 2018
 Warm-up: 5:00 pm; Meet Start: 6:00 pm

Girls/Women	Event	Boys/Men
1	Open 500 Free	2
3	Open 400 IM	4
5	Open 1650 Free	6

Swimmers must provide at least 1 timer for their Friday's events. Swimmers must provide a counter for their 500 Free & 1650 Free.

Session 2: Saturday, November 17
 Warm-up: 7:30-7:50 am; Meet Start: 8:30 am

Girls/Women	Event	Boys/Men
7	11-12 200 Free	8
9	Open 200 Free	10
11	11-12 100 Fly	12
13	Open 100 Fly	14
15	11-12 50 Back	16
17	Open 200 Back	18
19	11-12 100 Breast	20
21	Open 100 Breast	22
23	11-12 50 Free	24
25	Open 50 Free	26
27	11-12 100 IM	28
29	Open 200 Medley Relay	30
31	11-12 200 Medley Relay	32

Session 3: Saturday, November 17

Warm-up: No earlier than 11:30 am; Meet Start: No earlier than 12:30 pm

Girls/Women	Event	Boys/Men
33	10&Under 200 Free	34
35	9-10 50 Fly	36
37	8 & Under 50 Fly	38
39	9-10 100 Back	40
41	8 & Under 25 Back	42
43	9-10 100 Breast	44
45	8 & Under 25 Breast	46
47	9-10 50 Free	48
49	8 & Under 50 Free	50
51	10 & Under 200 Medley Relay	52
53	8 & Under 100 Medley Relay	54

Session 4: Sunday, November 18

Warm-up: 7:30-8:20 am; Meet Start: 8:30 am.

55	11-12 200 IM	56
57	Open 200 IM	58
59	11-12 100 Back	60
61	Open 100 Back	62
63	11-12 50 Fly	64
65	Open 200 Fly	66
67	11-12 100 Free	68
69	Open 100 Free	70
71	11-12 50 Breast	72
73	Open 200 Breast	74
75	11-12 200 Free Relay	76
77	Open 200 Free Relay	78

Session 5: Sunday, November 18

Warm-up: No earlier than 11:30 am; Meet Start: No earlier than 12:30 pm

79	10 & Under 100 IM	80
81	9-10 50 Back	82
83	8 & Under 50 Back	84
85	9-10 100 Fly	86
87	8 & Under 25 Fly	88
89	9-10 100 Free	90
91	8 & Under 25 Free	92
93	9-10 50 Breast	94
95	8 & Under 50 Breast	96
97	10 & Under 200 Free Relay	98
99	8 & Under 100 Free Relay	100

**2018 GOLD Thanksgiving Invitational
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to HOST TEAM):

Gold Family YMCA

ATTN: Barry Neville

1105 Parkway Dr.

Goldsboro, NC 27534

Email to: barry.neville@goldsboroymca.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$3.50 per event	
Relay Entries		\$8.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$13.00 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. GOLD Swimming, the Goldsboro 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 (Coach or Club Representative)

CLUB

TITLE

DATE