



2019 Mother May I? Swim Meet
 Hosted by Swim GSA
 May 10-11, 2019
 Greensboro Aquatic Center
 1921 West Gate City Blvd, Greensboro, NC 27403



Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming
Sanction #NC19089

MEET DIRECTOR	MEET ENTRY COORDINATOR
Bruce Cantrell 336-312-6229 bruce@gsaswim.org	Bruce Cantrell 336-312-6229 bruce@gsaswim.org
MEET REFEREE	MEET MARSHAL
Stephanie Keaney 336-455-2842 stephkeaney@gmail.com	Clark Hering

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 50M course with eight 9-foot wide lanes. All lanes feature non-turbulent lane lines and KD Paragon starting blocks. The Omega 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 2019 USAS membership cards or parking passes to the Volunteer Lot gate attendant. Directions to GAC are available at www.GSAswim.org.

MEET FORMAT

This is a timed final Open pre-seeded meet unless otherwise indicated.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday timed finals	5:00 PM	6:00PM	Open
2	Saturday timed finals	9:00AM	10:00AM	Open
3	Saturday timed finals	1:00 PM	2:00PM	Open

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wed., May 1st	12:00 noon	Entry deadline

SAFE SPORT

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. No running or horseplay will be tolerated. 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 and locker rooms in addition to 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 or in the swimmer locker rooms at any time.

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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms, or behind the starting blocks.

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.

RACING STARTS

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

ELIGIBILITY

All swimmers must be properly registered with USA Swimming by the entry deadline. There will be no on deck registration available at this meet.

SWIMMERS WITH DISABILITIES

SGSA 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 SGSA's ability to accommodate all requests.

ENTRIES

Entries submitted in HyTek format require no hard copy entry forms. Unless entries are rejected, entry fees are non-refundable.

Chase starts for 100's and 200's may be utilized if entries warrant.

Breaks are noted in the Order of Events. Additional breaks may be added at the discretion of the Meet Referee.

ENTRY LIMITATIONS

Swimmers may swim a maximum of six (6) individual events per day.

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 Wednesday, May 1, 2019 at 12:00 noon. 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.

ENTRY FEES

All fees are non-refundable	
Individual event entry fee	\$7.00
Facility Fee per swimmer	\$15.00
NCS Travel Fund	\$3.00
Late entry fees	Double

SEEDING

The conforming time standard for this meet is long course meters. Coaches should enter swimmers with LCM, converted SCY, or estimated LCM times. NT entries are not encouraged for best competition and will be seeded last.

Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. SGSA reserves the right to combine heats and events at the discretion of the Meet Referee.

SCRATCHES

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

SCORING

Events will not be scored.

AWARDS

There will be no awards.

RESULTS

Results will be posted on SGSA's website (www.GSAswim.org) within 24 hours of the meets conclusion and coaches will be emailed their results.

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.

OFFICIALS

SGSA 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.

TIMERS

Timers meetings will be held in the hallway approximately 30 minutes prior to the start of the session.

**HOSPITALITY/
CONCESSIONS**

There will be hospitality for coaches and officials. Refreshments will be for sale 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 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.

RELEASE

SGSA, 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.

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

Friday Timed Finals

Warm-up: 5:00PM Meet Start: 6:00PM

Girls/Women	Event	Boys/Men
1	Open 200 Butterfly	2
3	Open 200 Backstroke	4
5	Open 200 Breaststroke	6
7	Open 200 Individual Medley	8

Saturday Morning Timed Finals

Warm-up: 9:00AM Meet Start: 10:00AM

Girls/Women	Event	Boys/Men
9	Open 50 Freestyle	10
11	Open 50 Butterfly	12
13	Open 50 Backstroke	14
15	Open 50 Breaststroke	16
17	Open 200 Freestyle	18

Saturday Afternoon Timed Finals

Warm-up: 1:00PM Meet Start: 2:00PM

Girls/Women	Event	Boys/Men
19	Open 100 Butterfly	20
21	Open 100 Backstroke	22
23	Open 100 Breaststroke	24
25	Open 100 Freestyle	26

End of Meet

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Summary of Fees/Release Form

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

Swim GSA ATTN: Amy Stowers

P. O. Box 10085

Greensboro, NC 27404

Email to: Amy@GSAswim.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$7.00 per event	
Swimmers (Travel Fund & 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. Swim GSA, the City of Greensboro, North Carolina Swimming, 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