



2018 John Dewey Invitational
 www.SwimGSA.com
 November 10-11, 2018
 The Greensboro Aquatic Center
 1921 W. Gate City Blvd.
 Greensboro, NC 27403



Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming
Sanction #NC18162

MEET DIRECTOR Bruce Cantrell 336-312-6229 Bruce@GSAswim.org	MEET ENTRY COORDINATOR Bruce Cantrell Bruce@GSAswim.org
MEET REFEREE Anne Marie Schneider amsbpt@gmail.com	MEET MARSHAL Clark Hering GSAOfficials@GSAswim.org

FACILITY

The GAC 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 25-yard courses with up to twelve 7-foot wide lanes. All lanes feature non-turbulent lane lines and Colorado starting blocks. One 8-, 10-, or 12-lane course will be used for this competition depending on entries. Two courses may be used for distance frees. 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 at the Coliseum for \$5 per day with unlimited entry and exit. Free parking will be provided for participating certified coaches and officials. Directions to the GAC are available at www.SwimGSA.com

MEET FORMAT AND SCHEDULE

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

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday Morning	7:00-7:55 AM	8:00 AM	Open
2	Saturday Afternoon	Not before 11:30-12:10 PM	Not before 12:15 PM	12&U
3	Saturday Evening	Not before 4:00-4:55 PM	Not before 5:00 PM	Open
4	Sunday Morning	7:00-7:55 AM	8:00 AM	Open
5	Sunday Afternoon	Not before 12:00-12:40 PM	Not before 12:45 PM	12&U

Based on entries, Meet Management reserves the right to combine sessions, determine number of competition lanes/courses, or adjust warm-up and meet start times to optimize the schedule. Any changes will be communicated via email to participating coaches and posted on www.SwimGSA.com within 48 hours after the 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. 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.

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.

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.

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.

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.

RULES

The meet will be conducted in accordance with USA Swimming Rules and Regulations and the NCS Scratch Rule except where the rules therein are optional and exceptions are herein stated.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline. There will be no on deck registration available at this meet.

SWIMMERS WITH DISABILITIES

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.

ENTRIES

Entries must be submitted in Hy-Tek format via email by the entry deadline. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Director by the entry deadline for entries to be considered complete unless other arrangements are made. Swim GSA entries will be entered first and then complete entries from other teams in the order received. Swim GSA reserves the right to limit entries in order to comply with the four/eight hour rule. Rejected entries will be returned immediately. All relay only swimmers must be listed and pay the NCS Travel Fund surcharge and Facility Surcharge. Unless entries are rejected, entry fees are non-refundable.

BREAKS

Scheduled breaks are listed in the Order of Events. Additional breaks may be added at the discretion of the Meet Referee. Heats/events may be combined at the Meet Referee’s option.

ENTRY LIMITATIONS

Swimmers in the Open events should have attained a time equal to or faster than the event qualifying time in at least three of the events in which they are entered for the meet.

Swimmers are limited to six individual events per day. A swimmer entered in too many events will be dropped from the first and subsequent events that are over the limit. Entry fees from any such events will not be refunded.

Meet Management reserves the right to limit entries in total or in distance freestyle events or to eliminate relays to comply with the 4/8-hour rule. Heats and events may be combined at the discretion of the Meet Referee. Two pools may be used for any or all events at the discretion of the Meet Referee to accommodate all swimmers wishing to compete.

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, October 31, 2018 at 12:00 midnight. Late entries will be accepted only at the discretion of the Meet Director. Swim GSA reserves the right to limit or suspend the addition of swimmers or heats to accommodate late entries. Late entries will be charged double fees and may not be seeded.

ENTRY FEES

Make checks payable to: Swim GSA. All fees are non-refundable	
Individual Event	\$6.00 per event
Relays	\$10.00 per relay
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$15.00 per swimmer
Late Entry Fee	Double

SEEDING

With the exception of the Open 400Y IM, 500Y Free, and 1000Y Free and the 12&U 200Y Free, 200Y IM, and 500Y Free, all events will be pre-seeded. The conforming time for this meet is SCY. Swimmers should enter with actual SCY or converted LCM times to ensure best seeding for all competitors. NT entries are

NOT acceptable for the six deck seeded events. Any NT entries for pre-seeded events will be seeded last.

400Y IM

The 400Y IM will swim fastest to slowest in event order. Swimmers may be asked to provide their own timers.

1000Y Freestyle

The 1000Y Free will swim fastest to slowest, alternating women and men. Two courses may be used. If two courses are utilized, genders may not be alternated. Heats and events may be combined at the discretion of the Meet Referee. Swimmers must provide their own timers and counters.

500Y Freestyle

For Open and 12&U events, the 500Y Free will be swum slowest to fastest in event order. Two courses may be used. Heats and events may be combined at the discretion of the Meet Referee. Swimmers must provide their own counters and may be asked to provide their own timers.

The 12&U 200Y Freestyle and 200Y IM will swim slowest to fastest in event order.

CHECK-IN

A positive check-in, located at clerk of course, will be required for the following events:

- 400Y Individual Medley
- 12&U 200 Freestyle
- 1000Y Freestyle
- Open and 12&U 500Y Freestyle
- 12&U 200Y Individual Medley
- 12&U 500Y Freestyle

Swimmers who do not check in may not be seeded in the event. According to the NC Scratch Rule, a swimmer who is properly checked in, been seeded, and fails to compete in said event, shall be barred from his/her next individual event unless excused by the Meet Referee.

CHECK-IN DEADLINES

Positive Check In closes 30 minutes after start of warm ups except as noted.

Session	Event	Deadline
Saturday Morning	400Y IM	Saturday 7:30 AM
Saturday Afternoon	12&U 200Y Freestyle	Saturday 12:00 PM
Saturday Evening	1000Y Freestyle	Saturday 4:30 PM
Sunday Morning	500Y Freestyle	Sunday 7:30 AM
Sunday Afternoon	12&U 200Y Individual Medley	Sunday 12:30 PM
Sunday Afternoon	12&U 500Y Freestyle	Sunday 1:30 PM

SCRATCHES

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

SCORING

This meet will not be scored.

AWARDS	Individual events: 1 st -10 th ribbons Relays: 1 st ribbons 12&U individual events will be separated into 11-12, 9-10, and 8&U for awards.
RESULTS	Results will be posted on Swim GSA's website (www.SwimGSA.com) within 24 hours of the meet's conclusion and teams will be emailed their results. Meet Mobile will be utilized, facility internet connectivity permitting.
COACHES	All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration at check in and upon demand. Coaches shall prominently display their registration cards or have access to their Deck Pass virtual membership card at all times while on deck. There may be a coaches' meeting 10 minutes before Saturday morning warm ups at the Meet Referee's discretion. 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	Swim GSA welcomes and encourages certified officials and apprentices to contact the Meet Referee by email (GSAOfficials@GSAswim.org) 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 current certification/registration. Officials shall prominently display their registration cards or have access to their Deck Pass virtual membership card at all times while on deck. Official briefings will be held 45 minutes prior to the start of each session. The uniform is white over navy with white shoes.
TIMERS	Swim GSA welcomes volunteer timers from visiting teams. Timers meetings will be held approximately 20 minutes prior to the start of each session.
HOSPITALITY/ CONCESSIONS	On deck hospitality will be provided for all coaches, officials, and meet administrators. Refreshments will be for sale at concession stands.
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. Swimmers will enter the pool feet first except in lanes that are designated for one-way race starts under the direct supervision of a USA Swimming certified coach. Meet Management reserves the right to change warm-up times according to the number of entries.

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ORDER OF EVENTS

Saturday Morning Timed Finals

Warm-up: 7:00-7:55 AM Meet Start: 8:00 AM

Women	QT	Event	QT	Men
1	***	200Y Freestyle	***	2
3	***	100Y Breaststroke	***	4
5	***	200Y Butterfly	***	6
7	***	100Y Backstroke	***	8
		5 minute break		
9	***	400Y Individual Medley	***	10

400 IM swum fast to slow. 2 pools may be used. Heats may be combined. Swimmers may be asked to provide their own timers.

Swimmers shall have met the QT in at least three of their events.

Saturday Afternoon Timed Finals

Warm up: 11:30-12:10PM

Meet Start 12:15PM

Girls	Age	QT	Event	QT	Age	Boys
11	8&U	***	25Y Butterfly	***	8&U	12
13	10&U	***	50Y Butterfly	***	10&U	14
15	11-12	***	50Y Butterfly	***	11-12	16
17	8&U	***	25Y Backstroke	***	8&U	18
19	10&U	***	100Y Backstroke	***	10&U	20
21	11-12	***	100Y Backstroke	***	11-12	22
23	10&U	***	50 Y Breaststroke	***	10&U	24
25	11-12	***	50 Y Breaststroke	***	11-12	26
27	10&U	***	50Y Freestyle	***	10&U	28
29	11-12	***	50Y Freestyle	***	11-12	30
31	10&U	***	100Y Individual Medley	***	10&U	32
33	11-12	***	100Y Individual Medley	***	11-12	34
35	12&U	***	200 Freestyle	***	12&U	36
		***	**5 minute break**	***		
37	12&U	***	200 Freestyle Relay	***	12&U	38

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ORDER OF EVENTS

Saturday Evening Timed Finals		Warm up: 4:00-4:55 PM	Meet Start 5:00PM	
Women	QT	Event	QT	Men
39	N/A	200Y Medley Relay	N/A	40
		5 minute break		
41	***	50Y Freestyle	***	42
43	***	200Y Breaststroke	***	44
		5 minute break		
45	N/A	200Y Freestyle Relay	N/A	46
		5 minute break		
47	***	1000Y Freestyle	***	48

1000 Free swum fast to slow. 2 pools may be used. Heats may be combined.

Swimmers must provide their own counters and timers.

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ORDER OF EVENTS

Sunday Morning Timed Finals

Warm Up: 7:00- 7:50 AM

Meet Start: 8:00 AM

Women	QT	Event	QT	Men
49	***	200Y Individual Medley	***	50
51	***	100Y Freestyle	***	52
53	***	200Y Backstroke	***	54
55	***	100Y Butterfly	***	56
57	***	500Y Freestyle	***	58

500 Free swum slow to fast. 2 pools may be used. Heats may be combined.

Swimmers must provide their own counters and may be asked to provide their own timers.

Sunday Afternoon Timed Finals

Warm Up: 12:00-12:40PM

Meet Start: 12:45PM

Girls	Age	QT	Event	QT	Age	Boys
59	10&U	***	100Y Butterfly	***	10&U	60
61	11-12	***	100Y Butterfly	***	11-12	62
63	10&U	***	50Y Backstroke	***	10&U	64
65	11-12	***	50Y Backstroke	***	11-12	66
67	8&U	***	25Y Breaststroke	***	8&U	68
69	10&U	***	100Y Breaststroke	***	10&U	70
71	11-12	***	100Y Breaststroke	***	11-12	72
73	8&U	***	25Y Freestyle	***	8&U	74
75	10&U	***	100Y Freestyle	***	10&U	76
77	11-12	***	100Y Freestyle	***	11-12	78
79	12&U	***	200Y Individual Medley	***	12&U	80
			5 minute break			
81	12&U	***	200Y Medley Relay	***	12&U	82
			5 minute break			
83	12&U	***	500Y Freestyle	***	12&U	84

500 Free swum slow to fast. 2 pools may be used. Heats may be combined.

Swimmers must provide their own counters and may be asked to provide their own timers.

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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: Bruce@GSAswim.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$6.00 per event	
Relay Entries		\$10.00 per relay	
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.

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.

SIGNATURE (Coach or Club Representative) _____ CLUB _____

TITLE _____ DATE _____