

YOTA/Arena Turkey Classic

November 17-19, 2023

NC State - Willis Casey Natatorium, 2611 Cates Ave, Raleigh, NC 27695

Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc.

Sanction Number: NC23198

MEET DIRECTOR David McDevitt David.mcdevitt@ymcatriangle.org	MEET ENTRY COORDINATOR David McDevitt David.mcdevitt@ymcatriangle.org
MEET REFEREE Mike Long mikesharonlong@me.com	MEET MARSHAL Macy Blake & Jake McGee

FACILITY

Willis Casey Natatorium located within Carmichael Gymnasium. This facility is an 8 lane, 25-yard pool with depths ranging from 4 – 10 feet. We will be using KDI Paragon starting platforms and a Colorado Timing System. The primary system will be semi-automatic, with two buttons and stopwatches per lane. The competition course has not been certified in accordance with 104.2.2C(4). There will be changing rooms for all competitors and ample seating for spectators.

MEET FORMAT

This is a timed final Age Group/Senior, pre-seeded meet unless otherwise indicated. *The session start times may be adjusted based on entries.* Warmups may be split into two equally timed sessions with assigned lanes for each team.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	4:00 PM	5:00 PM	Open
2	Saturday	7:00 AM	8:10 AM	11-12
3	Saturday	11:15 AM	12:15 AM	10 & U
4	Saturday	3:00 PM	4:15 PM	Open
5	Sunday	7:00 AM	8:10 AM	11-12
6	Sunday	10:45 AM	11:45 AM	10 & U
7	Sunday	2:30 PM	3:45 PM	Open

DATES & DEADLINES

Day, Date	Time	For:
Wednesday, November 8th	11:00 PM	Entry deadline
TBD	TBD	Coaches Meeting
TBD	TBD	Officials Meeting
	30 minutes prior to the session	Positive Check-in Deadline

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.

SAFETY

NO parents or spectators will be allowed on the deck unless they are working as an official, timer, marshal, or other approved volunteer position.

TECHNICAL SUIT BAN for 12&Us

Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.

A Technical Suit is one that has the following components:

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-high regardless of the seam type.

MAAPP

All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

Any swimmer entered in the meet 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 without the use of a backstroke ledge. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer's guardian to request an assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer's team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only swimmers, properly certified/working officials, and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. All Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to the entry deadline. There will be no on deck registration available at this meet.

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

The YMCA of the Triangle Area 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. Members who are unable to wear face coverings because of a documented medical condition must notify the Meet Director in advance and may have limited deck access. Failure to provide advance notice may limit YOTA's ability to accommodate all requests.

ENTRIES

Entries submitted in Hy-tek format require no hard copy entry forms. Submit entries to david.mcdevitt@ymcatriangle.org no later than 11:00 PM, Wednesday, November 8th. A completed and signed Entry Summary Sheet and payment in full must be received by the Meet Entry Coordinator prior to swimmers entering the water. The swimmers age on November 17, 2023 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. Late entries will be accepted only if space allows in open lanes. There will be no on deck entries.

ENTRY LIMITATIONS

Swimmers may enter a maximum of 4 individual events per day.

ENTRY VERIFICATION

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

ENTRY FEES

Make checks payable to: YOTA Swim Team. All fees are non-refundable	
Individual Event	\$8.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$17.00 per swimmer

- SEEDING** The conforming time standard for this meet is short course yards. Events will be seeded and swum from slowest to fastest.
- CHECK-IN** Positive Check-in required for the 500 Free, 1000 Free and 400 IM. These events may be limited to the top 24. Deadline for Positive Check-in is 30 minutes prior to the session.
- SCRATCHES** There will be no penalty for scratching events.
- SCORING** No Team scoring at this meet
- AWARDS** No Awards for this meet.
- RESULTS** 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 USAS. Meet Management will require all coaches to show their Deck Pass virtual membership card upon request.
- OFFICIALS/TIMERS/VOLUNTEERS** There will be a need for officials. YOTA welcomes and encourages any certified official who is willing to volunteer. All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet / session.
- HOSPITALITY** There will be a hospitality area open to coaches and officials.
- 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 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. YOTA Swim Team, YMCA of the Triangle, NC State University, 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.

STARTS: 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

CONDUCT AND RESTRICTIONS: The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

ORDER OF EVENTS

Session 1

Friday, November 17, 2023

Warm-up: 4:00 PM; Meet Start: 5:00 PM

Girls	Friday PM	Boys
1	9-12 200 Freestyle	2
3	***Open 400 Individual Medley***	4
5	9-12 200 Individual Medley	6
7	***Open 1000 Freestyle***	8

****Positive check-in is required*

Session 2
Saturday, November 18, 2023
Warm-up: 7:00 AM; Meet Start: 8:10 AM

Girls	<u>Saturday AM</u>	Boys
9	11-12 50 Butterfly	10
11	11-12 100 Backstroke	12
13	11-12 100 Breaststroke	14
15	11-12 50 Freestyle	16
17	***9-12 500 Freestyle***	18

****Positive check-in is required*

Session 3
Saturday, November 18, 2023
Warm-up: 11:15; Meet Start: 12:15 PM

Girls	<u>Saturday Mid-Day</u>	Boys
19	10 & U 50 Butterfly	20
21	9-10 100 Backstroke	22
23	8 & Under 25 Backstroke	24
25	9-10 100 Breaststroke	26
27	8 & Under 25 Breaststroke	28
29	10 & U 50 Freestyle	30

Session 4
Saturday, November 18, 2023
Warm-up: 3:00 PM; Meet Start: 4:15 PM

Girls	<u>Saturday PM</u>	Boys
31	Open 200 Freestyle	32
33	Open 100 Breaststroke	34
35	Open 100 Backstroke	36
37	Open 200 Butterfly	38
39	Open 50 Freestyle	40
41	***13 & Over 500 Freestyle***	42

Session 5
Sunday, November 19, 2023
Warm-up: 7:00 AM; Meet Start: 8:10 AM

Girls	<u>Sunday AM</u>	Boys
43	11-12 100 Freestyle	44
45	11-12 50 Breaststroke	46
47	11-12 50 Backstroke	48
49	11-12 100 Butterfly	50
51	11-12 100 Individual Medley	52

Session 6
Sunday, November 19, 2023
Warm-up: 11:15 AM; Meet Start: 12:15 PM

Girls	<u>Sunday Mid-Day</u>	Boys
53	9-10 100 Freestyle	54
55	8 & U 25 Freestyle	56
57	10 & U 50 Breaststroke	58
59	9-10 100 Butterfly	60
61	8 & Under 25 Fly	62
63	10 & Under 50 Backstroke	64
65	10 & U 100 Individual Medley	66

Session 7
Sunday, November 19, 2023
Warm-up: 3:15 PM; Meet Start: 4:30 PM

Girls	<u>Sunday PM</u>	Boys
67	Open 100 Freestyle	68
69	Open 200 Breaststroke	70
71	Open 200 Backstroke	72
73	Open 100 Butterfly	74
75	Open 200 Individual Medley	76

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Summary of Fees/Release Form

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

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$8.00 per event	
Swimmer Surcharge (\$3 Travel Fund & \$17 Facility)		\$20.00 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. YOTA Swim Team, YMCA of the Triangle, NC State University, 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