



2013 Winter Juniors LC Time Trials
 Hosted by GSA and the GAC
 December 15, 2013
 The Greensboro Aquatic Center
 1921 West Lee Street, Greensboro, NC 27403



Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming
Sanction #NC13183

MEET DIRECTOR	MEET ENTRY COORDINATOR
Tom Brewer 336-851-2848 TBrewer441@aol.com	Kate McIntosh P. O. Box 10085 Greensboro, NC 27404 336-851-2848 GSAswimbiz@GSAswim.org
MEET REFEREE	MEET MARSHAL
Wayne Shulby wayne.a.shulby@gsk.com 919-428-5529	Don Gilchrist 336-851-2848 GSAswimbiz@GSAswim.org

FACILITY The Greensboro Aquatic Center 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 will be configured into one 50 meter yard courses with up to eight 9-foot wide lanes each. All lanes feature non-turbulent lane lines and Colorado starting blocks. Up to eight lanes will be used for this competition. If entries warrant, additional competition lanes may be utilized. 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. The Greensboro Coliseum will provide free parking. Directions to the GAC are available at www.GSAswim.org.

MEET FORMAT This is a time trial pre-seeded/deck seeded meet.

Session	Day	Warm-up	Meet Start	Age Groups
1	Sunday time trials	7:30 AM	9:00 AM	Open

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Friday, Dec. 13	End of preliminary session	On time deadline for on deck entries
Friday, Dec. 13	11:59 PM	On time deadline for OME entries
Sunday, Dec. 15	8:30 AM	Late entry deadline for on deck entries lane space permitting

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	This meet is intended for swimmers attempting to secure qualifying times for 2014 Summer Junior and Senior Long Course Championships. The meet is open to all properly entered 2013 Winter Junior Nationals swimmers including relay only swimmers. Other USA Swimming registered swimmers may enter provided they have attained Senior Sectional cuts (as listed in the Order of Events) in the events in which they wish to time trial. All swimmers must be registered with USA Swimming, Inc. Swimmers entering on deck who are not entered in the Winter Juniors meet must provide proof of USA Swimming membership as well as proof of qualifying time. No on deck registration is available.
ENTRIES	<p>Entries may be submitted via OME up until 11:59 PM on Friday, December 13. Entries will also be accepted at the Time Trial area on deck during regular time trial sign up hours during preliminary sessions on Thursday and Friday.</p> <p>A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline for OME entries to be considered complete. On time deck entries will be considered complete with cash/check payment at time of entry.</p> <p>OME entries and on deck entries received by the 11:59 PM Friday, December 13 deadline will be seeded first. On deck entries received after that point will be accepted on a first come, first served basis pending lane availability or at the discretion of the Meet Referee.</p> <p>Entries should be made with LCM or SCY times. Swimmers properly entered in the 2013 Winter Juniors meet may use override times in OME. Other swimmers may only enter with provable times except with permission of the Meet Referee.</p> <p>GSA reserves the right to limit entries in order to comply with the four hour rule. Rejected entries will be returned immediately. Unless entries are rejected, entry fees are non-refundable.</p>
ENTRY LIMITATIONS	Swimmers may swim a maximum of two (2) time trials. Swimmers may enter either the 800M Freestyle or the 1500M Freestyle.
ENTRY VERIFICATION	A preliminary heat sheet will be posted on Saturday, December 14 at the GAC and on www.GSAswim.org .
ENTRY DEADLINES	OME and on time deck entries will close on Friday, December 13, 2013 at 11:59 PM. Late on deck entries will be accepted at the Time Trial table at the GAC during regular time trial sign up hours on Saturday and until 9:00AM on Sunday if empty lanes are available or at the discretion of the Meet Referee. GSA reserves the right to limit or suspend the addition of swimmers or heats to accommodate late on deck entries.
ENTRY FEES	

Cash or check only. Make checks payable to: GSA. All fees are non-refundable	
Individual Event	\$15.00 per event
Individual Event late entry	\$15.00 per event

- SEEDING** The conforming time standard for this meet is long course meters. Swimmers will be seeded slowest to fastest, LCM then SCY. GSA reserves the right to combine heats and events at the discretion of the Meet Referee.
- WARM-UP** General warm up in all lanes from 7:30-8:40. Specific warm ups from 8:40- 8:55 as follows: one-way dive starts in Lanes 2 and 7, pace in Lanes 1 and 8, general warm up in other lanes. The Marshall will ensure 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 at least three lanes available for continuous warm-up/down. Swimmers will enter the pool feet first in this area.
- 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.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is 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.
- SCORING/AWARDS** This session will not be scored and no awards will be made.
- RESULTS** Results will be posted on GSA’s website (www.GSAswim.org) within 24 hours of the meet’s conclusion and teams will be emailed their results.
- SWIMMERS WITH DISABILITIES** 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 GSA's ability to accommodate all requests.

COACHES

All coaches on deck must be registered and certified with USA Swimming and must check in with the Meet Director. Meet Management will require all coaches to show proof of certification/registration and coaches shall prominently display their registration cards at all times while on deck.

There may be a General Meeting Sunday morning at 7:15 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. Coaches are responsible for any information presented at the meeting.

OFFICIALS

GSA welcomes and encourages certified officials to contact the Meet Referee by email prior to 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 at all times while on deck. Official briefings will be held 45 minutes prior to the start of the session in the hospitality area.

TIMERS

GSA welcomes volunteer timers from visiting teams. Please check in with the volunteer coordinator at the entrance to see if there are open lanes and to get a deck pass. Timers meetings will be held approximately 20 minutes prior to the start of the session.

**HOSPITALITY/
CONCESSIONS**

There will be limited hospitality available on deck to all coaches and officials. Refreshments will be for sale at concession stands. Outside food beyond that needed for swimmer nutrition and hydration is not permitted by the facility.

**2013 Winter Juniors LC Time Trials
ORDER OF EVENTS**

Swimmers properly entered in the 2013 Winter Juniors meet are eligible for all events. Other swimmers must meet the listed qualifying time to enter.

Sunday Time Trials, Dec. 15, 2014

Warm-up: 7:30AM Meet Start: 9:00AM

LCM QT	SCY QT	Women	Event	Men	SCY QT	LCM QT
5:20.79	4:40.59	400	400M Individual Medley	401	4:19.09	4:57.69
1:08.19	59.99	402	100M Butterfly	403	54.39	1:01.29
1:10.59	1:00.89	404	100M Backstroke	405	55.29	1:03.99
1:19.39	1:08.89	406	100M Breaststroke	407	1:02.49	1:11.49
1:01.89	54.29	408	100M Freestyle	409	49.19	57.19
4:40.29	5:10.89	410	400M Freestyle	411	4:52.59	4:22.49
2:31.99	2:12.79	412	200M Individual Medley	413	2:00.99	2:19.79
2:29.29	2:11.59	414	200M Butterfly	415	2:01.29	2:16.39
28.69	24.89	416	50M Freestyle	417	22.49	26.09
2:31.69	2:10.99	418	200M Backstroke	419	2:00.29	2:18.69
2:51.39	2:29.09	420	200M Breaststroke	421	2:16.09	2:35.69
2:13.59	1:56.99	422	200M Freestyle	423	1:48.29	2:03.29
9:38.09	10:48.89	424	800M Freestyle	425	10:14.29	9:04.79
18:28.69	17:49.09	426	1500M Freestyle	427	17:03.89	17:23.89

END OF MEET

2013 Winter Junior LC Time Trials

Summary of Fees/Release Form

Complete and email or mail this form or bring it to the Time Trial sign up area prior to Friday Dec. 13 along with entry fees to (checks payable to GSA):

GSA ATTN: Kate McIntosh

P. O. Box 10085

Greensboro, NC 27404

Email to: GSAswimbiz@GSAswim.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$15.00 per event	
OME credit card surcharge if paying online	---	---	
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. GSA, the Greensboro Aquatic Center, 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