



2023 Upper Southeast Regional YMCA Short Course Championship Meet

Hosted by GOLD SWIMMING & YOTA SWIM TEAM

MARCH 16-19, 2023

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

YMCA Sanction #

North Carolina Swimming Approval (Championship Meet) #NC23081AP

North Carolina Swimming Approval (Time Trials) #NC23081APTT

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

CONDITION OF USA SWIMMING APPROVAL

As a condition of USA Swimming approval, GOLD & YOTA agree to comply with and to enforce all COVID-19 health and safety mandates and guidelines of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions in effect at the time of the meet. Further, the meet will be conducted in accordance with individual facility requirements as detailed in the GOLD & YOTA Meet Plan below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID-19 sanctioning period.

ASSUMPTION OF RISK DISCLAIMER

GOLD & YOTA have taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

COVID-19 RELEASE

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned or approved events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned or approved event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, NORTH CAROLINA SWIMMING, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.



2023 Upper Southeast Regional YMCA Short Course Championship Meet

GOLD & YOTA COVID-19 MEET PLAN

NCS FACE COVERING STATEMENT

NCS recommends the proper use of face coverings at all NCS activities and expects all participants, coaches, officials, volunteers, and spectators to comply with all club and facility specific COVID-19 safety requirements and guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, and local jurisdictions.

FACILITY and GOLD & YOTA REQUIREMENTS

GOLD & YOTA have discussed specific health and safety procedures with the venue management. At this time, the facility and GOLD & YOTA have no additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet.

LOCKER ROOMS / CHANGING

On-deck restrooms will be available for Coaches and Officials only and monitored by Meet Marshals. Athletes are asked to use the general locker rooms with access from the pool deck. **Deck changing is prohibited.**

ENTRY & EXIT PROCEDURES

Swimmers will enter and exit the building through the front side entrance, across the aquatic center walkway, into the spectator area and down the far stairwell marked "Access to Pool Deck" and proceed to bleacher seating on the pool deck.

SPECTATOR

There will be spectators allowed in the facility during the meet, but all spectators must remain in the spectator gallery upstairs. No spectators will be allowed on the pool deck or in any other areas of the YMCA, including the walking track, upstairs multi-purpose room and all lower-level areas.

Restrooms for parents/adults can be utilized across the upstairs walkway near the track.

FACILITY

Raymond A. Bryan Pool, Goldsboro Family YMCA, 1105 Parkway Dr., Goldsboro, NC. An 8-lane 50-meter pool with the competition held in a 25-yard section, anchored by a bulkhead, with 6" Gold Competitor Swim non-turbulent lane lines with flow through technology that allow for turbulence control the entire length of the lane. Equipped with System 6 Colorado Timing System and scoreboard, and custom Kieffer starting blocks with non-slip surface and side step. Lanes are seven feet wide. The timing system utilizes touch pads and one timer per lane, each operating a watch and button. The depth at the starting end is 12 feet, and 4 ½ feet at the bulkhead turn end. A separate 8-lane 25-yard course is available for continuous warm-ups. The competition course has not been certified in accordance with 104.2.2C(4). Plentiful parking is available in the YMCA parking lot and will be managed by parking attendants beginning 30 minutes prior to each warm-up session.

MEET FORMAT

This is a closed YMCA Championship Age Group timed final meet for 12 and under swimmers; prelim/final meet for 13 and overs.

Session	Day	Warm-up	Meet Start	Age Group
1	Thursday	4:15 PM	5:00 PM	11/12, 13&Over



2023 Upper Southeast Regional YMCA Short Course Championship Meet

2	Friday	7:00 AM	8:45 AM	13 & Over
3	Friday	12:00 PM	1:10 PM	12 & Under
4	Friday	4:15 PM	5:00 PM	13 & Over
5	Saturday	7:00 AM	8:45 AM	13 & Over
6	Saturday	12:30 PM	1:40 PM	12 & Under
7	Saturday	4:15 PM	5:00 PM	13 & Over
8	Sunday	7:00 AM	8:45 AM	13 & Over
9	Sunday	11:30 AM	12:40 PM	12 & Under
10	Sunday	4:15 PM	5:00 PM	13 & Over

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, March 7 th	11:00 PM	Entry deadline
Monday, March 13 th	6:00 PM	New Qualifiers Entry Deadline
TBA		Official Briefings
TBA		Coaches/General Meeting
	30 minutes prior to start of each session	Timer Briefing

RULES

This meet will be conducted in accordance with current USA Swimming Technical Rules, YMCA Sanctioned Championship Meet Rules, the Rules That Govern YMCA Competitive Sports, and the NCS Safety Program, except where rules therein are optional, and exceptions are herein stated.

- All events will be pre-seeded with the exception of the 500-yard freestyle, the 1650-yard freestyle and the 400-yard individual medley. A positive check-in will be required for each of these events. Both the 400-yard individual medley and the 500-yard freestyles will be seeded with the top four heats of women seeded fastest to slowest followed by the top four heats of men seeded fastest to slowest. All remaining heats will alternate women and men, fastest to slowest.
- The referee and meet director reserve the right to combine heats, events and/or sessions.
- Time trials will be offered under a separate sanction and conducted between or at the conclusion of sessions as time permits. Teams/ coaches will be notified about the offering and times after initial entries have been received and timelines considered.

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-thigh regardless of the seam type.

MAAPP

All 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"),



2023 Upper Southeast Regional YMCA Short Course Championship Meet

and that they understand that compliance with MAAPP 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. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to GOLD & YOTA marshals.

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.

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

This is a closed YMCA meet open to YMCA teams in the Upper Southeast Region (Virginia, Tennessee, North Carolina and South Carolina, including the Metropolitan Augusta YMCA). Teams outside the Upper Southeast Region may request entry to the meet through the USRY Meet Committee.

Each individual participant must have a full privilege membership at their local YMCA and must have represented only that YMCA for a period of 90 days prior to the first day of the meet (high school competition excepted) to be eligible.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Athletes: There is no unattached status in YMCA Swimming.

Each participant must have competed in at least three (3) inter-association (closed YMCA) meets since Sept. 1, 2022.

Each participant must have met the minimum time standard requirement in each event entered and meet all other eligibility requirements prior to the meet entry deadline.

Each team entered must have completed the annual online YMCA team registration.

Only USAS registered swimmers should have their USAS ID in the Meet Entry File.



2023 Upper Southeast Regional YMCA Short Course Championship Meet

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

GOLD & YOTA 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 & YOTA's ability to accommodate all requests.

ENTRIES

Entries should be submitted as follows:

- *Enter best short course yard times.*
- *No handwritten, fax or phone entries will be accepted.*
- *Completed entries in Hy-Tek format (.sdf) and emailed to David.mcdevitt@ymcatriangle.org*
- *Completed Entry Summary Form*
- *Check for entry fees – due before warmups or arrangements made with host team.*
- *You must delete any USA Swimming registration numbers from all non-USA Swimming registered athletes for entry purposes.*

ENTRY LIMITATIONS

13-14 and Senior Swimmers will be allowed to compete in a maximum of eight (8) individual events and four (4) relay events during the meet, with a limit of 3 individual events in one day.

12 & Under swimmers will be allowed to compete in a maximum of nine (9) individual events for the meet, with a limit of 4 individual events in one day.

Any swimmer who is 12 & Under and chooses to compete in a Senior event must meet the Senior time standard for the event and will be permitted to compete in a maximum of three (3) individual events on any day in which they compete in a Senior event.

BONUS EVENTS: any qualified swimmer, who has qualified in less than the maximum number of events for the meet, may enter up to two (2) bonus events. When you submit your entries, they'll be checked for the maximum number of events for the meet. If they don't exceed the maximum, and if any individual swimmer has two or less events that don't meet the time standards, those two events or less will be accepted.

Teams may enter unlimited relay teams in a relay event, but only the highest placing team shall score points.

Distance events (400 yards and longer) may be seeded together (by gender and age) and scored separately per rule 102.1.4. All swimmers entered in events 400 yards and longer are required to provide their own timer and counter if they desire one.

A swimmer who misses their assigned heat will not be entered into another heat unless circumstances are beyond the swimmer's control as determined by the Meet Referee and the swimmer may be allowed to swim.

The Senior 1650 yd. Freestyle is a timed final event. It may be limited to the fastest thirty-two (32) female entrants and the fastest thirty-two (32) male entrants. All swimmers entering the 1650 Freestyle must submit proof of time with their entry. Swimmers will



2023 Upper Southeast Regional YMCA Short Course Championship Meet

have the option to swim the 1650 in the AM or PM session. The fastest heat of 8 women selecting the PM session and the fastest heat of 8 men selecting the PM session will be contested in the first events of the Finals session on Sunday. The remaining heats will be swum fastest to slowest as the last preliminary event on Sunday, following relays. A positive check-in will be required on Sunday.

The Senior 1000 yd. Freestyle is a timed final event. It may be limited to the fastest thirty-two (32) female entrants and the fastest thirty-two (32) male entrants. All swimmers entering the 1000 Freestyle must submit proof of time with their entry. The event will be contested fastest to slowest as a timed final event on **THURSDAY, March 16.**

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 March 7, 2023 at 11pm. Entries from athletes with new qualifying times after the meet deadline will be accepted on or before Monday March 13 at 6 pm. Late entries may be accepted at the discretion of the Meet Referee.

ENTRY FEES

Make checks payable to: GOLD Swimming ; All fees are non-refundable	
Individual Event	\$6.00 per event
Relays	\$12.00 per relay
Time Trials	\$10.00 individual event / \$20.00 relays
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$15.00 per swimmer, including relay only swimmers
Electronic Heat Sheet	\$5.00
Late Entry Fee	up to double the IE and relay fees listed

SEEDING

- The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.
- Competition for 13 and older swimmers shall consist of a preliminary session and a finals session for all events except the relays, the 1000 yd. Freestyle and 1650 yd. Freestyle.
- The 13/14 and senior age groups will be combined as noted in the preliminary sessions and swum separately during the Finals sessions. The finals session shall include a championship heat and a consolation heat for all 13/14 and senior events. Those swimmers placing 1st-8th in the preliminary heats of each event shall swim in the championship final for that event. Those swimmers placing 9th-16th in the preliminary heats of each event shall swim in the consolation final. The consolation heat shall precede the championship heat.
- Competition for 12 and under swimmers will consist of timed finals.
- The meet referee reserves the right to combine heats where possible.
- The meet host reserves the right to adjust the warm-up & start times of each session as needed for meet management.

CHECK-IN

A positive check-in will be required for the following events: 400-yard Individual Medley, 1650-yard Freestyle, 500-yard Freestyle, 1000-yard Freestyle



2023 Upper Southeast Regional YMCA Short Course Championship Meet

A swimmer who has checked in, been seeded, and fails to complete in said event, shall be disqualified from his/her next individual event. No penalty shall apply for failure to compete in a positive check-in individual event if (1) the Referee is notified of an illness or injury and accepts proof thereof, or (2) the failure to compete is caused by circumstances beyond the control of the swimmer.

A declared false start will count as participation in the event. The North Carolina Scratch Rule will be in effect for this meet. All events will be pre-seeded and there will be no positive check-in.

SCRATCHES

Scratches for championship or consolation finals must be given to the clerk of course. Swimmers will have thirty minutes to declare their intention to scratch from an event following the announcement and posting of the preliminary results. Failure to compete in a Championship or Consolation final shall disqualify the competitor from further competition in the meet. Previous performances will not be nullified. Failure to compete in an event that has been positively checked-in will result in the swimmer being scratched from his/her next individual event. An athlete may also withdraw from a preliminary heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

SCORING

Meet Results from the Goldsboro and Spartanburg meets will be combined and scored 1st through 16th places.

- Individual Points: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relay Points: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

AWARDS

Teams: Top Five (5) Overall Teams

Individuals: 1st – 3rd Medals; 4th – 8th Ribbons

Relays: 1st – 3rd Medals

Team Age Group awards for top 10/U, 11-12, 13-14, Senior for each gender

Awards will be based upon merged results of the two USRY meets. Delivery will be addressed after the meet.

RESULTS

Results from the two locations will be sent to David McDevitt from YOTA and compiled for final placings. All individual and Team Awards will be determined after compilation of results from both sites.

SWIMS (USA-S): This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS, as long as USA-S ID numbers have been included with your entry.

PROTEST PROCEDURE: Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The Championship committee will arbitrate protests, eligibility issues, safety rules and other issues.



2023 Upper Southeast Regional YMCA Short Course Championship Meet

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final (USA-S Rule 102.23).

COACHES

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential:

- Safety Training for Swim Coaches
- Basic Life Support (Professional Rescuer CPR)
- First Aid
- Principles of YMCA Competitive Swimming and Diving
- Child/Athlete Protection Training

A list of the acceptable certifications can be found in the CERTIFICATION REQUIREMENTS FOR SWIM COACHES or SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA COMPETITIVE SPORTS.

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process prior to the entry deadline. Coaches who are not registered and approved will not be permitted on deck.

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

TEAM REGISTRATION & INSURANCE

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee prior to the entry deadline.

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.

OFFICIALS/TIMERS/ VOLUNTEERS

There will be a need for officials. GOLD & YOTA welcome and encourage anyone willing to volunteer. Volunteering Officials please signup using the google form [here](#). All officials on deck must hold a current certification with YUSA or USA Swimming. Certification will be verified by the Meet Referee the day before the meet / session.

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 (if available).
There is to be no diving or horseplay in this area.



2023 Upper Southeast Regional YMCA Short Course Championship Meet

TIME TRIALS

Time Trials may be offered at the end of each session at the discretion of the Meet Referee/Meet Host. Entrants in Time Trials must be entered in the meet. Daily meet entry limits may not exceed entry limits mandated by USA Swimming. Fees for time trials are \$10 per event. All USA Swimming Rules will apply to Time Trials.

WAIVER/RELEASE

GOLD & YOTA, 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 GOLD & YOTA 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 GOLD & YOTA 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

Thursday, March 16, 2023

Warm-up: 4:15 pm; Meet Start: 5:00 pm

Girls/Women	Event	Boys/Men
1	1000 Yard Freestyle	2
3	12 & Under 500 Freestyle	4



2023 Upper Southeast Regional YMCA Short Course Championship Meet

Session 2

Friday, March 17, 2023

13 and Over Preliminaries

Warm-up: 7:00 AM; Meet Start: 8:45 AM

Girls/Women	Event	Boys/Men
5	13-14 200 Yard Freestyle Relay	6
7	200 Yard Freestyle Relay	8
9	50 Yard Freestyle	10
11	200 Yard Butterfly	12
13	100 Yard Backstroke	14
15	200 Yard Breaststroke	16
17	500 Yard Freestyle	18

**13-14 and senior swimmers will swim together during preliminaries but will compete and score separately in Finals.

Session 3

Friday, March 17, 2023

12 & Under Timed Finals

Warm-up: 12:00 PM; Meet Start: 1:45 PM

Girls/Women	Event	Boys/Men
19	11-12 200 Yard Medley Relay	20
21	10 & Under 200 Yard Medley Relay	22
23	11-12 200 Yard Butterfly	24
25	11-12 50 Yard Breaststroke	26
27	10 & Under 50 Yard Breaststroke	28
29	11-12 100 Yard Freestyle	30
31	10 & Under 100 Yard Freestyle	32
33	11-12 100 Yard Backstroke	34
35	10 & Under 100 Yard Backstroke	36
37	11-12 400 Yard Individual Medley	38

Session 4

Friday, March 17, 2023

13 & Over Finals

Warm-up: 4:15 PM; Meet Start: 5:30 PM

Girls/Women	Event	Boys/Men
17	13-14 500 Yard Freestyle	18
17	Senior 500 Yard Freestyle	18
9	13-14 50 Yard Freestyle	10
9	Senior 50 Yard Freestyle	10
11	13-14 200 Yard Butterfly	12
11	Senior 200 Yard Butterfly	12
13	13-14 100 Yard Backstroke	14
13	Senior 100 Yard Backstroke	14
15	13-14 200 Yard Breaststroke	16
15	Senior 200 Yard Breaststroke	16



2023 Upper Southeast Regional YMCA Short Course Championship Meet

Session 5

Saturday, March 18, 2023

13 & Over Preliminaries

Warm-up: 7:00 AM; Meet Start: 8:45 AM

Girls/Women	Event	Boys/Men
39	13-14 200 Yard Medley Relay	40
41	Senior 200 Yard Medley Relay	42
43	200 Yard Freestyle	44
45	100 Yard Breaststroke	46
47	100 Yard Butterfly	48
49	13-14 400 Yard Freestyle Relay	50
51	Senior 400 Yard Freestyle Relay	52
53	400 Yard Individual Medley	54

**13-14 and senior swimmers will swim together during preliminaries but will compete and score separately in Finals.

Session 6

Saturday, March 18, 202

12 & Under Timed Finals

Warm-up: 12:30 PM; Meet Start 1:45 PM

Girls/Women	Event	Boys/Men
55	11-12 50 Yard Backstroke	56
57	10 & Under 50 Yard Backstroke	58
59	11-12 200 Yard Individual Medley	60
61	10 & Under 200 Yard Individual Medley	62
63	11-12 100 Yard Butterfly	64
65	10 & Under 100 Yard Butterfly	66
67	11-12 100 Yard Breaststroke	68
69	10 & Under 100 Yard Breaststroke	70
71	11-12 200 Yard Freestyle	72
73	10 & Under 200 Yard Freestyle Relay	74
75	11-12 200 Yard Freestyle Relay	76

Session 7

Saturday, March 18, 2023

13 & Over Finals

Warm-up: 4:15 PM; Meet Start: 5:30 PM

Girls/Women	Event	Boys/Men
43	13-14 200 Yard Freestyle	44
43	Senior 200 Yard Freestyle	44
45	13-14 100 Yard Breaststroke	46
45	Senior 100 Yard Breaststroke	46
47	13-14 100 Yard Butterfly	48
47	Senior 100 Yard Butterfly	48
53	13-14 400 Yard Individual Medley	54
53	Senior 400 Yard Individual Medley	54



2023 Upper Southeast Regional YMCA Short Course Championship Meet

Session 8

Sunday, March 19, 2023

13 & Over Preliminaries

Warm-up: 7:00 AM; Meet Start: 8:45 AM

Girls/Women	Event	Boys/Men
77	200 Yard Backstroke	78
79	100 Yard Freestyle	80
81	200 Yard Individual Medley	82
83	13-14 400 Yard Medley Relay	84
85	Senior 400 Yard Medley Relay	86
87	1650 Yard Freestyle	88

**13-14 and senior swimmers will swim together during preliminaries but will compete and score separately in Finals.

Session 9

Sunday, March 19, 2023

12 & Under Finals

Warm-up: 11:30 PM; Meet Start 1:15 PM

Girls/Women	Event	Boys/Men
89	11-12 100 Yard Individual Medley	90
91	10 & Under 100 Yard Individual Medley	92
93	11-12 200 Yard Backstroke	94
95	10 & Under 50 Yard Freestyle	96
97	11-12 50 Yard Freestyle	98
99	11-12 200 Yard Breaststroke	100
101	10 & Under 50 Yard Butterfly	102
103	11-12 5- Yard Butterfly	104
105	10 & Under 200 Yard Freestyle	106

Session 10

Sunday, March 19, 2023

13 & Over Finals

Warm-up: 3:45 PM; Meet Start: 5:00 PM

Girls/Women	Event	Boys/Men
87	Senior 1650 Yard Freestyle	88
77	13-14 200 Yard Backstroke	78
77	Senior 200 Yard Backstroke	78
79	13-14 100 Yard Freestyle	80
79	Senior 100 Yard Freestyle	80
81	13-14 200 Yard Individual Medley	82
81	Senior 200 Yard Individual Medley	82



2023 UPPER SOUTHEAST REGIONAL YMCA SHORT COURSE CHAMPIONSHIP MEET

USY Regional Members Qualifying Times: Virginia, South Carolina, North Carolina and Tennessee teams

11-12 Girls	10 & U Girls		10 & U Boys	11-12 Boys
31.09	35.69	50 free	34.99	30.69
1:08.09	1:19.79	100 free	1:19.39	1:06.69
2:29.69	2:54.39	200 free	2:50.19	2:25.99
6:38.59	7:39.49	500 free	7:32.59	6:32.79
36.09	42.59	50 back	43.19	36.09
1:19.29	1:33.29	100 back	1:30.79	1:17.49
2:46.69	X	200 back	X	2:42.79
40.29	46.49	50 breast	47.49	40.29
1:28.69	1:43.09	100 breast	1:41.99	1:28.29
3:11.09	X	200 breast	X	3:05.99
34.59	42.39	50 fly	41.39	34.69
1:19.39	1:40.39	100 fly	1:39.39	1:17.59
1:17.19	1:31.79	100 IM	1:30.39	1:17.89
2:49.39	X	200 fly	X	2:45.39
2:49.49	3:17.29	200 IM	3:16.29	2:47.39
6:00.89	X	400 IM	X	5:52.99

13-14 Girls	Open Girls	Events	Open Boys	13-14 Boys
29.29	27.89	50 free	25.09	27.39
1:02.89	1:00.19	100 free	54.49	59.49
2:17.29	2:10.59	200 free	1:59.39	2:06.59
5:56.19	5:41.49	500 free	5:15.79	5:39.39
11:51.79	11:51.79	1000 free	11:16.69	11:16.69
19:42.39	19:42.39	1650 free	18:54.59	18:54.59
1:14.19	1:10.19	100 back	1:03.29	1:10.29
2:32.89	2:26.29	200 back	2:12.99	2:24.99
1:24.29	1:19.39	100 breast	1:11.79	1:19.79
2:53.99	2:45.19	200 breast	2:33.99	2:45.59
1:12.79	1:07.99	100 fly	1:01.09	1:08.09
2:31.79	2:26.99	200 fly	2:16.99	2:24.99
2:33.19	2:26.99	200 IM	2:15.69	2:21.39
5:20.19	5:04.99	400 IM	4:39.39	5:03.39

Out of Region Time Standards are "A" times for 12 and under events. Below are the 13 and older Out of Region Qualifying time standards.

13-14 Girls	Open Girls	Events	Open Boys	13-14 Boys
28.69	27.39	50 free	24.59	26.29
1:01.89	59.99	100 free	53.89	57.39
2:13.79	2:09.39	200 free	1:57.39	2:05.29
5:52.99	5:36.49	500 free	5:10.79	5:35.19
11:46.79	11:46.79	1000 free	11:07.19	11:07.19
19:42.39	19:42.39	1650 free	18:47.99	18:54.59
1:08.49	1:06.59	100 back	1:01.09	1:04.19
2:27.29	2:23.89	200 back	2:10.99	2:18.19
1:17.59	1:15.69	100 breast	1:08.89	1:12.09
2:46.79	2:42.79	200 breast	2:30.09	2:36.29
1:07.79	1:06.29	100 fly	1:00.09	1:02.89
2:28.59	2:24.19	200 fly	2:11.19	2:20.29
2:30.49	2:24.99	200 IM	2:14.09	2:19.89
5:12.79	5:00.89	400 IM	4:37.49	4:56.49



**2023 UPPER SOUTHEAST REGIONAL YMCA
SHORT COURSE CHAMPIONSHIP MEET**

Meet Name

Summary of Fees/Release Form

Complete and email or bring this form along with entry fees to the meet (checks payable to GOLD):

Email to: David.mcdevitt@ymcatriangle.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		\$12.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$23.00 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

GOLD & YOTA, 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.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE

YMCA Sanctioned Meet Declaration Form



2023 UPPER SOUTHEAST REGIONAL YMCA SHORT COURSE CHAMPIONSHIP MEET

(Return signed form to the meet director)

Participating YMCA _____

YMCA Address: _____

Meet Name: 2023 USRY Short Course Championship Meet - Goldsboro

Meet Dates: March 16-19, 2023

Meet Host: Goldsboro & YOTA Swim Teams

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet all eligibility requirements. All swimmers age 18 and older have completed Child/Athlete Protection Training within the past 12 months.

COACHES - All coaches representing the YMCA above hold current certifications in BLS (Professional Rescuer CPR), First Aid, Safety Training for Swim Coaches, Child/Athlete Protection Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the Meet the entire period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the 2023 USRY Short Course Championship Meet - Goldsboro

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, the host YMCAs, their agents, representatives or assigns, for any and all injuries which may be suffered by participants at the 2023 USRY Short Course Championship Meet. Furthermore, we understand that the YMCA of the USA, and the host YMCAs are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee

NORTH CAROLINA SCRATCH RULE



2023 UPPER SOUTHEAST REGIONAL YMCA SHORT COURSE CHAMPIONSHIP MEET

208.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet announcement shall specify all mandatory check-in and scratch deadlines and procedures.

- .1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
- .2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch or as noted in 208.3.4 A or D.. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet announcement states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet announcement.
- .3 Preliminary and Finals Events
 - A. Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck then 208.3.2 applies
 - B. Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 208.3.4. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.
 - C. In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete
 - D. When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim
 - E. If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)
- .4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:
 - A. The Referee is notified in the event of illness or injury and accepts the proof thereof.
 - B. The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
 - C. The swimmer was not named in any finals heat during the initial announcement of results
 - D. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

208.4. RELAY SCRATCH RULE

- .1 All Meets - Any relay or relay member, in a relay event that fails to compete in or report for that event shall not be penalized.