

RMY January Friday Night
50's YMCA meet
Hosted by RMY
January 24, 2025
Harrison Family YMCA, 1000 Independence Drive, Rocky Mount, NC 27804

Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Approval #NC25022AP

MEET DIRECTOR	MEET ENTRY COORDINATOR
Yvonne Wilkins rmycoachyvonne@gmail.com 252-972-9622 x 235	Yvonne Wilkins rmycoachyvonne@gmail.com 252-469-4701
MEET REFEREE	MEET MARSHAL
Richard Wilson dickwilson94@gmail.com	Female: Joy Morgan joymorgan06@gmail.com 252-822-2502 Male: Don Moseley dmoseley@rmymca.org 252-314-5882

FACILITY and HOST TEAM REQUIREMENTS RMY has discussed specific health and safety procedures with the venue management. At this time, the facility and HOST TEAM 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.

FACILITY and HOST TEAM REQUIREMENTS RMY has discussed specific health and safety procedures with the venue management. At this time, the facility and HOST TEAM 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.

All medical attention will be handled by Rocky Mount Family YMCA trained lifeguards and Nash County EMS if needed.

MEET FORMAT This is a YMCA timed final Age Group/Senior, pre-seeded meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	4:30 PM	5:30 PM	All

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday, January 15, 2025	7:00 PM	Entry Deadline
Friday, January 24, 2025	5:00 PM	Coaches/General Meeting
Friday, January 24, 2025	1 hour prior to start of session	Officials Briefing
Friday, January 24, 2025	15 minutes prior to session	Timers Meeting

RULES

This meet will be conducted in accordance with the current YMCA and USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated.

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 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. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms 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, 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 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 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 current YMCA members in good standing. All Adult Athletes must hold current APT certification to compete.												
MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS	RMY 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 RMY's ability to accommodate all requests.												
ENTRIES	All entries will be submitted in Hy-Tek format. 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 unless approved by meet host-i.e. check will be brought to the meet director prior to competing. A swimmer's age on the first day of the meet will determine their age for the entire meet.												
ENTRY LIMITATIONS	Swimmers may swim a maximum of 2 individual events plus 1 relay per day and a total of 3 Events for the meet.												
ENTRY VERIFICATION	An email will be sent to the person submitting the entry confirming receipt of entry within 24 hours of receipt.												
ENTRY DEADLINES	The Meet Entry Coordinator must receive entries by Wednesday, January 15, 2025. Late entries may be accepted at the discretion of the Meet Referee.												
ENTRY FEES	<table border="1"> <tr> <td colspan="2">Make checks payable to RMY All fees are non-refundable.</td></tr> <tr> <td>Individual swimmer</td><td>\$10.00 flat fee</td></tr> <tr> <td>Relays</td><td>\$0.00 per event</td></tr> <tr> <td>NCS Travel Fund</td><td>\$3.00 per swimmer, including relay only swimmers</td></tr> <tr> <td>Facility Surcharge</td><td>\$00.00 per swimmer</td></tr> <tr> <td>Late entry fee</td><td>Double the IE and Relay fees listed.</td></tr> </table>	Make checks payable to RMY All fees are non-refundable.		Individual swimmer	\$10.00 flat fee	Relays	\$0.00 per event	NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers	Facility Surcharge	\$00.00 per swimmer	Late entry fee	Double the IE and Relay fees listed.
Make checks payable to RMY All fees are non-refundable.													
Individual swimmer	\$10.00 flat fee												
Relays	\$0.00 per event												
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers												
Facility Surcharge	\$00.00 per swimmer												
Late entry fee	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												
CHECK-IN	All events will be pre-seeded, there will be no positive check-ins.												
SCRATCHES	There will be no penalty for scratching pre-seeded events at the block.												
SCORING	No team or individual scoring will be kept.												
AWARDS	No ribbons/medals will be awarded for this meet.												
RESULTS	A TM results file will be sent to participating teams within 24 hours of the meet conclusion via email.												
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. There will be a												

coach/general meeting at the date and time listed in the Deadline and Meeting Summary. 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/TIMERS/ VOLUNTEERS

There will be a need for officials. **RMV** welcomes and encourages anyone willing to volunteer. Volunteering Officials must 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 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.

HOSPITALITY/ CONCESSIONS

There will be limited hospitality 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 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 lanes available for continuous warm-up/down (if available). **There is to be no diving or horseplay in this area.**

WAIVER/RELEASE

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. 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. RMV and the Harrison 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 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, January 24, 2025

Warm-up: 8:00AM; Meet Start: 9:00AM

Girls/Women	Event	Boys/Men
1	12 & Under 50 Fly	2
3	13 & Over 50 Fly	4
5	12 & Under 50 Back	6
7	13 & Over 50 Back	8
9	12 & Under 50 Breast	10
11	13 & Over 50 Breast	12
13	12 & Under 50 Free	14
15	13 & Over 50 Free	16
17	12 & Under 100 IM	18
19	13 & Over 200 IM	20
21	Open 200 Free Relay	22

**RMY January Friday Night 50's YMCA meet
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to Harrison Family Y):

RMY Racers

PO Box 4063

Rocky Mount, NC 27803

Email to: rmycoachyvonne@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Swimmers		\$10.00 each	
Relay Entries		\$00.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$3.00 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. RMY Racers, Harrison 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. 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 _____