



Jon Jolley GYSSA Short Course Championships 2025

Sponsored by the Greater YMCA Sunbelt Swimming Association

Hosted by GCY Swim Team

February 28-March 2, 2025

Held at Greensboro Aquatic Center

1921 West Gate City Blvd, Greensboro, NC 27403



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

Approved Meet #NC25072AP and Time Trials Meet #NC25072TTAP

MEET DIRECTOR Scott Bowser 336-478-9635 scott.bowser@ymcagreensboro.org	MEET ENTRY COORDINATOR Cynthia Shannon 501 W Market St Greensboro, NC 27401 336-478-9631 cynthia.shannon@ymcagreensboro.org
MEET REFEREE Cynthia Shannon 336-478-9631 336-317-1769 cynthiaLshannon@gmail.com cynthia.shannon@ymcagreensboro.org	MEET MARSHALL Katie McNerney Don Williams

FACILITY & HOST REQUIREMENTS

GCY has discussed specific health and safety procedures with the venue management. At this time, the facility and GCY 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

The Greensboro Aquatic Center is a state-of-the-art indoor facility with four pools. The main competition pool is 9-10 feet deep at both ends and may be configured into two 25-yard course pools with 8-10 lanes. All lanes feature non-turbulent lane lines and KDI Paragon starting blocks. The Omega electronic timing system will be used which includes touch pads and 2 buttons per lane. In addition at least 1 manual stopwatch will be used in each lane. Prior to each session of competition, the facility host shall examine the bulkhead and shall confirm to the Meet Referee that the bulkhead is stable, straight and properly positioned and anchored. GCY will ensure proper course dimensions.

GAC staff will provide first aid.

All spectators must comply with the Greensboro Coliseum Complex Bag Policy:

Permitted Bags

- **Clear Bags:** Clear vinyl or plastic bags, one-gallon Ziploc-style storage bags, and clear vinyl or plastic backpacks, measuring no larger than 12" x 6" x 12".
- **Small Clutch Bags:** Small bags up to 4.5" x 6.5" (*approximately the size of a hand*), with or without a handle or strap, do not have to be clear.
- **Medical Bags:** Medical bags, including diaper bags when accompanied by a child, will be inspected before entry.

Greensboro Coliseum Complex personnel reserve the right to deny entry to any bag or item that is deemed unsafe for admission. Guests who do not follow building policies or decline to be inspected may be denied entry or required to leave the venue. Greensboro Coliseum Complex does not provide a bag check or lockers for bags. All bags left in lobbies/hallways will be discarded.

Parking will be available for up to \$5.00 per vehicle.

The event will be livestreamed via YouTube on the Greensboro Aquatic Center event page.

No outside food or drink is permitted in the facility. No coolers are allowed in the facility.

No outside chairs are allowed on deck or in the stands.

MEET FORMAT

This is a closed YMCA, approved Age Group, timed final meet.

Session	Day	Building Entry	Warm-up	Meet Start	Age Group
1	Friday	3:45 p.m.	4:15 p.m.	5:30 p.m.	All ages
2	Saturday	6:15 a.m.	6:45 a.m.	8:15 a.m.	Senior
3	Saturday	11:45 a.m.	Not before 12:15 p.m.	Not before 1:30 p.m.	12 & Under
4	Sunday	6:15 a.m.	6:45 a.m.	8:15 a.m.	Senior
5	Sunday	11:45 a.m.	Not before 12:15 p.m.	Not before 1:30 p.m.	12 & Under

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tues, Feb 18	Midnight	Entry deadline
Wed, Feb 26	10:30 a.m.	Coaches/General Meeting via Zoom
Feb 28-Mar 2	45 minutes prior to each session	Official Briefings
Feb 28-Mar 2	30 minutes prior to each session	Timer Briefings
Feb 28	30 minutes prior to session start	Positive Check-in closes for: <ul style="list-style-type: none"> • Senior 400-yard Individual Medley • 12 & Under 500-yard Freestyle • Senior 1650-yard Freestyle
Mar 1	30 minutes prior to session start	Positive Check-in closes for: <ul style="list-style-type: none"> • Senior 500-yard Freestyle
Feb 28-Mar 2	90 minutes after each session starts	Time Trials Close

RULES

This meet will be conducted in accordance with National YMCA Championship Meet Rules, the rules that govern YMCA Competitive Sports, the NCS Swimming Handbook, the NCS Safety Program, the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated.

- All events will be conducted as timed finals.
- 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.
- Positive check-in events will be swum fastest to slowest, alternating girls and boys. If two pools are used, no alternating will occur.
- The referee and meet management reserve the right to combine heats, events and/or sessions as well as restrict the number of heats to adhere to the timeline.

TECHNICAL SUIT BAN for 12&Us

Per USA Swimming Rules, 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 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.

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.

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. The Declaration Form must be signed by each YMCA participating in the meet.

LIABILITY LIMITS:

- It is understood and agreed that USA Swimming and NC Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- In granting the YMCA Sanction, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

EMERGENCIES: The facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site. Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director. If a head injury occurs, the action plan below will be followed:

- Athlete is removed immediately from participation by the Meet Director
- Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
- The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
- The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

ELIGIBILITY

- This is a closed YMCA meet that is open only to teams in the Greater YMCA Sunbelt Swimming Association (GYSSA). Swimmers must be listed on the roster of a GYSSA member team.
- All participants must be a member of a local YMCA and must have full privilege annual membership at that YMCA to be eligible.
- Each participant must have competed in at least one (1) interassociation (closed YMCA) meet prior to the entry deadline.
- There are no time standards for this meet.
NTs are not permitted in the meet.
- Times will be reported to USA Swimming. Coaches are asked to remove the USA Swimming ID from all swimmers not registered with USA Swimming.
- All Adult Athletes must hold current APT certification to compete.
- 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.
- **Swimmers with USRY qualifying times prior to the entry deadline will swim exhibition and not place or score in those events.**

AGE GROUP

Swimmers ages will be determined as of the first day of the meet (February 28, 2025). The age groups for competition will be as follows: 6 & Under, 8 & Under, 9-10, 11-12 and Senior. The Senior age group will be separated into 13-14 and 15 & Over for awards and results purposes.

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

GCY 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 GCY's ability to accommodate all requests.

ENTRIES

Entries submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries. 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. 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 four (4) individual events and two (2) relay events per day. There is no limit on the number of relay entries per team; however, only the highest placing relay team for each member team will score points. Senior Events are open to swimmers of any age. Meet management reserves the right to limit the number of total entries to comply with the 4-hour time rule. In addition, all positive check-in events may be limited (see order of events).

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 the date and time listed in the Deadline and Meeting Summary. No late entries will be accepted.

ENTRY FEES

Make checks payable to: Bryan Family YMCA. All fees are non-refundable	
Individual Event	\$8.00 per event
Relay Event	\$16.00 per event
Time Trial Event	\$10.00 per individual event; \$20.00 per relay event
Facility Surcharge	\$18.00 per swimmer
Travel Fee	\$3.00 per swimmer
Heat Sheet Fee	\$5.00 per swimmer
Late Entry Fee	\$16.00 per individual event; \$32.00 per relay event

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. All non-conforming times will be seeded last in rank order.

CHECK-IN

Positive check-in will be required for the following events:

- Senior 400-yard Individual Medley
- Senior 1650-yard Freestyle
- Senior 500-yard Freestyle
- 12 & Under 500-yard Freestyle

SCRATCHES

There will be no penalty for scratching pre-seeded events at the block.

For deck-seeded events, swimmers who are properly checked in and seeded but fail to compete and are not excused by the Meet Referee will be barred from their next individual events.

SCORING

Both individual and relay events will be 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

The senior group will be separated into 13-14 and 15 & Over for awards and points.

AWARDS

Heat winner awards will be provided for all individual events.

Age Group High Point awards will also be given.

Team Awards

Top 3 Large Teams and Top 3 Small Teams

(Small teams will be defined as teams with fewer than 75 swimmers registered on the team with GYSSA.)

Individual Awards

1st-3rd Places – medals

4th-16th Places – ribbons

Relay Awards

1st-3rd Places – medals

4th-8th Places – ribbons

TIME TRIALS

Time Trials will be offered at the conclusion of each session, time permitting, and at the discretion of the meet referee.

Time trials will be for the purpose of achieving championship qualifying times. All entrants in Time Trials must be entered in the meet. Time Trial events will be added to swimmers' daily meet entries, but not the meet total. Entries for swimmers may not exceed the per day entry limits mandated by USA Swimming; i.e., 6 individual entries per day in a timed finals meet.

Swimmers may sign up for time trials on deck. Time trials will close 90 minutes after the start of each session.

All YMCA/USA Swimming rules apply to Time Trials.

Swimmers are responsible for providing their own timers and counters for all time trial events.

Events of 500 yards or less will be available for time trials on each day. In addition, the 1000-yard freestyle will be offered on Sunday. Events and/or genders may be combined at the discretion of the meet referee and meet administration.

**TIME TRIALS
SCHEDULE**

(Time permitting)

TT1: Conclusion of Session 1 on Friday

TT2: Conclusion of Session 2 on Saturday

TT3: Conclusion of Session 3 on Saturday

TT4: Conclusion of Session 4 on Sunday

TT5: Conclusion of Session 5 on Sunday

RESULTS

Results will be posted on GCY's website within 24 hours of the meet's conclusion.

COACHES

All coaches on deck must be registered and certified with USA/YMCA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their 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. GCY welcomes and encourages anyone willing to volunteer. Volunteering officials are asked to contact the Meet Referee by email. All officials on deck must be registered and certified by YMCA or USA Swimming. Certification will be verified by Meet Referee. Officials' briefings will occur 45 minutes prior to each session.

Timer and marshal briefings will be held at least 30 minutes prior to each session.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. On-deck hospitality may be available for timers and other volunteers. Refreshments for spectators will be available at the concession stand in the concourse.

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 are verifying that all of the swimmers and coaches listed on the enclosed entry have full-privilege YMCA memberships and registration. 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. The Greensboro Community YMCA Swim Team, the YMCA of Greensboro, Inc., the YMCA of the USA, the Greater YMCA Sunbelt Swimming Association, the Greensboro Aquatic Center, 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 Greensboro Community YMCA Swim Team 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

SESSION 1

Friday, February 28, 2025

Warm-up: 4:15 p.m.; Session Start: 5:30 p.m.

Girls/Women	Event	Boys/Men
101	11-12 200-yard Individual Medley	102
103	Senior 400-yard Individual Medley ^{1 2 3}	104
105	10 & Under 200-yard Freestyle	106
107	12 & Under 500-yard Freestyle ^{1 2 3}	108
109	Senior 1650-yard Freestyle ^{1 2 3}	110

¹ Heats may be limited to comply with USA Swimming and facility time limits.

² Event will be swum fastest to slowest alternating women and men. If two pools are used, there will be no alternation.

³ Positive check-in is required; swimmers should provide their own timers and counters.

SESSION 2

Saturday, March 1, 2025

Warm-up: 6:45 a.m.; Session Start: 8:15 a.m.

Girls	Event	Boys
201	Senior 400-yard Freestyle Relay	202
201A	13-14 400-yard Freestyle Relay	202A
203	Senior 200-yard Individual Medley	204
205	Senior 100-yard Backstroke	206
207	Senior 200-yard Breaststroke	208
209	Senior 100-yard Freestyle	210
211	Senior 200-yard Butterfly	212
213	Senior 200-yard Medley Relay	214
213A	13-14 200-yard Medley Relay	214A
215	Senior 500-yard Freestyle ^{1 2 3}	216

¹ Heats may be limited to comply with USA Swimming and facility time limits.

² Event will be swum fastest to slowest alternating women and men. If two pools are used, there will be no alternation.

³ Positive check-in is required; swimmers should provide their own timers and counters.

SESSION 3

Saturday, March 1, 2025

Warm-up: Not before 12:15 p.m.; Session Start: Not before 1:30 p.m.

Girls	Event	Boys
301	8 & Under 100-yard Individual Medley	302
303	9-10 100-yard Individual Medley	304
305	11-12 100-yard Individual Medley	306
307	6 & Under 25-yard Backstroke	308
309	7-8 25-yard Backstroke	310
311	9-10 50-yard Backstroke	312
313	11-12 50-yard Backstroke	314
315	8 & Under 50-yard Breaststroke	316
317	10 & Under 100-yard Breaststroke	318
319	11-12 100-yard Breaststroke	320
321	6 & Under 25-yard Freestyle	322
323	7-8 25-yard Freestyle	324
325	9-10 50-yard Freestyle	326
327	11-12 50-yard Freestyle	328
329	8 & Under 50-yard Butterfly	330
331	10 & Under 100-yard Butterfly	332
333	11-12 100-yard Butterfly	334
335	8 & Under 100-yard Medley Relay	336
337	10 & Under 200-yard Medley Relay	338
339	11-12 200-yard Medley Relay	340

SESSION 4

Sunday, March 2, 2025

Warm-up: 6:45 a.m.; Session Start: 8:15 a.m.

Girls	Event	Boys
401	Senior 400-yard Medley Relay	402
401A	13-14 400-yard Medley Relay	402A
403	Senior 50-yard Freestyle	404
405	Senior 100-yard Breaststroke	406
407	Senior 200-yard Backstroke	408
409	Senior 100-yard Butterfly	410
411	Senior 200-yard Freestyle	412
413	Senior 200-yard Freestyle Relay	414
413A	13-14 200-yard Freestyle Relay	414A

SESSION 5

Sunday, March 2, 2025

Warm-up: Not before 12:15 p.m.; Session Start: Not before 1:30 p.m.

Girls	Event	Boys
501	10 & Under 200-yard Individual Medley	502
503	11-12 100-yard Freestyle	504
505	10 & Under 100-yard Freestyle	506
507	8 & Under 50-yard Freestyle	508
509	11-12 50-yard Breaststroke	510
511	9-10 50-yard Breaststroke	512
513	8 & Under 25-yard Breaststroke	514
515	11-12 100-yard Backstroke	516
517	10 & Under 100-yard Backstroke	518
519	8 & Under 50-yard Backstroke	520
521	11-12 50-yard Butterfly	522
523	9-10 50-yard Butterfly	524
525	8 & Under 25-yard Butterfly	526
527	11-12 200-yard Freestyle	528
529	8 & Under 100-yard Freestyle Relay	530
531	10 & Under 200-yard Freestyle Relay	532
533	11-12 200-yard Freestyle Relay	534

**Jon Jolley GYSSA SC Championships 2025
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees
(make checks payable to the **Bryan Family YMCA**) to:
GCY

ATTN: Cynthia Shannon
Bryan Family YMCA
501 W Market St
Greensboro, NC 27401

Email to: cynthia.shannon@ymcagreensboro.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Quantity	Cost per	Total
Individual Entries		\$8.00 per event	
Relay Entries		\$16.00 per event	
Facility Surcharge		\$18.00 per swimmer	
Travel Fee		\$3.00 per swimmer	
Heat Sheet Fee		\$5.00 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 members of the YMCA. 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. The Greensboro Community YMCA Swim Team, the YMCA of Greensboro, Inc., the YMCA of USA, the Greater YMCA Sunbelt Swimming Association, the Greensboro Aquatic Center, 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

Jon Jolley GYSSA SC Champs 2025: February 28-March 2, 2025