



## GCY Back-to-School 2025

Hosted by the Greensboro Community YMCA Swim Team

September 27, 2025

Eden Family YMCA

301 S Kennedy St, Eden, NC 27288



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

**Approval #NC25185AP**

MEET DIRECTOR	MEET ENTRY COORDINATOR
Scott Bowser 336-478-9635 <a href="mailto:scott.bowser@ymcagreensboro.org">scott.bowser@ymcagreensboro.org</a>	Cynthia Shannon 501 W Market St Greensboro, NC 27401 336-478-9631 <a href="mailto:cynthia.shannon@ymcagreensboro.org">cynthia.shannon@ymcagreensboro.org</a>
MEET REFEREE	MEET MARSHALS
Cynthia Shannon 336-478-9631 336-317-1769 <a href="mailto:cynthiaLshannon@gmail.com">cynthiaLshannon@gmail.com</a> <a href="mailto:cynthia.shannon@ymcagreensboro.org">cynthia.shannon@ymcagreensboro.org</a>	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 Eden YMCA has an 5-Lane, 25-yard pool with a depth ranging from 12 feet at the start end and 3 feet at the turn end, and a lane width of 7 feet. The pool has non-turbulent lane lines. The timing system will include 3 manual stopwatches per lane. The host will ensure required course dimensions.

Lifeguards will provide first aid.

No deck changing is permitted. Locker rooms with changing stalls are available.

### MEET FORMAT

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

Session	Day	Building Entry	Warm-up	Meet Start	Age Group
1	Saturday	8:45 a.m.	9:00 a.m.	10:00 a.m.	Open

### DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Mon, Sept 22	Midnight	Entry deadline

Sat, Sept 27	9:00 a.m.	Coaches' Meeting
Sat, Sept 27	9:30 a.m.	Officials' Briefing
Sat, Sept 27	9:30 a.m.	Timers' Briefing

## **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.**

- The referee and meet management reserve the right to combine heats and/or events as well as restrict the number of heats to adhere to the timeline.
- Deck entries (only to fill empty lanes) will be taken until 30 minutes prior to the start of the session.

## **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 in the competition area. Spectators will be allowed in specifically marked areas.

## **ELIGIBILITY**

- This is a closed YMCA meet. This meet is open to all swimmers who have full privilege memberships at their YMCAs.
- No qualifying times are required.
- Swimmers ages will be determined as of September 27, 2025.
- Times will be reported to USA Swimming. Coaches are asked to remove the USA Swimming ID from all swimmers not registered with USA Swimming. In addition, please provide a list of these swimmers with meet entries.
- If swimmers wish to have their times reported to USA Swimming, they must be registered prior to entry deadline. Entries listed as "Registration Applied For" will not be accepted. There will be no on deck registration available at this meet.
- All Adult Athletes must hold current APT certification to compete.

## **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-tec 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. GCY entries will be entered first and then accept teams/entries in the order received, until session time limit is reached. Entries received thereafter will be returned immediately.

## **ENTRY LIMITATIONS**

Swimmers may swim a maximum of 3 individual events and 1 relay event in the session. There is no limit on the number of relay entries per team. Meet management reserves the right to limit the number of total entries to comply with the 4-hour time rule.

## **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. Late entries may be accepted at the discretion of the Meet Referee.**

## ENTRY FEES

<b>Make checks payable to: Bryan Family YMCA.</b> <b>All fees are non-refundable</b>	
Swimmer Fee: includes events, travel fee, Facility charge and Electronic Heat Sheet	\$25.00 per swimmer

### 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. NTs are discouraged.

### SCRATCHES

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

### SCORING

This meet will not be scored.

### AWARDS

- Ribbons will be awarded to the top 8 swimmers in each age group: 8 & Under, 9-10, 11-12, 13-14, 15 & Over.

### RESULTS

Results will be posted on GCY's website within 24 hours of the meets conclusion. All results for swimmers aged 9-21 will be entered into the **2025 YMCA Annual Tom Warrick Virtual Meet**. Please notify the entry coordinator if your team does not want the results entered into the virtual meet.

### COACHES

All coaches must be currently registered and approved through the online YMCA Annual Team and Coach Registration system and must hold all current certifications in order to be permitted on deck at a YMCA Meet. Coaches must be able to show their current YMCA coach credential, found on their TeamUnify OnDeck app.

There will be a coaches/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 prior to the meet. All officials on deck must be registered and certified by the YMCA or USA Swimming. Officials' briefings will occur 45 minutes prior to the session. All assigned officials are strongly encouraged to complete an individual personal review of applicable USAS rules for their assigned position prior to the meet.

Timers 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.

### 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 one lane 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 are registered with YMCA 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. The Greensboro Community YMCA Swim Team, the YMCA of Greensboro, Inc., the Eden 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 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 GCY 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

Saturday, September 27, 2025

Warm-up: 9:00 a.m.; Session Start: 10:00 a.m.

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
1	8 & U 25 Freestyle	2
101	10 & U 50 Freestyle	102
201	11-12 50 Freestyle	202
301	13-14 50 Freestyle	302
401	15-18 50 Freestyle	402
501	19-21 50 Freestyle	502
3	8 & U 25 Backstroke	4
103	10 & U 50 Backstroke	104
203	11-12 50 Backstroke	204
5	8 & U 25 Breaststroke	6
105	10 & U 50 Breaststroke	106
205	11-12 50 Breaststroke	206
7	8 & U 25 Butterfly	8
107	10 & U 50 Butterfly	108
207	11-12 50 Butterfly	208
109	10 & U 100 Freestyle	110
209	11-12 100 Freestyle	210
303	13-14 100 Freestyle	304
403	15-18 100 Freestyle	404
503	19-21 100 Freestyle	504
111	10 & U 100 Backstroke	112
211	11-12 100 Backstroke	212
305	13-14 100 Backstroke	306
405	15-18 100 Backstroke	406
505	19-21 100 Backstroke	506
113	10 & U 100 Breaststroke	114
213	11-12 100 Breaststroke	214
307	13-14 100 Breaststroke	308
407	15-18 100 Breaststroke	408
507	19-21 100 Breaststroke	508
115	10 & U 100 Butterfly	116
215	11-12 100 Butterfly	216
309	13-14 100 Butterfly	310
409	15-18 100 Butterfly	410
509	19-21 100 Butterfly	510
117	10 & U 100 Individual Medley	118
217	11-12 100 Individual Medley	218
319	13-14 200 Individual Medley	320
419	15-18 200 Individual Medley	420
519	19-21 200 Individual Medley	520
311	13-14 200 Freestyle	312
411	15-18 200 Freestyle	412
511	19-21 200 Freestyle	512
601	8 & U 100 Freestyle Relay	602
603	12 & U 200 Freestyle Relay	604
605	13 & O 200 Freestyle Relay	606

**GCY Back-to-School 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 YMCA

501 W Market St

Greensboro, NC 27401

Email to: [cynthia.shannon@ymcagreensboro.org](mailto:cynthia.shannon@ymcagreensboro.org)

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Quantity	Cost per	Total
Swimmer Fee (Events, Travel Fund, Electronic Heat Sheet & Facility Surcharge)		\$25.00 per swimmer	
<b>Total Fees Due</b>			

**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 Eden 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