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# 2025 USRY LC Championships

## MEET ANNOUNCEMENT

### **About the Championship**

Date: June 27-29, 2025

Location: Goldsboro Family YMCA

Entry Deadline: June 18<sup>th</sup>, 2025

Hosted by: GOLD Sharks

Meet Director: Keegan Ingelido [keegan.ingelido@goldsboroymca.org](mailto:keegan.ingelido@goldsboroymca.org)

Meet Referee: Betsy Wisniewski [betsydw@gmail.com](mailto:betsydw@gmail.com)



# 2025 USRY LC Championships

## June 27-29, 2025

### ABOUT THE CHAMPIONSHIP

This meet is a sanctioned, closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by the North Carolina LSC of USA Swimming.

YMCA Sanction number: xxxxxxxx.

USA-S/NC Approval number NC25127AP

USA-S/NC Time Trial Approval number NC25127TTAP

**ADJUSTMENTS TO THE MEET ANNOUNCEMENTS:** The Championship Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Championship and USA-S Approved meet can be changed.

**MEET TIMELINE:** Warm-up and start times for all sessions are subject to change depending on the size of the meet.

<b>Date</b>	<b>Age Group</b>	<b>Warm-Up Start</b>	<b>Meet Start</b>
Fri, June 27th	13 & Over Preliminaries	7:30 AM	8:30 AM
	12 & Under Timed Finals	2:00 PM	1:00 PM
	13 & Over Finals	4:30 PM	5:30 PM
Sat, June 28 <sup>th</sup>	13 & Over Preliminaries	7:30 AM	8:30 AM
	12 & Under Timed Finals	12:00 PM	1:00 PM
	13 & Over Finals	4:30 PM	5:30 PM
Sun, June 29 <sup>th</sup>	13 & Over Preliminaries	7:30 AM	8:30 AM
	12 & Under Timed Finals	12:00 PM	1:00 PM
	13 & Over Finals	4:00 PM	5:00 PM

**INCLEMENT WEATHER/CANCELATION:**

### LOCATION AND FACILITY

Location: Goldsboro Family YMCA, 1105 Parkway Dr, Goldsboro, NC 27534



# 2025 USRY LC Championships

## June 27-29, 2025

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Emergency Phone Number: (919) 778-8557

Raymond A. Bryan Pool, Goldsboro Family YMCA, 1105 Parkway Dr., Goldsboro, NC. An 8-lane 50-meter pool 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 two timers per lane, each operating a watch and button. The depth at the starting end is 12 feet, and 4 feet at the turn end. A separate 4-lane 25-yard pool is available for continuous warm-ups. GOLD will ensure the correct competition course dimensions. Lifeguards will administer any medical needs throughout the meet.

## WEB SITE

Meet Information can be found at:

<https://www.gomotionapp.com/team/ncgys/page/home>

Online Meet Results: Meet Mobile will be used for results. Results can also be found on the website.

## CONTACT INFORMATION

Meet Director: Keegan Ingelido [keegan.ingelido@goldsboroymca.org](mailto:keegan.ingelido@goldsboroymca.org)

Entry Chairperson: Cynthia Shannon [cynthia.shannon@ymcagreensboro.org](mailto:cynthia.shannon@ymcagreensboro.org)

Meet Referee: Betsy Wisniewski [betsydw@gmail.com](mailto:betsydw@gmail.com)

Administrative Referee: Cynthia Shannon [cynthia.shannon@ymcagreensboro.org](mailto:cynthia.shannon@ymcagreensboro.org)

Team Lead Chief Judge: Katie Todd [theswimmingtodds@gmail.com](mailto:theswimmingtodds@gmail.com)

Safety Director: Keegan Ingelido [keegan.ingelido@goldsboroymca.org](mailto:keegan.ingelido@goldsboroymca.org)

## ELIGIBILITY

### ATHLETE

**YMCA Membership:** An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.



## 2025 USRY LC Championships June 27-29, 2025

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**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.

**Age:** An athlete must be at least 6 years of age, and not older than twenty-one (21) years of age on the first day Meet.

**Times:** This meet is a closed YMCA Meet. There are no minimum qualifying standards for events 200 meters and less. For all events 400 meters and longer, a USA Swimming "BB" time in their age group will be required.

**Athletes or members with a Disability or Medical Condition:** GOLD 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. Members who are unable to wear face coverings because of a documented medical condition must notify the Meet Director in advance and may have limited deck access. Failure to provide advance notice may limit GOLD's ability to accommodate all requests.

### COACH

**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

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. 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



## 2025 USRY LC Championships June 27-29, 2025

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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

**Team Registration:** Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.

**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.

### ENTRY INFORMATION

**ENTRY LIMITS:** ENTRY LIMITS: Swimmers may compete in a maximum of three individual events per day and eight individual events and five relay events during the meet. Teams may enter multiple relays, but only one relay per team will score. A time trial event WILL count toward the daily total entry limit but WILL NOT count toward the total meet individual entry limit.

**QUALIFICATION PERIOD:** The qualification period is September 1, 2024 through the entry deadline.

**USA-S IDs:** Only USA-S registered athletes should have an ID number in the Meet Entry File.

**TIMES:** No Times (NT) are not allowed. Submit entry times as actual times (no conversion) in LCM. Entered times must be the swimmer's BEST time achieved during the qualifying period.

#### ENTRY FEES:

\$7.50 per individual event  
\$15.00 per swimmer facility surcharge  
\$3.00 swimmer NCS Travel Fund  
\$5.00 Electronic Heat Sheet Fee  
\$14.00 per relay event

#### TIME TRIALS:

\$10.00 per individual time trial  
\$25.00 per relay time trial



## 2025 USRY LC Championships June 27-29, 2025

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Checks should be made payable to GOLD Sharks Swim Team. No refunds will be given.

**ENTRY DEADLINE:** Wednesday, June 18<sup>th</sup>, 2025 @6pm

**ENTRY PROCEDURE:** Entries will be accepted using Hy-Tek or Team Unify format. Entries via email is required. List the best official time achieved in **Long Course Meters**. **Entry deadline is Wednesday, June 18<sup>th</sup>, 2025 @6pm**

**PAYMENT:** Checks should be made payable to GOLD Sharks Swimming

**OVER-SUBSCRIPTION:** The meet host and USRY may refuse entries from outside the region to keep the timeline for each session at a management size

### VOLUNTEERS/OFFICIALS/TIMERS

**OFFICIALS AND TIMERS:** GOLD welcomes the participation of parent volunteers who are currently certified as USA Swimming and/or YMCA certified officials. There will be assigned timer slots from each team that will be assigned prior to the start of the meet. **All participating teams will be assigned lanes for providing Timers. All teams will be expected to oversee the fulfillment of this commitment. A Signup Genius link will be provided to coaches to secure Timer commitments.**

**OFFICIALS SIGN-UP PROCEDURE:** Officials should contact Katie Todd, Team Lead Chief Judge, at [theswimmingtodds@gmail.com](mailto:theswimmingtodds@gmail.com).

**ATTIRE:** Attire for those wishing to officiate is white shirt, dark blue pants, shorts, or skirt, and white shoes for preliminaries. Finals attire is the same.

### CHECK-IN PROCEDURE

**MEET CHECK-IN PROCEDURE:** Coaches should check in with the clerk of course with a current YMCA mobile deck pass (via Team Unify). Officials should check in with the meet referee.

**EVENT CHECK-IN:** All events 400 Meters and longer will be positive check-in. Positive check-in sheets will be located near the Clerk of Course table. Positive check-in for each session will conclude thirty minutes before session start time. If a swimmer is not scratched thirty minutes before session start, they will be expected to swim that event.

**COACHES MEETING/SCRATCH MEETING:** There will be a coaches meeting held virtually prior to the start of the meet. The time of this meeting is to be determined and will be announced.



## 2025 USRY LC Championships June 27-29, 2025

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**OFFICIALS AND TIMERS MEETING:** There will be an officials' meeting 30 minutes before the start of each session. This meeting will be held in the hospitality area.

### Championship Procedures and Operations

**CHAMPIONSHIP COMMITTEE:** The Committee will consist of the Meet Director, Meet Referee, LSC Athlete Representative, Regional Rep (if attending), and a League Rep (if attending).

**RULES:** The meet will run under YMCA Rules that Govern Competitive Sports, Swimming Addendum to the YMCA Rules that Govern Competitive Sports, USA-S Technical Rules.

**MEET FORMAT:** The meet will be swum using a preliminary/finals format for 13 & Overs. Preliminaries will be swum together while finals will be broken out into 13/14 and Senior events. 12 & Unders will be timed finals. Swimmer's age will be determined as of the first day of the meet (June 27, 2025).

**EVENT SEEDING:** Events will be seeded slowest to fastest, except for the following events: - 400 IM - 400 Freestyle - 800 Freestyle - 1500 Freestyle These four events will be swum fastest to slowest and alternate girl's and boy's heats. The Administrative Referee reserves the right to combine heats where possible.

**SCRATCH PROCEDURES:** The NC Scratch Rule is in effect (see page 18). An athlete is considered entered into an event unless he or she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.

**DECLARED FALSE START:** An athlete may also withdraw from a 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.

**NO SHOW:** An athlete who is seeded in a positive check-in event and fails to compete (i.e., a "no show") will be scratched from his/her next event. An athlete who is seeded in a preliminary or time finals event and fails to compete will not receive further penalty for that specific "no show". The Meet Referee will have the discretion to allow a swimmer who misses their event to swim in an open lane of a different heat.



## 2025 USRY LC Championships June 27-29, 2025

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**WARM-UP SAFETY PROCEDURES:** Teams will be assigned lanes for warm-ups. No team has exclusive rights to any pool lanes during warm up period, during or before the start of the meet. Teams will need to share lane space and work cooperatively in reflection of the YMCA values and sportsmanship.

During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

**STARTS:** 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

**SWIM-OFFS:** In the event a swim-off is necessary, the Meet Referee will set a time for the swim-off which will not be any later than 45 minutes after the last heat of any event in which any of the swimmers in the swim-off is competing. (USA Swimming Rule 102.5.2)

**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. All adult athletes must hold current APT certification for times to be added to SWIMS.

**RESULTS:** Any results displayed on the scoreboard are unofficial until final results are published. Unofficial results will be posted on the Meet Mobile app. Final results will be posted in the hallway leading to the pool deck.

**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

Protests against the judgment decisions of Starters, and Stroke & Turn officials can only be considered by the Meet Referee, whose decisions will be final (USA-S Rule 102.23).

**CONDUCT AND RESTRICTIONS:** The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct





## 2025 USRY LC Championships June 27-29, 2025

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- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- Deck changes are prohibited. The USA Swimming Rulebook defines Deck Change as: "Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Glass is not permitted on deck.
- The use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the block during competition.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Shaving is not permitted in any areas of the facility.

### OTHER INFORMATION:

- Competition for 13 and older swimmers shall consist of a preliminaries and finals session for all events except the relays, 800 Free and 1500 Free. The 800 and 1500 Free will be timed finals with the fastest heat of women and men swimming in finals. For preliminaries, heats of the 800 and 1500 will be swum fastest to slowest alternating women and men. The finals session shall include a championship heat for all 13/14 and Senior events plus a consolation heat for senior events. All relays will be contested at night during finals on Friday and Saturday. On Sunday, relays will be contested during preliminaries. All events 200 meters and shorter will be pre-seeded. All events of 400 meters and longer will be deck seeded with a positive check-in requirement. 12 and under competition will be timed finals. For 200-meter relays, the 2nd and 4th swimmers will begin in the water due to the shallow depth at the non-starting end of the pool.
- The meet host reserves the right to adjust the warm-up & start times of each session as needed for meet management.

### **TECHNICAL SUIT BAN FOR 12&Unders**

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



# 2025 USRY LC Championships June 27-29, 2025

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## AWARDS AND RECOGNITION

### SCORING:

- Individuals – 1st – 8th
- Relays – 1st – 8th
- Teams shall be limited to only one scoring relay team for each relay event. Teams may enter unlimited relay teams in a relay event but only the highest placing team will score points.

### AWARDS:

- **Individuals:** 1st –8th Ribbons
- **Relays:** 1st –3<sup>rd</sup> Ribbons

## TIME TRIALS

**FORMAT AND FEE:** Time Trials are open only to athletes entered in the Championship meet and will be offered after each session (except for Sunday Finals) if time allows, pending the decision of the Meet Referee.

An athlete may only swim the stroke being contested in a Time Trials event, e.g. an athlete may not swim backstroke in a breaststroke event in Time Trials.

- \$10.00 per individual time trial
- \$25.00 per relay time trial

There will be no Time Trial refunds.

**TIME TRIAL LIMITS:** USA-S rules limit the total number of individual event swims (Rule reference 102.2.2 and 102.2.7).

- A swimmer may swim no more than 3 individual events per day in a prelims/finals meet.
- Time trial events must count as a part of this daily total.

**TIME TRIAL ENTRIES:** Those wishing to participate in a time trial should sign up and pay at the Clerk of Course table.

**TIME TRIAL PROCEDURE:** Time Trials may be offered at the conclusion of any session at the discretion of the Meet Referee. Time Trial participants must be entered in the meet. Time Trial registration will end approximately one hour before the end of each session to provide the Administrative Referee time to properly seed the entries.



# 2025 USRY LC Championships June 27-29, 2025

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## SPECTATORS

### CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Spectators are not permitted on deck
- No smoking, drugs, or alcohol are permitted in the swimming complex.

## LIABILITY, SAFETY AND EMERGENCY PROCEDURES

**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. Appendix 3 must be signed by each association participating in the meet.

### LIABILITY LIMITS:

- In granting of the USA Swimming /North Carolina Swimming approval, it is understood and agreed that USA Swimming and North Carolina 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 Sanctioning, 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.

**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, YMCA 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.

**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.



## 2025 USRY LC Championships June 27-29, 2025

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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.

**UNACCOMPANIED ATHLETE:** Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

**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:

1. Athlete is removed immediately from participation by the Meet Director
2. 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.
3. 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.
4. 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.

**DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

## DIRECTIONS

The Goldsboro Family YMCA is located at 1105 Parkway Drive (close to US Hwy 70 & easily accessed via US Hwy 70 Bypass). Navigation apps are recommended to identify the best route to this location.



# 2025 USRY LC Championships

## June 27-29, 2025

### ORDER OF EVENTS

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*Friday*

*Warm-up: 7:30 a.m.*

*Preliminaries: 8:30 a.m.*

Women		Men
1	Senior 400 meter Individual Medley	2
3	Senior 50 meter Freestyle	4
5	Senior 200 meter Breaststroke	6
7	Senior 100 meter Backstroke	8
9	Senior 50 meter Butterfly	10
11	Senior 800 meter Freestyle*	12
13	13/14 400 meter Freestyle Relay	14
15	Senior 400 meter Freestyle Relay	16

13/14 and Senior swimmers will swim together during preliminaries, but will compete and score separately in Finals.

\* The 800 meter Freestyle will be swum as a combined 13/14 and Senior timed final event with the top eight women and men competing in finals. All remaining heats will swim in preliminaries at the conclusion of the 50 meter Butterfly. Relays are swum during Finals.

*Friday*

*Warm-up: 12:00 Noon*

*Timed Finals: 1:00 p.m.*

Women		Men
17	10/U 200 meter Medley Relay	18
19	12/U 200 meter Medley Relay	20
21	10/U 200 meter Freestyle	22
23	11/12 200 meter Freestyle	24
25	10/U 50 meter Backstroke	26
27	11/12 50 meter Backstroke	28
29	10/U 100 meter Breaststroke	30
31	11/12 100 meter Breaststroke	32
33	10/U 400 meter Freestyle Relay	34
35	12/U 400 meter Freestyle Relay	36



## 2025 USRY LC Championships June 27-29, 2025

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### ORDER OF EVENTS

*Saturday*

*Warm-up: 7:30 a.m.*

*Preliminaries: 8:30 a.m.*

Women		Men
37	13/14 200 meter Medley Relay	38
39	Senior 200 meter Medley Relay	40
41	Senior 400 meter Freestyle	42
43	Senior 200 meter Individual Medley	44
45	Senior 100 meter Freestyle	46
47	Senior 200 meter Butterfly	48
49	Senior 50 meter Backstroke	50
51	Senior 100 meter Breaststroke	52

13/14 and Senior swimmers will swim together during preliminaries, but will compete and score separately in Finals.

*Saturday*

*Warm-up: 12:00 Noon*

*Timed Finals: 1:00 p.m.*

Women		Men
53	10/U 50 meter Butterfly	54
55	11/12 50 meter Butterfly	56
57	10/U 100 meter Freestyle	58
59	11/12 100 meter Freestyle	60
61	10/U 50 meter Breaststroke	62
63	11/12 50 meter Breaststroke	64
65	10/U 200 meter Individual Medley	66
67	11/12 200 meter Individual Medley	68
69	10/U 200 meter Freestyle Relay	70
71	12/U 200 meter Freestyle Relay	72





# 2025 USRY LC Championships

## June 27-29, 2025

### ORDER OF EVENTS

*Sunday*

*Warm-up: 7:30 a.m.*

*Preliminaries: 8:30 a.m.*

Women		Men
73	13/14 200 meter Freestyle Relay	74
75	Senior 200 meter Freestyle Relay	76
77	Senior 1500 meter Freestyle*	78
79	Senior 200 meter Backstroke	80
81	Senior 50 meter Breaststroke	82
83	Senior 200 meter Freestyle	84
85	Senior 100 meter Butterfly	86
87	13/14 400 meter Medley Relay	88
89	Senior 400 meter Medley Relay	90

13/14 and Senior swimmers will swim together during preliminaries, but will compete and score separately in Finals.

\*The 1500 meter Freestyle will be swum as a combined 13/14 and Senior timed final event with the top eight women and top eight men competing in finals. All remaining heats will swim at the conclusion of the 400 meter Medley Relay event during preliminaries. Relays will swim during Preliminaries.

*Sunday*

*Warm-up: 12:00 Noon*

*Timed Finals: 1:00 p.m.*

Women		Men
91	10/U 100 meter Backstroke	92
93	11/12 100 meter Backstroke	94
95	10/U 50 meter Freestyle	96
97	11/12 50 meter Freestyle	98
99	10/U 100 meter Butterfly	100
101	11/12 100 meter Butterfly	102
103	10/U 400 meter Freestyle	104
105	11/12 400 meter Freestyle	106
107	10/U 400 meter Medley Relay	108
109	12/U 400 meter Medley Relay	110



## **2025 USRY LC Championships June 27-29, 2025**

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## 2025 USRY LC Championships June 27-29, 2025

### YMCA Sanctioned Meet Declaration Form

**(Note:** Return signed Declaration form to the Meet Director prior to the start of the meet)

**Participating YMCA:** \_\_\_\_\_

**YMCA Address:** \_\_\_\_\_

**Meet Name:** \_\_\_\_\_

**Meet Date(s):** \_\_\_\_\_

**Meet Host:** \_\_\_\_\_

**Meet Location:** \_\_\_\_\_

We the undersigned attest to the following:

**SWIMMERS** - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

**COACHES** - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

**INSURANCE** - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at USRY LC Championships for the 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 USRY LC Championships.

**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, Goldsboro Family YMCA, their agents, representatives or assigns, and the Goldsboro Family YMCA for any and all injuries which may be suffered by participants at the USRY LC Championships. Furthermore, we understand that the YMCA of the USA and Goldsboro Family YMCA 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*



# 2025 USRY LC Championships

## June 27-29, 2025

### North Carolina Scratch Rule

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.