

GSC Winter IntraSquad
Hosted by Greenville Swim Club
December 17th & 18th, 2011

- Sanction:** Held under the Approval of United States Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC11160AP
- Meet Director:** Wilson Pou - email: wilson@engrsource.com
Meet Referee: Suzanne Heath - email: suzanneheath@suddenlink.net
- Sponsor:** Greenville Swim Club
- Location:** Minges Natatorium
East Carolina University
Greenville, NC 28590
- Dates:** Saturday, December 17 and Sunday, December 18, 2011
- Times:**
- Saturday AM Session**
Warm-ups: 8:00 AM
Meet Starts: 8:45 AM
- Saturday PM Session**
Warm-ups: 5:00 PM
Meet Starts: 6:00 PM
- Sunday AM Session**
Warm-ups: 8:00 AM
Meet Starts: 9:00 AM
- Warm-ups:** Warm-up lane assignments will be determined after the coaches entries have been received and will be included in the coaches' packets.
- Classification:** IntraSquad Approved Meet – All events timed finals
- Rules:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. The meet will be conducted in accordance with the current USA Swimming Rules & Regulations and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated.
- 204.3.2 Events Seeded on the Deck – Not Applicable. No deck seeding will be permitted.
- 204.3.4 Exception for Failure to Compete – Not Applicable. No penalty shall apply for failure to compete in or scratch an individual event.
- General Meeting/
Officials Briefing:** Meetings will be announced prior to the start of the meet by the meet director.

Competition Course:	The facility has an 8-lane 25 yard non-turbulent competition pool (4.5 ft deep) and 6 lanes available for continuous warm-up/warm-down in the diving well (12 ft deep). The blocks are built into the wall in the competition pool. Colorado timing system will be used with stop watches used as back-up. There is an 8-lane digital scoreboard that will also be in use. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. There is spectator seating for approx. 400 people. There are two women's locker rooms and one locker room for men.
Safety:	The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated. NO blocking of fire exits, which includes doors and passages.
Eligibility:	GSC and associated unattached athletes only.
Disability Statement:	GSC 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 GSC's ability to accommodate all requests
Credentials:	All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification/registration. Coaches and officials shall prominently display their registration cards while on deck.
Release Statement:	USA Swimming, Inc., North Carolina Swimming, Inc., and the Greenville Swim Club shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
Racing Starts:	Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Saturday AM Session:**Warm-ups: 8:00 AM, Meet Starts: 8:45 AM**

1		12 & Under – 50 Freestyle	2
3		14 & Under – 100 Freestyle	4
5		Senior – 200 Freestyle	6
7		12 & Under – 50 Backstroke	8
9		14 & Under – 100 Backstroke	10
11		Senior – 100 Backstroke	12
13		12 & Under – 100 Breaststroke	14
15		14 & Under – 50 Breaststroke	16
17		Senior – 100 Breaststroke	18
19		12 & Under – 100 Butterfly	20
21		14 & Under – 50 Butterfly	22
23		Senior – 200 Butterfly	24
25		12 & Under – 200 IM	26
27		14 & Under – 200 IM	28
29		Senior – 200 IM	30

Saturday PM Session:**Warm-ups: 5:00 PM, Meet Starts: 6:00 PM**

31		Senior – 50 Freestyle	32
33		Senior – 1000 Freestyle	34
35		Senior – 50 Freestyle	36
37		Senior – 500 Freestyle	38
39		Senior – 50 Freestyle	40
41		Senior – 400 IM	42

Sunday AM Session:**Warm-ups: 8 AM, Meet starts: 9 AM**

43		10 & Under – 25 Freestyle	44
45		12 & Under – 100 Freestyle	46
47		14 & Under – 200 Freestyle	48
49		Senior – 50 Freestyle	50
51		10 & Under – 25 Backstroke	52
53		12 & Under – 100 Backstroke	54
55		14 & Under – 50 Backstroke	56
57		Senior – 200 Backstroke	58
59		10 & Under – 25 Breaststroke	60
61		12 & Under – 50 Breaststroke	62
63		14 & Under – 100 Breaststroke	64
65		Senior – 200 Breaststroke	66
67		10 & Under – 25 Butterfly	68
69		12 & Under – 50 Butterfly	70
71		14 & Under – 100 Butterfly	72
73		Senior – 100 Butterfly	74