

2013 Welcome to Woodmen GSC Intrasquad

*Hosted by Greenville Swim Club
Sunday, June 9, 2013*

Held at Woodmen Community Center, 2602 W Vernon Ave, Kinston, NC, 28504 [252-939-1330]
Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.

Sanction #NC13102

FACILITY:

The Woodmen Community Center in Kinston, NC, is a spacious 53,000-square-foot facility designed to address a variety of needs, with accommodations for groups of all sizes. Offering everything from exercise classes and senior activities to a year-round aquatics center, the Woodmen Community Center is a family-oriented location where you'll feel a sense of community and belonging.

With a variety of membership options available, the Woodmen Community Center is the place to maintain a healthy lifestyle, build relationships and engage in activities for all ages.

The 8-lane 25 yard competition pool is 7 feet deep at the starting end and 3 ½ feet deep at the opposite side. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. The competition lanes are a minimum of 7 feet wide.

There is no warm-up/warm-down pool in this outdoor facility.

Spectator seating is around the pool on bleachers.

There is a Daktronics OmniSport 2000 Pro Swimming timing system with one matrix scoreboard.

MEET FORMAT:

This is a timed final, pre-seeded INTRASQUAD meet. Only GSC swimmers and affiliated UNAT swimmers will be allowed to participate.

Session #1 – Warm-ups 8 AM, Meet Starts 9 AM

MEET DIRECTOR/MEET ENTRY COORDINATOR

Casey Charles
252-341-1044
gsccoachcasey@gmail.com

MEET REFEREE

Suzanne Heath
suzanneheath@suddenlink.net

MEET MARSHALL

Scott Pake
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Entry DEADLINE:

Meet Entries are due June 5, 2013 by 5:00 PM

Coaches Meeting:

Sunday, June 9, 2013 @ 8:45 AM

SAFETY

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.

RACING STARTS

Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an 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.

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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. and members of GSC. Swimmers 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.

SWIMMERS WITH DISABILITIES

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 RSA's ability to accommodate all requests.

ENTRIES

All entries should be submitted in Hy-tek format, and will be matched to the appropriate event by the event number. Entries may be submitted via email. However hard copies of each entry, showing the swimmers' ages as of June 9, 2013 must be included in the normal post-delivery along with the summary sheet, team checklist and payment. All final entry information must be received by 5:00 p.m. on Wednesday June 5, 2013. There will be no "ON DECK" registrations accepted. Swimmers whose registration cannot be confirmed by the entry deadline will not be allowed to swim in the meet, and their entry fees will not be refunded.

ENTRY LIMITATIONS

Swimmers may swim a maximum of 3 individual events per day

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. There will be no on deck entries.

ENTRY FEES

This is a FREE meet

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.

SCRATCHES

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

SCORING

This meet will not be scored.

AWARDS

There will be no awards given at this meet.

RESULTS

Results will be posted on GSC's website within 72 hours of the meets conclusion.

COACHES

All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration and shall prominently display their registration cards at all times while on deck. 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. GSC welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of certification/registration. Officials shall prominently display their registration cards at all times while on deck. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area one hour prior to the session start time.

HOSPITALITY/CONCESSION

Light snacks will be available 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. Greenville Swim Club, Woodmen of America, 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.

ORDER OF EVENTS

Female		Male
Event #	Event	Event #
1	15& Over 50 Y Butterfly	2
3	11-14 50 Y Buttefly	4
5	10 & Under 50 Y Butterfly	6
7	8 & Under 25 Y Butterfly	8
9	15& Over 50 Y Backstroke	10
11	11-14 50 Y Backstroke	12
13	10 & Under 50 Y Backstroke	14
15	8 & Under 25 Y Backstroke	16
17	15& Over 50 Y Breaststroke	18
19	11-14 50 Y Breaststroke	20
21	10 & Under 50 Y Breaststroke	22
23	8 & Under 25 Y Breaststroke	24
25	15& Over 50 Y Freestyle	26
27	11-14 50 Y Freestyle	28
29	10 & Under 50 Y Freestyle	30
31	8 & Under 25 Y Freestyle	32
33	15& Over 100 Y IM	34
35	11-14 100 Y IM	36
37	9-10 100 Y IM	38