

GCY Back-to-School YMCA Invitational

Hosted by GCY Swim Team

Saturday, September 28, 2013

Held at Greensboro Aquatic Center

1921 West Lee Street, Greensboro, NC 27435

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

Approved Meet #NC13133AP

MEET DIRECTOR Elizabeth Tomlin & Dohn Joyce 336-253-8861 estomlin@uncg.edu	MEET ENTRY COORDINATOR Cynthia Shannon 501 West Market St. Greensboro, NC 27401 336-478-9635 gcymakos@gmail.com
MEET REFEREE Todd Webber 336-207-0803 toddw0312@gmail.com	MEET MARSHALL Don Williams 336-317-4731 don_wms@gmail.com
ADMIN OFFICIAL Kate Brower 336-209-2737 kbrower@themailbox.com	

FACILITY

The Greensboro Aquatic Center is a state-of-the-art indoor facility with three pools which opened in August 2011. The main competition pool is 9-10 feet deep at both ends and can be configured into two 25-yard courses with up to ten 7-foot wide lanes each. All lanes feature non-turbulent lane lines and Colorado starting blocks. Up to ten lanes will be used for this competition. The Colorado electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. At least three lanes will be open for continuous warm up and down.

Seating for 1800 spectators is available.

Parking will be available for \$5 per day with unlimited entry and exit. Free parking passes will be provided for volunteers, coaches and officials. In addition any coach or official who presents a 2013 or 2014 USAS membership card to the gate attendant at the volunteer lot will receive free parking.

MEET FORMAT

This is an approved Age Group timed final meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	12:00 p.m.	1:00 p.m.	All

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Sunday, Sept 22, 2013	12:00 midnight	Entry deadline
Saturday, Sept. 28, 2013	11:45 a.m.	Coaches/General Meeting
Saturday, Sept. 28, 2013	12:00 p.m.	Official Briefings

SAFETY

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 in addition to the host team marshal.

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.

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 current USA Swimming Technical Rules, except where rules therein are optional and exceptions are stated.

1. All events will be swum as timed finals.
2. Deck entries (only to fill empty lanes) will be taken until 30 minutes prior to the start of the session.
3. The referee and meet management reserve the right to combine heats and/or events. Relays may also be eliminated to adhere to a 4-hour session limit. If relays are eliminated, all relay fees will be refunded or waived.

Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms.

Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

ELIGIBILITY

This is a closed YMCA meet. This meet is open to all swimmers who have a full privilege membership at their YMCA. No qualifying times are required. Swimmers ages will be determined as of September 28, 2013.

SWIMMERS WITH DISABILITIES

GCY welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meet. 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 for entries to be considered complete. Entries will be entered in the order received. GCY reserves the right to limit entries in order to comply with the four-hour rule. Rejected entries will be returned immediately. All relay only swimmers must be listed and pay the Facility Surcharge. Unless entries are rejected, entry fees are non-refundable. The conforming time for this meet is SCY. Entries should be made with SCY times, converted LCM times, or estimated SCY times. NT will be seeded last.

Coaches are asked to remove the USA SWIMMING ID from any NONUSA Swimming registered swimmers

ENTRY LIMITATIONS

Swimmers may swim a maximum of 3 individual events and 2 relays.

ENTRY VERIFICATION

An email will be sent to the person submitting the entries confirming receipt of the entries within 48 hours of receipt.

ENTRY DEADLINES

The Meet Entry Coordinator must receive entries by midnight on Sunday, September 22, 2013. Late entries may be accepted at the discretion of the Meet Referee.

ENTRY FEES

Make checks payable to: Bryan Family YMCA; All fees are non-refundable	
Individual Event	\$2.50 per event
Relays	\$8.00 per relay
Facility Surcharge	\$8.00 per swimmer
Late Entry Fee	\$5.00

SEEDING

The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest. All non-conforming times will be seeded last in rank order

SCORING

- Individual events: 11-9-8-7-6-5-4-3-2-1
- Relay events: 22-18-16-14-12-10-8-6-4-2

AWARDS

No awards will be given.

RESULTS

Results will be posted on GCY's website within 24 hours of the meet's conclusion. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment.

COACHES

All coaches who wish to be on deck must have all current safety certifications.

**OFFICIALS/TIMERS/
VOLUNTEERS**

There will be a need for officials. GCY 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 YMCA or 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 at 12:00 p.m.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.

WARM-UP

Guidelines will be published in coach's packets to be picked up at clerk of course upon arrival. The Meet 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. There is to be no diving or horseplay in this area.

ORDER OF EVENTS

Saturday, September 28, 2013
Warm-up: 12:00 p.m.; Meet Start: 1:00 p.m.

Girls/Women	Event	Boys/Men
1	10 & Under 200-yard Freestyle Relay	2
3	11-12 200-yard Freestyle Relay	4
5	13-14 200-yard Freestyle Relay	6
7	15 & Over 200-yard Freestyle Relay	8
9	10 & Under 50-yard Backstroke	10
11	11-12 50-yard Backstroke	12
13	13-14 100-yard Backstroke	14
15	15 & Over 100-yard Backstroke	16
17	10 & Under 50-yard Breaststroke	18
19	11-12 50-yard Breaststroke	20
21	13-14 100-yard Breaststroke	22
23	15 & Over 100-yard Breaststroke	24
25	10 & Under 50-yard Freestyle	26
27	11-12 50-yard Freestyle	28
29	13-14 100-yard Freestyle	30
31	15 & Over 100-yard Freestyle	32
33	10 & Under 50-yard Butterfly	34
35	11-12 50-yard Butterfly	36
37	13-14 100-yard Butterfly	38
39	15 & Over 100-yard Butterfly	40
41	10 & Under 100-yard Individual Medley	42
43	11-12 100-yard Individual Medley	44
45	13-14 200-yard Individual Medley	46
47	15 & Over 200-yard Individual Medley	48
49	10 & Under 100-yard Freestyle	50
51	11-12 100-yard Freestyle	52
53	13-14 200-yard Freestyle	54
55	15 & Over 200-yard Freestyle	56
57	10 & Under 200-yard Medley Relay	58
59	11-12 200-yard Medley Relay	60
61	13-14 200-yard Medley Relay	62
63	15 & Over 200-yard Medley Relay	64

**GCY Back-to-School YMCA Invitational
Summary of Fees/Release Form**

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

ATTN: Cynthia Shannon
501 West Market St.
Greensboro, NC 27401
Email to: gcymakos@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$2.50 per event	
Relay Entries		\$8.00 per relay	
Swimmers (Facility Surcharge)		\$8.00 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 registered with the YMCA or USA Swimming. 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, Bryan 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