

GYW/TYDE DUAL MEET

September 28, 2013

- SANCTION:** Held under the sanction of USA Swimming Inc. issued by North Carolina Swimming Inc. **Sanction Number NC13153**
- CLASSIFICATION:** This is a closed dual meet.
- LOCATION:** The Gateway YWCA, 1300 South Main Street, Winston-Salem, NC 27127
- FACILITY:** Gateway YWCA, Winston-Salem, NC. An 8 Lane, 25 yd pool with a depth of 5 feet on the starting end and a lane width of 6 feet. Pool has non-turbulent lane lines, a Colorado Timing System with an 8 lane scoreboard display and custom starting blocks. There is a two lane warm-up/cool down pool that will be available. The competition course has not been certified in accordance with 104.2.2C(4).
- RULES:** This meet will be conducted in accordance with current USA Swimming Rules & Regulations and the NCS Safety Program, except where rules therein are optional and exceptions are herein 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 strongly discouraged.
- ELIGIBILITY:** All swimmers must be registered with USA Swimming Inc.
- ENTRIES:** Entries may be emailed to the meet host using Team Manager or the equivalent. List swimmers age as of September 28, 2013. *Please make check payable to: **Fireball Aquatics**.*
- ENTRY LIMITS:** Each swimmer is allowed to swim 4 individual events plus two relays.
- ENTRY DEADLINE:** Entries must be received no later than 11:59 pm Friday, September 20th, 2013. E-mail entries will be accepted.
- SEND ENTRIES TO:** Attn: Alex Black
Gateway YWCA
1300 S. Main St.
Winston-Salem, NC 27127
E-Mail: alexwim74@hotmail.com
(c) 336-671-7399
- ENTRY FEES:** \$10.00 per swimmer
(includes \$3.00 NCS Travel Fund fee)
- AWARDS:** Individual: Ribbons: 1st ó 8th place
Relays: Ribbons 1st ó 3rd place
The meet will not be scored.
- MEET DIRECTOR:** Alex Black alexwim74@hotmail.com
- MEET REFEREE:** Leann Day leann@swimtyde.org

- MEET MARSHAL: Heather West
- STARTING TIMES: Warm-ups will begin at 9:00am-9:50am; competition at 10:00am.
- SAFETY: The NCS safety program is in effect at this meet. Coaches are required to closely supervise their swimmers at all times. No running or horseplay will be tolerated.
- In the event that a swimmer or others associated with a team are found to be violating posted rules for use of the Gateway YWCA or any other restrictions that are posted for the safety of the people in attendance or to protect Gateway YWCA property the individuals will be reported to the Meet Director or one of the Meet Marshals who will notify the coach. Any coach notified will be expected to take appropriate disciplinary action up to and including expulsion of the person from the meet. The Meet Director, Meet Marshal, or Referee may also take disciplinary action. ***NO PARENTS WILL BE ALLOWED IN THE ROPED OFF AREA OF THE DECK UNLESS THEY ARE WORKING AS AN OFFICIAL OR A TIMER. THERE WILL BE NO EXCEPTION.***
- 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.
- DISABILITIES: GYW 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 GYW's ability to accommodate all requests.
- WARM-UPS: General warm-ups will be for the first 35 minutes of each session. Specific warm-ups will be for the next 15 minutes. Lanes 1, 2, 3 will be dive starts from the scoreboard end. Lanes 6, 7, 8 will be dive starts from the shallow end. Lanes 4 & 5 will be general warmup lanes. Each coach will be provided a copy of warm-up lane assignments when they pick up their heat sheets.
- OFFICIAL'S MEETING An Official's meeting will be held in the hospitality area at 9:00am.
- COACHES MEETING A coaches meeting will be held 10 minutes prior to the start of competition at the foot of the scoreboard. *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.*
- TIMERS: **Each team needs to supply timers for each session of the meet.** The number of timers from each team should be commensurate with the number of swimmers competing from that team.
- RELEASE: USA Swimming, Inc., NC Swimming, Gateway YWCA and other governing bodies of the facilities shall be held harmless for any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

GYW/TYDE Dual Meet
Saturday September 28, 2013

Warm-up: 9:00am

Timed Finals: 10:00am

Girls		Boys
1	10&Under 200 Medley Relay	2
3	12&Under 200 Medley Relay	4
5	Open 200 Medley Relay	6
7	8&Under 25 Free	8
9	10&Under 50 Free	10
11	12&Under 100 Free	12
13	Open 100 Free	14
15	8&Under 25 Breast	16
17	10&Under 50 Breast	18
19	12&Under 100 Breast	20
21	Open 100 Breast	22
23	8&Under 25 Back	24
25	10&Under 50 Back	26
27	12&Under 100 Back	28
29	Open 100 Back	30
31	8&Under 25 Fly	32
33	10&Under 50 Fly	34
35	12&Under 100 Fly	36
37	Open 100 Fly	38
39	10&Under 200 Free Relay	40
40	12&Under 200 Free Relay	42
42	Open 200 Free Relay	44