



GCY Back-to-School 2021

Hosted by GCY Swim Team

September 17-18, 2021

Held at Greensboro Aquatic Center
1921 West Gate City Blvd, Greensboro, NC 27403



Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC21148

MEET DIRECTOR	MEET ENTRY COORDINATOR
Brad Herndon 336-478-9635 336-543-8000 brad.herndon@ymcagreensboro.org	Cynthia Shannon 501 West Market St. Greensboro, NC 27401 336-478-9631 Cynthia.shannon@ymcagreensboro.org
MEET REFEREE	MEET MARSHAL
Cynthia Shannon 336-317-1769 cynthiaLshannon@gmail.com Cynthia.shannon@ymcagreensboro.org	Scott Bowser 336-380-4311 coachscottbowser@gmail.com

CONDITION OF SANCTION

As a condition of this sanction, GCY agrees to comply with and to enforce all COVID-19 health and safety mandates and guidelines of USA Swimming, North Carolina Swimming, the State of North Carolina, and local jurisdictions in effect at the time of this meet. Further, the meet will be conducted in accordance with individual facility requirements as detailed in the GCY Meet Plan below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID 19 sanctioning period.

ASSUMPTION OF RISK DISCLAIMER

The Greensboro Community YMCA Swim Team has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

COVID-19 RELEASE

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, NORTH CAROLINA SWIMMING, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

COVID-19 MEET PLAN

NCS FACE COVERING STATEMENT

Following new CDC recommendations and the North Carolina Governor's latest Executive Order issued May 14, 2021, North Carolina Swimming has revised guidance on the use of face coverings at USA Swimming activities as follows:

- North Carolina Swimming strongly recommends that partially vaccinated or unvaccinated individuals continue to wear face coverings and practice social distancing at all swimming activities.
- Other individuals are welcome to continue wearing face coverings for personal comfort.
- NCS clubs may require that participants wear face coverings and observe social distancing at meets that they host.
- NCS members are expected to comply with all COVID-19 safety guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, aquatic facilities, and member clubs.

FACILITY & HOST TEAM REQUIREMENTS

GCY Swim Team has discussed specific health and safety procedures with the venue management. At this time, the facility and GCY Swim Team have additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet. The Greensboro Aquatic Center requires all individuals, vaccinated or unvaccinated, to wear a mask and maintain distance at all times (when not in the water).

It is the responsibility of each team and swimmers' parents to screen athletes for potential exposure to COVID-19 during the week prior to the meet. By entering this meet, swimmers, as well as their coaches and families, agree that they will not attend the meet (including as spectator) if any of the following are true: the athlete or person who resides in the home of the athlete tests positive for COVID-19, is awaiting results from a COVID-19 test, exhibits symptoms of COVID-19, believes he/she has COVID-19, has travelled to a COVID-19 "hotspot" in the prior two weeks, has travelled internationally in the prior two weeks, or has come into close contact with someone with COVID-19. Symptoms of COVID-19 include: fever within the past three (3) days; runny nose, cough, shortness of breath or difficulty breathing; chills; diarrhea; vomiting; nausea; headache; loss of taste and/or smell; other flulike symptoms. Each team must perform temperature checks on all their athletes, coaches and volunteers prior to entering the facility.

Shared items such as watches, clipboards, writing utensils, starting equipment, etc., will be sanitized before and after each session by GCY. The facility staff will also be sanitizing the pool deck and any other high touch areas between sessions.

To enter the pool deck there will be a designated entrance and exit. This will be a one-way loop. The entrance to the pool deck will be through the locker room for athletes and through the hospitality room for volunteers and coaches. The exit will be through the hallway to the concourse.

Warm-Ups

All warm ups must be supervised by team coaches or designated team volunteers to assure safe distancing layout with a maximum of 13 swimmers per lane in the competition pool and to ensure 6' social distancing during sprints.

Warm up/down lanes will be available during each session in the dive well. There is a maximum of 6 swimmers per lane in the dive well. This will be monitored by meet marshals.

LOCKER ROOMS/ CHANGING

Athletes must arrive and depart in their suits. Deck changing is prohibited. Locker rooms will be limited to restroom use and changing only and must not be used for showering. Signage will be placed throughout the locker rooms. Showers will be closed off to ensure social distancing. The locker rooms will be monitored by marshals. Marshals will remind athletes to social distance at all times. All athletes must use on-deck showers to rinse prior to entering the pool.

ENTRY & EXIT PROCEDURES and ATHLETE SEATING AREAS

All athletes, coaches and volunteers will enter and exit the facility through the designated entrance. When entering the facility, all athletes and coaches will enter and proceed to their designated seating area. Designated seating will be on deck. No outside chairs are allowed in the facility. Volunteers should check in with the volunteer coordinator and proceed to the appropriately assigned area.

Swimmers' backpacks must remain on wall hooks or bleachers. No backpacks are permitted on the deck.

SWIMMER LIMITATIONS and PROTOCOLS

There will be heat staging around the pool deck leading to the starting blocks. Swimmers should be in the staging area no more than 10 minutes prior to their races.

Athletes will follow signage around the pool deck from seating area.

Athletes should bring their own plastic bags to the blocks. Athlete masks should be placed in a plastic bag identified with their name. Plastic bags are the responsibility of the swimmers' teams.

After each race athletes will exit the pool, put on their masks and move to a post-race and cool-down area of the dive well.

Swimmers will be allowed in the building no more than fifteen (15) minutes prior to their warm up times and must leave the building immediately after their last swim of the session.

When not in the water, athletes are expected to wear a mask at all times, including when walking to and from an event and/or warm-up lanes. They may remove masks for swimming but must replace them again once they exit the water. Additionally, athletes are expected to maintain proper distancing at all times.

SPECTATOR LIMITATIONS and PROTOCOLS

All spectators must wear a mask. "Face Covering" means a covering of the nose and mouth that is secured to the head with ties, straps, or loops over the ears and fits snugly against the side of a person's face. A Face Covering can be made of a variety of synthetic and natural fabrics, including cotton, silk, or linen. Face Coverings are most effective when they fit snugly against a person's face and have two (2) or more layers. This can be achieved by wearing a cloth Face Covering with two or more layers or by wearing one disposable mask underneath a cloth mask. A cloth Face Covering may be factory-made, sewn by hand, or can be improvised from household items such as scarfs, bandanas, t-shirts, sweatshirts, or towels. These Face Coverings are not intended for use by healthcare providers in the care of patients. Based on recommendations from the CDC: face shields do not meet the requirements for Face Coverings.

OTHER VIEWING OPTIONS

The meet will be live streamed on the GAC Facebook page. Viewing of the livestream will be set up in the GAC courtyard, weather permitting. Parents may bring chairs and watch from the outside location.

PARENTAL ACCESS

Parents needing access to their athlete(s) during the meet in a closed-deck environment may contact their athlete(s) directly via cellphone and arrange to meet them in the courtyard. In the event of an emergency, if parents are unable to contact their athlete(s) directly, they should call the meet director (contact information available at beginning of document).

HEALTH SCREENING

Ingress to the facility requires health screening questions and/or a temperature check before entering in accordance with CDC and local health department recommendation.

Swimmers, coaches and volunteers must be screened by the team prior to entering. The Greensboro Aquatic Center staff will be temperature checked upon entry into the building daily.

FACILITY

The Greensboro Aquatic Center is a state-of-the-art indoor facility with four pools. The main competition pool is 9-10 feet deep at both ends and may be configured into two 25-yard course pools with 8-10 lanes. All lanes feature non-turbulent lane lines and KDI Paragon starting blocks. The Omega 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.

Parking will be available for up to \$5.00 per vehicle.

The event will be livestreamed via the Greensboro Aquatic Center Facebook page.

MEET FORMAT

This is an open, timed final meet.

Session	Day	Building Entry	Warm-up	Meet Start	Age Group
1	Friday	4:15 p.m.	4:30 p.m.	6:00 p.m.	Open
2	Saturday	7:00 a.m.	7:15 a.m.	8:45 a.m.	Open
3	Saturday	12:15 p.m.	12:30 p.m.	1:45 p.m.	Open

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tues, Sept 7	Midnight	Entry deadline
Wed, Sept 15	10:00 a.m.	Coaches/General Meeting via Email and/or Zoom
Sept 17-18	45 minutes prior to each session	Official Briefings
Sept 17-18	45 minutes prior to each session	Timer Briefing
Sept 17	30 minutes prior to session start	Positive Check-in closes for: <ul style="list-style-type: none">• 400-yard Individual Medley• 500-yard Freestyle

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.

- The referee and meet management reserve the right to combine heats and/or events as well as restrict the number of heats to adhere to the timeline.
- Deck entries (only to fill empty lanes) will be taken until 30 minutes prior to the start of the session.

TECHNICAL SUIT BAN for 12&Us

Per USA Swimming Rules, 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.

MAAPP

All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

SAFE SPORT

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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

Any swimmer entered in the meet 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 without the use of a backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer's guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer's team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

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.

ELIGIBILITY

- No qualifying times are required.
- Swimmers ages will be determined as of September 17, 2021.
- All swimmers must be registered with North Carolina Swimming and USA Swimming, Inc. All Adult Athletes must hold current APT certification to compete. 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.**

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

GCY 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 GCY's ability to accommodate all requests.

ENTRIES

Entries submitted in Hy-tec format require no hard copy entry forms. Email is preferred for electronic entries however; disks are also acceptable. 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. A swimmer's age on the first day of the meet will determine their age for the entire meet. GCY entries will be entered first and then accept teams/entries in the order received, until session time limit is reached. Entries received thereafter will be returned immediately.

ENTRY LIMITATIONS

Swimmers may swim a maximum of 5 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. No late entries will be accepted.

ENTRY FEES

Make checks payable to: Bryan Family YMCA.	
All fees are non-refundable	
Individual Event	\$6.00 per event
Facility Surcharge	\$15.00 per swimmer
Travel Fee	\$3.00 per swimmer
Late Entry Fee	\$12.00 per individual event

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. NTs are discouraged.

CHECK-IN	<p>Positive check-in will be required for the following events:</p> <ul style="list-style-type: none"> • 400-yard Individual Medley • 500-yard Freestyle
SCRATCHES	<p>There will be no penalty for scratching pre-seeded events at the block.</p> <p>For deck-seeded events, swimmers who are properly checked in and seeded but fail to compete and are not excused by the Meet Referee will be barred from their next individual events.</p>
SCORING	<p>This meet will not be scored.</p>
AWARDS	<ul style="list-style-type: none"> • Ribbons will be awarded to the top 8 swimmers in each age group: 8 & Under, 9-10, 11-12, 13-14, 15-18. • A prize will be awarded to the top 3 female and male pentathlon swimmers (lowest combined time) in each age group for each Saturday session. To be considered for this, swimmers must swim all 5 events in the session with no disqualifications.
RESULTS	<p>Results will be posted on GCY's website within 24 hours of the meets conclusion.</p>
COACHES	<p>All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. 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.</p>
OFFICIALS/ TIMERS/ VOLUNTEERS	<p>There will be a need for officials. GCY welcomes and encourages anyone willing to volunteer. Volunteering officials are asked to contact the Meet Referee by email <u>prior to the meet</u>. All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet/session. A virtual meeting may be held prior to the meet/session at the referee's discretion, and all assigned officials are strongly encouraged to complete an individual personal review of applicable USAS rules for their assigned position prior to the meet. Officials should report to their assigned position 10 minutes before session start, and bring a mask, a personal water bottle and a writing utensil.</p>
HOSPITALITY/ CONCESSIONS	<p>There will be limited hospitality available.</p>
WARM-UP	<p>In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. At any time during the meet there should be no more than 8 swimmers per short course lane. The Marshal 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.</p>
WAIVER/ RELEASE	<p>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</p>

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. The Greensboro Community YMCA Swim Team, the YMCA of Greensboro, Inc., the Greensboro Aquatic Center, 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.

**IMAGE
RELEASE**

All participants agree to be filmed and photographed by the Greensboro Community YMCA Swim Team 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 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.

ORDER OF EVENTS

SESSION 1 – Open

Friday, September 17, 2021

Warm-up: 4:30 p.m.; Session Start: 6:00 p.m.

Girls	Event	Boys
101	500 Freestyle*	102
103	400 Individual Medley*	104

* Events will be swum fast to slow. Swimmers must provide their own timers and lap counters.

SESSION 2 – Open

Saturday, September 18, 2021

Warm-up: 7:15 a.m.; Session Start: 8:45 a.m.

Girls	Event	Boys
201	50 Butterfly	202
203	50 Backstroke	204
205	50 Breaststroke	206
207	50 Freestyle	208
209	100 Individual Medley	210

SESSION 3 – Open

Saturday, September 18, 2021

Warm-up: 12:30 a.m.; Session Start: 1:45 p.m.

Girls	Event	Boys
301	100 Butterfly	302
303	100 Backstroke	304
305	100 Breaststroke	306
307	100 Freestyle	308
309	200 Individual Medley	310

GCY Back-to-School 2021
Summary of Fees/Release Form

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

GCY

ATTN: Cynthia Shannon

Bryan YMCA

501 W Market St

Greensboro, NC 27401

Email to: cynthia.shannon@ymcagreensboro.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Quantity	Cost per	Total
Individual Entries		\$6.00 per event	
Facility Surcharge		\$15.00 per swimmer	
Travel Fee		\$3.00 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 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 Swim Team, the YMCA of Greensboro, Inc., the Greensboro Aquatic Center, 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