

YOTA SWIM TEAM

YOTA LC Single Day Splash April 9th, 2016

- HOST:** YMCA of the Triangle Area Swim Team (YOTA)
- SANCTION:** Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. **Sanction # NC16054 Time Trial Sanction #NC16054TT**
- LOCATION:** Greensboro Aquatic Center
1921 West Lee Street
Greensboro, NC 27403
<http://www.greensboroaquaticcenter.com>
- DATES & TIMES:** Warm-up: 9:00 a.m.
Meet Starts: 10:30 a.m.
Time Trials: We will repeat the order of events in the meet ONE time through immediately following Timed Finals session
- *A coaches meeting will be held Saturday morning at 9:15 a.m.
- * All warm-ups will be general warm-ups. No assigned lanes. We will have specific warm-ups (starts/pace) at 10:00 am.
- * Only swimmers, USA Swimming certified coaches, officials and meet volunteers are allowed on the pool deck
- MEET FORMAT:** All events are timed final events. We will limit the 400 free and the 400 IM to the top 4 heats of men and top 4 heats of women in prelims. Likewise, the women's 800 and the men's 1500 will be limited to the fastest 16 participants (2 heats of each gender).
- A Time Trials Session will be held following the Timed Finals Session. Time Trial Entries may be made or modified until the start of the Time Trials Session at the Clerk of Course on Saturday April 9th, 2016. Time trials are \$10.00 per individual event.
- TIME TRIALS:** Time Trials will be offered at the discretion of the Meet Referee.
Time Trials are included in the daily meet entry limits and may not exceed USA Swimming mandated limits.
Entrants in Time Trials must be entered in the meet.
All USA Swimming rules will apply to Time Trials.
- ELIGIBILITY:** All swimmers must be registered with USA Swimming, Inc. There will be no on deck registration available at this meet. This meet is providing a chance for athletes to achieve Junior National, Senior National, and US Olympic Trial time standards. We will have a set number of participants and entries allowed into the meet.
- Priority #1:** All YMCA National athletes that have qualified for the 2016 SC YMCA National Championships in an individual event (no relay only athletes).
- Priority #2:** All non-YMCA teams and athletes aiming for Olympic Trial time standards.

Priority #3: All non-YMCA teams and athletes aiming for Junior National and Senior National (US Open) time standards and YMCA relay only athletes.

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.

YOTA 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 YOTA's ability to accommodate all requests.

FACILITY:

The Greensboro Aquatic Center is a state-of-the-art indoor facility with three pools which opened in August 2011. One fifty meter, 8 lane course with 7-foot wide lanes will be used for the competition with non-turbulent lane lines and Colorado starting blocks. It is a minimum of 8 feet deep at both ends. The Colorado electronic timing system will be used as will the Daktronics scoreboard. The competition course has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming. We will have ample lanes available for warm-up and warm-down. Seating for 1500 spectators is available. Parking will be available for \$5 per day with unlimited entry and exit.

FORMAT & RULES:

The meet will be conducted in accordance with USA Swimming rules except as noted herein. USA Swimming/YMCA dual-certified officials will supervise the conduct of the competition. All athletes entered into the meet must be USA Swimming members. Use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas, rest rooms, or locker rooms. Deck changes are prohibited.

We will have an official's meeting on Friday morning at 9:00 am in our hospitality area.

ENTRY FEES:

\$10.00 per individual event
\$10.00 per Time Trial Event
\$15.00 per swimmer Facility fee
\$3.00 per swimmer NCS Travel fee

ENTRY PROCEDURE:

1. All entries MUST be submitted in HYTEK format.
2. HYTEK entry files should be e-mailed as attachments to:
Chris.Bushelman@ymcatriangle.org

The entry deadline is Midnight on Monday, April 4th, 2016. Late entries will be accepted only at the discretion of the Meet Manager and with double the meet entry fee. Please make the check for entry fees payable to YOTA Swim Team.

**YOTA Swim Team - Attn: Chris Bushelman
801 Corporate Center Drive, Suite 200
Raleigh, NC 27607**

Email: Chris.Bushelman@ymcatriangle.org

Phone: (919) 582-9341

- ENTRY LIMITS:** Swimmers may swim a maximum of four (4) individual events.
- ENTRY MODIFICATIONS:** All YMCA teams that *have turned in their entries by the entry deadline* will be able to modify their entries by Thursday, April 7th at the Clerk of Course at YMCA Nationals. You may modify those entries once finals starts. The Clerk of Course will be open until 15 minutes past the conclusion of finals. After that time, all entries are final and you will not be allowed to make any changes.
- SCORING/AWARDS:** This meet will not be scored and there will be no awards.
- COACHES MEETING:** A coaches meeting will be held at 9:15 a.m. on Saturday morning at the conclusion of warm-ups and as needed throughout the meet.
- 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 shall prominently display their registration cards while on deck.
- HOST COACH:** Chad Onken Chad.Onken@YMCATriangle.org
- MEET DIRECTOR:** Chris Bushelman Chris.Bushelman@YMCATriangle.org
- MEET REFEREE:** Joel Black joelblack@mindspring.com
- 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. YOTA, 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.

Saturday, April 9th 2016

ORDER OF EVENTS (Same Order for Time Trials)

100 Breast
400 Free (4 heats only - Top 32 each gender)
200 IM
50 Free
200 Back
100 Fly
200 Free
400 IM (4 heats only - Top 32 each gender)
200 Fly
100 Back
200 Breast
100 Free
W800 Free (2 Heats)
M1500 Free (2 Heats)

These events will be repeated one time through on a time trial basis at the end of the timed final session.

