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## YMCA of the USA Short Course Nationals Frequently Asked Questions

Is this your first time attending Short Course YMCA Nationals? Getting ready for Nationals can be very exciting, and the event is unlike any other competition you've competed in. Here are some frequently asked questions that might help you prepare for the event.

**Q: How many YMCA's are represented?**

**A:** Approximately 200 teams from 28 states are in attendance. The teams range in size from 1 swimmer up to 50 swimmers

**Q: How many swimmers attend YMCA Nationals?**

**A:** Approximately 1,400 swimmers attend the event (750 Women, 650 Men).

**Q: What is a typical day like?**

**A:** Depending on your team size, your daily schedule may vary.

- For a large team (20+) you may be at the pool for much of the day. Warmups for Preliminary Events will be in the morning starting at 6AM with competition starting at 9AM and approximately lasting until noon. After Prelims, there will be a break for lunch which is served in the room next to the entrance to the Athletes Village, but if you're just swimming prelims, you'll probably go back to the hotel to eat lunch and rest up for a few hours. After lunch, if you are also competing in time trials, you can plan to be at the pool a few more hours. Time-trials runs quickly (usually no more than 2 hours). Time trial swimmers, then have some downtime before finals. Most large teams usually have swimmers competing in finals, so it's likely you'll come back as a team for finals either to swim or support your teammates.
- For average sized teams (~10) your schedule will most likely be similar to the larger team, and this schedule will depend on your team qualifying for finals. Typically, half the swimmers are in prelims (morning-noon). While the time trial swimmers come in a bit later during prelims to warm up or cheer on their team. The prelim swimmers will head back to the hotel, unless they are also swimming in time trials and will need to stay a few more hours. Depending upon if your team makes finals, you'll most likely head back to the pool to swim or support your teammates.
- For a small team (5 or less), which surprisingly there are over 100 teams with less than 5 swimmers, you're likely to have a less busy schedule. Like mid-sized and large teams, your schedule may vary depending on your team qualifying for finals, or swims every day. For teams with 1 swimmer, you may not be swimming in prelims every day, and just participating in time trials. On the days you just swim time trials, you probably won't be going to finals, but you will want to come watch.

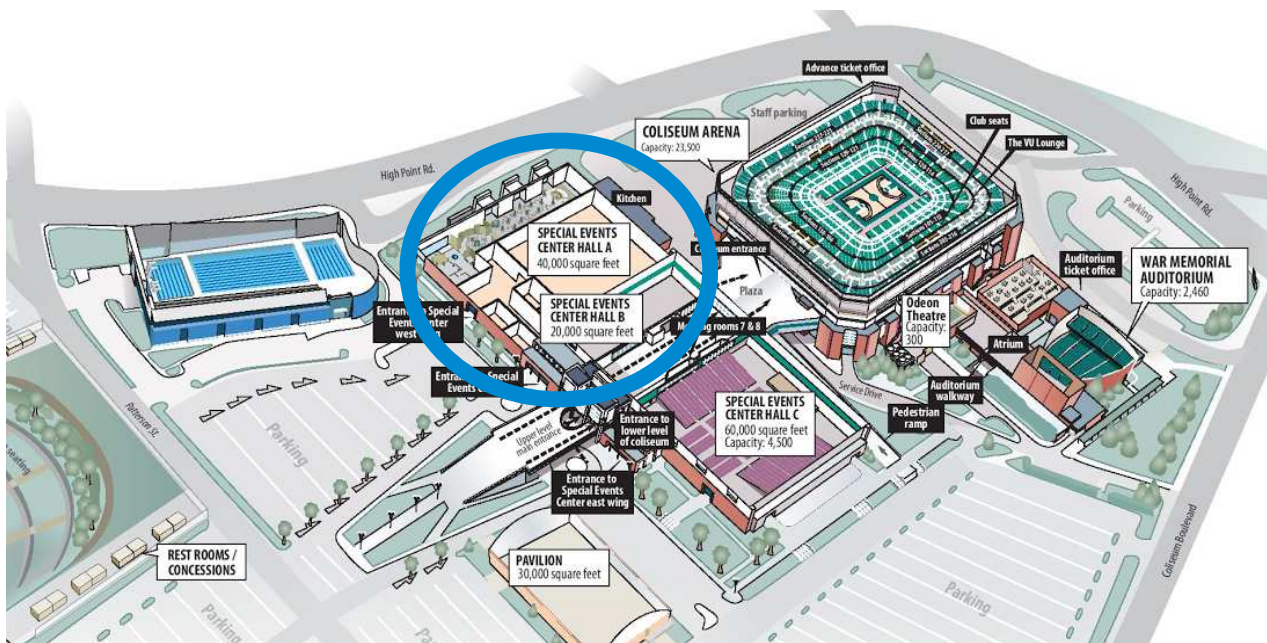
**Q: What does the facility provide?**

**A:** The Greensboro Aquatic Center (GAC) which opened in 2011, is one of the top aquatic venues in the nation. The GAC is located on the campus of the Greensboro Coliseum Complex. The three-pool facility is home to a 50-meter competition pool, 25-yard warm up pool, and a 25-yard diving well. Below are some panoramic pictures of the facility.

- [http://www.vistaramic.com/pano/Greensboro/offline/018/018E\\_equi.html](http://www.vistaramic.com/pano/Greensboro/offline/018/018E_equi.html)
- <http://www.vistaramic.com/pano/Greensboro/offline/B019/019a.html>

**Q: What is the Athlete’s Village?**

**A:** As large as the GAC is, it’s not large enough for all the teams to sit on deck at once. The Athlete’s Village is part of the Greensboro Coliseum Complex and ACC Hall of Champions and a place for athletes to go to hang out, relax, and prep for their next race. The building is adjacent to the pool; and connected by a small walkway between the two buildings. The Athlete’s Village is like a huge gym that is divided up into sections for teams, so that everyone gets their own space. It is a good idea to make sure you bring chairs or something to sit on. In the Village, they do have a TV and sometimes a projector showing the scoreboard, so you know what event and heats are currently in the pool. They also have charging stations for electronics, and some fun activities you and teammates can participate in on your downtime. In the image below the pool is to the upper left, and the Athlete’s Village is in the building next to it in Special Events Center Hall (circled). As a reminder, it is everyone’s responsibility to make sure one’s valuables are properly secured at all times. Swimmers should remember to be careful leaving any valuables in the Aquatic Center or Athlete Village where they may be inadvertently picked up by someone else.



**Q: What are bag tags?**

**A:** The bag tags are given to you or your coach during registration. They let you enter the pool and Athlete's Village. It lets security know you are a competing athlete, so must have them on you always, or not be able to get on deck. If you lose it, a replacement can be purchased at the Help Desk for an additional \$10. The Help Desk is in the middle of the Competition Pools in the Aquatic Center near the back wall on the spectator side.

**Q: How is Short Course Nationals different from Long Course Nationals?**

**A:** The 50-meter competition pool from long course, is split up into two 25-yard pools for the short course meet. One pool is dedicated to the men, and the other women. Men and women switch pools each day for prelims, but compete in one pool for finals. Because two pools are running, the meet does go by faster. Be aware, that during the meet, you will be doing overhead/flyover starts. If you previously went to long course nationals, just know there are no chase starts in short course.

**Q: How many swimmers make it into finals?**

**A:** For individual races, the top 24 swimmers from prelims (A, B, C) qualify for finals. Then, the final 8 swimmers (A) receive medals, with swimmers 9-16 (B) receiving ribbons. For relays, the top 16 teams from prelims qualify for finals. The Top 8 (A) receive medals while relays finishing 9-16 (B) receive ribbons. For long distance events, 1000 and 1650, the top 8 seeded swimmers will swim in finals, everyone else is in prelims.

**Q: What are finals like?**

**A:** Prior to Finals, athletes usually have an hour warm-up beginning at 4 PM. On opening night before the meet begins, there is a Parade of Athletes. This parade has a theme each year, and you are encouraged to show your team spirit. Each night before Finals, swimmers will present a prayer or devotion, as well as, perform the National Anthem. In addition, there may be a few awards recognizing honoring special individuals who have made contributions to YMCA Swimming and Diving. When the meet begins, the first two heats of the individual events (C, B) swim, and then for the final heat (A) each swimmer is recognized and given a brief mention prior to them swimming. After each A final competes, awards are presented for the event. For relays, it is a similar schedule, but there are only two heats (B, A) swam. Athletes should be aware that finals move quickly, and athletes should make sure to watch for the events they are swimming. Also note that swimmers receiving an award should plan to dress appropriately (warmup suits, shirts etc.) while on the awards stand. In the end, finals are very exciting, and an honor to qualify for. The audience is always on their feet and it's amazing to see some swimmers break national records!

**Q: What are time trials?**

**A:** Time Trials is the session following prelims (noon- approximately 2PM). It is another chance to swim an event again or a chance to swim an event that you don't have a national cut in. You can only swim a maximum of 4-time trial events and each event costs \$20. A time trial event will also count towards a swimmer's maximum of 3 events per day. Depending upon how quickly or slowly prelims is moving, the officials and meet management may change the warm up for time trials. Typically, there is a 30 min warm up for time trials, but if it's cut short there are still the warm up pools. Time trials runs quickly, so make sure you are watching the events. Time trials is a great experience to swim fast and get best times.

**Q: Who officiates the meet, and what is the protest process?**

**A:** There are extremely talented world and national level officials volunteering their time at the meet for the sport they love. In fact, there will be several USA Rules Committee members, many who have officiated at Division 1, 11 and 111 NCAA Championships as well as USA-S Nationals. Every potential disqualification is expertly and fairly adjudicated. Coaches are encouraged to file a protest if they disagree with a call. Judgement by an official can only be adjudicated by the Meet Referee. A Championship Meet Jury composed of officials, coaches and swimmers is tasked with properly reviewing any other protests. The Meet Committee is the final arbiter of all non-judgmental calls.

**Q: What activities are can I participate in during the meet?**

**A:** During the week, there will be many opportunities available for athletes and their families. It is a good idea to become familiar with the published Schedule of Activities. During the week, you can plan on attending an Athlete Welcome (usually hosted by Olympic champion and well-known swimming personality, Rowdy Gaines from the Orlando YMCA), a College Coaches Seminar for swimmers and parents, and various autograph sessions hosted by Olympic and National swimmers. In addition, representatives from the Greensboro YMCA will be available at the Athlete Village lobby to help swimmers, their families, teams and guests with information to make their stay in Greensboro more enjoyable.

- Some things to do in Greensboro:
  - ACC Hall of Champions <http://www.acchallofchampions.net/>
  - Four Seasons Town Centre shopping center <https://www.shopfourseasons.com/en/directory/>
  - Four Seasons Grand Theatre movie theater [http://www.thegrandtheatre.com/location?house\\_id=10676](http://www.thegrandtheatre.com/location?house_id=10676)