



GCY Long Course Single Day Splash

Hosted by GCY Swim Team

Saturday April 4, 2020

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 #(pending)

MEET DIRECTOR Brad Herndon 336-478-9635 brad.herndon@ymcagreensboro.org	MEET ENTRY COORDINATOR Cynthia Shannon 501 West Market St Greensboro, NC 27401 336-478-9631 cynthia.shannon@ymcagreensboro.org
MEET REFEREE Cynthia Shannon 336-478-9631 336-317-1769 cynthia.shannon@ymcagreensboro.org	MEET MARSHAL Stuart Moffitt 336-478-9635 stuartmoffitt95@yahoo.com

FACILITY

The Greensboro Aquatic Center is a state-of-the-art indoor facility with three pools. The main competition pool is 9-10 feet deep at both ends and will be configured into one 50-meter course with eight 9-foot wide lanes each. All lanes feature non-turbulent lane lines and KDI Paragon starting blocks. Eight lanes will be used for this competition. 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. 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 2020 USA Swimming membership card or Deck Pass virtual membership card to the gate attendant at the volunteer lot will receive free parking.

MEET FORMAT

This is an open, timed final meet.

Session	Day	Warm-up	Session Start	Age Group
1	Saturday	8:00-8:50 a.m.	9:00 a.m.	All ages

DEADLINE AND MEETING SUMMARY:

Date	Time	For:
Wednesday, March 25, 2020	Midnight	Entry deadline
Saturday, April 4, 2020	7:45 a.m.	General Meeting
Saturday, April 4, 2020	8:15 a.m.	Officials' Briefing
Saturday, April 4, 2020	8:30 a.m.	Positive Check-in closes for: <ul style="list-style-type: none"> • Open 400-meter Individual Medley • Open 400-meter Freestyle • Open 800-meter Freestyle • Open 1500-meter Freestyle

SAFETY

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Only feet-first entry into warm-down lanes at all times and during warm ups except during specific warm up periods while under the direct supervision of a certified coach. No glass is allowed in the pool area or locker rooms at any time. No running or horseplay will be tolerated. As at any pool, the deck may be slippery and caution should be taken to prevent accidents. 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. There is NO blocking of fire exits, which includes doorways and passages. Anyone failing to comply with a safety request may forfeit his/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 a USA Swimming coach, must be certified by a USA Swimming 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. It is also the responsibility of the swimmer or the swimmer's guardian to request assignment from the Meet Director to a USA Swimming coach attending the meet if a coach from the swimmer's team is unable to attend.

RULES

This meet will be conducted in accordance with current USA Swimming Technical Rules, the NCS Swimming Handbook, and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated.

- All events will be conducted as timed finals.
- All events will be pre-seeded with the exception of the 400-meter freestyle, the 800-meter freestyle, the 1500-meter freestyle and the 400-meter individual medley. A positive check-in will be required for each of these events.
- The 1500-meter freestyle will be swum fastest to slowest, alternating women and men.
- The referee and meet management reserve the right to combine heats and/or events.
- Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms.
- Deck changes are prohibited.

- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach area, spectator area and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

MAAPP

The Minor Athlete Abuse Prevention Policy is in effect for this meet and all Applicable Adults are expected to comply with the stated requirements and guidelines.

TECHNICAL SUIT BAN for 12&Us

Per NCS Rule 210.2, 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.

ELIGIBILITY

- All swimmers must be registered with USA Swimming, Inc. and 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.
- The meet is open to swimmers who have achieved at least one of the 2020 YMCA Short Course Time Trial qualifying times. In addition, all swimmers (including relay only swimmers) entered in the 2020 YMCA Short Course National Championship may enter any event in the meet.

AGE GROUP

Swimmers ages will be determined as of the first day of the meet (April 4, 2020).

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 who 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

The preferred method of entry is in Hy-Tek format. Enter best long course meter times. Email is preferred for electronic entries. Payment in full must be received by the Meet Entry Coordinator by the first day of the meet. Entries will be entered in the order received. Unless entries are rejected, entry fees are non-refundable. The conforming time for this meet is LCM. Entries should be made with LCM times or converted SCY times. Please include the following with your entries:

1. Printout of entries
2. Completed Entry Summary Form

ENTRY LIMITATIONS

Swimmers may swim a maximum of four (4) individual events for the meet. Meet management reserves the right to limit the number of total entries to adhere to a 4-hour timeline. In addition all positive check-in events may be limited to the fastest 3 heats of women and fastest 3 heats of men of each event.

ENTRY

An email will be sent to the person submitting the entries confirming

VERIFICATION receipt of the entries within 48 hours of receipt.

ENTRY DEADLINES The Meet Entry Coordinator must receive an entry file by midnight on Wednesday, March 25, 2020. Late entries may be accepted at the discretion of the Meet Referee. Meet entries may be updated through midnight on Thursday, April 2, 2020.

ENTRY FEES

Clubs should submit a single check payable to the Bryan Family YMCA for the full amount due. All fees must be paid prior to any swimmer entering the pool and are non-refundable.	
Entry Fee per Swimmer	\$38.00/Swimmer (4 individual events @ \$5.00+ \$15.00 facility charge + \$3.00 NC Travel Fund Surcharge)

SEEDING The conforming time standard for this meet is long course meters. Swimmers will be seeded and swim from slowest to fastest unless otherwise noted. There will be a course conversion offered for this meet, done either automatically on the event entry file or at the coach's discretion. NT's are strongly discouraged.

CHECK-IN A positive check-in, located in Clerk of Course, will be required for the following events:

- Senior 400-meter Individual Medley
- Senior 400-meter Freestyle
- Senior 800-meter Freestyle
- Senior 1500-meter Freestyle

A swimmer who has checked in, been seeded, and fails to complete in said event, shall be disqualified from his/her next individual event. No penalty shall apply for failure to compete in a positive check-in individual event if (1) the Referee is notified of an illness or injury and accepts proof thereof, or (2) the failure to compete is caused by circumstances beyond the control of the swimmer. A declared false start will count as participation in the event. The North Carolina Scratch Rule will be in effect for this meet.

SCRATCHES There will be no penalty for scratching pre-seeded events at the block.

SCORING No team or individual scoring will be kept.

AWARDS No awards will be given.

RESULTS Results will be sent to each team via email attachment and posted on the NC Swimming web-site.

COACHES 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 general meeting on Saturday in the hospitality room at 7:45 a.m. before warm-ups. 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 meetings.

OFFICIALS

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 USA Swimming and will be required to show proof of such to the meet referee by displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Officials' briefing will be held in the hospitality area at 8:15 a.m.

TIMERS

Announcements for timers will be made prior to the start of the meet.

Swimmers will be required to provide their own timers for the 1500-meter freestyle.

**HOSPITALITY/
CONCESSIONS**

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

WARM-UP

Specific warm-ups will be held in accordance with the NCS safety program. Specific warm-up times, procedures and lane assignments for warm-ups will be available in the coaches' packets. Please begin all warm-up procedures at the starting end of the pool only.

The Meet Marshall will ensure all teams, coaches and swimmers follow all warm-up procedures. During the competition, there will be lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area.

Warm ups may be divided into two (2) sessions and start times may be changed if the number of swimmers dictates this. Following the entry deadline, an e-mail will be sent to all coaches notifying them of warm-up times.

ORDER OF EVENTS

Session 1
Saturday, April 4, 2020
Warm-up: 8:00 a.m.; Session Start: 9:00 a.m.

Girls/Women	Event	Boys/Men
101	Open 100-meter Butterfly	102
103	Open 200-meter Breaststroke	104
105	Open 50-meter Freestyle	106
107	Open 50-meter Breaststroke	108
109	Open 800-meter Freestyle ¹	110
111	Open 100-meter Backstroke	112
113	Open 400-meter Individual Medley ¹	114
115	Open 200-meter Freestyle	116
117	Open 400-meter Freestyle ¹	118
119	Open 100-meter Breaststroke	120
121	Open 200-meter Backstroke	122
123	Open 200-meter Butterfly	124
125	Open 50-meter Backstroke	126
127	Open 50-meter Butterfly	128
129	Open 100-meter Freestyle	130
131	Open 200-meter Individual Medley	132
133	Senior 1500-meter Freestyle ^{1 2}	134

¹ May be limited to the fastest 3 heats of women and fastest 3 heats of men.
Positive check-in is required.

² Event will be swum fastest to slowest alternating women and men.
Swimmers should provide their own timers and counters.

**GCY Long Course Single Day Splash
Summary of Fees/Release Form**

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

GCY

ATTN: Cynthia Shannon

501 West Market St

Greensboro, NC 27401

Email to: Cynthia.Shannon@ymcagreensboro.org

Team Name		
Club Code		
Contacts	Head Coach	Secondary Contact
Phone Numbers		
Email Addresses		
Team Mailing Address		

Item	Total Number	Cost per	Total Amount
Swimmers		\$38.00 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach, verify that all of the swimmers and coaches listed on the enclosed entry are registered with the YMCA and/or USA Swimming. I acknowledge that I am familiar with the Safety Rules of YMCA Swimming, 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 YMCA of the USA Competitive Swimming and Diving Committee, The YMCA of Greensboro, Inc., the 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.

Image Release:

All participants agree to be filmed and photographed by the host club 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.

SIGNATURE (Head Coach)

TITLE

DATE