



### GCY LCM Time Trials

Hosted by GCY Swim Team

Saturday April 8, 2017

Held at Greensboro Aquatic Center

1921 West Gate City Blvd, Greensboro, NC 27435



Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming, Inc.  
Approved Meet #(pending)

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
Angie Carr 336-266-6384 atcarr@triad.rr.com  Brad Herndon 336-478-9635 brad.herndon@ymcagreensboro.org	Cynthia Shannon 501 West Market St Greensboro, NC 27401 336-478-9631 cynthia.shannon@ymcagreensboro.org
<b>MEET REFEREE</b>	<b>MEET MARSHALL</b>
Cynthia Shannon 336-478-9631 336-317-1769 cynthia.shannon@ymcagreensboro.org	Sarah Ramirez 336-478-9635 sarah.ramirez@ymcagreensboro.org

#### 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 Colorado starting blocks. Eight lanes will be used for this competition. The Colorado 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 current YMCA certification or 2017 USA Swimming membership card/Deck Pass to the gate attendant at the volunteer lot will receive free parking.

#### MEET FORMAT

This is an open, approved timed final meet.

Session	Day	Warm-up	Session Start	Age Group
1	Saturday	7:00-7:55 a.m.	8:00 a.m.	All ages
2	Saturday	Not before 12:00 p.m.	Not before 1:00 p.m.	All ages

**DEADLINE AND MEETING SUMMARY:**

Date	Time	For:
Wednesday, March 29, 2017	Midnight	Entry deadline
Saturday, April 8, 2017	6:45 a.m.	General Meeting
All Sessions	45 minutes prior to each session start	Officials' Briefings
Saturday, April 8, 2017	7:30 a.m.	Positive Check-in closes for: <ul style="list-style-type: none"> <li>• Open 400-meter Individual Medley</li> <li>• Open 400-meter Freestyle</li> <li>• Open 800-meter Freestyle</li> <li>• Open 1500-meter Freestyle</li> </ul>

**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 YMCA member or USA Swimming coach, must be certified by a YMCA member or 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 YMCA 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 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. Exceptions may be granted with prior written approval by the USA Swimming Vice President of Program Operations.

**ELIGIBILITY**

- All participants must either be a member of a local YMCA and must have full privilege annual membership at that YMCA to be eligible AND/OR be registered with USA Swimming, Inc. 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.
- Session 1 is open to swimmers who have achieved at least one of the 2017 YMCA Short Course Time Trial qualifying times or 2017 YMCA Long Course qualifying times as listed below.
- Session 2 is open to all swimmers, no qualifying times are required.

**AGE GROUP**

Swimmers ages will be determined as of the first day of the meet (April 8, 2017).

**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
3. List of non-USA Swimming athletes.

**ENTRY LIMITATIONS**

Swimmers may swim a maximum of three (3) individual events per session with a maximum of five (5) 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 VERIFICATION**

An email will be sent to the person submitting the entries confirming receipt of the entries within 48 hours of receipt.

**ENTRY DEADLINES**

The Meet Entry Coordinator must receive entries by midnight on Wednesday, March 29, 2017. Late entries may be accepted at the discretion of the Meet Referee.

**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.	
Individual Event	\$6.00 per event
NC Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$15.00 per swimmer

<b>SEEDING</b>	<b>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. No time (NT) entries will not be accepted for Session 1.</b>
<b>CHECK-IN</b>	<p><b>A positive check-in, located in Clerk of Course, will be required for the following events:</b></p> <ul style="list-style-type: none"> <li>• <b>Senior 400-meter Individual Medley</b></li> <li>• <b>Senior 400-meter Freestyle</b></li> <li>• <b>Senior 800-meter Freestyle</b></li> <li>• <b>Senior 1500-meter Freestyle</b></li> </ul> <p><b>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.</b></p>
<b>SCRATCHES</b>	<p><b>There will be no penalty for scratching pre-seeded events at the block.</b></p> <p><b>All events for Session 1 (exclusive of positive check-in events) will be available at clerk of course during the check-in period for adds/scratches. There will be no penalty for scratching these events at the block.</b></p>
<b>SCORING</b>	<b>No team or individual scoring will be kept.</b>
<b>AWARDS</b>	<b>No awards will be given.</b>
<b>RESULTS</b>	<b>Results will be sent to each team via email attachment and posted on the NC Swimming web-site.</b>
<b>COACHES</b>	<p><b>All coaches on deck must either be registered and certified with USA Swimming or the YMCA. Meet Management will require all coaches to show proof of certification/registration. All coaches shall prominently display their registration cards at all times while on deck.</b></p> <p><b>There will be a general meeting on Saturday in the hospitality room at 6:45 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.</b></p>
<b>OFFICIALS</b>	<b>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 YMCA or USA Swimming and will be required to show proof of certification/registration. Officials shall prominently display their registration cards at all times while on deck. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area 45 minutes prior to the start of each session.</b>

**TIMERS**

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

*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.

### Qualifying Time Standards

April 8, 2017  
Session 1

25 Y Course	Women 25 M Course	50 M Course	Event	50 M Course	Men 25 M Course	25 Y Course
			50 Free			
			100 Free			
			200 Free			
			400/500 Free			
			800/1000 Free			
			1500/1650 Free			
			100 Back			
			200 Back			
			100 Breast			
			200 Breast			
			100 Fly			
			200 Fly			
			200 IM			
			400 IM			

**ORDER OF EVENTS**

**Session 1**

**Saturday, April 8, 2017**

**Warm-up: 7:00 a.m.; Session Start: 8:00 a.m.**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
101	Open 100-meter Butterfly	102
103	Open 200-meter Breaststroke	104
105	Open 50-meter Freestyle	106
107	*** Open 800-meter Freestyle ***	108
109	Open 100-meter Backstroke	110
111	*** Open 400-meter Individual Medley ***	112
113	Open 200-meter Freestyle	114
115	*** Open 400-meter Freestyle ***	116
117	Open 100-meter Breaststroke	118
119	Open 200-meter Backstroke	120
121	Open 200-meter Butterfly	122
123	Open 100-meter Freestyle	124
125	Open 200-meter Individual Medley	126
127	++ *** Senior 1500-meter Freestyle *** ++	128

\*\*\* May be limited to the fastest 3 heats of women and fastest 3 heats of men \*\*\*

\*\*\* Positive check-in is required. \*\*\*

++ Events will be swum fastest to slowest alternating women and men. ++

++ Swimmers should provide their own timers and counters. ++

**Session 2**

**Saturday, April 8, 2017**

**Warm-up: not before 12:00 p.m.; Session Start: not before 1:00 p.m.**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
201	Open 100-meter Freestyle	202
203	Open 50-meter Butterfly	204
205	Open 50-meter Backstroke	206
207	Open 50-meter Freestyle	208
209	Open 200-meter Individual Medley	210

**GCY LCM Time Trial Meet  
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](mailto:Cynthia.Shannon@ymcagreensboro.org)

<b>Team Name</b>		
<b>Club Code</b>		
<b>Contacts</b>	Head Coach	Secondary Contact
<b>Phone Numbers</b>		
<b>Email Addresses</b>		
<b>Team Mailing Address</b>		

Item	Total Number	Cost per	Total Amount
Individual Entries		\$6.00 per event	
Swimmers (NCS Travel Fund)		\$3.00 per swimmer	
Swimmers (Facility Surcharge)		\$15.00 per swimmer	
<b>Total Fees Due</b>			

**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.

\_\_\_\_\_  
SIGNATURE (Head Coach)

\_\_\_\_\_  
TITLE

\_\_\_\_\_  
DATE