

# FREQUENTLY ASKED QUESTIONS

Is this your first YMCA Short Course YMCA Nationals? Getting ready for Nationals can be very exciting, but also nerve-wracking because it's unlike any other competition you've competed in. Here are some frequently asked questions that might help you prepare...

## **Where is the Meet located?**

The 2019 Short Course YMCA National Championship will be held in the Greensboro Aquatic Center in Greensboro, North Carolina. This is the eighth year the championship has been hosted in this world-class swimming venue.

## **How many YMCA's are represented?**

Typically, around 195-215 teams attend from around 30 states. The team size ranges from 1 swimmer to approximately 50 swimmers. Last year there were 55 teams with one swimmer.

## **How many swimmers attend YMCA Nationals?**

Typically, around 1,350 to 1,500 swimmers.

## **What is new for the Short Course meet this year?**

In order to maintain a healthy air quality, the GAC facility has requested that swimmers do not bring their large swim bags onto the deck, and instead leave them in the Athlete Village. Swimmers will be permitted to bring a smaller bag of essentials (ex. spare cap and goggles, water bottle, bag tag) on deck.

All morning preliminary sessions will start at 8:45 AM and all evening sessions will start at 5:15 PM.

There is construction of a new pool ongoing at the GAC site. As a result, the covered walkway from the Athlete Village to the Aquatic Center has a gap in it to permit access to the construction site. Please be attentive while in this area.

On Tuesday evening, immediately prior to the first event of finals, a group of Special Olympians from the Greensboro community will swim in a relay. Please be supportive of these athletes.

## **What should I do during sessions I'm not Racing in??**

Different teams have different protocols, but most teams come to every session to cheer on their teammates who are swimming, and watch and learn from older, more experienced swimmers who might be at the meet.

Though you are not racing, it is also a good idea to warm up during the session, and pack plenty of snacks and drinks to stay prepared for future races. You can also take the time to hang out in the village with your teammates, meet the Olympians/special guests when they arrive, and browse the vendors and the Nationals gear available.

## **What goes on during the Open Ceremony?**

The Opening Ceremony is a themed parade to kick off the start of the meet. This year, the theme is **Out of this World (Outer Space)**. Usually, each team coordinates a fun costume related to the theme.

Before the parade, teams will line up in the Athlete Village alphabetically by state, and from there they will walk to the pool and around the deck. Swimmers are not required to participate in the parade, and those who are swimming the first few events of the night may choose not to participate.

## **What is the Athlete's Village and how do I use it?**

The Athlete Village is located in the building directly adjacent to the pool. The space is designed for teams to use when not in the pool area so that the deck does not get overcrowded. The Village is sectioned off for each team, and many teams will bring folding chairs, air mattresses, rollers, and snacks to stay comfortable during periods of the meet when they don't have any athletes racing. Swimmers should keep their bags in the Athlete Village while they use the pool, but they must bring their athlete bag tag back and forth with them. Please remember that everyone is responsible for their personal belongings. Swimmers should never leave any of these items unattended.

The Athlete Village has lots of available space for athletes to spread out and relax in a comfortable environment. The facility provides some games to help occupy your free time. There are also outlets you can utilize to recharge your phone.

To enable athletes in the Athlete Village to be aware of what is occurring in the Aquatic Center, there is a large video screen in the Athlete Village which displays the pool's scoreboard.

Speedo also sells caps, goggles, practice suits, racing suits, swim bags, and meet apparel at the front of the Athlete Village.

## **Where and when can I talk to the special guests (Olympians, College Coaches)?**

Signs will be posted on easels in the lobby leading to the Athlete Village to inform athletes and spectators when and where the Olympians will be available for autographs.

College coaches roam the stands and the walkways in and behind the spectator areas. They typically wear logoed shirts so you can recognize them. Feel free to approach them, although because of differences in NCAA rules for Divisions I, II and III, they may or may not be able to talk directly to athletes until the athlete is finished competing for the week.

## **How is Finals different from Prelims?**

At finals, all events will be swum in the middle pool, with the scoreboard pool open as an additional warmup space. All individual events have an "A", "B", and "C" heat, and all relays have an "A" and "B" heat. Each heat consists of 8 swimmers/relays, and only the "A" and "B" heats score points.

The "B" and "C" heats will line up behind the blocks on their own, while the "A" heat of individual events gathers in the ready area behind the podium, from which

they will be paraded out to their respective lanes. Once the event is over, the swimmers/relays from the "A" and "B" heats go to the ready area and prepare to walk out to the podium to receive their award. All swimmers must wear a top (ex. shirt, sweatshirt, parka) to go on the podium.

### **What are bag tags?**

The bag tags let you enter the pool area and the Athlete's Village. It lets Security know you are a competing athlete, so have your bag tag on you at all times, or you can't get on deck. If you lose your bag tag, contact the volunteer in the Late Registration room or the Help Desk.

### **What are Time Trials?**

Time Trials is the session following prelims. It typically begins 30 minutes after the completion of the last morning preliminary event. It is chance to swim an event again or a chance to swim an event that you don't have a national cut in. You can enter a maximum of 4 time trial events and each event costs \$20. Time Trials runs pretty quickly, so make sure you are watching the events. Time Trials is a great experience to swim fast and get best times.

### **How many individual events may I enter and how many may I swim?**

You can enter any number of events where you have the qualifying time in the championship meet, but you are only allowed to swim four individual events. If you enter more than four individual events, then you must scratch down to four. It is important that you and your coach work together for your benefit and your teams benefit.

### **What is a Swim Off?**

In the event that swimmers tie for 8<sup>th</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 25<sup>th</sup> or 26<sup>th</sup> places a swim-off is necessary. The swim off is utilized to determine who is seeded in which heat (in ties for 8<sup>th</sup>, 16<sup>th</sup> and 24<sup>th</sup> places) and who would advance to the faster heat in case of a scratch (in ties for 9<sup>th</sup>, 17<sup>th</sup>, 25<sup>th</sup> and 26<sup>th</sup> places). The meet Administrative Referee will set a time for the swim-off during a meeting with the affected swimmers' coaches. The time earned by the swimmer during the swim off is only used to determine the placement between the places for which they are competing. However, the time belongs to the swimmer and if it is a best time it can be used for future entries and for records.

### **What if it thunders?**

Swimmers will not be allowed to enter the water until 30 minutes has elapsed since the last thunder or lightning strike. From there, the meet coordinators will adjust the warmup and start times accordingly, keeping swimmers and coaches up to date. Please follow the instructions of facility personnel about where you may congregate during the suspension.

### **Other things to know...**

There are world and national level officials working this meet - of course no one wants you to get disqualified, but just know that these are some of the best officials in the world. Whether you disagree with a call, they are just trying to make the sport fair and give you something to improve on.