



## 2024 JANUARY JUMP START

Hosted by Swim GSA

January 12-15, 2024

[www.SwimGSA.com](http://www.SwimGSA.com)



The Greensboro Aquatic Center  
1921 West Gate City Blvd., Greensboro, NC 27403

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming  
**Sanction #NC24009**

MEET DIRECTOR	MEET ENTRY COORDINATOR
Tom Brewer 336-420-4136 <a href="mailto:tbrewer441@aol.com">tbrewer441@aol.com</a>	Tom Brewer <a href="mailto:tbrewer441@aol.com">tbrewer441@aol.com</a>
MEET REFEREE	MEET MARSHAL
Trish Martin <a href="mailto:pksmartin13@gmail.com">pksmartin13@gmail.com</a>	Lindsay Jones & Peter Smelzer

### FACILITY

The Greensboro Aquatics Center is a state-of-the-art indoor facility with a 50- meter pool which can be broken into two short course venues with a separate diving well. This competition will use one or two short course competition venues that are 8 or 10 lanes (depending on entries) with continuous warm-up and cool down lanes available throughout the meet. The pool depth is 9'-10' at the start and turn ends and 4" lane lines will be used to reduce turbulence. The lane width is 7'-9" (depending on number of lanes). An Omega timing system, supported by two buttons and two watches per lane, with a Daktronics Pro-Star LED Video Scoreboard Display will display results simultaneously. Starting platforms are Omega deck anchored platforms.

SwimGSA will ensure the required competition course dimensions. Prior to each session of competition, the facility host shall examine the bulkhead and shall confirm to the Meet Referee that the bulkhead is stable, straight, properly positioned, and anchored.

Seating for 1800 spectators is available. Parking will be available at the Coliseum for up to \$5 per day with unlimited entry and exit. Free parking will be provided for participating certified coaches and officials. Outside chairs and outside food will not be allowed in the facility. Coolers are not allowed in the facility.

Only athletes, officials, coaches, and volunteers may be on deck at any time. The 650 bleacher seats on deck are reserved for swimmers only. **No chairs are permitted in the stands or on deck.**

Locker rooms are reserved for athlete's use. Separate rest room facilities are available for officials, coaches, and volunteers.

**MEET FORMAT** This is a timed final/prelim/final Age Group/Senior pre-seeded meet unless otherwise indicated.

Session	Day	Warm-up	Meet Start	Age Groups
1	Friday timed finals	4:00 PM	5:00 PM	All
2	Saturday prelims	7:30 AM	9:00 AM	All
3	Saturday finals	4:15 PM	5:30 PM	All
4	Sunday prelims	7:30 AM	9:00 AM	All
5	Sunday finals	4:15 PM	5:30 PM	All
6	Monday timed finals	7:30 AM	9:00 AM	All

**ENTRY DEADLINE AND CHECK IN SUMMARY:**

Day, Date	Time	For:
Tuesday, Jan. 2	11:59 PM	Entry deadline
Friday, Jan. 12	4:30 PM	400Y IM and 1000Y Freestyles positive check in closes
Saturday, Jan. 13	4:30 PM	200Y Medley Relay cards due
Sunday, Jan. 14	4:30 PM	200Y Freestyle Relay cards due
Monday, Jan 15	8:30 AM	500Y Freestyle positive check in closes

**RULES** The meet will be conducted in accordance with USA Swimming Rules and Regulations and the NCS Scratch Rule except where the rules therein are optional, and exceptions are herein stated.

**TECH SUIT BAN for 12&Us** Per USA Swimming Rule 102.8.1F, 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.

**MAAPP** All adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

**SAFE SPORT** The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. 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. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions in addition to host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

Any swimmer entered in the meet 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 without the use of a backstroke ledge. When unaccompanied by a member-coach, 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 member coach attending the meet if a coach from the swimmer's team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

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.

<b>ELIGIBILITY</b>	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. There will be no deck registration available at this meet.
<b>SWIMMERS WITH DISABILITIES OR MEDICAL CONDITIONS</b>	Swim GSA 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 Swim GSA's ability to accommodate all requests.
<b>ENTRIES</b>	Entries must be submitted in Hy-Tek format via email by the entry deadline. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Director by the entry deadline for entries to be considered complete unless other arrangements are made. Swim GSA entries will be entered first and then complete entries from other teams in the order received. Swim GSA reserves the right to limit entries in order to comply with the four/eight-hour rule. Rejected entries will be returned immediately. All relay only swimmers must be listed and pay the NCS Travel Fund surcharge and Facility Surcharge. Unless entries are rejected, entry fees are non-refundable.
<b>BREAKS</b>	Scheduled breaks are listed in the Order of Events. Additional breaks may be added at the discretion of the Meet Referee. Heats/events may be combined at the Meet Referee's option.
<b>ENTRY LIMITATIONS</b>	Swimmers may swim a maximum of three (3) individual events per day. Swimmers are further limited to ten (10) individual events for the meet.
<b>ENTRY VERIFICATION</b>	An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

**ENTRY DEADLINES** The Entry Coordinator must receive entries by Tuesday, January 2, 2024 at 11:59 PM. Late entries will be accepted only at the discretion of the Meet Director. Late entries may not be seeded. Swim GSA reserves the right to limit or suspend the addition of swimmers or heats to accommodate late entries. Late entries will be charged double fees.

#### ENTRY FEES

Make checks payable to: Swim GSA. All fees are non-refundable	
Individual TF Event	\$10.00 per event
Individual P/F Event	\$10.00 per event
Relays	\$17.50 per relay
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$20.00 per swimmer
Late Entry Fee	\$20.00/\$20.00/\$35.00

**POSITIVE CHECK IN** Positive check in located at clerk of course will be required for the following events:  
 Open 400Y IM by 4:30PM Friday  
 Open 1000Y Freestyle by 4:30PM Friday  
 12&U and Open 500Y Freestyle by 8:30AM Monday

Swimmers who do not check in may not be seeded in the event.

**SEEDING AND FORMAT** The conforming time for this meet is SCY. Entries should be made with SCY times, converted LCM times, or estimated SCY times.

NT entries will not be accepted for positive check in events and are strongly discouraged for pre-seeded events. NT will be seeded last.

Swimmers will be seeded from slowest to fastest unless otherwise indicated. Heats and events may be combined at the discretion of the Meet Referee.

All individual events on Friday and Monday will be contested as timed finals.

All individual events on Saturday and Sunday will be contested as preliminaries/finals. When more than one finals heat is indicated in the Order of Events, the heats will swim fastest to slowest, A Final first followed by B Final, etc. See the Order of Events for the number of finals heats per event. There will not be a Ready Room. All heats should report to the blocks. Alternates should report to the Starter prior to the beginning of the event and will swim in the slowest final if no shows occur.

All relays will be timed finals. Relays will be swum in the evening sessions. No AM/PM option is available.

The Open 400Y IM will be swum fastest to slowest in event order.

The Open 1000Y Freestyle will be swum fastest to slowest in event order. Meet management reserves the right to alternate heats if only one pool is used for the session.

The 500Y Freestyle will be swum slowest to fastest in event order. Swimmers are required to provide their own counters and may be asked to provide a second timer.

Breaks are noted in the Order of Events. Additional breaks may be added at the discretion of the Meet Referee.

Dive over starts may be used for all sessions at the discretion of the Meet Referee.

Meet Management reserves the right to limit preliminary and timed final heats in 12&U events to comply with the 4-hour rule.

**SCRATCHES AND PENALTIES** There will be no penalty for scratching or failing to compete in pre-seeded events including relays at the block.

For deck seeded events, swimmers who are properly checked in and seeded but fail to compete and are not excused by the Meet Referee will be barred from their next individual event.

Swimmers who are named in the original A final who do not scratch and then fail to compete will be barred from their next individual event unless excused by the Meet Referee.

**SCORING** The A Finalists or top 8 finishers in timed finals will score points as follows:

Individual: 9-7-6-5-4-3-2-1

Relay events will score double.

**AWARDS** Ribbons will be awarded to the top 8 places in each individual event. Relay ribbons will be given to top three places. There will not be awards ceremonies.

**RESULTS** Results will be posted on Swim GSA's website ([www.swimGSA.com](http://www.swimGSA.com)) within 24 hours of the meet's conclusion and teams will be emailed their results. Meet Mobile will be used pending facility internet connectivity.

**COACHES** All coaches on deck must be registered and certified with USA Swimming.

Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their virtual membership card upon request. The official mobile application of USA Swimming is acceptable proof of USA Swimming membership.

There will be a required coaches' virtual meeting on Tuesday, January 9<sup>th</sup>. The exact time will be sent at a later date. 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 coaches' meetings.

<b>OFFICIALS</b>	<p>Swim GSA welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in upon arrival at the meet. All officials on deck must be registered and certified with USA Swimming. The Meet Referee will require all officials to show proof of such by prominently displaying their registration card or be prepared to show their virtual membership card upon request. The official mobile application of USA Swimming is acceptable proof of USA Swimming membership.</p> <p>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.</p> <p>Official briefings will be held 45 minutes prior to the start of each session in the hospitality area.</p> <p>The Swim GSA January Jump Start has been designated as an OQM for N2 certifications in all positions and N3 S&amp;T. Any certified official meeting the criteria to request evaluation may do so by emailing the meet referee by December 31 for CJ, SR, DR, and AR and by January 10 for S&amp;T. Information about USA Swimming's National Certification and Evaluation Program can be found at <a href="https://www.usaswimming.org/officials/national-certification-evaluation">https://www.usaswimming.org/officials/national-certification-evaluation</a>.</p>
<b>TIMERS</b>	Swim GSA requests visiting teams provide volunteer timers, in proportion to the number of each team's swimmers attending the swim meet. A timer's meetings will be held approximately 20 minutes prior to the start of each session.
<b>TEAM PERSONNEL</b>	A team chaperone may be allowed on deck with approval from the Meet Director provided they can prove current USA Swimming membership. The chaperone may remain in the team seating area but is not permitted on the competition pool deck or in the locker rooms at any time. Requests for team chaperone admissions should be emailed to the Meet Director prior to the meet.
<b>HOSPITALITY/ CONCESSIONS</b>	There will be a hospitality area open to all coaches and officials. Refreshments will be for sale at concession stands. Outside food and drink are not permitted in the facility.
<b>WARM-UP</b>	In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be at least three lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area. Swimmers will enter the pool feet first except in lanes that are designated for one way race starts under the direct supervision of a USAS certified coach.
<b>IMAGE RELEASE</b>	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.

**2024 January Jump Start**  
**ORDER OF EVENTS**

**Friday Timed Finals**

**Warm-up: 4:00PM Meet Start: 5:00PM**

Girls/Women	Event	Boys/Men
1	Open 400Y Individual Medley*	2
	***5 MINUTE BREAK***	
3	Open 1000Y Freestyle*	4

\* Positive check in event.

\* Swimmers in the 1000Y Free are required to provide their own counters.

**2024 January Jump Start**  
**ORDER OF EVENTS**

**Saturday Preliminaries**

**Warm-up: 7:30AM Meet Start: 9:00AM**

Girls/Women	Event	Boys/Men
11	12&U 200Y Butterfly	12
13	13-14 200Y Butterfly	14
15	15&O 200Y Butterfly	16
17	10&U 50Y Freestyle	18
19	11-12 50Y Freestyle	20
21	13-14 50Y Freestyle	22
23	15&O 50Y Freestyle	24
25	10&U 100Y IM	26
27	11-12 100Y IM	28
29	13-14 100Y IM	30
31	15&O 100Y IM	32
33	10&U 100Y Backstroke	34
35	11-12 100Y Backstroke	36
37	13-14 100Y Backstroke	38
39	15&O 100Y Backstroke	40
41	12&U 200Y Breaststroke	42
43	13-14 200Y Breaststroke	44
45	15&O 200Y Breaststroke	46

**Saturday Finals**

**Warm-up: 4:15PM Meet Start: 5:30PM**

Girls/Women	Event	Boys/Men	
5	12&U 200Y Medley Relay	6	
7	13-14 200Y Medley Relay	8	
9	15&O 200Y Medley Relay	10	
	<b>***5 MINUTE BREAK***</b>		
11	12&U 200Y Butterfly (1 heat)	12	
13	13-14 200Y Butterfly (2 heats)	14	
15	15&O 200Y Butterfly (3 heats)	16	
17	10&U 50Y Freestyle (1 heat)	18	
19	11-12 50Y Freestyle (2 heats)	20	
21	13-14 50Y Freestyle (3 heats)	22	
23	15&O 50Y Freestyle (3 heats)	24	
25	10&U 100Y IM (1 heat)	26	
27	11-12 100Y IM (2 heats)	28	
29	13-14 100Y IM (3 heats)	30	
31	15&O 100Y IM (3 heats)	32	
33	10&U 100Y Backstroke (1 heat)	34	
35	11-12 100Y Backstroke (2 heats)	36	
37	13-14 100Y Backstroke (3 heats)	38	
39	15&O 100Y Backstroke (3 heats)	40	
41	12&U 200Y Breaststroke (1 heat)	42	
43	13-14 200Y Breaststroke (2 heats)	44	
45	15&O 200Y Breaststroke (3 heats)	46	

**2024 January Jump Start**  
**ORDER OF EVENTS**

**Sunday Preliminaries**

**Warm-up: 7:30AM Meet Start: 9:00AM**

Girls/Women	Event	Boys/Men
53	10&U 100Y Butterfly	54
55	11-12 100Y Butterfly	56
57	13-14 100Y Butterfly	58
59	15&O 100Y Butterfly	60
61	10&U 100Y Freestyle	62
63	11-12 100Y Freestyle	64
65	13-14 100Y Freestyle	66
67	15&O 100Y Freestyle	68
69	12&U 200Y Backstroke	70
71	13-14 200Y Backstroke	72
73	15&O 200Y Backstroke	74
75	10&U 50Y Breaststroke	76
77	11-12 50Y Breaststroke	78
79	13-14 50Y Breaststroke	80
81	15&O 50Y Breaststroke	82
83	10&U 200Y Freestyle	84
85	12&U 200Y Freestyle	86
87	13-14 200Y Freestyle	88
89	15&O 200Y Freestyle	90

**Sunday Finals**

**Warm-up: 4:15PM Meet Start: 5:30PM**

Girls/Women	Event	Boys/Men
47	12&U 200Y Freestyle Relay	48
49	13-14 200Y Freestyle Relay	50
51	15&O 200Y Freestyle Relay	52
	*** 5 MINUTE BREAK***	
53	10&U 100Y Butterfly (1 heat)	54
55	11-12 100Y Butterfly (2 heat)	56
57	13-14 100Y Butterfly (3 heats)	58
59	15&O 100Y Butterfly (3 heats)	60
61	10&U 100Y Freestyle (1 heat)	62
63	11-12 100Y Freestyle (2 heats)	64
65	13-14 100Y Freestyle (3 heats)	66
67	15&O 100Y Freestyle (3 heats)	68
69	12&U 200Y Backstroke (1 heat)	70
71	13-14 200Y Backstroke (2 heats)	72
73	15&O 200Y Backstroke (3 heats)	74
75	10&U 50Y Breaststroke (1 heat)	76
77	11-12 50Y Breaststroke (2 heats)	78
79	13-14 50Y Breaststroke (2 heats)	80
81	15&O 50Y Breaststroke (2 heats)	82
83	10&U 200Y Freestyle (1 heat)	84
85	12&U 200Y Freestyle (2 heat)	86
87	13-14 200Y Freestyle (3 heats)	88
89	15&O 200Y Freestyle (3 heats)	90

**2024 January Jump Start**  
**ORDER OF EVENTS**

**Monday, Timed Finals**

**Warm-up: 7:30AM Meet Start: 9:00AM**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
91	12&U 200Y IM	92
93	13&O 200Y IM	94
95	12&U 50Y Butterfly	96
97	13&O 50Y Butterfly	98
99	12&U 50Y Backstroke	100
101	13&O 50Y Backstroke	102
103	12&U 100Y Breaststroke	104
105	15&O 100Y Breaststroke	106
107	12&U 500Y Freestyle **	108
109	13&O 500Y Freestyle **	110

**\*\* Positive check in event**

**\*\* Swimmers in the 500Y Freestyle are required to provide their own counter and may be asked to provide a second timer.**

**END OF MEET**

**2024 January Jump Start**  
**Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to Swim GSA):  
Swim GSA ATTN: ADMIN  
P. O. Box 10085  
Greensboro, NC 27404  
Email to: [adeloreto@gmail.com](mailto:adeloreto@gmail.com)

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual TF Entries		\$10.00 per event	
Individual P/F Entries		\$10.00 per event	
Relay Entries		\$17.50 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$23.00 per swimmer	
<b>Total Fees Due</b>			

**Waiver, Acknowledgement and Liability Release:**

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of 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. Swim GSA, the Greensboro Aquatic Center, The City of Greensboro, North Carolina Swimming, 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.

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SIGNATURE (Coach or Club Representative)

CLUB

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TITLE

DATE