



2019-20 TYR Pro Swim Series #1 Greensboro, NC November 6-9, 2019

The entry deadline for all participants is 11:59pm Mountain Time on Tuesday October 29, 2019 or as soon as the entry cap is reached.

This event is sanctioned by USA Swimming



2019-20 TYR Pro Swim Series General Series Information

- These meets will be capped at approximately 450 swimmers (except as noted).
- Swimmers who are members of USA Swimming and have one or more qualifying standards in individual events may enter these meets through USA Swimming's OME system (usaswimming.org/ome) on a first-come basis until the entry cap is reached.
- The following athletes will be exempt from the entry cap and may enter any number of events ***until the entry deadline but are subject to double entry fees once the cap is reached. After the entry deadline, cap-exempt athletes are subject to the Late Entry process below.***
 - Any athlete ranked in the top 25 in the world in one or more individual events between 9/1/2018 and 8/31/2019 based on the FINA world rankings as of September 1, 2019 (Events are LCM Olympic event only).
 - Any 2019-20 U.S. National Team Member
- Athletes and teams with athletes that meet the criteria below will be allowed to enter one week prior to the published OME opening date:
 - Any athlete ranked in the top 50 in the world in one or more individual events between 9/1/2018 and 8/31/2019 based on the FINA world rankings as of September 1, 2019 (Events are LCM Olympic event only).
 - 2019-20 U.S. National Team Members
 - 2019-20 U.S. National Junior Team Members
- Foreign swimmers who are not members of USA Swimming and who have one or more qualifying standards in individual events may enter the meet on a first-come basis until the entry cap is reached beginning 24 hours after U.S. entries open. Please refer to instructions on page 4.
- If the entry cap has not been reached, any team or athlete missing the entry deadline will be permitted to enter through the Late Entry process, subject to the following requirements:
 - Late entries must be submitted through the Online Meet Entry system (OME);
 - These entries must be received no later than 11:59pm Mountain Time on Sunday prior to the beginning of the meet.
 - The team or athlete must pay a one-time processing fee of \$150.00 and pay entry fees of \$40 per event.
- The qualification period is 24 months prior to the entry deadline. Entries are not accepted until they have been officially submitted in the OME system.

SANCTION

These meets and any associated competitions and/or time trials are sanctioned by USA Swimming. If a USMS swimmer establishes a new Masters record, it is up to that swimmer to request all necessary information and signatures prior to the end of the session in which the performance occurred.

RULES

Unless otherwise noted herein, these meets shall be conducted in accordance with current USA Swimming Rules and Regulations. A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters.

All athletes ages 18 and over participating in or associated with this meet acknowledge that they are subject to provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP") and that they understand that compliance with the MAAPP policy is a precondition of participation in the conduct of this meet. Recording devices (cell phones, cameras, PDAs, etc.) are not permitted behind the starting blocks during the entire meet, and the use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms or locker

rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or designated changing areas is not appropriate and is prohibited.

Any U.S. swimmer entered in these meets must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. During warm-up sessions, athletes must enter the water feet-first, except in designated lanes and times. Violations may result in disqualification from next individual event or expulsion from the meet.

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

It is understood and agreed that USA Swimming, the Meet Hosts, Facility Owners, and the LSCs shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

TECHNICAL RULES

A Technical meeting will NOT be held for these competitions. Coaches are encouraged to check the USA Swimming website for last minute details about the event. Participating coaches and athletes are responsible for all information posted on the event website.

FORMAT

These meets will be conducted in LCM. All individual events except the 800/1500 freestyles will be conducted on a Preliminaries and Finals basis. At the Meet Referee's discretion, preliminary sessions may be conducted in flights, with the fastest seven heats of events 200m or less, and the fastest five heats of 400m events in the "A" flight, and all remaining heats in the "B" flight. "A" flights will be concluded each morning prior to beginning the "B" flights. The "A" flights will be swum slowest to fastest. The "B" flight as well as the 400m races will be swum fastest to slowest. The top four heats of swimmers from preliminaries will advance to an A, B, C, and D heat in the Finals. In the Finals, the B heat will swim first, followed by the A heat. After all the A and B Finals heats are completed, the C and D Final heats will swim.

DISTANCE FREESTYLE

The 800 and 1500 freestyle events will swim as Timed Finals. Positive check-in is required prior to the scratch deadlines in order to compete in the distance events. The distance freestyle events on Day 1 will swim fastest to slowest, alternating women and men **beginning at 4:00pm**. On day four all but the fastest seeded heat in each gender of the distance freestyle events will swim fastest to slowest at the end of the preliminary session, alternating women and men, with the fastest seeded heat in each gender swimming in the Finals session.

BONUS EVENTS

Any swimmer who has one or more qualifying standards in individual events may enter up to two bonus events in each meet, provided they have achieved the published Bonus Standards.

ENTRY LIMIT

Each swimmer may participate in a maximum of seven individual events per meet, with no more than three individual events per day including time trials.

ENTRY FEES

Individual Events	\$20 per event
Coach Credential	\$20 per coach (\$25 if purchased on site)
Foreign Participants	\$35.00 additional fee per participating athlete, coach, and staff member

SEEDING

Except for distance freestyle, events shall be seeded in order of LCM, SCY, LCM Bonus, SCY Bonus. Seeding for distance freestyle events will be LCM, SCY, LCM Bonus, SCY Bonus.

RELAYS

With the exception of a mixed medley relay for National Team members, there will be no relays at these meets.

SCORING & PRIZE MONEY

The TYR Pro Swim Series provides swimmers prize money for first, second, and third place performances at each meet. Prize money will be distributed as follows:

All individual Olympic events:

- \$1,500 - 1st place
- \$1,000 - 2nd place
- \$500 - 3rd place

To provide incentive to swim fast in the morning for each meet the athlete (one per gender) with the highest scoring prelim swim based on FINA power points in an individual Olympic event will

win \$1,500. To win this prize, the athlete must be a USA Swimming member and eligible to represent the U.S. in international competition.

At the conclusion of the 2020 TYR Pro Swim Series the eligible athlete (male and female) with the highest scoring swim in an individual Olympic event based on FINA power Points at any of the TYR Pro Swim Series events will win \$10,000. To win this prize, the athlete must be a USA Swimming member and eligible to represent the U.S. in international competition and not be NCAA eligible.

There will be no season-long points total or prizes

All prize money is distributed by USA Swimming, NOT the host. For additional information on prize money, please refer to the Pro Swim Series Rules to be published in October 2019.

SCRATCHES

Scratches and positive check-in for Day 1 events are due to the Administrative Referee no later than 2:00 p.m. on Day 1 of the competition and may be submitted by email to Bob Matlack at Bob.Matlack@activenetwork.com. All subsequent day's events scratches are due 30 minutes after the start of the previous evening's finals. There is no penalty for failing to compete in a preliminary or timed final heat, except an individual event in which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer's three-event/day and seven-event/meet limit. A swimmer qualifying for an A, B, C, or D Final who fails to compete shall be barred from the remainder of the meet, unless excused by the Meet Referee.

TIME TRIALS

Time Trials may be conducted at the discretion of the Meet Referee. Entry fees for time trials will be the same as the meet entry fees. Time trials count toward a swimmer's individual event total for each day, but not the meet total. Athletes may need to provide their own lane timer and lap counter for time trial events.

FOREIGN ENTRIES

Foreign swimmers who are members of USA Swimming may enter through the OME system. Foreign individuals/teams who are not members of USA Swimming, but are members of their respective FINA federation may also enter using the OME system, but must first send the following information to Macie McNichols at mmcnichols@usaswimming.org or 719-866-4578.

- Team name
- Entry contact information
 - First name
 - Last name
 - Work phone
 - Email address
- List of qualified athletes with birthdates
- Once this information is received by USA Swimming, access information and instructions on how to use the OME system will be sent. Entries for foreign swimmers who are not USA Swimming members will open 24 hours after U.S. entries open.
- Converted times will not be acceptable for entry.
- A letter from the delegation's FINA federation must be submitted confirming that all members of the delegation are in good standing with the federation. All coach and staff members must be submitted through OME or by emailing Macie McNichols at mmcnichols@usaswimming.org before the entry deadline. Foreign coaches and staff members that are not submitted before the entry deadline will not be able to obtain a deck pass on site.
- There will be an additional \$35.00 fee assessed per participating foreign athlete, coach, and staff member.

CREDENTIALS

Deck access credentials for coaches, managers and team support shall be issued to those persons listed on the submitted team entry forms according to the following team size formula. Managers and Team Support personnel must be included in this formula and on the entry form to receive a credential. If athletes are scratched from the meet, teams may be asked to surrender Coach, Manager, or Team Support credentials in order to maintain compliance with the credential formula. Athletes entered in the meet will receive a deck pass credential as part of their entry fee. For clubs that wish to bring one certified massage therapist with their teams, a \$100 surcharge will apply if the massage therapist exceeds the deck pass credential formula below. These funds shall become the property of the meet host. All massage therapists must be non-athlete members of USA Swimming and will have limited access around the venue, including no hospitality access.

- 1-3 swimmers: 1 deck pass.
- 4-6 swimmers; 2 deck passes.
- 7-9 swimmers; 3 deck passes.
- 10-14 swimmers; 4 deck passes.
- 15-19 swimmers; 5 deck passes.
- 20-24 swimmers; 6 deck passes.
- 25-29 swimmers; 7 deck passes.
- 30- 34 swimmers; 8 deck passes
- 35-39 swimmers; 9 deck passes
- 40 or more swimmers; 10 deck passes
- Unattached swimmers not with a team: 1 deck pass.

OFFICIALS' INFO

The TYR Pro Swim Series meets have been designated as National Qualifying Meets to all officials who wish to and are eligible to be evaluated for advancement or re-certification. Request for evaluation should be made to the meet referee. An officials' meeting will be held one hour prior to each session.

BROADCAST STATEMENT

Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of USA Swimming.

IMAGE AUTHORIZATION

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions. All participants agree not to use or authorize use of pictures in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. All participants agree not to use medals or photos, or portraits or films with the medals, which are received for performances in this competition, for the purpose of trade. Furthermore, participants agree to return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested.

SWIMMERS WITH DISABILITIES

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.

SAFETY

Marshals will be in place during warm-up periods and USA Swimming safety rules will be in effect. It is the responsibility of the swimmer or of the swimmer's legal guardian to ensure compliance USA Swimming safety procedures.

LIABILITY

USA Swimming, the LSC, the facility, and the host organization shall accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in these events. Damage to the facility, when proved, will cause the offending participant, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. All participants and guests must adhere to the facility rules and coaches must supervise their swimmers at all times. Glass containers are not permitted in the facility. Children must be supervised at all times.

DOPING CONTROL

These competitions are subject to Doping Control under USADA and FINA rules. All athletes competing in the meets are eligible to be tested. All athletes should check the status of all medications they consume at the US Anti-Doping Agency's (USADA) Drug Reference website (www.globaldro.com). Documentation may be required to be submitted well in advance of the meet. All World Records and Junior World Records must be tested.



**Greensboro, NC
November 6-9, 2019 (Wed-Sat)**

ENTRIES	Entries can be made through USA Swimming's Online Meet Entry System (usaswimming.org/ome) beginning Tuesday, September 17, 2019 at 10:00am Mountain Time. Cap exempt athletes and their teams will be allowed to enter one week prior to this date (beginning Tuesday, September 10, 2019 at 10:00am Mountain Time). The entry deadline for all participants is 11:59pm Mountain Time on Tuesday, October 29, 2019, or as soon as the entry cap is reached. There will be no refunds once entries are accepted.		
HOST	Greensboro Aquatic Center		
SCHEDULE	Wednesday:	<i>Timed finals for the distance Freestyle events will begin at 4:00 pm.</i>	
	Thu-Sat Prelims:	9:00am	
	Thu-Sat Finals:	6:00pm	
	Practice will be available beginning at noon on Tuesday. Venue hours of operation on Tuesday & Wednesday are as follows: Tuesday Noon – 8:00pm; Wednesday 11:00 AM until one hour after the conclusion of the session. The venue will be open for practice starting at 7:00am on Thursday – Saturday.		
HOTELS	The event online hotel reservation system can be found here: <i>Available soon!</i>		
EVENT PERSONNEL	Referee:	Jim Holcomb	jholcomb@utep.edu
	Admin Referee	Tbd	
	Meet Directors:	Susan Braman	Susan.Braman@greensboro-nc.gov
ABOUT THE VENUE	The Greensboro Aquatic Center (GAC) is a state-of-the-art facility featuring leading edge concepts in aquatic design. The GAC is located on the campus of the Greensboro Coliseum Complex, the premier sports and entertainment facility in the Southeast. The placement of the GAC at the Coliseum Complex creates numerous advantages including the adjacent Coliseum Complex's Special Events Center that provides accommodations for meet registration, coaches' meetings and hospitality and vendor displays. The GAC brings together all major aquatic sports – competitive swimming and diving, water polo, synchronized swimming and other unique sports all in one venue. The GAC fully meets NCAA and FINA standards and offers Greensboro the opportunity to host high school and collegiate events, USA Swimming meets, Master's swimming and U.S. Water Polo events as well as a myriad of local, regional, national and international competitions.		
LOCKERS	Men's and Women's Locker rooms are adjacent to the competition pool for the Athletes. Lockers are available on a first come/first serve basis. Lockers are for day use only and you must provide your own lock. The Greensboro Aquatic Center and USA Swimming will not be held liable for lost or stolen items.		
MEDICAL ASSISTANCE	An Emergency Medical Technician (EMT) will be located on the pool deck in the medical/first aid room. Sports massage therapy services will not be provided.		
CONCESSIONS	Concessions will be provided in the main corridor at the GAC during competition hours. Spectra Catering will be the provider offering fruits, vegetables, sandwiches, yogurt, bagels, pretzels, popcorn and a wide variety of soda and sport drinks. A hospitality room for coaches and officials will be located just off deck.		
PARKING	Parking passes will be sold for the Greensboro Aquatic Center lots. They may be purchased at the Special Events Center main entrance.		
TICKETS	https://www1.ticketmaster.com/2019-tyr-pro-swim-series-all-session-pass/event/2D00573A212696BA		

EVENT ORDER

WOMEN'S EVENT #	TYR PRO SWIM SERIES Greensboro, NC	MEN'S EVENT #
	Day 1, Wednesday, November 6	
1	1500 Freestyle^	2
	Day 2, Thursday, November 7	
3	100m Freestyle	4
5	100m Breaststroke	6
7	200m Butterfly	8
9	400m Freestyle	10
	Day 3, Friday, November 8	
11	200m Freestyle	12
13	200m Backstroke	14
15	400m Individual Medley	16
17	200m Mixed Medley Relay	17
	Day 4, Saturday, November 9	
18	800 Freestyle*	19
20	100m Backstroke	21
22	200m Breaststroke	23
24	100m Butterfly	25
26	200m Individual Medley	27
28	50m Freestyle	29

^Will be swum fastest to slowest, alternating women and men as a timed final session.

*Preliminary heats for events 18 and 19 will be swum after event 29. The fastest 8 seeded athletes in each gender will swim in the finals session.



PRO SWIM
S E R I E S



CHAMPIONSHIP
SERIES ★★ ★

TIME STANDARDS

2019

TYR PRO SWIM SERIES AT GREENSBORO

WOMEN

SCY

LCM

23.39

26.89

50 Freestyle

50.69

58.19

100 Freestyle

1:49.29

2:04.99

200 Freestyle

4:53.09

4:23.79

400/500 Freestyle

10:03.59

9:03.49

800/1000 Freestyle

16:46.19

17:20.49

1500/1650 Freestyle

55.79

1:05.19

100 Backstroke

2:00.99

2:20.39

200 Backstroke

1:03.19

1:13.79

100 Breaststroke

2:18.79

2:39.09

200 Breaststroke

55.39

1:02.99

100 Butterfly

2:02.09

2:18.99

200 Butterfly

2:02.69

2:22.09

200 Individual Medley

4:22.39

5:00.99

400 Individual Medley

MEN

LCM

SCY

24.29

20.79

52.89

45.39

1:55.69

1:39.39

4:05.29

4:30.49

8:33.79

9:25.49

16:14.99

15:46.99

58.89

49.99

2:08.99

1:49.99

1:06.99

56.99

2:25.79

2:04.59

57.09

49.59

2:07.69

1:51.59

2:09.79

1:50.79

4:37.29

3:59.09

WOMEN

SCY

LCM

24.09

27.39

50 Freestyle

52.09

59.39

100 Freestyle

1:52.59

2:07.79

200 Freestyle

5:03.49

4:28.79

400/500 Freestyle

10:20.49

9:13.79

800/1000 Freestyle

17:14.39

17:40.19

1500/1650 Freestyle

58.09

1:06.89

100 Backstroke

2:04.99

2:23.99

200 Backstroke

1:05.99

1:15.99

100 Breaststroke

2:22.69

2:43.39

200 Breaststroke

57.49

1:04.69

100 Butterfly

2:05.39

2:21.89

200 Butterfly

2:08.29

2:26.39

200 Individual Medley

4:30.69

5:07.29

400 Individual Medley

MEN

LCM

SCY

24.89

21.39

53.79

46.49

1:58.09

1:41.79

4:09.99

4:37.09

8:40.69

9:34.29

16:38.99

16:05.49

1:00.79

52.09

2:11.89

1:52.79

1:08.69

58.69

2:29.09

2:08.59

58.39

51.09

2:10.19

1:53.69

2:12.79

1:55.09

4:42.39

4:07.59

BONUS