

2025 YMCA NATIONAL SHORT COURSE SWIMMING CHAMPIONSHIPS



The YMCA National Short Course Swimming Championships celebrate athlete's achievements, promotes positive relationships, and creates a sense of belonging for athletes, coaches, volunteers, and families.

KEY INFORMATION

- Meet Begins: Monday, March 31, 2025
- Meet Ends: Friday, April 4, 2025
- Meet location:
Greensboro Aquatic Center
1921 W. Gate City Blvd.
Greensboro, NC
336-315-8498
- **Championship Meet Entry Deadline: 9:00 PM ET Monday, March 24, 2025**
- **Time Trials Online Entry Deadline: 9:00 PM ET Thursday, March 27, 2025**
- Meet host: YMCA of the USA (Y-USA)
- Meet web page:
- USA Swimming sanctions:
Championship approval: #NC25026AP
Time Trial approval: #NC25026TTAP
- Parade theme: TBD

LODGING

- Y-USA and the Greensboro Convention and Visitors Bureau have partnered with the Greensboro hotel community to offer a large selection of hotel options with lower hotel rates for the championship meet.
- Use the link [Events \(mmxreservations.com\)](https://mmxreservations.com) by Friday, March 28, 2025 for reduced rates.
- Hotel rebates from this reservation system help subsidize our Athlete Travel Assistance program.

BASIC CONDUCT OF THE MEET

- This is a closed competition YMCA meet.
- Meet Format

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- Individual and relay events are in a prelims/finals format meet with designated distance events being contested as timed finals.
- Seeding will be in the order of conforming times (SCY) followed by non-conforming time (SCM, LCM).
- Flyover starts will be permitted for preliminaries and time trials.
- Combining distance events heats will be permitted.
- YMCA Requirements
 - This meet will be conducted under the "Rules that Govern YMCA Competitive Sports" and the "Swimming Addendum to the Rules that Govern YMCA Competitive Sports."
- USA Swimming Requirements
 - In granting their approval, it is understood and agreed that North Carolina Swimming and USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
 - USA Swimming technical rules will be used.
 - The host will ensure that the courses meet the required dimensions.
 - Technical Suits are prohibited for 12-under swimmers.
 - 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) at any time athletes, coaches, officials, or spectators are present.
 - Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms, or behind the starting blocks.
 - Deck changes are prohibited.
 - Shaving is not permitted on site.
 - Smoking, vaping, or the use of other tobacco products is prohibited in all areas of the venue, except in limited designated smoking areas.
 - Alcoholic beverages or the recognition of alcohol sponsors are prohibited in all areas of the venue.
- Emergency Procedures
 - EMS and facility emergency personnel will be on site during the conduct of the meet.
 - The YMCA Sports national championship lightning policy along with local and facility procedures in the event of lightning will be followed.
 - The YMCA of the USA Swimming Procedures for Concussions will be followed for any suspected head injury.

MEET MANAGEMENT

- Championship Meet Committee
 - Y-USA authorizes the Championship Meet Committee, led by the Meet Director, to plan, operate, and manage this national championship meet.
 - The Championship Meet Committee reserves the right to make any adjustments to the Meet Handbook deemed necessary to ensure the fair and efficient running of the meet due to unforeseen issues of weather or facility problems.
 - Changes will be communicated as far in advance as possible.

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- None of the required elements for a YMCA National Championship and USA Swimming approved meet can be changed.
- Health and Safety Requirements
 - All health and safety protocols required by state, local, facility, YMCA, and USA Swimming procedures will be followed.

ATTESTATIONS

- Athletes (18-over) or Parents
 - 18-over athletes will be required to have completed athlete protection training (APT) on or after Friday, April 5, 2024 and register on the YMCA Data Collection Hub.
 - Parents of athletes under 18 will be required to register on the YMCA Data Collection Hub.
- YMCA Data Collection Hub
 - Registration will require adherence to the Code of Conduct, a general liability waiver, a photo/video release and concussion awareness.

ELIBIBILITY

- Team Eligibility
 - Team registration must be completed by Sunday, December 1, 2024. This is a prerequisite for any team to participate in YMCA meets.
 - Each team must have a current and correct certificate of liability insurance on file with the Y-USA effective beyond the last day of the meet.
 - The CEO/Executive Director declaration form verifies YMCA membership of athletes and coaches, coaches' background checks, coaches' certifications, and YMCA liability insurance coverage.
 - Teams without a coach present at the meet will need to complete the Coach Authorization form which will designate a certified and credentialed coach who will be responsible to supervise the affected athletes.
- Coach Eligibility
 - Each coach must hold current certifications in:
 - Basic Life Support or Professional Rescuer CPR
 - First Aid
 - Safety Training for Swim Coaches Online Course
 - Lifeguard or Safety Training for Swim Coaches (In Water)
 - Child/Athlete Protection Training
 - Principles of YMCA Swimming and Diving
 - Annual coach registration completed by Saturday, March 1, 2025. This will not be available on site.
 - Completed a background check on or after Wednesday, April 5, 2023. Current USA Swimming coach membership showing background check and athlete protection training current thru the end of the meet satisfies this requirement.
 - Enter the meet as a coach during the team entry process.
 - Register attestations thru the YMCA Data Collection Hub.
- Athlete Eligibility

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- An athlete must be a YMCA member in good standing who holds an annual, full membership at the YMCA the athlete represents for a period of at least 90 days prior to the first day of the meet.
- An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet excluding interscholastic competition.
- An athlete may have not represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.
- An athlete must be at least 12 years of age, and not older than 21 years of age, on the first day of the meet. An athlete's age is determined on the first day of the meet.
- There is no unattached status in YMCA swimming.
- Since September 1, 2024, each athlete must have competed in a minimum of:
 - Three (3) closed YMCA inter-association meets, of which the Tom Warrick YMCA Annual Virtual Invitational Meet may be counted as one.
 - One (1) sanctioned YMCA championship meet which cannot be one of the inter-association meets required above.
- For each event the athlete enters, the athlete must have achieved the qualifying time standard during the period Thursday, February 1, 2024 thru the entry deadline.
- If a YMCA does not sponsor a competitive swimming team, an eligible athlete from that YMCA may participate representing that YMCA provided the entry is approved by that YMCA's Executive Director or CEO, the applicable regional representative, and the Championship Meet Eligibility Committee.
- Waiver requests should be submitted online using the form available on the web site.

ENTRIES

- Entry Portal Opens: Monday, March 3, 2025
- Championship Meet Entry Deadline: 9:00 PM ET Monday, March 24, 2025
- Time Trials Online Entry Deadline: 9:00 PM ET Thursday, March 27, 2025
- Official Entry
 - All entries must be made thru the Swimcloud On-Line Meet Entry system.
 - Relay-only athletes (not entered in any individual events) must pay the athlete surcharge. Athletes without an individual entry must swim in at least one relay.
 - No times (NT) are not accepted.
 - Converted times are not accepted.
 - See the web site for instructions.
- Event Limits
 - There is no limit to the number of events an athlete may enter.
 - Each athlete may compete in a maximum of four (4) individual events and five (5) relay events for the Championship meet.
 - In a prelims/finals meet, each athlete is limited to participating in 3 individual events per day. This includes Championship and Time Trial events.

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- Each team may have one (1) relay entry per relay event.
- Individual Entry Times
 - Enter the athlete's fastest time achieved during the qualifying period which is Thursday, February 1, 2024 thru the meet entry deadline.
 - Acceptable meets are: YMCA dual / tri meets, YMCA Invitational meets, YMCA Championship meets, USAS sanctioned and approved meets, and high school USAS observed meets.
- Relay Entry Times
 - Intact Relay During Current Season:
 - Enter the fastest time achieved during the current season (Sunday, September 1, 2024 thru the meet entry deadline).
 - This time belongs to the team and no additional qualifications are required.
 - Intact Relay During Extended Period:
 - Enter the fastest time achieved during the extended qualifying period (Thursday, February 1, 2024 thru Saturday, August 31, 2024).
 - All athletes must be eligible to compete at the meet and all swimmers must be entered in the meet.
 - Composite Relay:
 - Each athlete comprising the relay entry must be eligible to compete in the meet and must be entered into the meet.
 - Only additive times achieved during the individual qualifying period may be used for the composite qualifying time.
 - For the 200 Medley Relays and 200 Freestyle Relays, the team may use 400 Medley Relay and 400 Freestyle Relay qualifying times, respectively as described above, and will be treated as nonconforming entry times.
- Athletes with Physical Disabilities
 - All eligibility requirements must be met except the meet qualifying time.
 - An athlete with a disability must meet the Can-Am Para Swim time standard.
 - Use the Online Meet Entry system thru Swimcloud to enter the athlete. If a message appears that the qualifying standard is not met, contact the entry chairperson to have the entry accepted.
 - At check-in, advise the Meet Referee and Administrative Referee of any special requirements, especially special warm-up, seeding, or special assistance. Most likely the athlete will be seeded in the slowest heat of the event.
 - If the athlete has a chance of setting an American record, please note that possibility with your entry and inform meet management and the announcer prior to the event.
- Proof of Times
 - Fifteen percent (15%) of times not reconciled against the USA Swimming SWIMS database will be selected for proof of times.
 - Teams will be randomly selected and notified via e-mail within three (3) days after the meet entry deadline.
 - Coaches should be prepared to prove the times selected.
- Misstated Times

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- If a time is misstated in an event, the proven time will be accepted provided proof can be shown that the athlete's time is at or below the Time Standard for that event.
- A penalty fee for misstated times will be \$25.00 per individual event and \$50.00 for relays.
- There will be no penalty fee for misstated letters (Y, S or L).
- Entry Fees
 - Entry fees:

Athlete surcharge	\$20.00 per athlete
Relay only athlete surcharge	\$20.00 per athlete
Individual event fee	\$20.00 per event
Time Trials entry fee	\$25.00 per event
Relay event fee	\$50.00 per relay
Coach deck pass	\$30.00 per coach at on-line entry time
 - Number of coaches permitted per team

1-10 swimmers	2 coaches
11-20 swimmers	4 coaches
21-25 swimmers	5 coaches
26-35 swimmers	7 coaches
36 and over swimmers	8 coaches
 - Payment will be made by credit card or bank draft at the time of final team entry submission.
 - Checks and cash are not accepted. Do not send checks to YUSA.
 - Onsite additional charges will be billed at the end of the meet.

TIME TRIALS

- Basic Requirements
 - Open only to athletes entered in the Championship meet.
 - There are no qualifying standards for Time Trials.
 - Events offered each day generally include the events swum during that day's preliminaries session and the events to be swum during the following day's preliminaries.
 - Swimmers may only swim the stroke(s) and distance being contested in that event.
- Time Trial Limits
 - Each athlete may enter up to four (4) Time Trial events. The limit of three (3) total individual events (including Championship and Time Trial events) per day applies.
 - The 1650 Freestyle and 1000 Freestyle events may be limited to two (2) full heats of each gender.
 - The 500 Freestyle and 400 Individual Medley events may be limited to five (5) full heats of each gender.
 - Time Trial entries may be limited so the session will be completed by 2:45 PM each day.

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- The Time Trial Referee reserves the right to terminate the session at 3:00 PM.
- Entry Procedure
 - Online Entries
 - Online entries are made via Swimcloud. Note that Time Trials is treated as a separate meet from the Championship meet.
 - Online entries will be given priority in the event of time restrictions.
 - Payment is made via credit card at the time of entry.
 - Onsite Entries
 - See Handbook Part 2 for details regarding onsite entries.

AWARDS AND RECOGNITION

- Scoring will be as follows:

Place	Individual Events Points	Relay Events Points
1	20	40
2	17	34
3	16	32
4	15	30
5	14	28
6	13	26
7	12	24
8	11	22
9	9	18
10	7	14
11	6	12
12	5	10
13	4	8
14	3	6
15	2	4
16	1	2

- Event Awards
 - Medals will be awarded for places 1-8.
 - Ribbons will be awarded for places 9-16.
- Team Awards
 - Plaques or trophies will be awarded to the three (3) high point teams for men's and women's swimming teams.
 - A combined point award will be given to the team combining the highest total number of points from both men's and women's events. A team must have scored in both the men's and women's competition to be eligible.
 - The top team for men's, women's, and combined will also receive a banner.
- See the web site for details regarding submission and voting for the following:
 - Graduating seniors.
 - Coach of the meet.
 - Remembering those who have passed.

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- Joseph G Rogers award.
- Connie Carroll award.
- Adolph Kiefer youth character award.

VOLUNTEERS/OFFICIALS/TIMERS

- Volunteer Requirements
 - Volunteers will be required to register with the YMCA Data Collection Hub.
 - Volunteers will be required to have a background check dated on or after Wednesday, April 5, 2023.
 - Volunteers will be required to have completed athlete protection training (APT) on or after Friday, April 5, 2024.
 - Current USA Swimming membership showing background check and athlete protection training current thru the end of the meet satisfies this requirement.
- Certified Swim Officials
 - YMCA Level I, YMCA Level II, and USA Swimming certified officials are needed for all sessions of preliminaries, finals, and time trials.
 - Application can be made thru the link on the web site.
 - There is a mandatory meeting on Monday, March 31, 2025. In addition, there is a meeting before each preliminary and final session. See the Schedule of Activities for time and place.
 - Officials are asked to work as many sessions as possible, but at least 4 sessions during the week.
 - Registration of officials will be held at check-in where officials will receive the meet shirts and credentials.
 - Requested attire is:
 - The designated meet shirt (provided at registration), navy-blue slacks, pants, shorts, skorts or skirts (no shorter than 4 inches above the knee) for prelims.
 - A white oxford or polo shirt and long navy-blue pants. Please no shorts, skorts, or skirts.
 - Officials working at prelims will receive breakfast and lunch.
 - Officials' credentials will be valid for deck entry only for the sessions they are working but allow spectator access for other sessions.
- Timers
 - Timers should be 16 years or older and have experience timing at a YMCA meet.
 - Application can be made thru the link on the web site.
 - There is a meeting before each preliminary and final session. See the Schedule of Activities for time and place.
 - Timers who sign up and work at least 4 sessions will receive:
 - A meet shirt.
 - Credentials allowing deck entry for the sessions they are working and allow spectator access for other sessions.
 - A parking pass.
 - Registration of timers will be held at check-in where officials will receive the meet shirts and credentials.

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- Officials Training
 - The following courses will be offered prior to the start of the meet:
 - YMCA Swim Officials Trainer
 - YMCA Facilitation Skills for Trainers
 - YMCA Swim Officials Level I
 - YMCA Swim Officials Level II
 - YMCA Administrative Official
 - Registration is available on the YMCA Learning and Career Development Center (LCDC) web site.
 - See the Schedule of Activities for specific time and place of training.

CHECK-IN

- See the Schedule of Activities for specific time and location.
- The Head Coach (or Lead Coach) of each team will complete the check-in process prior to the start of the meet. At that time, the coach:
 - Receives a routing sheet with any outstanding meet requirements:
 - Required forms.
 - Proof of times.
 - Outstanding payments.
 - Receives the team packet.
 - May submit any scratches.
 - Exception report for oversubscribed swimmers.
 - Identify any swimmers with special needs.

FACILITY INFORMATION

- Competition Pools
 - There are two (2) 25-yard pools, separated by a bulkhead with depth of nine (9) to ten (10) feet available for competition.
 - 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, and properly positioned and anchored.
 - Lanes are nine (9) feet in width and are divided by non-turbulent lane lines with distinctive marks on each end to designate the 15-meter marks.
 - Omega starting blocks are utilized on each lane and include an adjustable track start mechanism for forward starts, a backstroke wedge for backstroke starts, and integrated relay judging pads for confirming early relay take-offs.
- Timing System
 - An Omega Quantum timing system is used on each pool.
 - Primary timing system will be fully automatic with pad finishes; secondary system will be semi-automatic with one (1) or two (2) button finishes; tertiary system will be manual with one (1) or two (2) watches per lane.
 - The timing systems are integrated with two (2) videoboards for displays.
- Warm-up Pools
 - A 25-yard diving well with 6 swimming lanes is available for warm-up and warm-down.

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- A separate nineteen (19) lane 25-yard pool is available for warm-up and warm-down.
- Athlete Seating
 - There is limited space and the pool deck cannot accommodate all the swimmers in the meet.
 - Overcrowding the pool area impacts air quality related issues.
 - The Athlete Village is available in the Special Activities Center.
 - Athletes are requested to stay in the Athlete Village when not swimming.
 - Ample space will be provided for each team.
 - Video monitors are available to keep track of the meet progress.

SPECTATORS

- Seating
 - Balcony off-deck seating is available for 1,848 spectators.
 - Handicap seating is available.
 - All seating is general admission.
 - Spectators for whom seats are being saved must be in their seats by 8:30 AM.
 - Camcorder operators' equipment is not permitted to take up seats in the spectator area.
- Concessions
 - Concessions will be available inside the Greensboro Aquatic Center. All concessions stands are now cashless.
- Merchandise
 - XXXX is the designated provider of meet apparel, swimsuits, goggles, general apparel, and other merchandise.
 - They will be in the Special Activities Center.
- Prohibitions
 - See USA Swimming Requirements for certain restrictions.
 - There is no flash photography at the start of any race. Strobe lights are being used for backup timing purposes and to aid hearing impaired athletes.
 - Spectators are not allowed on the pool deck.
 - Chairs may not be brought in for participants, coaches, or spectators.
 - Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
 - No coolers or outside food/beverages are allowed in the facility. Meet participants are allowed to bring small snack items that are stored in their backpacks or bags.
 - Participants, coaches, and volunteers may bring refillable water bottles. Refilling stations are available.

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- Admission Fees

- Online ticket purchases will be thru Ticketmaster.

ALL SESSION PASSES	Early Bird (Purchase before noon, 3/24/2025)	Standard (Purchase 3/24/25 thru 4/2/25)
Adult	\$89	\$115
Child (8-18)	\$50	\$60
Child Under 8	Free	Free

Note: Ticketmaster charges a \$7.00 fee for each online order.

- Onsite purchases at the meet.

Onsite Passes Available at the Box Office	Daily Prelims and Finals	Single Session
Adult	\$29	\$16
Child (8-18)	\$12	\$7
Child Under 8	Free	Free

- Parking

- All parking pass sales are cashless.
- All session parking passes are \$30 per car, SUV, or pickup truck.

Tuesday, April 1, 2025	9:00 AM – 3:00 PM	Special Activities Center
Wednesday, April 2, 2025	6:00 AM – 12:00 PM	Parking Lot Entrance
Thursday, April 3, 2025	6:00 AM – 12:00 PM	Parking Lot Entrance

- Daily Passes available Thursday, April 1, 2025 thru Friday, April 4, 2025 at the Parking Lot Entrance. Includes multi-entry for that day.

Car, SUV, pickup truck, small van	\$10
RV with 50-amp power	\$60*

- * \$60 per night with power plus \$15 flat fee for water.
- Parking is free for everyone on Monday, March 31, 2025.
- Officials and registered coaches will receive parking passes at meet check-in.



GREENSBORO AQUATIC CENTER

UPDATED SPECTATOR BAG POLICY

**For safety and efficiency, we recommend entering without a bag.
If necessary, guests are permitted to bring in *one* small bag
that meets the following guidelines.**

PERMITTED BAGS



Clear Vinyl or Plastic Bag
No larger than 12" x 6" x 12"



One-Gallon Clear Plastic Storage Bag



Small Clutch Bag
No larger than 4.5" x 6.5"
(Approximately the size of a hand)



Clear Vinyl or Plastic Backpack
No larger than 12" x 6" x 12"



Medical Bags*
No larger than 12" x 6" x 12"



Diaper Bags*
No larger than 12" x 6" x 12"

*** Medical bags, including diaper bags when accompanied by a child, will be inspected and tagged before entry.**

*** This is not a comprehensive list. The Greensboro Aquatic Center reserves the right to deny any bag at any time on a case-by-case basis.**