

# 2025 DSSL CHAMPIONSHIP MEET INFORMATION

Parent Reps and Coaches,

The following general information for the DSSL Championship meet on July 6<sup>th</sup> can be forwarded to swimmers and parents as a guideline of events. **Please ensure that parents and swimmers review the "fine print" on page 3.** GAC has enough lanes for everyone to warm-up at the same time so no need to split into 2 warm-up sessions this year; lane assignments for warm-up are provided at the end of this document. Regardless of warm-up lane assignment, swimmers will be permitted to dive from the starting blocks in the competition pool during the last 15 minutes of warm-up for Sessions I and III and the last 10 minutes of warm-up for Session II.

Here is the abbreviated timeline for each session:

## **Session I Sunday Morning [13-14, 15-18]**

|                                 |              |
|---------------------------------|--------------|
| ○ Officials/volunteers check in | 6:45 am      |
| ○ Deck opens                    | 7 am         |
| ○ Warm-up                       | 7:15-8:15 am |
| ○ Warm-up sprints               | 8:00-8:15 am |
| ○ Officials' meeting            | 7:45 am      |
| ○ Timers' / Runners' meeting    | 8:00 am      |
| ○ Session start                 | 8:30 am      |
| ○ Expected session completion   | 10:30 am     |
| ○ Deck Cleared                  | 10:33-11 am  |

## **Session II Sunday Midday [8 & Under]**

|                                                |                |
|------------------------------------------------|----------------|
| ○ Officials/volunteers check in                | 10:30 am       |
| ○ Deck opens, officials' meeting               | 11:00 am       |
| ○ Warm-up 1                                    | 11:15-11:45 am |
| ○ Warm-up sprints                              | 11:35-11:45 am |
| ○ Officials' meeting                           | 11:15 am       |
| ○ Timers' / Runners' meeting                   | 11:30 am       |
| ○ Session start                                | 12:00 pm       |
| ○ Expected relay start                         | 2:10 pm        |
| ○ Expected session completion                  | 2:22 pm        |
| ○ Coaches Relay(As long as we are on schedule) | 2:21-2:45 pm   |
| ○ Special announcements and awards             | 2:45 pm        |
| ○ Deck Cleared                                 | 2:55-3:15 pm   |

## **Session III Sunday Afternoon [9-10, 11-12]**

|                                  |              |
|----------------------------------|--------------|
| ○ Officials/volunteers check in  | 3:00 pm      |
| ○ Deck opens, officials' meeting | 3:15 pm      |
| ○ Warm-up 1                      | 3:30-4:15 pm |
| ○ Warm-up sprints                | 4:00-4:15 pm |
| ○ Officials meeting              | 3:45 pm      |
| ○ Timers' / Runners' meeting     | 4:00 pm      |
| ○ Session start                  | 4:30 pm      |
| ○ Expected session completion    | 7:23 pm      |

# **2025 DSSL CHAMPIONSHIP MEET INFORMATION**

July 6<sup>th</sup> GAC Natatorium

## **CHAMPIONSHIP MEET**

**Location:** Greensboro Aquatic Center (GAC)  
1921 West Gate City Boulevard  
Greensboro, NC 27403

**Parking:** Parking will be Free on Sunday, July 6th for the Durham Swim League Championship. Please enter the complex from the Paterson Street entrance only. The Drop and go point in-between the GAC and the Coliseum Special Events Center will be closed as well as the Drop and go (roundabout) directly in front of the GAC.

- |                            |                |
|----------------------------|----------------|
| • 2025 DSSL President:     | Leanne Owens   |
| • DSSL President-Elect:    | Michelle Moss  |
| • Champs Meet Coordinator: | Starr Husketh  |
| • Treasurer:               | Mike Griffin   |
| • Statistician:            | Kristin Weaver |
| • Officials:               | Arleen Song    |
| • Awards:                  | Kat Murray     |
| • Public Relations:        | Kai Sung       |

**NAME TAGS MUST BE WORN TO GAIN ENTRY TO THE POOL DECK**

**GAC is a Cashless Facility so plan accordingly!**

**GAC also has a clear bag policy for spectators. This does not apply to athletes.  
Permitted Bags are found at the end of this document.**

Meet will be streamed on the GAC YouTube channel at no charge:  
[https://www.youtube.com/@GreensboroAquaticCenter\\_](https://www.youtube.com/@GreensboroAquaticCenter_)

## Rules:

### GAC Facility-Specific Rules:

- Entrance is only permitted at the doors by the box office.

### Safe Sport Policy:

- No coaches or spectators in locker rooms, pool deck, or Training Pool area.
- No athletes in Training Pool locker rooms or in meeting rooms including Hospitality.
- Swimmers must not swim under the bulkhead in either the Competition or Training Pool.

### Facility Restrictions:

- No swimmers hanging on lane lines.
- The Recreational Pool, camera risers, and diving platforms under the springboard are off-limits.
- No chairs or coolers are allowed in the facility.
- No outside food or drinks (morning coffee or energy drinks are the only exceptions).
- Volunteers must have visible credentials.

### Amenities & Logistics:

- Gender-neutral locker rooms are available.
- Event will be streamed on YouTube Live.
- Warm-up/cool-down lane usage must in approved areas. Pre-Meet warm will be assigned.

During the meet, Session I only can use both the pool closest to the scoreboard and the dive well.

All other sessions will only be allowed to use the pool closest to the scoreboard.

- Concessions are available, but the facility is CASHLESS.

### LEAGUE/Facility RULES:

- **Have fun, make sure the Swimmers have fun!**
- Good sportsmanship is a core value of DSSL. Please encourage athletes, coaches, and all team representatives to always exhibit good sportsmanship. Cheer for your teammates and friends, but please refrain from derogatory words or actions towards others. Any instances of poor sportsmanship should be reported immediately to meet officials and may result in the disqualification or penalization of the swimmer(s) and/or team(s) involved.
- GAC follows USA Safe Sport Policies so only athletes are allowed in locker rooms. No Coaches, spectators or volunteers are allowed in the locker rooms.
- Coaches are required to submit the names of their relay swimmers at the start of the **meet** (before Session I). Each team will have a relay card inside their coaches' packet at the volunteer table for the head coach to fill out. Any changes to relay participants must be communicated to meet officials prior to the start of the relay.
- Volunteers are asked to sign in 60 minutes prior to session start time; anyone not signed in 40 minutes prior to the session will be substituted with an available volunteer. Volunteer check-in will be under tents on the sidewalk in front of GAC beside the volunteer entrance.
- Individuals helping with volunteer check-in are asked to arrive 30 minutes prior to the session check-in time for other volunteers.
- Officials will meet prior to the start of each session as indicated on the timeline on page 1, unless provided a different time by the official's chair, Arleen Song.
- Timers and Runners will meet 30 minutes prior to the start of each session as indicated on the timeline on page 1.
- Concessions are available, but GAC is a cashless facility. Please plan appropriately.
- **NO FLASH PHOTOGRAPHY at any time.**
- No noise makers including cow bells, whistles, clappers etc.
- No chairs are allowed in this facility other than a stadium chair or cushion.
- No coolers or outside food is allowed in the facility. (Swimmers can pack snacks and water bottles but they must be in their swim bag.)
- Each team will have an assigned seating area. Do not impinge on other teams' areas! Signage will be used to mark each team's area. Swimmers who are not swimming in a session must be in

the spectator area and cannot be on deck (unless they are serving in another officially designated role, e.g., as a coach or timer). (See diagram for seating assignment at the end of this document.)

- Warm up in your team's assigned lanes (see the end of this document for lane assignments). Please be courteous when warming up – there may be up to 10-15 swimmers in a lane, and some lanes will be shared by two teams! Session I & III will be allowed 15 minutes for practice starts and Session II will be allowed 10 minutes.
- Relay swimmers who are not otherwise swimming in session 2 may come between 1:15 and 1:30. Passes were given to parent reps at the seed meeting. Make sure your relay swimmers have been given their pass ahead or plan for a team representative to meet them outside to distribute the passes. There will only be 8 per team available since the 7-8 swimmers will already be on deck. They will not be allowed on deck until 2:15. They may warm up in the designated warm-up/warm-down lanes prior to the relay.
- If time permits, there will be a coaches' relay (4x25 medley relay, standard order – back/breast/fly/free) immediately following session II.
- **Clean up your individual area prior to leaving.**
- **ONLY VOLUNTEERS, COACHES AND SWIMMERS are allowed on the pool deck.**
- Teams are encouraged, especially for the 8 & Under session, to have a designated meeting area outside of GAC to gather and help the younger swimmers get on deck.
- No adults (parents or others) are allowed on deck unless they are volunteering and have nametags. Swimmers in sessions I and III are old enough to make their way from their respective pool areas. Swimmers in session II who have completed their event(s) may be escorted out to their parents/guardians by team parent representatives. Each team is responsible for coordinating this with their parents/guardians
- **T-shirts and heat sheets will be available for purchase outside the spectator area before each session, while supplies last. The cost is \$20 each, except for size 2X, which is \$25. Cashless payments only.**
- Swimsuits and caps sporting a non-DSSL team logo are prohibited. Remind swimmers that tie-back suits are NOT permitted.
- No chalk or bark drawings on the sidewalks around GAC. No balloons are permitted in the facility
- Signs and banners can ONLY be hung with PAINTERS TAPE or by using the provided clips on the walls behind the athlete benches.
- No use of GAC equipment other than that set up specifically for use during the swimming meet. Swimmers are not permitted on the diving platforms under the springboard, in the recreational pool or on the camera risers. Swimmers should NOT Swim under the bulkhead in the competition or training pool
- Athletes are not allowed in the Training Pool locker rooms or in any meeting rooms, including Hospitality. (THIS IS A FACILITY RULE)
- **Coaches are not permitted in the clerking area. Please remain with your team or stay behind the starting blocks.**
- GAC does not have a false start rope. Each team needs to have a coach or designated swimmer prepared to jump into the pool in the event of a false start.
- Video will NOT be used in review of an officiating call.
- Whistle protocols (rather than verbal commands) will be used for all starts.
- 13 & Over Swimmers have the option to use the backstroke ledge for their starts. This is NOT a requirement and is not recommended for swimmers who have never used a ledge.
- DSSL will provide stopwatches for all Timers.
- Any medically related scratches must be turned into the Admin Table at least one hour before the start of the relevant Championship Meet session to avoid a penalty. The penalty fee is \$10 per swimmer per event that they No Show.

# 2025 DSSL Champs Meet

## Session I (13-14, 15-18) Warm-Ups

Warm-up: 7:15-8:15 am

|                  | Lane # | Team     | Swimmer #'s |
|------------------|--------|----------|-------------|
| Competition Pool | 1      | BHR/TREY | 5/4         |
|                  | 2      | TREY     | 10          |
|                  | 3      | HVF      | 10          |
|                  | 4      | HVF/GF   | 5/5         |
|                  | 5      | GF       | 10          |
|                  | 6      | VANCE/WC | 7/3         |
|                  | 7      | WC       | 10          |
|                  | 8      | WC       | 10          |
| Scoreboard Pool  | 1      | JCC/UP   | 7/3         |
|                  | 2      | UP       | 10          |
|                  | 3      | UP       | 11          |
|                  | 4      | HVCC/FF  | 6/4         |
|                  | 5      | FF       | 10          |
|                  | 6      | HARD/ENO | 6/4         |
|                  | 7      | ENO      | 10          |
| Bulkhead Lanes   | 1      | BST      | 10          |
|                  | 2      | CCC      | 10          |
| Divewell Lanes   | 1      | PW       | 10          |
|                  | 2      | PW       | 9           |
|                  | 3      | PW       | 9           |
|                  | 4      | PW       | 9           |
|                  | 5      | DFC      | 9           |
|                  | 6      | DFC      | 9           |
|                  | 7      | DFC      | 9           |
|                  | 8      | FO       | 9           |

# 2025 DSSL Champs Meet

## Session II (6 and unders, 7-8) Warm-Ups

Warm-up: 11:15-11:45 am

|                  | Lane # | Team      | Swimmer #'s |
|------------------|--------|-----------|-------------|
| Competition Pool | 1      | BHR/TREY  | 6/5         |
|                  | 2      | TREY      | 12          |
|                  | 3      | HVF       | 11          |
|                  | 4      | HVF       | 11          |
|                  | 5      | HVF/FF    | 3/8         |
|                  | 6      | FF        | 11          |
|                  | 7      | CCC/GF    | 9/2         |
|                  | 8      | GF        | 11          |
| Scoreboard Pool  | 1      | UP        | 12          |
|                  | 2      | UP        | 12          |
|                  | 3      | UP        | 13          |
|                  | 4      | HARD/ENO  | 7/3         |
|                  | 5      | ENO/VANCE | 3/7         |
|                  | 6      | BST/JCC   | 7/3         |
|                  | 7      | JCC       | 11          |
| Bulkhead Lanes   | 1      | HVCC      | 11          |
|                  | 2      | HVCC      | 11          |
| Divewell Lanes   | 1      | PW        | 11          |
|                  | 2      | PW        | 11          |
|                  | 3      | PW        | 10          |
|                  | 4      | DFC       | 10          |
|                  | 5      | DFC       | 10          |
|                  | 6      | WC        | 11          |
|                  | 7      | WC        | 11          |
|                  | 8      | FO        | 10          |

# 2025 DSSL Champs Meet

## Session III (9-10, 11-12) Warm-Ups

Warm-up: 3:30-4:15 pm

|                  | Lane # | Team     | Swimmer #'s |
|------------------|--------|----------|-------------|
| Competition Pool | 1      | BHR/BST  | 7/5         |
|                  | 2      | BST      | 12          |
|                  | 3      | FO/TREY  | 9/3         |
|                  | 4      | TREY     | 12          |
|                  | 5      | VANCE/FF | 10/3        |
|                  | 6      | FF       | 13          |
|                  | 7      | GF       | 14          |
|                  | 8      | GF       | 14          |
| Scoreboard Pool  | 1      | CCC/UP   | 8/5         |
|                  | 2      | UP       | 13          |
|                  | 3      | UP       | 13          |
|                  | 4      | HVF      | 12          |
|                  | 5      | HVF      | 11          |
|                  | 6      | HVF      | 11          |
|                  | 7      | JCC      | 14          |
| Bulkhead Lanes   | 1      | ENO      | 12          |
|                  | 2      | HVCC     | 11          |
| Divewell Lanes   | 1      | PW       | 13          |
|                  | 2      | PW       | 14          |
|                  | 3      | PW       | 14          |
|                  | 4      | DFC      | 14          |
|                  | 5      | DFC      | 14          |
|                  | 6      | HARD/WC  | 4/7         |
|                  | 7      | WC       | 11          |
|                  | 8      | WC       | 12          |









Greensboro Coliseum Complex

# UPDATED BAG POLICY

For safety and efficiency, we recommend entering without a bag.  
If necessary, guests are permitted to bring 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. Greensboro Coliseum Complex reserves the right to deny any bag at any time on a case-by-case basis.

Please visit [greensborocoliseum.com/bags](https://greensborocoliseum.com/bags) for more information