



2023 YMCA NATIONAL LONG COURSE SWIMMING CHAMPIONSHIP

COMPETITION DATES: Tuesday, July 25 – Saturday, July 29
LOCATION: Greensboro Aquatic Center
1921 W. Gate City Blvd.
Greensboro, NC
(336) 315-8498
ENTRY DEADLINE: Monday, July 17 – 9:00 pm ET
HOSTED BY: YMCA of the USA
MEET WEB PAGE: [2023 YMCA LC Nationals Web Page](#)
PARADE THEME: Neon

The YMCA National Long Course Championship celebrates athlete's achievements, promotes positive relationships and creates a sense of belonging for athletes, coaches, volunteers and families.

SANCTION/APPROVAL

This meet is Sanctioned by YMCA of the USA as a closed YMCA inter-association championship Meet.

This meet is Approved by USA Swimming/North Carolina Swimming LSC.
Championship Approval #NC23146AP
Time Trial Approval #NC23146TTAP

In granting this approval it is understood and agreed that 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.

Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.

SCHEDULE

Monday, July 24

TBD

12:00 pm – 6:00 pm

4:00 pm – 6:00 pm

Pool open for warm-up

Meet Check-In in Events Center

Pre-meet Meetings (coaches, officials)

Tuesday, July 25

7:00 am – 8:45 am

9:00 am

Not before 12:00 pm

4:00 pm – 4:50 pm

4:50 pm

5:15 pm

Warm-up

Preliminaries begin

Time Trials begin 30 minutes after conclusion of Preliminaries

Warm-up

Opening Ceremonies & Parade of Athletes

Finals begin

Wednesday, July 26 – Saturday, July 29

7:00 am – 8:45 am	Warm-up
9:00 am	Preliminaries begin
Not before 12:00 pm	Time Trials begin 30 minutes after conclusion of Preliminaries
4:00 pm – 5:00 pm	Warm-up
5:15 pm	Finals begin

FACILITY

- Greensboro Aquatic Center features four pools:
 - 8-lane, 50-meter competition pool, 9'-10' depth
 - 6 lane- 25-yard warm-up/down teaching pool (will not be available for YMCA use during the meet)
 - 25-yard diving well with 6 swimming lanes; 8-lane, 50-meter training pool with additional 2 x 25-meter lanes.
 - The competition course has been certified in accordance with USA-S 104.2.2C (4). The copy of such certification is on file with USA Swimming.
- Off-deck permanent bleachers for 1,848. Spectators are not permitted on the pool deck or in the Athlete Village.
- Event Center adjacent to the Aquatic Center features meeting rooms, the meet vendor and Meet Check-In
- Athlete Village is located in the Event Center
 - Athletes stay in the Athlete Village with their teams when not swimming.
 - The pool deck cannot accommodate all the swimmers entered in the meet and overcrowding the pool area impacts air quality related issues.
 - Everyone is responsible for their personal belongings. Swimmers should never leave any of these items unattended.
- Limited Wi-Fi is available at no charge to coaches.

MEET MANAGEMENT

Championship Meet Committee

YMCA of the USA authorizes the Championship Meet Committee, led by the Meet Director, to plan, operate and manage this national championship meet.

Adjustments To the Meet Announcement

The Championship Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA National Championship and USA-S Approved meet can be changed.

Covid-19 Related Protocol

For the health and safety of everyone involved in this event, all protocols and procedures as required by local and state health authorities, YMCA of the USA, the Greensboro Aquatic Center, and the NC Swimming LSC will be followed. Changes to protocols and procedures will be communicated promptly.

Key Contacts

Meet Director: John Richards, johnrich1961@gmail.com

Meet Referee: Judy Sharkey, jmsharkey@aol.com

Administrative Referee: Robert Johnson, johnsra@comcast.net

Coaches Representative: Mike Leonard, Mleonard@cincinnatiymca.org

Officials Coordinator: Ted Rauth, tedrauth@aol.com

Eligibility Chair: Jim Ryan, jim.ryan@ymca.net

Entry Chairperson: Steve Lyons, apupa56@gmail.com
Greensboro Aquatic Center: David Hoover, David.Hoover@greensboro-nc.gov
Insurance: finance@ymca.net
Hotel and Lodging: CVB Housing Manager, mwithrow@visitgreensboronc.com

ELIGIBILITY

Athlete Eligibility

- **YMCA Membership**: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet.
- **Representation**: 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.
- **Amateur Status**: An athlete may not have 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.
- **Unattached Athletes**: There is no unattached status in YMCA Swimming.
- **Age**: An athlete must be at least twelve (12) years of age, and not older than twenty-one (21) years of age on the first day Meet.
 - Athlete's age is determined by their age on the first day of the meet.
- **YMCA Meet Participation**: Since September 1, 2022, each athlete must have competed in a minimum of -
 - three (3) closed YMCA inter-association meets
 - The Tom Warrick YMCA Annual Virtual Invitational Meet may be counted as one of the inter-association meets.
 - one (1) sanctioned YMCA championship meet
 - Note: a sanctioned YMCA championship meet cannot be counted as both the sanctioned meet required and one of the inter-association meets required.
 - Refer to the current version of the [Swimming Addendum to the Rules that Govern YMCA Competitive Sports](#) for requirements and definitions of YMCA inter-association and sanctioned championship meets.
- **Qualifying Times**: An athlete must have achieved the minimum qualifying time standard, during the period of July 1, 2022 through the entry deadline, for each event in which he/she enters. Refer to Appendix B for meet qualifying times.
- **Athletes with Disability**:
 - Must meet the Can-Am Para Swim time standards
 - All other YMCA eligibility requirements (Y membership, meet participation, representation) apply.
- **YMCA with No Swim Team**: If a YMCA does not sponsor a competitive swimming team, an eligible athlete from that YMCA may participate in the National Championship Meet representing his/her own YMCA, provided the entry is approved by that YMCA's executive director or CEO, the regional representative in that region and by the Championship Meet Eligibility Committee.
- **Eligibility Questions**: Questions concerning athlete eligibility should be directed to Jim Ryan (jim.ryan@ymca.net), Chair of the Meet Eligibility Committee.
- **Eligibility Waiver Requests**: Submit online [Eligibility Waiver Request](#) as soon as possible and no later than the entry deadline.
- **Eligibility Protest**: Coaches should be prepared to provide proof of their athletes' meet participation and qualifying times if a protest is filed.

Coach Eligibility

- Each coach must hold current certifications in -
 - BLS or Professional Rescuer CPR (updated annually)
 - 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

*A list of the acceptable certifications can be found at

<https://www.teamunify.com/team/yusa/page/system/res/78795#coach>

- Complete [Annual YMCA Coach Registration](#) prior to July 1, 2023 (This will not be available on-site)
- Clear a background screening within the past 2 years. This background screening is the responsibility of the coach and his/her YMCA. Currently registered members of USA-S will have already met this requirement.
- Enter the meet as a coach during the team entry process through SwimCloud.

Teams without a coach at the meet

All athletes and teams must have at least one certified and credentialed YMCA coach designated as responsible for their supervision at the competition venue. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. Use the Coach Authorization form, which will be posted on the meet web page.

Team Eligibility

- Complete the [Annual YMCA on-line Team Registration](#)
 - Note: This is required for participation in YMCA sanctioned meets so this should have been completed by Dec. 1 so that the team's swimmers could meet eligibility requirements.
- Each YMCA has a current and correct Certificate of Liability Insurance, in effect through the last day of the meet, on file with the YMCA of the USA. Refer to [sample form](#) for requirements. Send to finance@ymca.net

ENTRY INFORMATION

Entry Deadline: Monday, July 17, 2023, 9:00 PM ET

Official Entry

- All entries must be made through the SwimCloud ON-LINE MEET ENTRY system.
- Relay-only swimmers (not entered in an individual event), must pay the athlete surcharge. Athletes without an individual entry must swim in at least one relay.

Instructions available: <https://www.swimcloud.com/results/253133/>

Event Limits

- Each athlete may compete in a maximum of five (5) individual events and five (5) relay events. This does not include Time Trials.
- There is no limit to the number of events the athlete may enter.
- Each team may only have one entry in each relay event.
- A swimmer may swim no more than 3 individual events per day in a Prelims/Finals meet. Time Trial events count toward this daily total. (USA-S rule 102.2.2 and 102.2.7)

Entry Times

- No Times (NT) are not accepted.
- Enter the athlete's or relay's fastest time achieved during the current qualifying period. (USA Swimming Rule 207.9.4.A)
- Events will be seeded with long course meter entry times as the fastest times followed by short course meter entry times and then yard entry times.
- Time conversion is not permitted.
- High school times used for meet entry must have been achieved at USA-S observed high school meets.

Entries For The 50 Meter Backstroke, Breaststroke and Butterfly: To compete in the 50-Meter Backstroke, Breaststroke or Butterfly, a swimmer must have achieved the qualifying time for the 100- or 200-Meter distance in that stroke.

- If the swimmer is not entered in the 100- or 200-Meter distance for that stroke in the meet, then the coach must be able to prove that 100 or 200 Meter qualifying time at Meet Check-in.
- Entry time for the 50 must be a 50-Meter or 50-Yard time, not a 100 or 200 time.
- Coach must be able to prove the entry time using:
 - an actual time achieved in the stroke and distance during the qualifying period or
 - a time achieved in the initial leg of a relay or
 - a time achieved over an initial distance in a longer race.

Bonus Distance Event

If a swimmer qualifies for either the 800 Freestyle or the 1500 Freestyle, but has not qualified for the other distance Freestyle event, the swimmer may enter that other event by achieving the bonus ("B") qualifying standard in it.

Entries are accepted in the following order:

- All A qualifying times.
- All B qualifying times from swimmers who have an A qualifying time in the other distance Freestyle event.
- If there are fewer than 32 entrants, swimmers with a B qualifying time in that event will be added to fill out the heats.
- If there are more than 32 entrants meeting the above qualifying standards, swimmers with a B qualifying time in that event will be added to fill out the last heat.

Coaches will be notified at Meet Check-in if their swimmer has been selected.

All swimmers entered are eligible to score points and earn awards.

Relay Entries

Relay teams and times may be entered in one of the following ways -

- Intact Relay from the current season (time achieved between September 1, 2022, and entry deadline) – The time belongs to the team and may be entered without additional qualifications.
- Intact Relay with time achieved between July 1, 2022 and entry deadline – All athletes on the relay team that achieved that entry time must be eligible to compete at the 2023 YMCA National Long Course Championship Meet and all four swimmers must be entered in the meet.
- Composite Relay – Each athlete comprising the relay entry must be eligible to compete at the 2023 YMCA National Long Course Championship Meet and their names must appear on the team entry.

Athletes With a Disability

- See *Athlete Eligibility* section for eligibility requirements.
- Use Online Meet Entry system through SwimCloud. You will get an error message saying that your athlete's time does not meet the time standard. Contact the entry chairperson to have your entry accepted. When possible, your athlete will be seeded in the slowest heat of the event.
- At Meet Check-in, let the Meet Referee and Administrative Referee know that you have an athlete(s) with a disability on your team.
- Inform the appropriate Deck Referee prior to your swimmers' individual events.
- If your athlete has a chance to set an American Record inform meet management and the announcer prior to the event. If a record is achieved, please follow up with meet management to complete the necessary reporting process.
- If your athlete needs additional support (i.e., S4 classification or lower) with warm-up space or other accommodations when racing, let the deck referee know what accommodations might be required.

Additional Entries

- Permitted **ONLY** according to these requirements:
 - New qualifying times achieved at sanctioned USA Swimming meets contested between July 17 and July 23. Includes new swimmers and new events for an entered swimmer.
 - Athlete must have already met all eligibility criteria except Qualifying Time.
 - Teams must have already submitted and paid for team entry by the meet entry deadline.
 - Updated entry times for events already entered are **NOT** allowed.
- Send email to ynatsentries@gmail.com by July 23, 2023 with swimmer name(s), new event(s) and time(s).
- Coach must present meet results (prove times) and submit payment for events at Meet Check-in. Payment will be made by credit card through an invoice created in SwimCloud.
- Athlete/Parent must complete all required forms online prior to Meet Check-in.

Entry Fees

Athlete surcharge:	\$20.00 per entered athlete (including Relay-only swimmers)
Individual event fee:	\$20.00 per event
Time Trials	\$25.00 per event
Relay Event Fee:	\$50.00 per entered relay
Coach Deck-pass:	\$30.00 per identified 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 by credit card or bank draft at the time of final team entry submission.
- Checks and cash are NOT accepted.
- **Do not mail checks to YMCA of the USA.**

Required Forms and Attestations

The following are completed electronically and are required by Friday, July 21, 2023. These will be available on the meet web page.

- CEO/Executive Director Declaration Form – Verifies YMCA membership of athletes, coaches' background checks, coaches' certifications, YMCA insurance coverage

- Athlete/Parent Attestation – Code of Conduct, General Liability Waiver, Photo/Video Release, Concussion Awareness, COVID Acknowledgement
- Coach Attestation – Code of Conduct, General Liability Waiver, Photo/Video Release, Concussion Awareness, COVID Acknowledgement
- Certificate of Insurance – Must be on file with Y-USA and valid through July 29, 2023. See *Team Eligibility* section.

Coach's Meet Entry Checklist

- Annual YMCA Team & Coach Registrations completed by July 1, 2023
- Each coach has valid certifications through July 29, 2023
- Each coach has cleared a background check within the last two (2) years
- Each coach is entered and paid with the team entry on SwimCloud
- YMCA's Certificate of Insurance is on file at the YMCA of the USA and valid through July 29, 2023
- Championship Meet Entries submitted prior to 9:00 pm ET on Monday, July 17, 2023
- Time Trials Meet Entries submitted prior to 9:00 pm ET on Thursday, July 20, 2023
- All Meet entry fees (Championship Meet and Time Trials) paid by Friday, July 21, 2023
- CEO/Executive Director Declaration Form submitted electronically by Friday, July 21, 2023
- All Attestation documents – Coaches, Adult (18&O) Athletes, Parents of Minor (Under 18) Athletes – submitted electronically by Friday, July 21, 2023.
- Graduating Seniors information submitted for team by Saturday, July 15, 2023

Psych Sheets

- Available on the National Championship web page.
- Address any entry time issues at Meet Check-in.
- Do not contact the Meet Director or Entry Chairperson prior to Meet Check-in.

Proof Of Times

- 15% of entry times not reconciled against the USA Swimming SWIMS database will be selected for Proof of Times, to be completed during Meet Check-In.
- The teams randomly selected will be notified via email within 3 days after the Entry deadline.

MEET CHECK-IN

- Located in Event Center, Meet Check-In Room. Refer to Schedule of Activities for times.
- Head coach (or coach in charge) of each team completes Meet Check-In prior to competition.
 - Receives routing sheet with any outstanding meet requirements indicated (forms, payments, proof of times)
 - Resolves outstanding issues, if necessary
 - Receives team's meet packet and any athlete and/or coach gifts
 - May submit scratches during Meet Check-In on Monday, July 24

New Coaches Meeting

- All coaches welcome, especially those new to YMCA National Championship Meet
- Monday, July 24 – See Schedule of Activities for time and location.

Coaches Meeting

- Monday, July 24 – See Schedule of Activities for time and location.
- At least one coach from each team should attend
- There will be a videocast of the meeting for coaches who cannot attend in person.

AWARDS AND RECOGNITION

Scoring

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

1st – 8th Places - Medals

9th – 16th Places - Ribbons

Plaques will be awarded to winning relay teams.

Plaques/trophies will be awarded to the three high point scoring 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 events to place for the combined award). The top team for men, women and combined also receives a banner.

Award Presentations

- Awards are presented for each event on the evening that the event is swum in Finals.
- **Award presentations will not wait for all athletes to report.**
- Individual Awards:
 - Awards are presented immediately following the D-Final heat of each individual event
 - Athletes in the B and A Final heats report to the awards staging area immediately after competing.
- Relay Awards:
 - Awards are presented immediately following the A-Final heat of the Men's relay event. (ex. Women's relays swim, Men's relays swim, Women's relays are awarded, Men's relays are awarded)
- If a swimmer is unable to participate in the ceremony, a substitute swimmer may stand in; however, any switching of swimmers should not interfere with the presentation of awards.
- All award winners must wear a shirt with sleeves or jacket (team warm-up jacket). No caps, towels, water bottles, costumes, or theme attire are permitted on the awards stand.
- The coach of the winning swimmer will present the awards to all swimmers unless there is a celebrity presenter; in this case, the coach will co-present to the winning swimmer and the celebrity presenter will present to places two through sixteen.

Graduating Senior Recognition

- Played on video board prior to the Prelims session on Thursday, July 27.
- Names will also be included in the Thursday program/heat sheet.
- Submit photo and future plans for video board by July 15, 2023 to ymcalongcourseseniorinfo@gmail.com

Larry Lyons Coach of The Meet Award

(Given in memory of Larry Lyons, a former coach of the M. E. Lyons YMCA swim team)

- Recognizes extraordinary team performance at the meet
- Coaches vote for recipient through Prelims on Saturday, July 29.
- Winner announced prior to Finals on Saturday, July 29.

SPECIAL EVENTS

Parade Of Athletes

- Prior to Tuesday Finals, athletes and officials will assemble and parade around the pool for Opening Ceremonies. Athletes are encouraged to wear YMCA appropriate and respectful team attire related to the Parade theme. This year's parade theme is **NEON**.
- Coaches and team leaders are responsible for ensuring that the parade remains a mature, tasteful, respectful and YMCA-appropriate activity.

TIME TRIALS

- Open only to athletes entered in the Championship meet.
- Time Trial Sessions begin approximately 30 minutes after conclusion of Prelims each day. Each athlete may enter up to five (5) Time Trials events for the meet.
- Fee is \$25 per event entered. No refunds.
- No qualifying standards for Time Trials.
- Events offered each day include the events swum during that day's Prelim session and the events to be swum during the next day's Prelim session.
- Results posted on Meet Mobile as a separate meet from the Championship Results.

Time Trial Limits

- The 1500 free and 800 Free Time Trials are limited to 2 heats of 8 entries of the fastest seeded swimmers per gender. The 400 Free and 400 IM Time Trials are each limited to 5 heats of 8 entries of the fastest seeded swimmers per gender.
- Time Trial entries may be limited so that the Time Trial session will be complete by 2:45PM each day.
- We reserve the right to terminate the Time Trial session if not completed by 3:00 PM. This is necessary to ensure an orderly transition to the evening Finals Session.
- A swimmer may swim no more than 3 individual events per day in a Prelims/Finals meet (USA-S Rule reference 102.2.2 and 102.2.7). This includes Time Trials.
- An athlete may only swim the stroke being contested in a Time Trials event, e.g., an athlete may not swim backstroke in a breaststroke event in Time Trials.

Time Trial Entries

- Online entry:
 - <https://www.swimcloud.com/results/269245/>
 - Strongly encouraged and will be given priority in the event of time restrictions.
 - Deadline is Thursday, July 20.
 - Separate meet entry from the Championship meet entry.
 - Payment is made at time of entry by credit card only.
- Onsite entry:
 - Entry forms available at the HELP Desk or the Time Trial Desk.

- Coach's signature required.
- Teams will be invoiced through SwimCloud for all Time Trial entries made during the meet. A report will be available for each team.
- No cash accepted at the meet.
- An athlete may switch Time Trial events, without incurring an additional fee, prior to the close of Time Trial entries for the day.

Scratching From Time Trials

Please inform the Time Trials Desk to accommodate other athletes and to increase the efficiency of the Time Trials.

Time Trial Procedure

- 10:00 AM each day – Entries close for that day's events.
- Approximately 11:00 AM each day – Notice is posted at the Time Trial office and at the HELP Desk indicating which of the day's events are expected to swim.
 - If time is not available for all scheduled events, athletes entered in the canceled events will be permitted to change their entries to Time Trial events offered on a subsequent day at no cost.
- Approximately 11:00 AM each day - Psych sheet posted
 - Coaches should review the psych sheet to ensure entries are correct.
 - Report errors immediately to the Time Trials Desk.
- Approximately 11:30 AM each day - Time Trials Desk will stop taking updates and begin the seeding process for the Time Trials.
 - If an error is discovered after Time Trials have been seeded, an athlete will only be entered into an event if there is an empty lane.

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

Insurance

Each participating YMCA Association participating in this meet is required to have insurance coverage for their representative(s) including leadership and participants who will be in attendance for the period of travel from their Association to the meet, during the entire period of the meet and return to their Association.

Insurance certificates must be on file at YMCA of the USA. See *Team Eligibility* section for sample and instructions.

Greensboro Aquatic Center Policies

It is a violation for any patron to not comply with any written or oral rules, regulations, or requirements imposed by Greensboro Aquatic Center personnel. Personal conduct in and around the aquatic facilities must be such that the safety of self and others is not jeopardized. Any such violation may result in immediate removal from the facility.

Emergencies

Greensboro Aquatic Center personnel will respond to all emergencies during the meet. Any coach, athlete or volunteer who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity is clear for the emergency personnel to respond.

Concussion Awareness

- This meet will follow the [YMCA of USA Concussion procedure](#).
- All coaches, adult athletes, parents of minor athletes and all volunteers are required to read the Concussion protocol and attest to it during entry/registration.

Lightning Policy

- The Greensboro Aquatics Center is grounded and bonded and has a certificate on file with the YMCA of the USA.
- During the event, the on-site support team will follow all safety precautions and evacuation plans that may be implemented by the Greensboro Aquatic Center due to weather concerns.

VOLUNTEERS/OFFICIALS/TIMERS

Important Note: All volunteers must have cleared a background screening (through USA Swimming or YMCA of the USA) in the last two years and complete an approved athlete protection training (through USA Swimming or the YMCA) within the past year. See Appendix for more details.

Certified Swim Officials

- YMCA Level I, YMCA Level II and USA-S certified officials are needed for all sessions - Prelims, Finals and Time Trials.
- Officials are asked to work as many sessions as possible, but at least four sessions over the course of the week.
- Officials working at Prelims sessions will receive breakfast and lunch in the Hospitality Room.
- Complete the application form available on the meet web page.
- Complete or update [YMCA National Youth Event Volunteer Registration](#) (once annually).
- Register onsite at Meet Check-In to receive credentials and shirts. See schedule in *Schedule of Activities*. Officials will be provided with instructions and schedule prior to the meet.
- Attend mandatory meeting on Monday, July 24 as well as meetings prior to the start of each meet session in which the official is working.
 - Officials working at the YMCA National Championship Meet for the first time will have a New Officials Meeting on Monday, July 24.
- Attire:
 - Prelims - Designated meet shirt (provided at officials' registration) and khaki slacks/pants, shorts, skorts or skirts (no shorter than 4" above the knee).
 - Finals - White Oxford or polo shirt and long navy-blue pants. No shorts, skorts or skirts.
- Official's credentials must be displayed at all times. Officials are only admitted to the deck for sessions that they are working.

Timers

- Should be sixteen years or older and have experience timing at a YMCA meet.
- Timers who sign up and work at least four (4) separate meet sessions will receive:
 - An all-session parking pass
 - Meet shirt
 - Meet credential that will allow access to the spectator seating area for sessions when you are not timing.
- Complete the application form available on the meet web page.
- Complete or update [YMCA National Youth Event Volunteer Registration](#) (once annually).
- Register onsite at Meet Check-In to receive credentials and shirt. See schedule in *Schedule of Activities*.
- Attend mandatory meeting on Monday, July 24 (if possible) as well as timer's meetings prior to the start of each meet session in which the timer is working.

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

More information is available on the [officials page](#) of the YMCA Swimming and Diving website or in the YMCA's Learning and Career Development Center ([LCDC](#)).

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 2023 YMCA National Long Course Championship.
- Use the [Hotel Reservation link](#)
 - Reserve rooms by **June 23, 2023** for reduced rates.

SPECTATORS

Spectator Seating Area

- The upper-level stands are primarily for spectators.
- Spectators always have priority seating over coach/team/swimmer seating in the spectator seating area.
- All seating is General Admission.

Handicap Seating

- Handicap seating is available in the Spectator Area.

Admission Fees

Online Purchases through Ticketmaster: Link available on the meet web page
Ticketmaster will stop selling All Session admission passes on July 25, at 7PM.

ALL-SESSION PASSES Only available online through Ticketmaster	Early Bird (Buy before 7/21/23)	Standard (Buy from 7/21/23 to 7/25/23)
Adult	\$ 100	\$ 128
Child (8-18, under 8 free)	\$ 55	\$ 66

- Note: Ticketmaster charges a \$7.00 fee for each order placed online. Thus, it is advantageous to purchase your All Session admission passes in groups.
- Early Bird price for passes purchased prior to 11:59 pm on Thursday, July 20, 2023.
- Includes admission pass and a heat sheet for all ten sessions.

Onsite Purchases at the Meet:

ONSITE PASSES Available at Box Office	Daily Prelim and finals sessions	Single Session
Adult	\$ 29	\$ 16
Child (8-18, under 8 free)	\$ 12	\$ 7

- Daily admission and single session admissions can be purchased each day at the Box Office next to the spectator's entrance to the pool prior to and during competition sessions. All sales are non-refundable.

- Includes admission pass and a heat sheet for the sessions purchased

Heat Sheets

- Spectators who purchased an adult all-session pass or purchase session-specific admission may pick up their heat sheet at the Heat Sheet Table.

Seat Saving

- Spectators for whom seats are being saved must be in their seats by 8:15 AM.

Metro Swim Shop Onsite

- Metro Swim Shop is the designated provider of meet apparel, swimsuits, goggles, general apparel, and other merchandise.
- They will be located in the Events Center beginning Monday, July 24.

Concessions

- Concessions will be available at the aquatic center's concession area inside the complex.

Lost and Found

- Any found item deemed of value (e.g., cell phone, tablet, or watch) will be turned over to the GAC front desk.

Conduct And Restrictions

- Camcorder operators' equipment is not permitted to take up seats in the spectator area.
- No flash photography will be allowed at the START of the race.
- The use of audio or visual recording devices, including a cell phone camera, is prohibited in changing areas, restrooms or locker rooms.
- **THERE IS NO SMOKING, ALCOHOL OR DRUGS IN THE AQUATIC CENTER COMPLEX.** If you must smoke, please do so only in the designated smoking areas outside.
- Spectators are not allowed on the pool deck.
- Folding chairs are not permitted in the seating area.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- No outside food, snacks, beverages, thermos or cooler are permitted in the spectator seating area or Athlete Village.
- Only Coaches, Swimmers, and Meet Personnel are allowed in the Athlete Village

PARKING AT THE GREENSBORO AQUATIC CENTER

- Monday, July 24 – Parking is free for everyone.
- Officials and registered coaches will receive passes at Meet Check-In for free parking throughout the week.

All Session Parking Sales

- \$25 per car, SUV or pickup truck.
- May be purchased:
 - Monday, July 24, 9:00 AM to 3:00 PM: Purchase at the table just inside the Special Events Center (building next to the Aquatic Center).
 - Tuesday, July 25 at 6:00 AM - Wednesday, July 26 at 12:00 PM: Purchase at the parking lot entrance booth.
 - ALL-SESSIONS PARKING PASSES WILL **NOT** BE SOLD AFTER 12:00 NOON ON Wednesday.
- Sales of All-Session parking passes are non-refundable.

Daily Parking Passes

- Available for purchase Tuesday, July 25 through the end of the meet at the parking lot entrance booth. Includes multi-entry from the time of purchasing of parking pass through that day's evening Finals.
- \$8 daily parking fee for cars, SUV, pickup trucks, and small vans
- \$16 daily parking for large vans and buses
- \$25 daily parking for RVs without power
- \$50 daily parking for RV's - includes space and 50-amp power

APPENDIX

A. Order of Events –

1. Championship Meet

2. Time Trials

B. Time Standards

C. Championship Procedures & Operations

D. Volunteer Requirements

E. Championship Committee