



# GCY LC Single-Day Splash 2023

Hosted by the Greensboro Community YMCA Swim Team

April 8, 2023

Held at Greensboro Aquatic Center

1921 West Gate City Blvd, Greensboro, NC 27403



Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming, Inc.

**Approval #NC23101AP**

<b>MEET DIRECTOR</b> Scott Bowser 336-478-9635 <a href="mailto:scott.bowser@ymcagreensboro.org">scott.bowser@ymcagreensboro.org</a>	<b>MEET ENTRY COORDINATOR</b> Cynthia Shannon 501 West Market Street Greensboro, NC 27401 336-478-9631 <a href="mailto:cynthia.shannon@ymcagreensboro.org">cynthia.shannon@ymcagreensboro.org</a>
<b>MEET REFEREE</b> Cynthia Shannon 336-478-9631 336-317-1769 <a href="mailto:cynthiaLshannon@gmail.com">cynthiaLshannon@gmail.com</a> <a href="mailto:cynthia.shannon@ymcagreensboro.org">cynthia.shannon@ymcagreensboro.org</a>	<b>MEET MARSHAL</b> Joanne Wainwright Don Williams

### CONDITION OF SANCTION

As a condition of this sanction, GCY agrees to comply with and to enforce all COVID-19 health and safety mandates and guidelines of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions in effect at the time of the meet. Further, the meet will be conducted in accordance with individual facility requirements as detailed in the GCY Meet Plan below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID-19 sanctioning period.

### ASSUMPTION OF RISK DISCLAIMER

GCY has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

### COVID-19 RELEASE

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE

TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, NORTH CAROLINA SWIMMING, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

**NCS FACE COVERING STATEMENT**

**GCY COVID-19 MEET PLAN**

NCS recommends the proper use of face coverings at all NCS activities and expects all participants, coaches, officials, volunteers, and spectators to comply with all club and facility specific COVID-19 safety requirements and guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, and local jurisdictions.

**FACILITY & HOST REQUIREMENTS**

GCY has discussed specific health and safety procedures with the venue management. At this time, the facility and GCY have no additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet. The Greensboro Aquatic Center strongly encourages individuals who are not fully vaccinated to wear a mask and maintain distance whenever possible.

**SPECTATOR LIMITATIONS & PROTOCOLS**

There are no limits on spectator seating.

**No outside chairs or coolers are allowed in the facility.**

**PARENTAL ACCESS**

Parents needing access to their athlete(s) during the meet in a closed-deck environment may contact their athlete(s) directly via cellphone and arrange to meet them. In the event of an emergency, if parents are unable to contact their athlete(s) directly, they should call the meet director (contact information available at beginning of document).

**FACILITY**

The Greensboro Aquatic Center is a state-of-the-art indoor facility with four pools. The main competition pool is 9-10 feet deep at both ends and will be configured into one 50-meter course with eight 9-foot wide lanes each. All lanes feature non-turbulent lane lines and KDI Paragon starting blocks with Omega track-start tops. Up to eight lanes will be used for this competition. The Omega electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. At least six lanes will be open for continuous warm up and down.

Seating for 1800 spectators is available.

Parking will be available for \$5 per day with unlimited entry and exit. Free parking passes will be provided for volunteers, coaches and officials.

**MEET FORMAT**

This is a closed YMCA, approved 12 & over timed final meet.

Session	Day	Building Entry	Warm-up	Meet Start	Age Group
1	Saturday	8:30 a.m.	9:00 a.m.	10:15 a.m.	12 & Over

**DEADLINE AND MEETING SUMMARY:**

Date	Time	For:
Wednesday, March 29, 2023	Midnight	Entry deadline
TBA	TBA	Coaches/General Meeting via Zoom
Saturday, April 8, 2023	9:30 a.m.	Officials' Briefings
Saturday, April 8, 2023	9:45 a.m.	Positive Check-in closes for: <ul style="list-style-type: none"> <li>• Open 400-meter Individual Medley</li> <li>• Open 400-meter Freestyle</li> <li>• Open 800-meter Freestyle</li> <li>• Open 1500-meter Freestyle</li> </ul>

**RULES**

**This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated.**

- All events will be pre-seeded with the exception of the 400-meter freestyle, the 800-meter freestyle, the 1500-meter freestyle and the 400-meter individual medley. A positive check-in will be required for each of these events.
- The 1500-meter freestyle will be swum fastest to slowest, alternating women and men.
- The referee and meet management reserve the right to combine heats and/or events as well as restrict the number of heats to adhere to the timeline.
- Deck entries (only to fill empty lanes) will be taken until 30 minutes prior to the start of the session.

**TECHNICAL SUIT BAN for 12&Us**

**Per USA Swimming Rules, 12 & Under athletes may not compete in Technical Suits at this meet.**

A Technical Suit is one that has the following components:

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

**MAAPP**

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

**SAFE SPORT**

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal(s).

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

Deck changes are prohibited.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach or YMCA coach as being proficient in performing a racing start or must start each race from within the water without the use of a backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer's guardian to request assignment from the Meet Director to a USA Swimming member coach or YMCA coach attending the meet if a coach from the swimmer's team is unable to attend.

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

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

## **ELIGIBILITY**

- This is a closed YMCA meet. This meet is open to all swimmers who have full privilege memberships at their YMCAs.
- No qualifying times are required.
- Swimmers ages will be determined as of April 8, 2023.
- Times will be reported to USA Swimming. Coaches are asked to remove the USA Swimming ID from all swimmers not registered with USA Swimming. In addition, please provide a list of these swimmers with meet entries.

## **AGE GROUP**

Swimmers ages will be determined as of the first day of the meet (April 8, 2023).

## **MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS**

GCY welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit GCY's ability to accommodate all requests.

## **ENTRIES**

Entries submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline. A swimmer's age on the first day of the meet will determine their age for the entire meet.

**ENTRY LIMITATIONS** Swimmers may swim a maximum of 4 events. Meet management reserves the right to limit the number of total entries to comply with the time restrictions.

**ENTRY VERIFICATION** An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

**ENTRY DEADLINES** The Meet Entry Coordinator must receive entries by midnight on Wednesday, March 29, 2023. Late entries may be accepted at the discretion of the Meet Referee.

**ENTRY FEES**

<b>Make checks payable to: Bryan Family YMCA. All fees are non-refundable</b>	
Individual Event	\$10.00 per event
Relay Event	\$16.00 per event
Facility Surcharge	\$20.00 per swimmer
Travel Fee	\$3.00 per swimmer
Late Entry Fee	\$20.00 per individual event; \$32.00 per relay event

**SEEDING** The conforming time standard for this meet is long course meters. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order.

**CHECK-IN** A positive check-in, located in Clerk of Course, will be required for the following events:

- Open 400-meter Individual Medley
- Open 400-meter Freestyle
- Open 800-meter Freestyle
- Open 1500-meter Freestyle

Check-in for the events above will close 30 minutes prior to the start of the session.

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

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

**SCORING** This meet will not be scored.

**AWARDS** This meet will have no awards.

**RESULTS** Results will be sent to each team via email attachment and posted on the NC Swimming web-site.

**COACHES** All coaches on deck must be registered and certified with USA/YMCA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least

one coach representative from each team attend all coaches' meetings.

## **OFFICIALS**

There will be a need for officials. GCY welcomes and encourages anyone willing to volunteer. Volunteering officials are asked to contact the Meet Referee by email **prior to the meet**. All officials on deck must be registered and certified by the YMCA or USA Swimming. Certification will be verified by Meet Referee. Please be prepared to display your virtual membership card. Meetings will be in-person 45 minutes prior to the start of each session.

## **TIMERS/ VOLUNTEERS**

GCY welcomes volunteer timers and marshals from visiting teams. Please check in with the volunteer coordinator at the entrance to get an assignment and deck pass. Timers' and marshals' briefings will be held approximately 30 minutes prior to the start of each session.

## **HOSPITALITY/ CONCESSIONS**

There will be a hospitality area open to all coaches and officials. On-deck hospitality may be available for timers and other volunteers. Refreshments for spectators will be available at the concession stand in the concourse.

## **WARM-UP**

Specific warm-ups will be held in accordance with the NCS safety program. Specific warm-up times, procedures and lane assignments for warm-ups will be e-mailed to the contact coach and be posted on deck. Please begin all warm-up procedures at the starting end of the pool only. Feet-first entry is required until specific warm-up period is announced. Meet Marshals will ensure all teams, coaches and swimmers follow all warm-up procedures. During the competition, there will be lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area.

## **WAIVER/ RELEASE**

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with the YMCA. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. The Greensboro Community YMCA Swim Team, the YMCA of Greensboro, Inc., the Greensboro Aquatic Center, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

## **IMAGE RELEASE**

All participants agree to be filmed and photographed by the Greensboro Community YMCA Swim Team approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

## ORDER OF EVENTS

**Session 1**  
**Saturday, April 8, 2023**  
**Warm-up: 9:00 a.m.; Session Start: 10:15 a.m.**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
101	Open 100-meter Butterfly	102
103	Open 200-meter Breaststroke	104
105	Open 50-meter Freestyle	106
107	Open 50-meter Breaststroke	108
109	Open 800-meter Freestyle <sup>1</sup>	110
111	Open 100-meter Backstroke	112
113	Open 400-meter Individual Medley <sup>1</sup>	114
115	Open 200-meter Freestyle	116
117	Open 400-meter Freestyle <sup>1</sup>	118
119	Open 100-meter Breaststroke	120
121	Open 200-meter Backstroke	122
123	Open 200-meter Butterfly	124
125	Open 50-meter Backstroke	126
127	Open 50-meter Butterfly	128
129	Open 100-meter Freestyle	130
131	Open 200-meter Individual Medley	132
133	Senior 1500-meter Freestyle <sup>1 2</sup>	134

<sup>1</sup> May be limited to the fastest 3 heats of women and fastest 3 heats of men.

Positive check-in is required.

<sup>2</sup> Event will be swum fastest to slowest alternating women and men.

Swimmers should provide their own timers and counters.

# GCY LC Single-Day Splash 2023

## Summary of Fees/Release Form

Complete and email or mail this form along with entry fees (checks payable to Bryan YMCA)  
to:

GCY Swim Team  
ATTN: Cynthia Shannon  
501 West Market St  
Greensboro, NC 27401

Email to: [cynthia.shannon@ymcagreensboro.org](mailto:cynthia.shannon@ymcagreensboro.org)

Team Name		
Club Code		
Contacts	Head Coach	Secondary Contact
Phone Numbers		
Email Addresses		
Team Mailing Address		

Item	Quantity	Cost per	Total
Individual Entries		\$10.00 per event	
Relay Entries		\$16.00 per relay	
Facility Surcharge		\$20.00 per swimmer	
Travel Fee		\$3.00 per swimmer	
<b>Total Fees Due</b>			

**Waiver, Acknowledgement and Liability Release:**

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are members of the YMCA. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc., and North Carolina Swimming, Inc., regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. The Greensboro Community YMCA Swim Team, the YMCA of Greensboro, Inc., the Greensboro Aquatic Center, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet.

**Image Release:**

All participants agree to be filmed and photographed by the GCY approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the GCY or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

\_\_\_\_\_  
SIGNATURE (Head Coach)

\_\_\_\_\_  
TITLE

\_\_\_\_\_  
DATE