



GYSSA SHORT COURSE CHAMPIONSHIPS

Hosted by GOLD, TYDE, WNCY

March 4-6, 2022

*Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Approval #NC22063AP and #NC22063APTT*

CONDITION OF SANCTION

As a condition of this approval, **GOLD, TYDE, & WNCY** agree to comply and to enforce all COVID 19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, and the GOLD, TYDE, & WNCY Meet Plans detailed 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

The GOLD, TYDE, & WNCY have 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.



GENERAL LEAGUE MEET INFORMATION:

MEET FORMAT

This is a closed YMCA invitational, approved Age Group, timed final meet.

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, 2/22/2022	11:00 PM	Entry deadline

RULES

This meet will be conducted in accordance with current USA Swimming Technical Rules, National YMCA Championship Meet Rules, the rules that govern YMCA Competitive Sports, the NCS Swimming Handbook, and the NCS Safety Program, except where rules therein are optional, and exceptions are herein stated.

- All events will be conducted as timed finals.
- All events will be pre-seeded with the exception of the 500-yard freestyle, the 1650-yard freestyle and the 400-yard individual medley. A positive check-in will be required for each of these events.
- Positive check-in events will be swum fastest to slowest, alternating girls and boys. If two pools are used, no alternating will occur.
- The referee and meet management reserve the right to combine heats, events and/or Sessions.

TECHNICAL SUIT BAN for 12&Us

Per USA Swimming Rule 102.8.1F, 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 applicable 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 the MAAPP policy 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 GOLD, TYDE, & WNCY marshal.

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 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 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.

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. The Declaration Form must be signed by each YMCA participating in the meet.

LIABILITY LIMITS:

- It is understood and agreed that USA Swimming and NC 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 meet.
- In granting the YMCA Sanction, it is understood and agreed that YMCA of the USA 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 meet.

EMERGENCIES: The facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

- Athlete is removed immediately from participation by the Meet Director



- Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
- The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
- The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

ELIGIBILITY

This is a Closed YMCA meeting that is open only to teams in the Greater YMCA Sunbelt Swimming Association. Swimmers must be listed on the roster of a GYSSA member team. All participants must be a member of a local YMCA and must have full privilege annual membership at that YMCA to be eligible. Each participant must have competed in at least one (1) inter-association (closed YMCA) meet prior to the entry deadline. There are no time standards for this meet. **NTs are not permitted in the meet.**

- 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.
- Only USAS registered swimmers should have their USAS ID in the entry file.

Goldsboro YMCA – Hosting GOLD, RMY, TRY, YOTA

Kernersville YMCA – Hosting FAST, GCY, RACY, TYDE, YBAC

Asheville – Hosting LOY, YSST, YWNC

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

GYSSA 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. Members who are unable to wear face coverings because of a documented medical condition must notify the Meet Director in advance and may have limited deck access. Failure to provide advance notice may limit GOLD, TYDE, & WNCY's ability to accommodate all requests.

ENTRIES

The preferred method of entry is in Hy-Tek format. Enter best short course yard times. No handwritten, fax or phone entries will be accepted. Entries with NT will not be accepted. Email is preferred for electronic entries. Please include the following with your entries:

1. Completed entries in Hy-Tek format
2. Printout of entries, both individual and relay
3. Completed Entry Summary Form



- 4. **Team Roster of meet participants only with T-shirt sizes – to David McDevitt – David.mcdevitt@ymcatriangle.org**
- 5. Check for entry fees – due before warmups on Friday or arrangements made with GOLD, TYDE, & WNCY

ENTRY LIMITATIONS Swimmers may swim a maximum of three (3) individual and two (2) relay events per day. Meet management reserves the right to limit all events 400 yards or longer to the fastest 40 women and fastest 40 men.

Teams may enter 2 relay entries; however, only the highest placing relay team for each member team will score points.

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 Tuesday, February 22, 2022. Late entries may be accepted at the discretion of the Meet Referee.

ENTRY FEES

Make checks payable to: HOST Team; All fees are non-refundable	
Individual Event	\$5.00 per event
Relays	\$10.00 per relay
Time Trials	\$10.00 per event
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$10.00 per swimmer, including relay only swimmers
Heat Sheet Fee	\$5.00 per swimmer
Late Entry Fee	double the IE and relay fees listed

SEEDING The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.

SCRATCHES There will be no penalty for scratching pre-seeded events at the block.

SCORING Meet Results will be combined and scored 1st through 16th places.
 Individual Points: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
 Relay Points: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

- The senior group will be separated into 13-14 and 15 & Over for awards and points.

AWARDS

Individual Awards
 1st-3rd Places – medals
 4th-16th Places – ribbons

Relay Awards
 1st-3rd Places – medals
 4th-8th Places – ribbons

Age Group High Point awards will also be given.

Team Awards
 Top 3 Large Teams and Top 3 Small Teams



(Small teams will be defined as teams with fewer than 75 swimmers registered on the team with GYSSA.)

RESULTS

Results from the three locations will be sent to David McDevitt and compiled for final placings. Individual and Team Awards will be determined after compilation of results.

SWIMS (USA-S): This meet has been Approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS, as long as USA-S ID numbers have been included with your entry.

PROTEST PROCEDURE: Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The Championship committee will arbitrate protests, eligibility issues, safety rules and other issues.

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final USA-S Rule 102.23).

COACHES

Each coach must have completed the annual YMCA on-line coach registration process prior to the entry deadline. Coaches who are not registered and approved will not be permitted on deck.

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. 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. The Meet Director and Meet Referee must be notified of this situation.

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee prior to the entry deadline.

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.

OFFICIALS/TIMERS/ VOLUNTEERS

There will be a need for officials. GYSSA welcomes and encourages anyone willing to volunteer. Volunteering Officials **MUST** contact the Meet Referee by email **prior to the meet**. All officials on deck must be registered and certified with YUSA or USA Swimming. Certification will be verified by Meet Referee the day before the meet / session. There will be no officials meeting at the meet, and assignments will be communicated electronically prior to each session. A virtual meeting may be held prior to the meet / session at the referee's discretion, and all assigned officials are strongly encouraged to complete an individual personal review of applicable USAS rules for their assigned position prior to the meet. Officials should report to their assigned position 10 minutes before session start, and bring a mask, your personal water bottle, a writing utensil, and a headset (if applicable).



In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/down (if available). **There is to be no diving or horseplay in this area.**

TIME TRIALS

Time Trials will be offered at the end of each session or at the discretion of the Meet Referee. Entrants in Time Trials must be entered in the meet. Daily meet entry limits may not exceed entry limits mandated by USA Swimming. Fees for time trials are \$10 per event. All USA Swimming Rules will apply to Time Trials.

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 USA Swimming. 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. GOLD, TYDE, WNCY, 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 GOLD, TYDE, & WNCY 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 GOLD, TYDE, & WNCY 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
Friday, March 4, 2022

Girls/Women	Event	Boys/Men
1	11-12 200 Yard Individual Medley	2
3	**Senior 400 Yard Individual Medley**	4
5	10 & Under 200 Yard Freestyle	6
7	** 12 & Under 500 Yard Freestyle **	8
9	** Senior 1650 Yard Freestyle **	10

* * May be limited to the fastest 40 women and fastest 40 men * *
Positive check-in is required.
Events will be swum fastest to slowest alternating women and men.
Swimmers should provide their own timers and counters.



Session 2
Saturday, March 5, 2022

Girls/Women	Event	Boys/Men
11	8 & Under 100 Yard Individual Medley	12
13	9–10 100 Yard Individual Medley	14
15	6 & Under 25 Yard Backstroke	16
17	7–8 25 Yard Backstroke	18
19	9-10 50 Yard Backstroke	20
21	8 & Under 50 Yard Breaststroke	22
23	10&U 100 Yard Breaststroke	24
25	6 & Under 25 Yard Freestyle	26
27	7–8 25 Yard Freestyle	28
29	9–10 50 Yard Freestyle	30
31	8 & Under 50 Yard Butterfly	32
33	10&U 100 Yard Butterfly	34
35	8 & Under 100 Yard Medley Relay	36
37	10 & Under 200 Yard Medley Relay	38

Session 3
Saturday, March 5, 2022

Girls/Women	Event	Boys/Men
39	11-12 100 Yard Individual Medley	40
41	11-12 50 Yard Backstroke	42
43	11-12 100 Yard Breaststroke	44
45	11-12 50 Yard Freestyle	46
47	11-12 100 Yard Butterfly	48
49	11-12 200 Yard Medley Relay	50

Session 4
Saturday, March 5, 2022

Girls/Women	Event	Boys/Men
51	Senior 400 Yard Freestyle Relay	52
53	Senior 200 Yard Individual Medley	54
55	Senior 100 Yard Backstroke	56
57	Senior 200 Yard Breaststroke	58
59	Senior 100 Yard Freestyle	60
61	Senior 200 Yard Butterfly	62
63	Senior 200 Yard Medley Relay	64
65	** Senior 500 Yard Freestyle**	66

* * May be limited to the fastest 40 women and fastest 40 men * *
Positive check-in is required.

Events will be swum fastest to slowest alternating women and men.
Swimmers should provide their own timers and counters.



Session 5
Sunday, March 6, 2022

Girls/Women	Event	Boys/Men
67	10 & Under 200 Yard Individual Medley	68
69	10 & Under 100 Yard Freestyle	70
71	8 & Under 50 Yard Freestyle	72
73	9-10 50 Yard Breaststroke	74
75	8 & Under 25 Yard Breaststroke	76
77	10 & Under 100 Yard Backstroke	78
79	8 & Under 50 Yard Backstroke	80
81	9-10 50 Yard Butterfly	82
83	8 & Under 25 Yard Butterfly	84
85	10 & Under 200 Yard Freestyle Relay	86
87	8 & Under 100 Yard Freestyle Relay	88

Session 6
Sunday, March 6, 2022

Girls/Women	Event	Boys/Men
89	11-12 100 Yard Freestyle	90
91	11-12 50 Yard Breaststroke	92
93	11-12 100 Yard Backstroke	94
95	11-12 50 Yard Butterfly	96
97	11-12 200 Yard Freestyle	98
99	11-12 200 Yard Freestyle Relay	100

Session 7
Sunday, March 6, 2022

Girls/Women	Event	Boys/Men
101	Senior 400 Yard Medley Relay	102
103	Senior 50 Yard Freestyle	104
105	Senior 100 Yard Breaststroke	106
107	Senior 200 Yard Backstroke	108
109	Senior 100 Yard Butterfly	110
111	Senior 200 Yard Freestyle	112
113	Senior 200 Yard Freestyle Relay	114



HOST SPECIFIC INFORMATION – GOLD

Goldsboro Family YMCA, 11045 Parkway Drive, Goldsboro NC 27534

MEET DIRECTOR	MEET ENTRY COORDINATOR
Bruce Griffin 919-778-8557 bruce.griffin@goldsboroymca.org	Bruce Griffin 919-778-8557 bruce.griffin@goldsboroymca.org
MEET REFEREE	MEET MARSHAL
Betsy Wisniewski 919-922-5773 betsydw@gmail.com	Heather Henderson (919) 330-4073 swimheather@gmail.com

GOLD Swimming COVID-19 MEET PLAN

NCS FACE COVERING STATEMENT

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.

FACE COVERINGS

As a condition of sanction, all meet participants – coaches, officials, administrators, vendors, and athletes (when not in the pool) – must wear fabric or paper face coverings/masks that fit snugly against the face and simultaneously cover the nose and mouth to minimize the spread of respiratory droplets. All participants must also comply with mandated social distancing and mass gathering rules. Participants wishing to remove their face coverings for periods longer than 5 minutes to eat or drink must move and stay 10 feet away from others or exit the facility until their face coverings are back in proper position.

LOCAL PROTOCOLS

Meet personnel for each session are as follows: Four Meet Marshals, Nine Timers, One Announcer, Two Lifeguards, Fifteen Coaches, Ten Officials. This totals 41 individuals. Approximately (32) swimmers (4 heats) will be on deck together during the meet. According to the Executive Order for Phase 2 operations, the Goldsboro Family YMCA pool is allowed to have (80) swimmers (5 swimmer per lane) in the main pool at any time, an additional 4 swimmers per lane in the therapy pool (16 swimmers), plus an additional 33 per thousand sq ft on deck (145) This leaves plenty of capacity for coaching, staff, swimmers, and meet personal on the pool deck. Additionally, stadium seating currently allows for 142 individuals (based on 33 individuals per 1000sq ft.). This is where athletes will remain while not swimming in the pool. Therefore, the total number of swimmers allowed in each session will be 200, **These numbers may be adjusted to reflect the latest capacity allowed by the Governor’s Executive Order in effect at the time of the meet.**

LOCKER ROOMS/ CHANGING

On-deck restrooms will be available and monitored by Meet Marshals. ***Locker rooms are for restroom use and changing only. There will be NO showering. Deck changing is prohibited.***

ENTRY & EXIT PROCEDURES and ATHLETE SEATING AREAS

Swimmers will enter and exit the building through the side entrance and proceed to their designated seating area, where they should remain unless they are swimming or in the ready area preparing for competition.



Swimmers will place any personal belongings on the designated area in the bleachers. Swimmers will use one designated staircase for walking upstairs to the stadium seating and another staircase for walking downstairs to the pool deck.

SWIMMER LIMITATIONS and PROTOCOLS

Swimmers who are on the pool deck preparing for competition but not yet in the pool swimming in an event must stay in designated spots in the ready area and wear face masks until approaching the blocks for the start of their events. Swimmers should bring a Ziploc bag for storage of masks during competition. Towels, parkas, jackets, bagged masks, etc. may be left in baskets behind blocks during competition.

Only swimmers racing/preparing to race/or warming down, and essential personnel are allowed on the pool deck throughout the meet.

When not in the water, including when walking to and from an event and/or warm-up lanes, swimmers are required to wear face masks. They may remove masks for swimming but must put them on again once they exit the water. Additionally, athletes are expected to maintain proper distancing at all times..

SPECTATOR LIMITATIONS and PROTOCOLS

There will be no "In-Person" spectator viewing. The meet will be live-streamed via on the GOLD Swimming facebook page Spectators may not enter the facility except use the restrooms located in the main lobby.

Spectators/Parents are required to wear a face covering at all times while attending, observing or meeting with their athletes at the meet whether inside the facility, in any adjacent viewing/gathering areas provided by the GOLD Swimming, or meeting with their swimmer in a designated facility location and are expected to comply with all mandated state/local/facility COVID-19 guidelines.

PARENTAL ACCESS

Parents needing access to their athlete during the meet in a closed-deck environment can contact their children directly via cellphone and arrange to meet them outside of the pool deck Should parents be unable to contact their child directly, they should see the Meet Marshal located at the main pool deck entrance door In the case of an emergency, please call and/or text the meet director at 319-238-3324.

FACILITY

Raymond A. Bryan Pool, Goldsboro Family YMCA, 1105 Parkway Dr., Goldsboro, NC. An 8-lane 25-yard pool with 6" Gold Competitor Swim non-turbulent lane lines with flow through technology that allow for turbulence control the entire length of the lane. Equipped with System 6 Colorado Timing System and scoreboard, and custom Kieffer starting blocks with non-slip surface and side step. Lanes are seven feet wide. The timing system utilizes touch pads and one timer per lane, each operating a watch and button. The depth at the starting end is 12 feet, and 4 ½ feet at the turn end. A separate 8-lane 25-yard pool is available for continuous warm-ups. The competition course has not been certified in accordance with 104.2.2C(4). Plentiful parking is available in the YMCA parking lot.

1	Friday	4:15 PM	5:30 PM	All
2	Saturday	7:00 AM	8:15 AM	10 & Under
3	Saturday	11:00 AM	12:15 PM	11 – 12
4	Saturday	4:00 PM	5:15 PM	Senior
5	Sunday	7:00 AM	8:15 AM	10 & Under
6	Sunday	11:00 AM	12:15 PM	11 - 12
7	Sunday	4:00 PM	5:15 PM	Senior

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, 2/22/2022	11:00 PM	Entry deadline
Thursday, 3/3/2022	8:00 PM	Officials Briefing – Zoom invitation will be provided via email
Tuesday 3/1/2022	8:00 PM	Coaches/General Meeting –Zoom invitation will be provided via email
	20 min prior to each session	Timer Briefing – meet at entrance to pool deck (patio area)

Teams Competing – GOLD, RMY, TRY, YOTA

CHECK-IN

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

- Senior 400-yard Individual Medley (closes on Friday at 4:45 p.m.)
- Senior 1650-yard Freestyle (closes on Friday at 4:45 p.m.)
- 12 & Under 500-yard Freestyle (closes on Friday at 4:45 p.m.)
- Senior 500-yard Freestyle (closes on Saturday at 4:45 p.m.)

A swimmer who has checked in, been seeded, and fails to complete in said event, shall be disqualified from his/her next individual event. No penalty shall apply for failure to compete in a positive check-in individual event if (1) the Referee is notified of an illness or injury and accepts proof thereof, or (2) the failure to compete is caused by circumstances beyond the control of the swimmer. A declared false start will count as participation in the event. The North Carolina Scratch Rule will be in effect for this meet.



HOST SPECIFIC INFORMATION – TYDE

Held at Kernersville Family YMCA, 1113 W. Mountain St., Kernersville, NC 27284

MEET DIRECTOR	MEET ENTRY COORDINATOR
Bob Jennings 336-413-5822 coachbob@swimtyde.org	Felixa Boutwell 336-817-1113 coachfelixa@swimtyde.org
MEET REFEREE	MEET MARSHAL
Jean Trowbridge 336-354-8441 trowbridgejean@gmail.com	Melissa Kohrt 410-858-0813 Melissa@swimtyde.org

TYDE COVID-19 MEET PLAN

NCS FACE COVERING STATEMENT

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.

FACE COVERINGS

All meet participants – coaches, officials, administrators, spectators, vendors, and athletes (between events) must wear face coverings and comply with mandated social distancing and mass gathering rules.

LOCAL PROTOCOLS

Individuals, Families and Communities

- NCDHHS recommends everyone continue taking precautions to protect themselves and others from the spread of respiratory illnesses, which includes COVID-19.
- Wash hands frequently with soap and water, and for at least 20 seconds each time.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are ill.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Do not reuse tissue after coughing, sneezing, or blowing your nose.
- Clean and disinfect surfaces that are frequently touched.
- Use a cloth face covering when you may not be able to keep 6 feet between yourself and other people.
- It is also good practice to start being more aware of the number of times a day your hands touch an object or hard surface and then touch your face without being washed. Limiting the exposure of your nose, mouth and eyes to unwashed hands can help to protect from the spread of all germs and illnesses.
- For more information on COVID-19, please visit the CDC’s website at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus). North Carolina resources can be found on the Division of Public Health website at [ncdhhs.gov/coronavirus](https://www.ncdhhs.gov/coronavirus).

If you have questions or concerns, call the COVID-19 Helpline toll free at 1-866-462-3821



The Kernersville YMCA is approved to hold a maximum of 200 swimmers plus coaches, officials, and volunteers on deck, as listed below. For this meet, that will include the following essential personnel (during any one session):

- 1-2 Lifeguards
- 2 AO/scoring table personnel (includes facility rep)
- 1 Safety Marshall
- 1 Meet Referee
- 1 Referee
- 1 Starter
- 4-6 Officials
- 1-2 Apprentices
- 25 Coaches
- 24 Volunteers: 10 Timers (1/lane + 2 head timers) / 1 Runner / 4 Wagoneers / 3 Clerk of Course / 2 Hallway/Locker room Monitors / 4 Safety Monitors
- 200 Swimmers, maximum of, per session

There is limited locker room access for emergency use only by spectators and athletes during sessions.

LOCKER ROOMS/ CHANGING

Athletes must arrive in their warm up suits. Swimmers 13&O will be permitted to change into tech suits in the locker rooms. Locker room capacity is limited to 15 persons at any one time with all changing to be done in separate stalls: changing, toilet, or shower. Deck changing is prohibited. Restrooms will be monitored by Meet Safety Marshall, TYDE Safe Sport Coordinator, and Facility Staff. Everyone must remain masked unless using the shower.

Restrooms are located in the hallway adjacent to the pool, spectators should use the KVV door halfway between the pool door and main Y entrance – and remain masked while using the locker room and in the YMCA building.

ENTRY & EXIT PROCEDURES and ATHLETE SEATING AREAS

Safety Marshal will be responsible for monitoring these procedures:

Swimmers, coaches, and volunteers only will be permitted to enter the building from the Northwest doors (the far right doors on the front side of the Kernersville Y covered by a red Speedo tent). Masks are mandatory and no outside chairs are permitted.

Teams will be assigned designated bleacher seating on deck based on team size.

Swimmers have the option of sitting outside with their parents and meet progression updates may be made available.

Volunteers will report to the volunteer check in table just inside the door to receive a meet lanyard which must be worn when on deck and returned after each session for sanitizing.



SWIMMER LIMITATIONS and PROTOCOLS

- *Total number of athletes allowed per session is 200*
- *There will be a Clerk of Course staging area for all events and heats. It will be monitored by Clerk of Course volunteers. Two heats are staged at any one time.*
- *Swimmers are expected to be aware of meet progression and should plan to report to Clerk of Course before their event.*
- *Athletes will be lined up in the Clerk of Course “chute” which is located parallel to the lane 8 side of the pool between the coaches’ bullpen and team-designated bleacher seating. When directed by the Clerk of Course, swimmers will proceed to the blocks.*
- *Swimmers should be ready to swim (cap/goggle and masks on and with name-marked Ziploc bag) in the Clerk of Course chute.*
- *Immediately prior to moving to the blocks, swimmers will remove masks, put masks in personalized plastic zip-close bag and place it in a plastic bag in designated wagons.*
- *After each race, swimmers will either:*
 - *Immediately do a cool down (25 yard OR 50 yard) in their lane and pick up and put on their bagged mask from the wagon at the turn end of the pool. This process will be monitored by Safety Marshall, Meet Referee and Coaches*
 - *OR*
 - *remain in pool until dive over of following heat, exit pool, collect and put on mask and proceed to warm down pool (KVY Program Pool).*
- *Swimmers will be able to talk to coaches while standing in the Clerk of Course “chute”*
- *Athletes should plan to arrive 20 minutes prior to warm ups to receive last minute warm up instructions. After the meet, all athletes are expected to depart the pool building.*

When not in the water, athletes are expected to wear a mask at all times, including when walking to and from an event and/or warm-up lanes. They may remove masks for swimming but must don them again once they exit the water. Additionally, athletes are expected to maintain proper distancing at all times

Safety Marshal will have primary responsibility for enforcing with coaches assisting.

SPECTATOR LIMITATIONS and PROTOCOLS

There will be a “watch-and-go” spectator viewing area designated and positioned immediately inside the front pool doors. One to two heats of spectators will be permitted to enter the pool deck and observe a swimmers’ race in person and then are expected to immediately depart the building through the front doors. Spectators must have face coverings on at all times when in the YMCA building. The meet will be live-streamed via the SwimTYDE Youtube channel. Spectators may enter the facility to use the restrooms located in the hallway adjacent to the pool, spectators should use the exterior KVY door halfway between the pool door and main Y entrance.

Parents may also watch the meet from the back sun deck, but will have to walk around the side between the pool building and baseball field. Please note that while observing the meet from the back sun deck, you are behind the starting blocks and, in accordance with USA Swimming Safe Sport rules and regulations, you may not take any photos or videos. If the Meet Referee or Safety Marshal sees you doing so, you will be asked to immediately delete, in front of them, any photos or videos. Parents will not be permitted to have chairs or “hang out” on the sun deck. The sun



deck viewing area is a “watch and go” area. Watch a swimmer and then move on. Spectators are expected to exit the sun deck immediately after watching their child race. Maximum capacity is 25 people.

The Safety Marshal, Meet Director and Meet Referee will monitor spectator areas. Meet Host reserves the right to close the inside “watch-and-go” and Sun Deck areas for spectator viewing if above protocols are not followed.

Spectators/Parents are required to wear a face covering at all times while attending, observing or meeting with their athletes at the meet whether inside the facility, in any adjacent viewing/gathering areas provided by TYDE, or meeting with their swimmer in a designated facility location and are expected to comply with all mandated state/local/facility COVID-19 guidelines.

PARENTAL ACCESS *Parents needing access to their athlete during the meet in a closed-deck environment can contact their children directly via cellphone and arrange to meet them at the main pool entrance. Should parents be unable to contact their child directly, they should see the Meet Marshal located at the main pool entrance – [this area should be staffed with multiple personnel so that one may go find the athlete or provide radios to call to personnel on the deck to locate the athlete]. In the case of an emergency, please call and/or text the Meet Director at 336-413-5822 or the Facility Manager on Duty at 336-996-2231.*

HEALTH SCREENING *Ingress to the facility does not require health screening questions and/or a temperature check before entering in accordance with YMCA of NWNK guidelines. By attending this meet, you assume all risks related to exposure to COVID-19.*



FACILITY

An 8 Lane, 25-yard pool with a depth ranging from 5-7 feet at both the starting end and the turn end, and a lane width of 6 feet. Pool has non-turbulent lane lines, a Colorado Timing System with an 8-lane scoreboard display and custom starting blocks. The meet may be run in 6 lanes with one lane separated available for warm up/down. The competition course has not been certified in accordance with 104.2.2C(4). All meet participants must park in the northwest lot. No deck changing is permitted. Locker rooms with changing stalls are available.

MEET FORMAT

This is a closed YMCA invitational, approved Age Group, timed final meet.

Session	Day	Warm Up	Meet Start	Age Groups
1	Friday	4:00 PM	5:00 PM	Open
2	Saturday	7:00 AM	8:00 AM	10 & Under
3	Saturday	12:00 PM	1:00 PM	11 - 12
4	Saturday	4:00 PM	5:00 PM	13 & Over
5	Sunday	7:00 AM	8:00 AM	10 & Under
6	Sunday	12:00 PM	1:00 PM	11 - 12
7	Sunday	4:00 PM	5:00 PM	13 & Over

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, 2/22/2022	11:00 PM	Entry deadline
Tuesday, Mar 2	The meeting will be held in virtual format.	Official Briefings
Wednesday, Mar 3	The meeting will be held in virtual format.	Coaches/General Meeting
Thursday, Mar 4	The briefings will be held in virtual format.	Timer Briefing

Teams Competing – FAST, GCY, RACY, TYDE, YBAC

CHECK-IN

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

- Senior 400-yard Individual Medley (closes on Friday at 4:00 p.m.)
- 12 & Under 500-yard Freestyle (closes on Friday at 4:30 p.m.)
- Senior 1650-yard Freestyle (closes on Friday at 5:00 p.m.)
- Senior 500-yard Freestyle (closes on Saturday at 4:30 p.m.)

*check-in closing time subject to change depending on meet entries/timeline

A swimmer who has checked in, been seeded, and fails to complete in said event, shall be disqualified from his/her next individual event. No penalty shall apply for failure to compete in a positive check-in individual event if (1) the Referee is notified of an illness or injury and accepts proof thereof, or (2) the failure to compete is caused by circumstances beyond the control of the swimmer. A declared false start will count as participation in the event. The North Carolina Scratch Rule will be in effect for this meet.



HOST SPECIFIC INFORMATION – WNCY

250 Overlook Road - Asheville, NC 28803

MEET DIRECTOR	MEET ENTRY COORDINATOR
Kirk Hampleman 828-209-9616 khampleman@ymcawnc.org	Colleen Gillan 828-925-6563 csgillan9@gmail.com
MEET REFEREE	MEET MARSHAL
Colleen Gillan 828-925-6563 csgillan9@gmail.com	Amanda Little

YMCA of Western North Carolina Piranhas Swim Team COVID 19 MEET PLAN

NCS FACE COVERING STATEMENT

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.

FACE COVERINGS

All meet participants – coaches, officials, administrators, spectators, vendors, and athletes (between events) must wear face coverings and comply with mandated social distancing and mass gathering rules.

LOCAL PROTOCOLS

The deck of the indoor pool at the Buncombe County pool is 6,815 square feet. There will be 3 Social distancing monitors. Coaches will be on the north side (tennis court side). Swimmers will be on the south side and West Side and the grassy area at the east side (with designated spots for tents). Parents will be able to view the meet via Facebook live, plus we will have 16 spots for timers that will be filled by parent volunteers. Swimmers will have a designated space on deck that is marked in Blue tape that will ensure social distancing. The meet will be run at a slow pace

The clerk of course will be at the south side deep end of the pool. All ages will go through the clerk of course to ensure social distancing is taking place at all times. It will be staged with 2 heat positions. The heat that is getting ready to swim will be behind the blocks. The timers will be at the Start end wall and proceed to the blocks after the start of each heat. There will be a designated spot for swimmers to put their face coverings on while they race. Prior to the meet, each team will meet with the swimmers to go through the specific protocols that will be in place.

Locker rooms will be limited to bathroom use only. Showers are closed, and swimmers will not be able to change in the locker rooms. Swimmers will be required to arrive and leave the meet in their swimsuits. Swimmers whose coaches allow them to wear tech suits will abide by the same rule. Specifically, swimmers that will wear tech suits will not be able to warm up in a different suit and then change prior to the start of the meet.

The designated entrance for the meet will be through the Front door on the south side of the building and the designated exit will be through the outer door on the west side.



Warm-Ups

Warm up will be divided by team at the discretion of the host and visiting coaching staffs. Warm up/cool down will be available in the competition pool during breaks only.

LOCKER ROOMS/ CHANGING

Locker rooms will be limited to bathroom use only. Showers are closed, and swimmers will not be able to change in the locker rooms. Swimmers will be required to arrive and leave the meet in their swimsuits. Swimmers whose coaches allow them to wear tech suits will abide by the same rule. Specifically, swimmers that will wear tech suits will not be able to warm up in a different suit and then change prior to the start of the meet.

ENTRY & EXIT PROCEDURES and ATHLETE SEATING AREAS

The designated entrance for the meet will be through the Front door on the south side of the building and the designated exit will be through the outer door on the west side.

SWIMMER LIMITATIONS and PROTOCOLS

The Buncombe County indoor pool has a set a capacity limit of 227 individuals inside the pool. We expect to be nowhere close to 227 with the protocols mentioned above. Included in the total are a maximum of 175 swimmers, 16 parents timing, 4 officials, 1 Colorado Timing operator, 4 lifeguards, 3 social distancing monitors, 2 clerk of course volunteers, and 10 coaches.

When not in the water, athletes are expected to wear a mask at all times, including when walking to and from an event and/or warm-up lanes. They may remove masks for swimming but must don them again once they exit the water. Additionally, athletes are expected to maintain proper distancing at all times.

SPECTATOR LIMITATIONS and PROTOCOLS

We will have parents inside the pool volunteering to time and to provide social distancing help. We will also provide viewing of the meet via video streaming on Facebook live.

FACILITY

25 Yard, 10 lane pool (lanes are 8 feet wide), water depth from 4 ½ feet to 6 feet, with non-turbulent lane markers and Velocity starting blocks. Colorado 7000 timing system will be used. The timing system will include touch pads with two timers per lane, one operating both a watch and a button and the other operating a watch, only. **There is an additional 6,815 square feet of deck space at the facility. The competition course has not been certified in accordance with 104.2.2C(4).**

Session	Day	Warm Up	Meet Start	Age Groups
1	Friday	4:00 PM	5:00 PM	Open
2	Saturday	8:00 AM	9:00 AM	10 & Under
3	Saturday	12:00 PM	1:00 PM	11 - 12
4	Saturday	4:00 PM	5:00 PM	13 & Over
5	Sunday	8:00 AM	9:00 AM	10 & Under
6	Sunday	12:00 PM	1:00 PM	11 - 12
7	Sunday	4:00 PM	5:00 PM	13 & Over



DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, 2/22/2022	11:00 PM	Entry deadline
TBD	TBD	Official Briefings
TBD	TBD	Coaches/General Meeting
TBD	TBD	Timer Briefing

Teams Competing – LOY, YSST, YWNC

CHECK-IN

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

- Senior 400-yard Individual Medley (closes on Friday at 4:00 p.m.)
- 12 & Under 500-yard Freestyle (closes on Friday at 4:30 p.m.)
- Senior 1650-yard Freestyle (closes on Friday at 5:00 p.m.)
- Senior 500-yard Freestyle (closes on Saturday at 4:30 p.m.)

*check-in closing time subject to change depending on meet entries/timeline

A swimmer who has checked in, been seeded, and fails to complete in said event, shall be disqualified from his/her next individual event. No penalty shall apply for failure to compete in a positive check-in individual event if (1) the Referee is notified of an illness or injury and accepts proof thereof, or (2) the failure to compete is caused by circumstances beyond the control of the swimmer. A declared false start will count as participation in the event. The North Carolina Scratch Rule will be in effect for this meet.



GYSSA Short Course Championships

Summary of Fees/Release Form

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$5.00 per event	
Relay Entries		\$10.00 per relay	
Swimmers (Travel Fund, Heat Sheet & Facility Surcharge)		\$18.00 per swimmer	
Total Fees Due			

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 registered with USA Swimming. 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. GOLD, TYDE, WNCY, their facilities, 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. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my 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.

SIGNATURE (Coach or Club Representative)

DATE



YMCA Sanctioned Meet Declaration Form

(Return signed form to the meet director)

Participating YMCA _____

YMCA Address: _____

Meet Name: 2022 GYSSA Short Course Championship Meet

Meet Dates: March 4-6, 2022

Meet Host: Goldsboro Family YMCA, Northwest North Carolina YMCA, Western North Carolina YMCA

Meet Location: Goldsboro Family YMCA, Kernersville YMCA,

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet all eligibility requirements. All swimmers age 18 and older have completed Child/Athlete Protection Training within the past 12 months.

COACHES - All coaches representing the YMCA above hold current certifications in BLS (Professional Rescuer CPR), First Aid, Safety Training for Swim Coaches, Child/Athlete Protection Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the Meet the entire period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the 2022 GYSSA Short Course Championship Meet.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, GYSSA, the host YMCAs, their agents, representatives or assigns, for any and all injuries which may be suffered by participants at the 2022 GYSSA Short Course Championship Meet. Furthermore, we understand that the YMCA of the USA, GYSSA and the host YMCAs are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee