



# 2023 North Carolina Swimming Long Course Senior Championships

Hosted by STAR

Thursday, July 20 – Sunday, July 23, 2023

Greensboro Aquatic Center, 1921 Gate City Blvd., Greensboro, NC



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

[Sanction #NC23126 and NC23127TT ]

**ENTRY DEADLINE Monday, July 17 6:00 PM**

**Qualification period: 1/1/2022-7/16/2023**

<b>MEET DIRECTOR</b>		<b>MEET ENTRY COORDINATOR</b>	
Jay Dodson <a href="mailto:jay@staraquatics.net">jay@staraquatics.net</a> (336)337-0169		Lynn Tippetts-Fazen/Trish Martin <a href="mailto:OME@NCSwim.org">OME@NCSwim.org</a>	
<b>MEET REFEREE</b>	<b>ADMIN REFEREE</b>	<b>MEET MARSHALS</b>	
Rob Stevens <a href="mailto:robstevens@triad.rr.com">robstevens@triad.rr.com</a>	John Jewell <a href="mailto:jmjswim@gmail.com">jmjswim@gmail.com</a>	[Amy Teoh & Taylor Mitchell ]	

## CODE OF CONDUCT

Individuals, including spectators, not complying with any safety requirement in place for this competition or with the USA SWIMMING code of conduct or individuals who otherwise impede the effective operation of the meet may be banned from the venue at the Meet Referee’s or Facility Director’s discretion.

## FACILITY

**Facility/Pool Specifications:** [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 50M course with eight 9-foot-wide lanes. All lanes feature non-turbulent lane lines and Paragon starting blocks. Eight lanes will be used for this competition. The Omega electronic timing system will be used. Seating for 1800 spectators is available. The GAC may provide parking for \$5 per day with unlimited entry and exit. STAR will provide free parking for volunteers, coaches, and working officials. No outside food or drink, chairs, or coolers are allowed in the facility. ]

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Locker rooms are reserved for athlete use only. Separate rest room facilities are available for officials, coaches, meet volunteers, and spectators. Only meet volunteers, USA Swimming registered athletes, and current USA Swimming registered officials and coaches may be on deck during warm-ups and/or competition. **NO SPECTATORS ARE ALLOWED ON THE COMPETITION POOL DECK AT ANY TIME. NO PERSON ON THE USA SWIMMING BANNED LIST MAY PARTICIPATE IN THE MEET IN ANY CAPACITY.** ALL coaches, officials, and meet personnel will be required to wear issued credentials.

## CLASSIFICATION

An LSC Senior Championship meet in preliminaries/finals and timed finals formats with qualifying time standards.

## 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, and the NCS Safety Program. The NCS Scratch Rule is in effect for this meet.

## 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.

**TECHNICAL SUIT  
BAN FOR 12&Us**

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

Technical Suit is one that has the following components:

- a. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
- b. Any suit with woven fabric extending past the hips

**REGISTRATION**

All swimmers entering this meet must be registered as Premium or Seasonal members with USA Swimming, Inc. and all swimmers who will be Adult Athletes at any time during the competition must be APT certified. There will be no on deck registration available at this meet.

**ELIGIBILITY**

This meet is open to eligible USA Swimming athlete members. Swimmers must have achieved the current NCS Long Course Senior Championships qualifying standard to enter an event. Bonus events are offered as described in the BONUS EVENTS section.

Swimmers qualifying in the 800M Freestyle automatically qualify for the 1500M Freestyle and vice versa.

Non-NCS registered swimmers/teams or foreign athletes wishing to attend should request advance permission from the NCS Operations Vice Chair.

**FLEX  
MEMBERS**

Flex members are NOT eligible for this meet. All Flex memberships must be converted to Seasonal (if eligible) or Premium membership prior to the Tuesday 6:00 PM correction deadline. Flex members who do not upgrade will not be seeded into their events until they can provide proof of full membership. If proof is provided to the Meet Referee after the meet has been seeded and before warm-ups begin on Thursday, the swimmer may be added to the event subject to lane availability in the slowest heat(s) and Meet Referee and Operations Vice Chair approval. If proof is not provided by the start of warm ups on Thursday, the athlete will not be permitted to compete. Entry fees for non-compliant athletes are not refundable.

**ADULT  
ATHLETES/APT  
REQUIRED FOR  
ALL ATHLETES  
18 & OLDER**

Athletes who will be 18 or older on or before the **last day of the meet** (Adult Athletes) must be APT certified prior to the Tuesday 6:00 PM correction deadline and throughout the meet. Adult Athletes who are not compliant will not be seeded into their events until they can provide proof of certification. If proof is provided to the Meet Referee after the meet has been seeded and before warm-ups begin on Thursday, the swimmer may be added to the event subject to lane availability in the slowest heat(s) and Meet Referee and Operations Vice Chair approval. If proof is not provided by the start of warm ups on Thursday, the athlete will not be permitted to compete. Entry fees for non-compliant athletes are not refundable.

**SAFE SPORT**

This meet will be conducted in accordance with all safety and Safe Sport requirements including procedures outlined in USA Swimming's Meet 360 Program, MAAPP, and the NCS Safety Program.

Coaches are advised to supervise their swimmers at all times. Only feet first entry into warm down lanes at all times and during warm ups except during specific warm ups periods while under the direct supervision of a certified coach. No glass is allowed in the pool area or locker rooms at any time. Running and horseplay will not be allowed. As at any pool, the deck may be slippery and caution should be taken to prevent accidents. Swimmers are not allowed in pool equipment rooms or work out rooms. NO blocking of fire exits, which includes doorways and passages.

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

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 meet volunteers, USA Swimming registered athletes entered in the meet, and current USA Swimming registered/certified officials and coaches participating in the meet may be on deck. Coaches and officials must carry their current membership/certification cards, have access to Deck Pass, or display host-provided meet credentials at all times when on the pool deck.

No spectators are allowed on competition deck at any time. Any person on the USA Swimming banned list is prohibited from participating in the meet in any way.

**SCHEDULE**

Session #	Day	Session	Warm-up	Meet Start
1	Thursday	Finals	3:30-4:50 PM	5:00 PM
2	Friday	Prelims	7:00-8:50 AM	9:00 AM
3	Friday	Finals	4:30-5:50 PM	6:00 PM
4	Saturday	Prelims	7:00-8:50 AM	9:00 AM
5	Saturday	Finals	4:30-5:50 PM	6:00 PM
6	Sunday	Prelims	7:00-8:50 AM	9:00 AM
7	Sunday	Finals	4:00-5:20 PM	5:30 PM

Scheduled breaks are noted in the Order of Events. The Meet Referee has authority to add breaks as necessary. Based on entries, the Meet Referee and Operations Vice Chair may adjust session start times.

**DEADLINES AND MEETINGS SUMMARY**

Day	Time	For
By June 1	12:00 Noon	OME opens for on-time entries
Monday of meet week, July 17	6:00 PM	ENTRY DEADLINE and DEADLINE TO UPDATE SEED TIMES
Tuesday of meet week, July 18	6:00 PM	Deadline for corrections*, verification of APT certification for Adult Athletes and membership upgrade for Flex athletes, and proof of override times
Tuesday of meet week	TBD	Mandatory Officials Briefing
Wednesday of meet week	8:00 PM	Technical Meeting on Zoom

\*Entry lists will be emailed to teams by 11:59PM on Monday of meet week following the 6:00 PM entry deadline. Coaches are responsible for ensuring ALL entered athletes are compliant with ALL membership requirements. Please review all swimmers and entries (including relays) carefully and submit all corrections prior to the Tuesday 6:00 PM correction deadline.

**QUALIFYING PERIOD**

**Long Course Championship:** A swimmer must have achieved the qualifying time listed per event in a USA Swimming sanctioned, approved, or observed meet from January 1, 2022 to 11:59 PM of the Sunday night before the meet entry deadline.

**INDIVIDUAL ENTRIES/ENTRY LIMITS/ BONUS EVENTS**

A swimmer may enter and swim a maximum of three (3) individual events per day with a total entry of seven (7) individual events for the meet. Bonus events are offered at this meet and count toward the daily and meet limits. Time Trials are also offered and count toward a swimmer’s daily limit only.

Swimmers may enter with any provable qualifying time from the qualifying period that meets the event requirements. Provable times other than the swimmer’s fastest provable time may be entered via the override process in OME.

Swimmers qualifying in the 1500M Freestyle automatically qualify for the 800M Freestyle and vice versa.

- 1500M/1650Y Freestyle qualifiers who want to swim the 800M Freestyle but do not have a provable 800M/1000Y qualifying time should enter the event with their 1500M/1650Y Freestyle qualifying time.
- 800M/1000Y Freestyle qualifiers who want to swim the 1500M Freestyle but do not have a provable 1500M/1650Y qualifying time should enter the event with their 800M/1000Y Freestyle qualifying time.
- Swimmers are not required to enter or swim the original qualifying event in order to enter and swim the automatic qualifying event.

Bonus swims are only offered in events **200M or shorter**. There are no qualifying standards for the bonus events. Swimmers should enter with any provable time from the qualifying period. Swimmers without provable times for the bonus events should override with 59:59.59Y and will be seeded last.

- Swimmers entering one (1) qualifying event may also enter up to four (4) bonus events subject to both daily and meet limits.
- Swimmers entering two (2) qualifying events may also enter up to three (3) bonus events subject to both daily and meet limits.
- Swimmers entering three (3) qualifying events may also enter up to two (2) bonus events subject to both daily and meet limits.
- Swimmers entering four (4) qualifying events may also enter up to one (1) bonus event subject to both daily and meet limits.
- Swimmers entering five (5) or more qualifying events **may not enter** bonus events.

#### **RELAY ENTRIES/ ENTRY LIMITS**

Relay entry times are not required to be provable and may be overridden with aggregate or estimated times.

Teams may enter R/O athletes assuming there is at least one qualifier of the same gender entered in the meet, and at least one relay event entered for that gender.

Clubs may enter a maximum of two relay teams per event. If there are two entries, they will be designated A and B. Relay teams comprised of all R/O athletes are not permitted and any such relay team that enters or competes will be disqualified.

**All relay only swimmers, including alternates, must be listed on a team's OME roster and Meet Entry Form and must pay the \$3.00 NCS surcharge and \$30.00 facility fee. Relay only swimmers ARE ALLOWED to swim up to two (2) time trials provided they compete on a relay.**

#### **OME ENTRIES/ PROOF OF TIME/ ENTRY DEADLINE/ LATE ENTRIES/ CORRECTIONS**

An events file for organizing entries will be posted on ncswim.org by June 1 or may be obtained via email request to the Entry Coordinator at OME@NCswim.org. USA Swimming's OME system will open no later than June 1 at 12:00 **Noon** and will be used for all entries except as noted. An OME User's Manual for NCS Champs is available on NCswim.org.

##### **On-Time Entries**

ON-TIME OME for on-time entries will close three (3) days prior to the meet on **Monday, July 17<sup>th</sup> at 6:00 PM**. Coaches may update entry times in the OME file until Monday of meet week at 6:00 PM. **OME WILL NOT AUTOMATICALLY** update times.

Coaches shall confirm OME entries and entry times are correct and complete prior to checking out by the 6:00 PM entry deadline. Coaches shall confirm that all entered athletes are Premium or Seasonal USA Swimming members and all swimmers who will be Adult Athletes (18+) at any time during the meet are APT certified. Only original OME entries and rosters and emails from the Entry Coordinator will be accepted as proof of administrative or system errors.

Entry changes that cannot be made in OME must be submitted by email to the Entry Coordinator at [OME@ncswim.org](mailto:OME@ncswim.org) by the 6:00 PM Tuesday of meet week correction deadline.

##### **Entry Correction Period**

All team contacts listed in OME will receive an entry list by midnight after the final OME files close on the Monday of meet week at 6:00 PM. Any entry corrections not previously requested must be submitted to the Entry Coordinator by Tuesday 6:00 PM. Teams should have an internal process in place including back up plans to ensure corrections are submitted by the deadline. Corrections will only be accepted from a registered coach with the athlete's team. Coaches should also have an internal process in place to assure all swimmers subject to the APT certification or Flex membership upgrade requirement are compliant by the deadline.

The psych sheet will be published on Tuesday evening. All ineligible and unproven entries will be flagged. Any entry changes requested after the meet is seeded will be **accepted only with the approval of the Meet Referee and the Operations Vice Chair and only for open lanes in the slowest heat. Late entries will be**

**charged double entry fees and the \$50 per team late fee.** No new entries or changes to previous entries will be accepted after Wednesday at 12:00 Noon.

**Proof of Times**

If a time override is used to enter an **individual event** in OME, it is the coach's responsibility to submit proof of time to the Entry Coordinator no later than 6:00 PM Tuesday, two (2) days before the meet, or the swimmer **WILL NOT** be seeded into the event in question. Proof of time consists of a SWIMS entry or copy of/link to the final meet results from a **USA Swimming sanctioned, approved, or observed meet within the qualifying period.** Sanction number, date, and location must be provided. **Hy-Tek Team Manager or Team Unify results WILL NOT be accepted as proof.** If proof is provided to the Meet Referee after the meet is seeded and before warm-ups begin on Thursday, the swimmer may be added to the event subject to lane availability in the slowest heat **and** Meet Referee and Operations Vice Chair approval. Relay times do not require proof.

**ATHLETES AND MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS**

NCS welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Swimmers with disabilities qualifying for the meet according to the published meet time standards should enter via OME. Swimmers with classified disabilities who prefer to qualify using the Para Motivational Time Standards should email entries to the NCS Meet Entry Coordinator by the Monday 6:00 PM entry deadline.

Coaches entering swimmers with disabilities and non-athlete members who require any accommodations are required to provide advance notice in writing to the Meet Director and Meet Referee by the entry deadline including the need for any personal assistants and/or registered service animals. Failure to provide advance notice may limit the host team's ability to accommodate all requests.

**ENTRY FEES**

Teams are responsible for paying the entry fees as calculated on the Meet Entry Fee Summary page in this meet announcement. The **amount due in OME will be incorrect** if the team has para swimmers not entered in OME, or entry changes.

The total fees as calculated on the Entry Fee Summary plus any assessed entry fines are due no later than the start of warmups on Thursday unless alternate payment arrangements are negotiated with the Meet Director.

**Make checks payable to:** [STAR Aquatics]

<b>Individual Event</b>	\$12.00 per event
<b>Relay Event</b>	\$20.00 per relay
<b>NCS Travel Fund</b>	\$3.00 per swimmer, including relay only swimmers.
<b>Facility Surcharge</b>	\$30.00 per swimmer, including relay only swimmers.
<b>Late Entry Fees</b>	Double plus a potential \$50 fine.

***Fees are non-refundable.***

**SEEDING AND FORMAT**

The conforming time for this meet is LCM. Except for the distance freestyles, events will be seeded in order of LCM, SCY, LCM Bonus, SCY Bonus. Seeding for the distance freestyles will be LCM, SCY, alternate distance LCM, alternate distance SCY. Combined heats may be swum at the discretion of the Meet Referee.

Except for relay events, the 800M Freestyle, and the 1500M Freestyle, all events will be conducted on a preliminary and finals basis. During each Finals session, there will be C, B and A (bonus, consolation and championship) Final heats. The C heat will swim first, followed by the B, then A heats in that order. Alternates should identify themselves to the starter and be ready to swim in the C Final if no shows occur.

All events that are 400M and longer and all relays will be deck seeded after positive check in. A positive check-in by the deadline indicated below is required to be seeded into the event. Failure to check in by the deadline will result in the swimmer not being able to swim the event.

In Sunday's finals, the Men's 200M Back will immediately follow the Women's 1500M Freestyle and precede the Women's 200M Back in order to alternate women's and men's events throughout the evening's program.

Swimmers must provide their own counters for distance events. These counters must be athletes, officials, or coaches participating in the meet. Assistance is available for small teams or unattached swimmers. Contact the Meet Referee.

For any event, combined women's/men's heats may be swum at the discretion of the Meet Referee. Meet Management reserves the right to add or combine sessions, adjust session start times and age group session assignments, and/or limit entries to comply with capacity limits for the facility based on entries and to comply with all federal, state, local and facility guidelines in place at the time of the meet. Changes will be communicated at the Technical Meeting.

#### **400M IM AND 400M FREESTYLE**

The 400M IM and the 400M Freestyle will be swum as prelim/final events. Each preliminary event (top 2 heats circle seeded) will swim **fastest four (4) heats of women slow to fast, then the fastest four (4) heats of men slow to fast**. Any remaining heats will swim fast to slow, alternating women and men. Combined heats may be swum at the discretion of the Meet Referee.

#### **800M AND 1500M FREESTYLE**

The 800M and 1500M Freestyle will be swum as timed final events. Qualifiers will be ranked by their entry event/course as follows: 800M/1000Y/1500M/1650Y for the 800M and 1500M/1650Y/800M/1000Y for the 1500M. All heats of the 800M Freestyle will swim alternating women and men, fast to slow. After positive check in, the fastest heat of women and fastest heat of men in the 1500M Freestyle will swim during the Finals session on Sunday. All other heats of the 1500M Freestyle will swim at the conclusion of Prelims after a 10-minute break, fast to slow, alternating women and men. Combined heats may be swum at the discretion of the Meet Referee. There will be NO AM/PM option for the 1500M. Swimmers must provide their own counters for the 800M and 1500M Freestyles.

#### **RELAYS**

All relays will be swum as timed finals. Relay will swim first two heats of women fast to slow, first two heats of men fast to slow, followed by remaining heats fast to slow alternating women and men.

Relays will swim during the evening sessions on Thursday and Friday. Teams have a choice of AM or PM on Sunday. Those ***not indicating a preference*** will be seeded in the **AM**.

Relay cards are due to the Admin Referee according to the schedule below.

There will be a 10-minute break prior to the start of all relay events.

#### **CHANGES TO MEET FORMAT**

Within USA Swimming Rules and with unanimous agreement of the Meet Referee, the Meet Director, and the Operations Vice Chair, ***prior to the Technical Meeting***, limited changes ***outside of those required for safety compliance*** may be proposed to the format of the meet to improve competition and to accommodate unforeseen circumstances that arise after the meet is sanctioned. Changes require unanimous agreement of coaches at the Technical Meeting.

Format changes that may be proposed for vote at the Technical Meeting are as follows:

1. **Number of Heats in Finals:** If the number of qualified entrants exceeds 600, four finals heats may be contested. The D Final will be first, followed by C, B, and A. Alternates will be able to swim in the D or C Finals. In this case, the A Finalists will still parade and be announced behind the blocks however there will be no awards ceremonies.
2. **400s Converted to Timed Finals:** To manage timelines, the 400M IM and 400M Freestyle may be contested as timed finals. The fastest 3-4 heats of positively checked in swimmers will compete in Finals slow to fast. In the Preliminary session, the next fastest 4 women's heats will swim slow to fast, then the next fastest 4 men's heats will swim slow to fast, then the remaining heats will swim fast to slow, alternating women and men.

**CHASE STARTS/  
FLIGHTING**

Preliminary events of 100M or more may be conducted using chase starts. Preliminary heats may be flighted. Heats will be organized to most closely follow the original order stated below. This decision will be made by the Meet Referee, the Operations Vice Chair, and the Meet Director and announced no later than the Technical Meeting.

**POSITIVE CHECK IN  
SCHEDULE**

All events that are 400M and longer and all relays will be deck seeded. A positive check-in by the deadline indicated below is required to be seeded into the event. Failure to check in by the deadline will result in the swimmer or relay team not being able to swim the event. Relay names may be changed with the Admin Referee up until the start of the heat in which the relay is seeded to swim.

Individual Events	Check-In Deadline		
800M Freestyle	Thursday	4:00 PM	
400M IM	Friday	8:30 AM	
400M Freestyle	Saturday	8:30 AM	
1500M Freestyle	Sunday	8:30 AM	
Relay Events	Check-In Deadline	Relay Cards Due	
800M Freestyle Relay	Thursday	4:30 PM	6:00 PM
400M Freestyle Relay	Friday	8:30 AM	6:00 PM
400M Medley Relay (AM/PM)	Sunday	8:30 AM	9:30 AM/5:30 PM

**SCRATCHES**

The current NCS Scratch Rule will be in effect during the conduct of this meet for prelim/finals and deck seeded events (see attachment.) This will serve as the official guide for technical and procedural rules, except when stated otherwise in the meet announcement. Coaches and swimmers are expected to be familiar with the rule and penalties.

While there is no penalty for not competing in the non-deck seeded preliminary events, a no show and a declared false start are both considered disqualifications from an event and the swimmer is considered to have competed or participated in the event. A swimmer wishing to scratch from a preliminary event to make room for a time trial must scratch with the Admin Referee any time prior to the beginning of the event. Any swims scratched in this manner will not count toward a swimmer’s daily limit.

**LOCKER ROOMS/  
CHANGING AREAS**

Deck changing is prohibited. Locker rooms are reserved for athlete use and congregating in locker rooms is strictly prohibited. Locker rooms will be monitored by the meet marshal. Additional changing area procedures may be imposed to comply with any safety regulations.

Separate rest room facilities are available for officials, coaches, and volunteers. Swimmers should refrain from changing in or otherwise using these restrooms.

**WARMUPS/  
BREAKS**

Warmup sessions will be open unless the Meet Referee and Operations Vice Chair determine that swimmer numbers warrant split warmup sessions. Warmup assignments, if any, and procedures will be communicated prior to the meet. All teams should be aware that they may not have access to warm up lanes in the competition pool. Coaches will be responsible for monitoring athletes during warm-ups.

Scheduled breaks are noted in the Order of Events. The Meet Referee has authority to add breaks as necessary.

**SCORING**

INDIVIDUAL EVENTS: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
RELAY EVENTS: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2  
Only two relays per gender can score for each team.

Team scores and individual high point scores will be published at finals each evening.

**AWARDS**

The TOP 5 finishers in each event will be awarded according to the schedule announced at the technical meeting. If a fourth final heat is added, no awards ceremonies will be conducted.

Individual events: 1<sup>st</sup> – 8<sup>th</sup> place medals  
Relays: 1<sup>st</sup>- 3<sup>rd</sup> place medals

NCS Team Place Awards: 1<sup>st</sup> – 3<sup>rd</sup> place for Large Team, Medium Team, and Small Team categories. NCS teams will be assigned to categories based on USA Swimming Virtual Club standings as of July 15. NCS university clubs are automatically assigned to Large Teams.

High Point Awards: Top scoring NCS-registered female and male.

Phillips Performance Award: Female and male with the highest FINA/WA Power Point score in an individual swim.

## READY ROOM

Qualifiers for the A final are invited to report to the ready room five minutes prior to their event for the parade of the A final heat. All other heats report to the blocks.

## RESULTS

Results will be available on Meet Mobile, the host team's website, and NCSwim.org facility internet connectivity permitting. At the conclusion of the meet, teams will be emailed results files or may request results files on a memory stick.

## TIME TRIALS

Entry fees for time trials will be \$12.00 for individual events and \$20.00 for relays due at sign up. Time trials count towards a swimmer's individual event total for each day, but not the meet total. Swimmers must provide their own timers for time trials. Swimmers may compete in up to two time trials during the meet. Time trials are limited to qualifiers and relay only swimmers who enter and compete in an individual event or relay event during the meet.

- Time trials will be offered after Prelims and after Finals on Friday and Saturday time permitting and at the discretion of the Meet Referee and Operations Vice Chair. Time trials may also be offered after Thursday evening's events and after Sunday Finals at the discretion of the Meet Referee.
- Only qualifiers and relay only swimmers who are properly entered and compete in the meet are eligible for individual or relay time trials.
- Entry deadline for time trials shall be no later than one hour after the beginning of the session. This time may be changed in the Technical Meeting depending on projected session time lines. Time trial session lengths may be set at the discretion of the Meet Referee and the Operations Vice Chair.
- Time trials will begin not more than 15 minutes following the session conclusion. All teams competing in the time trial session may agree to less than 15 minutes.
- The distance freestyles typically will be offered after only one session. The session will be determined by the Meet Referee, depending on the size of the meet, time available, etc., and will be announced at the Technical Meeting. Swimmers in the distance freestyles must provide their own lap counters.
- The event order will follow national protocol except that:
  - 50s will be either the first or last events of the session as determined by the Meet Referee and the Meet Director.
  - For the session that the distance Freestyles are offered, they will be the last events of the session or, if 50s are last, the next to last events of the session.
- Events may be combined. However, backstroke events should not be combined with forward starting events.
- Time permitting and at the discretion of the Meet Referee, non-meet event time trials may be conducted and may be combined with other events.

The time trial entry procedures will be announced at the Technical Meeting.

## COACHES

**There will be a virtual Technical Meeting on Wednesday of meet week at 8:00PM.** Coaches are responsible for any information presented at the meeting. Meetings may also be held at other times announced by the Meet Referee.

## USA SWIMMING MEMBERSHIP REQUIREMENTS FOR COACHES AND OFFICIALS CREDENTIALS

All **coaches** must check in with and provide to the Meet Director proof of current USA Swimming membership that extends through the last day of the meet.

All **officials** including AOs and Meet Directors must show to the Meet Referee proof of current USA Swimming membership and NCS certification that extends through the last day of the meet.

A current member's Deck Pass is acceptable proof of USA Swimming membership for all purposes. Those failing to provide proof of membership could be barred from the deck. All coaches on deck must display their USA Swimming membership card in a visible place, have their Deck Pass card readily accessible at all times, or wear any identifying item required by the Host Team.



**OFFICIALS**

An online signup sheet will be made available on [www.SwimNC.com](http://www.SwimNC.com) prior to the meet for officials to indicate availability and interest in requesting an assigned position (AR, DR, SR, CJ) or evaluation. Officials requesting assigned positions or evaluations should sign up by June 17. Assignments will be based on evaluation requests, level of experience, and other factors at the discretion of the Meet Referee and the NCS Officials Chair.

Assigned officials will be notified by the Meet Referee. Officials being evaluated will be notified by the Meet Referee or the National Evaluator. A mandatory virtual stroke briefing may be held on Tuesday prior to the meet (time to be announced) or at the meet with additional meetings prior to each session as announced by the Meet Referee.

This meet has been designated as a USA Swimming Official Qualification Meet: certification for N2 S&T, CJ, DR, AR; re-certification for N2 all positions; certification and re-certification for all N3 positions (pending availability of N3 evaluators for each position). A limited number of N2 AO evaluations may be offered at the discretion of the NCS Officials Chair. Officials interested in other evaluations should contact the NCS Officials Chair by June 17. Eligible officials requesting evaluation should sign up on the Officials Sign Up form by June 17. Please see the USA Swimming website for additional information on national evaluation eligibility and certification requirements.

**ELIGIBILITY AND TECHNICAL JURY**

An Eligibility and Technical Jury will be appointed by the Operations Vice Chair or his designee consisting of one coach, one swimmer, and one non-coach/non-athlete member of NC Swimming should an eligibility or technical protest arise.

**HOSPITALITY**

There will be hospitality available to all coaches and officials.

**WAIVER/  
RELEASE**

As a team entered in this meet, upon entry you are verifying that all the swimmers and coaches listed on your OME entry are registered with USA Swimming throughout the meet. You acknowledge that you are familiar with and will enforce with your team the Safe Sport rules of and any safety procedures in effect for 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. [STAR Aquatics, GAC, City of Greensboro, 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 NCS 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 NCS website or social media or in public broadcast of the event via television, live stream, 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.



## 2023 NORTH CAROLINA SWIMMING LONG COURSE SENIOR CHAMPIONSHIP ORDER OF EVENTS

THURSDAY EVENTS		
Women's Event	<b>Timed Finals at 5:00 PM</b>	Men's Event
1	800M Freestyle	2
	10-minute break	
3	800M Freestyle Relay	4
FRIDAY EVENTS		
Women's Event	<b>Preliminaries at 9:00 AM and Finals at 6:00 PM</b>	Men's Event
5	200M Freestyle	6
7	100M Breaststroke	8
9	100M Butterfly	10
11	400M IM	12
	10-minute break	
13	400M Freestyle Relay* (all relays at night)	14

SATURDAY EVENTS		
Women's Event	<b>Preliminaries at 9:00 AM and Finals at 6:00 PM</b>	Men's Event
15	200M Butterfly	16
17	50M Freestyle	18
19	200M Breaststroke	20
21	100M Backstroke	22
23	400M Freestyle	24

SUNDAY EVENTS		
Women's Event	<b>Preliminaries at 9:00 AM and Finals at 5:30 PM</b>	Men's Event
25	100M Freestyle	26
27	1500M Freestyle** (top heat at night)	
29	200M Backstroke	28
	1500M Freestyle** (top heat at night)	30
31	200M IM	32
	10-minute break	
33	400M Medley Relay*** (AM/PM)	34

\* All relays on Friday swim at night.

\*\* Top heat swims at night. No AM/PM option. Morning heats swim at the end of the morning session after relays and a 10-minute break.

\*\*\* Sunday relays swum in the morning or at night according to AM/PM preference.



## 2023 North Carolina Swimming Long Course Senior Championships Qualifying Time Standards

		Women	Men
LCM	50 Fr	29.69	26.89
SCY		26.19	23.09
LCM	100 Fr	1:03.99	58.99
SCY		56.39	50.79
LCM	200 Fr	2:17.69	2:06.59
SCY		2:01.19	1:51.09
LCM	4-500 Fr	4:48.79	4:30.29
SCY		5:21.99	5:00.19
LCM	8-1000 Fr	9:56.49	9:20.99
SCY		11:08.59	10:30.19
LCM	15-1650 Fr	19:01.59	17:54.89
SCY		18:39.79	17:30.19
LCM	100 Bk	1:12.89	1:05.99
SCY		1:03.49	56.69
LCM	200 Bk	2:36.49	2:22.89
SCY		2:16.79	2:03.39
LCM	100 BR	1:21.99	1:13.69
SCY		1:12.79	1:03.89
LCM	200 BR	2:56.69	2:40.39
SCY		2:35.39	2:18.99
LCM	100 FI	1:10.69	1:02.49
SCY		1:02.89	55.79
LCM	200 FI	2:33.49	2:20.49
SCY		2:17.69	2:04.39
LCM	200 IM	2:37.39	2:23.99
SCY		2:17.39	2:04.09
LCM	400 IM	5:31.19	5:06.79
SCY		4:52.19	4:25.79



# 2023 North Carolina Swimming Long Course SR Championships

## Parallel Time Standards for Swimmers with a Disability

### Parallel Time Standards for Swimmers With A Disability - LSC

Para 1 P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Girls								Boys								
	10 & U P1		11-12 P1		13-14 P1		15 & O P1		P1	10 & U P1		11-12 P1		13-14 P1		15 & O P1	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	1:44.49	1:44.49	1:34.69	1:34.69	1:26.19	1:26.19	1:24.89	1:24.89	50 FR	1:39.29	1:39.29	1:30.29	1:30.29	1:21.29	1:21.29	1:18.29	1:18.29
3:39.19	3:39.19	3:18.59	3:18.59	3:00.79	3:00.79	2:58.09	2:58.09	100 FR	3:44.19	3:44.19	3:23.79	3:23.79	3:03.49	3:03.49	2:56.69	2:56.69	
8:44.89	8:44.89	7:55.69	7:55.69	7:12.99	7:12.99	7:06.49	7:06.49	200 FR	6:09.09	6:09.09	5:35.59	5:35.59	5:01.99	5:01.99	4:50.90	4:50.89	
2:03.59	2:03.59	1:51.99	1:51.99	1:41.99	1:41.99	1:40.39	1:40.39	50 BK	1:22.89	1:22.89	1:15.39	1:15.39	1:07.89	1:07.89	1:05.39	1:05.39	
3:47.19	3:47.19	3:25.89	3:25.89	3:07.49	3:07.49	3:04.59	3:04.59	100 BK	3:01.19	3:01.19	2:44.69	2:44.69	2:28.19	2:28.19	2:22.69	2:22.69	
1:54.39	1:54.39	1:43.63	1:43.63	1:34.39	1:34.39	1:32.99	1:32.99	50 BR	1:29.59	1:29.59	1:21.49	1:21.49	1:13.29	1:13.29	1:10.59	1:10.59	
5:26.29	5:26.29	4:55.69	4:55.69	4:29.19	4:29.19	4:25.19	4:25.19	100 BR	4:19.99	4:19.99	3:56.39	3:56.39	3:32.69	3:32.69	3:24.89	3:24.89	
3:03.89	3:03.89	2:46.69	2:46.69	2:31.79	2:31.79	2:29.49	2:29.49	50 FL	2:48.09	2:48.09	2:32.79	2:32.79	2:17.49	2:17.49	2:12.39	2:12.39	
7:35.89	7:35.89	6:53.15	6:53.15	6:16.19	6:16.19	6:10.49	6:10.49	150 IM	7:30.09	7:30.09	6:49.19	6:49.19	6:08.19	6:08.19	5:54.59	5:54.59	

### Parallel Time Standards for Swimmers With A Disability - LSC

Para 2 P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	Girls								Boys								
	10 & U P2		11-12 P2		13-14 P2		15 & O P2		P2	10 & U P2		11-12 P2		13-14 P2		15 & O P2	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	56.89	59.79	51.49	54.19	46.89	49.39	46.19	48.59	50 FR	53.99	56.79	49.09	51.69	44.19	46.49	42.59	44.79
2:06.59	2:13.19	1:54.69	2:00.69	1:44.39	1:49.89	1:42.79	1:48.19	100 FR	1:59.09	2:05.29	1:48.29	1:53.99	1:37.39	1:42.59	1:33.79	1:38.79	
4:20.49	4:34.19	3:56.09	4:08.49	3:34.89	3:46.29	3:31.69	3:42.79	200 FR	4:11.89	4:25.09	3:48.49	4:00.99	3:26.09	3:36.89	3:18.49	3:28.89	
		9:37.09	7:51.09	8:45.39	7:08.89	8:37.49	7:02.39	400/500 FR			9:37.89	7:51.69	8:40.09	7:04.49	8:20.79	6:48.79	
1:09.09	1:12.69	1:02.59	1:05.89	56.99	59.99	56.09	59.09	50 BK	1:01.09	1:04.29	55.49	58.39	49.99	52.59	48.09	50.69	
2:39.79	2:48.19	2:24.79	2:32.49	2:11.89	2:18.79	2:09.89	2:16.69	100 BK	2:32.79	2:40.89	2:18.89	2:26.29	2:05.09	2:11.59	2:00.39	2:06.79	
		4:58.79	5:14.49	4:31.99	4:46.29	4:27.89	4:41.99	200 BK			4:20.89	4:34.59	3:54.79	4:07.09	3:46.09	3:57.99	
1:12.09	1:15.89	1:05.49	1:08.89	59.59	1:02.69	58.69	1:01.69	50 BR	1:09.19	1:12.79	1:02.89	1:06.19	56.59	59.59	54.49	57.39	
2:39.99	2:48.39	2:24.99	2:32.59	2:11.99	2:18.89	2:09.99	2:16.79	100 BR	2:33.39	2:41.49	2:19.49	2:26.79	2:05.49	2:12.09	2:00.89	2:07.19	
		5:17.19	5:34.19	4:24.89	4:38.79	4:44.69	4:59.59	200 BR			5:00.99	5:16.79	4:30.89	4:45.09	4:20.89	4:34.59	
1:09.59	1:13.19	1:03.09	1:06.39	57.39	1:00.39	56.59	59.49	50 FL	55.89	58.79	50.79	53.49	45.69	48.09	43.99	46.39	
2:58.89	3:08.29	2:42.09	2:50.59	2:27.59	2:35.29	2:25.39	2:32.99	100 FL	2:55.29	3:04.49	2:39.39	2:47.79	2:23.39	2:30.99	2:18.09	2:25.39	
5:31.79	5:49.19	5:00.59	5:16.39	4:33.69	4:48.09	4:29.59	4:43.69	200 IM	5:12.39	5:28.89	4:43.99	4:58.99	4:15.59	4:29.09	4:06.19	4:19.09	

### Parallel Time Standards for Swimmers With A Disability - LSC

Para 3 P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	Girls								Boys								
	10 & U P3		11-12 P3		13-14 P3		15 & O P3		P3	10 U P3		11-12 P3		13-14 P3		15 & O P3	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	44.09	48.89	39.89	44.29	36.39	40.39	35.79	39.69	50 FR	39.79	44.19	36.19	40.19	32.59	36.19	31.39	34.79
1:33.89	1:44.29	1:25.09	1:34.49	1:17.49	1:26.09	1:16.39	1:24.79	100 FR	1:26.49	1:36.09	1:18.59	1:27.29	1:10.79	1:18.59	1:08.09	1:15.69	
3:51.49	4:17.19	3:29.79	3:53.09	3:10.99	3:32.19	3:08.09	3:28.99	200 FR	3:17.69	3:39.59	2:59.69	3:19.69	2:41.69	2:59.59	2:35.79	2:53.09	
8:46.89	7:43.19	7:57.59	6:59.79	7:14.79	6:22.19	7:08.19	6:16.39	400/500 FR	8:31.99	7:30.09	7:45.49	6:49.19	6:58.99	6:08.29	6:43.49	5:54.69	
		18:00.49	15:19.59	16:32.09	14:04.39	16:18.49	13:52.79	800/1000 FR			18:21.59	15:37.49	16:31.39	14:03.69	15:54.69	13:32.49	
		32:31.69	30:29.19	30:01.09	28:08.19	29:37.99	27:46.39	1500/1650 FR			34:04.19	31:55.79	30:39.71	28:44.19	29:31.53	27:40.29	
53.39	59.29	48.39	53.69	44.09	48.99	43.39	48.19	50 BK	45.59	50.69	41.49	46.09	37.29	41.49	35.89	39.89	
1:52.49	2:04.99	1:41.99	1:53.29	1:32.89	1:43.19	1:31.49	1:41.59	100 BK	1:36.09	1:46.79	1:27.39	1:37.09	1:18.59	1:27.39	1:15.69	1:24.09	
		4:04.79	4:31.89	3:42.99	4:07.69	3:39.59	4:03.89	200 BK			3:29.49	3:52.79	3:08.59	3:29.49	3:01.59	3:21.79	
56.79	1:03.09	51.49	57.19	46.79	51.99	46.09	51.19	50 BR	49.79	55.29	45.29	50.29	40.79	45.29	39.29	43.59	
1:59.69	2:12.99	1:48.49	2:00.49	1:38.69	1:49.69	1:37.19	1:47.99	100 BR	1:50.59	2:02.89	1:20.49	1:51.69	1:30.49	1:40.49	1:27.19	1:36.79	
		4:20.29	4:49.19	3:56.99	4:23.29	3:53.29	4:19.19	200 BR			3:40.09	4:04.49	3:18.09	3:40.09	2:56.09	3:31.89	
48.29	53.59	43.69	48.49	39.79	44.19	39.19	43.49	50 FL	43.29	48.09	39.29	43.69	35.39	39.29	31.49	37.89	
1:41.69	1:52.89	1:32.09	1:42.29	1:23.89	1:33.19	1:22.59	1:31.69	100 FL	1:30.89	1:40.99	1:22.79	1:31.99	1:14.39	1:22.59	1:06.09	1:19.59	
		3:40.99	4:05.49	3:21.39	3:43.69	3:18.09	3:40.09	200 FL			3:29.19	3:52.39	3:08.29	3:29.19	2:47.39	3:21.39	
3:57.99	4:24.39	3:35.69	3:59.59	3:16.29	3:38.09	3:19.39	3:34.79	200 IM	3:29.69	3:52.99	3:10.69	3:31.79	2:51.59	3:10.69	2:32.49	3:03.59	
		8:34.59	9:25.49	7:48.39	8:34.69	7:41.39	8:26.99	400 IM			7:46.79	8:20.09	6:56.79	7:30.09	6:40.09	7:13.39	



## North Carolina Scratch Rule

208.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet announcement shall specify all mandatory check-in and scratch deadlines and procedures.

- .1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
- .2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch or as noted in 208.3.4 A or D. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet announcement states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty-four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet announcement.
- .3 Preliminary and Finals Events
  - A. Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck, then 208.3.2 applies
  - B. Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 208.3.4. For events occurring on the last day of a meet, a fine of \$100 per missed swim shall also be assessed to the club by the appropriate Division Chair for failure to compete. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.
  - C. In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete
  - D. When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim
  - E. If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)
- .4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:
  - A. The Referee is notified in the event of illness or injury and accepts the proof thereof.
  - B. The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
  - C. The swimmer was not named in any finals heat during the initial announcement of results
  - D. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

### 208.4. RELAY SCRATCH RULE

- .1 All Meets - Any relay or relay member, in a relay event that fails to compete in or report for that event shall not be penalized.

**2023 NORTH CAROLINA SWIMMING LONG COURSE SENIOR CHAMPIONSHIP  
MANDATORY Entry Fee Summary Report and Waiver**

Club Name:		Club Code:	
Address:			
City, Zip:			
<b>Head Coach</b>			
Name:			
Email:			
Cell:			
<b>Assistant Coaches Attending Meet</b>			
Name:			
Name:			
Name:			

I certify that all coaches identified above are currently certified and registered as coaches with USA Swimming, Inc. and will be certified and registered as coaches during the meet dates and will be directly responsible for the swimmers entered in this meet during the conduct of the event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Release Statement**

**USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC., STAR, GAC, CITY OF GREENSBORO, AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS SHALL BE HELD FREE AND HARMLESS FROM ANY AND ALL LIABILITIES ON CLAIMS FOR DAMAGES ARISING BY REASON OF ILLNESS OR INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

<b># of Individual Entries</b>		<b>X \$12.00 each entry</b>	<b>\$</b>
<b># of Relay Team Entries</b>		<b>X \$20.00 each relay entry</b>	<b>\$</b>
<b>NCS Travel Fund (Total swimmers)</b>		<b>X \$3.00 each swimmer</b>	<b>\$</b>
<b>Athlete Facility Charge (Total swimmers)</b>		<b>X \$30.00 each swimmer</b>	<b>\$</b>
<b># Late Individual Entries</b>		<b>X \$24.00 each entry</b>	<b>\$</b>
<b># Late Relay Entries</b>		<b>X \$40.00 each relay entry</b>	<b>\$</b>
<b>Late Entry Fine if applied</b>		<b>X \$50.00</b>	<b>\$</b>
<b>TOTALS</b>			<b>\$</b>

Make checks payable to STAR Aquatics and mail to PO Box 16311 High Point, NC 27261 or submit to the Meet Director with this form no later than the start of warm ups on Thursday.

**Hotel and Local Information:**

STAR Aquatics Preferred Hotels – [Click Here](#)

**Swim Friendly Restaurants**

**Below is a list of local restaurants that help STAR Aquatics and swimming in Greensboro. They all have the ability to cater to large groups, provide a place for you to dine in and a family/team friendly environment. Please consider these establishments when planning the meals for your family, group or team!**

**Tripp's Restaurant**

**4402 West Wendover Avenue  
Greensboro NC 27407  
(336)854-9518**

**Pavilion Restaurant**

**Greek & Italian Cuisine  
2010 W. Vandalia Road  
Greensboro, NC 27407  
(336)852-1272**

**Jersey Mike's Subs**

**4835 W. Wendover Ave.  
Jamestown, NC 27282  
(336)856-0010**

**Stamey's BBQ**

**2609 Gate City Blvd  
Greensboro NC, 27403  
(336)299-9888  
Catering: (336)294259**

**Golden Wok Chinese Restaurant**

**1216 Bridford Parkway  
Greensboro, NC 27407  
(336)855-6161**