



GCY LC Single-Day Splash 2025

Hosted by the Greensboro Community YMCA Swim Team

April 5, 2025

Held at Greensboro Aquatic Center

1921 West Gate City Blvd, Greensboro, NC 27403



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

Sanction #NC25073

MEET DIRECTOR	MEET ENTRY COORDINATOR
Scott Bowser 336-478-9635 scott.bowser@ymcagreensboro.org	Cynthia Shannon 501 West Market Street Greensboro, NC 27401 336-478-9631 cynthia.shannon@ymcagreensboro.org
MEET REFEREE	MEET MARSHAL
Cynthia Shannon 336-478-9631 336-317-1769 cynthiaLshannon@gmail.com cynthia.shannon@ymcagreensboro.org	Katie McNerney Don Williams

FACILITY & HOST REQUIREMENTS

GCY has discussed specific health and safety procedures with the venue management. At this time, the facility and GCY have no additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet.

FACILITY

The Greensboro Aquatic Center is a state-of-the-art indoor facility with four pools. The main competition pool is 9-10 feet deep at both ends and will be configured into one 50-meter course with eight 9-foot-wide lanes. All lanes feature non-turbulent lane lines and KDI Paragon starting blocks. The Omega electronic timing system will be used which includes touch pads and 2 buttons per lane. In addition at least 1 manual stopwatch will be used in each lane. Prior to each session of competition, the facility host shall examine the bulkhead and shall confirm to the Meet Referee that the bulkhead is stable, straight and properly positioned and anchored. GCY will ensure proper course dimensions.

GAC staff will provide first aid.

All spectators must comply with the Greensboro Coliseum Complex Bag Policy:

Permitted Bags

- **Clear Bags:** Clear vinyl or plastic bags, one-gallon Ziploc-style storage bags, and clear vinyl or plastic backpacks, measuring no larger than 12" x 6" x 12".

- **Small Clutch Bags:** Small bags up to 4.5" x 6.5" (*approximately the size of a hand*), with or without a handle or strap, do not have to be clear.
- **Medical Bags:** Medical bags, including diaper bags when accompanied by a child, will be inspected before entry.

Greensboro Coliseum Complex personnel reserve the right to deny entry to any bag or item that is deemed unsafe for admission. Guests who do not follow building policies or decline to be inspected may be denied entry or required to leave the venue. Greensboro Coliseum Complex does not provide a bag check or lockers for bags. All bags left in lobbies/hallways will be discarded.

Parking will be available for up to \$5.00 per vehicle.

The event will be livestreamed via YouTube on the Greensboro Aquatic Center event page.

No outside food or drink is permitted in the facility. No coolers are allowed in the facility.

No outside chairs are allowed on deck or in the stands.

MEET FORMAT

This is a 12 & Over timed final meet.

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

DEADLINE AND MEETING SUMMARY:

Date	Time	For:
Wednesday, March 26, 2025	Midnight	Entry deadline
TBA	TBA	Coaches/General Meeting via Zoom
Saturday, April 5, 2025	9:30 a.m.	Official Briefings
Saturday, April 5, 2025	9:45 a.m.	Positive Check-in closes for: • 400-meter Individual Medley • 400-meter Freestyle • 1500-meter Freestyle

RULES

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

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

TECHNICAL SUIT BAN for 12&Us

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

A Technical Suit is one that has the following components:

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

MAAPP

All 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.

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.

ELIGIBILITY

- All athletes who have achieved the qualifying times (see page 6) may participate in the event.
- Swimmers ages will be determined as of April 5, 2025.
- All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline. Entries listed as "Registration Applied For" will not be accepted. There will be no on-deck registration available at this meet.
- All Adult Athletes must hold current APT certification to compete.

**MEMBERS WITH
DISABILITIES OR
MEDICAL
CONDITIONS**

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

ENTRIES

Entries submitted in Hy-tec format require no hard copy entry forms. Email is preferred for electronic entries. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline. A swimmer's age on the first day of the meet will determine their age for the entire meet. GCY entries will be entered first and then accept teams/entries in the order received, until session time limit is reached. Entries received thereafter will be returned immediately.

**ENTRY
LIMITATIONS**

Swimmers may swim a maximum of 3 events

Meet management reserves the right to limit the number of total entries to comply with the time restrictions.

**ENTRY
VERIFICATION**

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

ENTRY DEADLINES

The Meet Entry Coordinator must receive entries by midnight on Wednesday, March 26, 2025. Late entries may be accepted at the discretion of the Meet Referee.

ENTRY FEES

Make checks payable to: Bryan Family YMCA. All fees are non-refundable	
Individual Event	\$10.00 per event
Facility Surcharge	\$20.00 per swimmer
Travel Fee	\$3.00 per swimmer
Heat Sheet Fee	\$2.00 per swimmer
Late Entry Fee	\$20.00 per individual event

SEEDING

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

CHECK-IN

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

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

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

SCRATCHES	There will be no penalty for scratching or failing to compete in pre-seeded events at the block. For deck-seeded events, swimmers who are properly checked in and seeded but fail to compete and are not excused by the Meet Referee will be barred from their next individual event.
SCORING	This meet will not be scored.
AWARDS	This meet will have no awards.
RESULTS	Results will be sent to each team via email attachment and posted on the NC Swimming web-site.
COACHES	All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.
OFFICIALS/ TIMERS/ VOLUNTEERS	There will be a need for officials. GCY welcomes and encourages anyone willing to volunteer. Volunteering officials are asked to contact the Meet Referee by email/ All officials on deck must be registered and certified by USA Swimming. Certification will be verified by Meet Referee. Officials' briefings will occur 45 minutes prior to each session. Timer and marshal briefings will be held at least 30 minutes prior to each session.
HOSPITALITY/ CONCESSIONS	There will be a hospitality area open to all coaches and officials. On-deck hospitality may be available for timers and other volunteers. Refreshments for spectators will be available at the concession stand in the concourse.
WARM-UP	In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal 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. There is to be no diving or horseplay in this area.
WAIVER/ RELEASE	As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry have full-privilege YMCA memberships and registration. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. The Greensboro Community YMCA Swim Team, the YMCA of Greensboro, Inc., the Greensboro Aquatic Center, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall

be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

**IMAGE
RELEASE**

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

Qualifying Times

(Long Course Meters)

Women	Event	Men
31.89	50 M Free	29.39
1:09.59	100 M Free	1:04.39
2:30.29	200 M Free	2:20.59
5:15.49	400 M Free	4:58.69
10:56.09	800 M Free	10:17.69
20:58.59	1500 M Free	19:46.79
1:16.89	100 M Back	1:11.69
2:45.69	200 M Back	2:35.79
1:27.69	100 M Breast	1:20.39
3:08.89	200 M Breast	2:53.79
1:14.79	100 M Fly	1:08.89
2:47.79	200 M Fly	2:33.99
2:48.99	200 M IM	2:36.69
5:58.29	400 M IM	5:34.89

ORDER OF EVENTS
Session 1
Saturday, April 5, 2025
Warm-up: 9:00 a.m.; Session Start: 10:15 a.m.

Girls/Women	Event	Boys/Men
101	12 & Over 100-meter Butterfly	102
103	12 & Over 200-meter Breaststroke	104
105	12 & Over 50-meter Freestyle	106
107	12 & Over 50-meter Breaststroke	108
109	12 & Over 800-meter Freestyle ¹	110
111	12 & Over 100-meter Backstroke	112
113	12 & Over 400-meter Individual Medley ¹	114
115	12 & Over 200-meter Freestyle	116
117	12 & Over 400-meter Freestyle ¹	118
119	12 & Over 100-meter Breaststroke	120
121	12 & Over 200-meter Backstroke	122
123	12 & Over 200-meter Butterfly	124
125	12 & Over 50-meter Backstroke	126
127	12 & Over 50-meter Butterfly	128
129	12 & Over 100-meter Freestyle	130
131	12 & Over 200-meter Individual Medley	132
133	12 & Over 1500-meter Freestyle ^{1 2}	134

¹ May be limited to the fastest 3 heats of women and fastest 3 heats of men.
Positive check-in is required.

² Event will be swum fastest to slowest alternating women and men.
Swimmers should provide their own timers and counters.

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Summary of Fees/Release Form

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

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

Email to: cynthia.shannon@ymcagreensboro.org

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

Item	Quantity	Cost per	Total
Individual Entries		\$10.00 per event	
Facility Surcharge		\$20.00 per swimmer	
Travel Fee		\$3.00 per swimmer	
Heat Sheet Fee		\$2.00 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 members of the YMCA. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc., and North Carolina Swimming, Inc., regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. The Greensboro Community YMCA Swim Team, the YMCA of Greensboro, Inc., the Greensboro Aquatic Center, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet.

Image Release:

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

SIGNATURE (Head Coach or Designee)

TITLE

DATE