



2025 Mother May I?

www.gsaswim.org

May 9-10, 2025

The Greensboro Aquatic Center
1921 W. Gate City Blvd.
Greensboro, NC 27403

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming
Sanction #NC25098

MEET DIRECTOR	MEET ENTRY COORDINATOR
Bruce Cantrell bruce@gsaswim.org (336) 312-6229	Bruce Cantrell bruce@gsaswim.org
MEET REFEREE	MEET MARSHAL
Shaunna Tobin Cam08ash10@gmail.com	Louisa Raisbeck & Peter Smelzer

FACILITY and HOST TEAM REQUIREMENTS

GSA has discussed specific health and safety procedures with the venue management. At this time, the Greensboro Aquatic Center and GSA 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 GAC is a state-of-the-art indoor facility with four pools, which opened in August 2011. 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 KD Paragon starting blocks. The Omega electronic timing system will be used. GSA will ensure the correct competition course dimensions. 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. Parking will be available at the Coliseum for up to \$5 per day with unlimited entry and exit. Free parking will be provided for participating certified coaches and officials. Outside chairs and outside food will not be allowed in the facility. GAC staff and lifeguards will provide first aid.

Only athletes, officials, coaches, and meet volunteers may be on deck at any time. The 650 bleacher seats on deck are reserved for swimmers only. **No chairs are permitted in the stands or on deck.**

Locker rooms are reserved for athlete use. Separate rest room facilities are available for officials, coaches, and volunteers.

MEET FORMAT

This is a timed final, Age Group/Open, pre-seeded meet unless otherwise indicated.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	4:00 PM	5:00 PM	Open
2	Saturday	8:00 AM	9:00 AM	Open
3	Saturday	1:00 PM	2:00 PM	Open

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday, April 30th	5:00 PM	Entry deadline
Day of Meet	45 min prior to start	Official Briefings
Week prior to meet	Virtual	Coaches/General Meeting
Day of Meet	20 min prior to start	Timer Briefing

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.

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

SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage

rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.

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 swimmers must be registered with USA Swimming, Inc. and Adult Athletes must hold current APT certification to compete. 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.**

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

SwimGSA 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 SwimGSA's ability to accommodate all requests.

ENTRIES

Entries shall be submitted in Hy-Tek format via email to Meet Entry Coordinator. The completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received before swim meet. A swimmer's age on the first day of the meet will determine their age for the entire meet. Swim GSA entries will be entered first and then complete entries from other teams in the order received. Swim GSA reserves the right to limit entries in order to comply with the four/eight-hour rule.

ENTRY LIMITATIONS

Swimmers are limited to five individual events per day. Meet Management reserves the right to limit entries in individual events, to stay within the timeline. All

swimmers should be entered with an actual time, as **NT entries will not be accepted.**

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 the date and time listed in the Deadline and Meeting Summary. No late entries will be accepted. There will be no on deck entries.

ENTRY FEES

Make checks payable to: GSA; All fees are non-refundable	
Individual Event Entry Fee	\$10.00 per event
Facility Surcharge	\$20.00 per swimmer
NCS Travel Fund	\$3.00 per swimmer
Heat Sheet Fee	\$5.00 per swimmer

SEEDING AND FORMAT 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 individual events will be contested as timed finals.

CHECK-IN All events will be pre-seeded and there will be no positive check-in.

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

SCORING This meet will not be scored.

AWARDS No awards will be given.

RESULTS Results will be posted on Meet Mobile during the meet. At the conclusion of the meet, teams may obtain Hy-Tek backups via email attachment.

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 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 GSA welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in upon arrival at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of such to the Meet Referee by displaying their registration card or be prepared to show their virtual membership card upon request. A certification card showing the official's level of certification must also be presented. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers.

Official briefings will be held 45 minutes prior to the start of each session in the hospitality area.

GSA requests visiting teams provide volunteer timers, in proportion to the number of each team's swimmers attending the swim meet. A timers' meeting will be held approximately 20 minutes prior to the start of each session.

**HOSPITALITY/
CONCESSIONS**

There will be limited hospitality for coaches and officials. Refreshments will also be available at the concession stand.

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. There is to be no diving or horseplay in this area.

WAIVER/RELEASE

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with 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. GSA, 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 host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

ORDER OF EVENTS

Friday Timed Finals

Warm-up: 4:00PM Meet Start: 5:00PM

Girls/Women	Event	Boys/Men
1	Open 200 Butterfly	2
3	Open 100 Freestyle	4
5	Open 50 Breaststroke	6
7	Open 100 Backstroke	8

Saturday Morning Timed Finals

Warm-up: 9:00AM Meet Start: 10:00AM

Girls/Women	Event	Boys/Men
9	Open 200 Freestyle	10
11	Open 50 Butterfly	12
13	Open 100 Breaststroke	14
15	Open 200 Backstroke	16
17	Open 50 Freestyle	18

Saturday Afternoon Timed Finals

Warm-up: 1:00PM Meet Start: 2:00PM

Girls/Women	Event	Boys/Men
19	Open 50 Backstroke	20
21	Open 200 Individual Medley	22
23	Open 100 Butterfly	24
25	Open 200 Breaststroke	26

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Summary of Fees/Release Form

Complete and return this form along with entry fees to GSA:

Email: adeloreto@gmail.co

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual TF Entries Fees		\$10.00 per event	
Swimmers (Travel Fund, Facility Surcharge & Heat Sheet fee)		\$28.00 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 GSA, 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. 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)

CLUB

TITLE

DATE