



GCY Spooktacular 2025

Hosted by the Greensboro Community YMCA Swim Team

October 24-26, 2025

Held at Greensboro Aquatic Center

1921 W Gate City Blvd, Greensboro, NC 27403

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

Sanction #NC25167

| MEET DIRECTOR | MEET ENTRY COORDINATOR |
|---|--|
| Scott Bowser 336-478-9635 scott.bowser@ymcagreensboro.org | Cynthia Shannon 501 W Market St Greensboro, NC 27401 336-478-9631 cynthia.shannon@ymcagreensboro.org |
| MEET REFEREE | MEET MARSHALL |
| 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 may be configured into two 25-yard course pools with 8-10 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. 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.

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

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

Doors will open to attendees 30 minutes prior to warm-ups.

As of September 2024, the Greensboro Complex and Greensboro Aquatic Center no longer accept cash for **parking fees, ticket sales** and **concessions**. A debit or credit card will be required for payment. Contactless and mobile payment options, including Apple Pay, Google Pay and Samsung Pay, will be accepted at most payment terminals.

The Greensboro Aquatic Center will stream this meet on their official YouTube channel. You can access the stream by visiting the link:

<https://www.youtube.com/@GreensboroAquaticCenter>

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.

MEET FORMAT

This is an Age Group/Open timed final meet.

| Session | Day | Building Entry | Warm-up | Meet Start | Age Group |
|----------------|------------|-----------------------|----------------|-------------------|------------------|
| 1 | Friday | 4:00 p.m. | 4:30 p.m. | 5:45 p.m. | Open |
| 2 | Saturday | 6:30 a.m. | 7:00 a.m. | 8:15 a.m. | Open |
| 3 | Saturday | 11:45 a.m. | 12:15 p.m. | 1:30 p.m. | 12 & Under |
| 4 | Sunday | 6:30 a.m. | 7:00 a.m. | 8:15 a.m. | Open |
| 5 | Sunday | 11:45 a.m. | 12:15 p.m. | 1:30 p.m. | 12 & Under |

DEADLINE AND MEETING SUMMARY:

| Day, Date | Time | For: |
|------------------|-----------------------------------|---|
| Tues, Oct 14 | Midnight | Entry deadline |
| Wed, Oct 22 | 10:30 a.m. | Coaches/General Meeting via Zoom |
| Oct 24-26 | 45 minutes prior to each session | Official Briefings |
| Oct 24-26 | 30 minutes prior to each session | Timer Briefings |
| Oct 24 | 30 minutes prior to session start | Positive Check-in closes for: <ul style="list-style-type: none"> • 400-yard Individual Medley • 1650-yard Freestyle |
| Oct 26 | 30 minutes prior to session start | Positive Check-in closes for: <ul style="list-style-type: none"> • 500-yard Freestyle (Open and 12&Under) |

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.

- 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 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 marshals.

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 be members of GCY or invited teams. All 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.

- No qualifying times are required.
- Swimmers ages will be determined as of October 24, 2025.

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. To request accommodation or modification for swimmers with disabilities, coaches should complete the [USA Swimming Accommodation Form](#) and submit it to the Meet Referee and Meet Director prior to the entry deadline.

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 teams/entries will be accepted in the order received, until session time limit is reached. Entries received thereafter will be returned immediately. All relay-only swimmers, including alternates, must be listed and pay the NCS Travel Fund surcharge.

ENTRY LIMITATIONS

Swimmers may swim a maximum of 5 individual events plus 1 relay per day and a total of 12 individual events and 2 relays for the meet. There is no limit on the number of relay entries per team. Meet management reserves the right to limit the number of total entries to comply with the 4-hour time rule. In addition, all positive check-in events may be limited to the meet facility time limits.

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. Late entries may be accepted at the discretion of the Meet Referee. There will be no on deck entries.

ENTRY FEES

| Make checks payable to: Bryan Family YMCA. | |
|---|---------------------|
| All fees are non-refundable | |
| Individual Event | \$9.00 per event |
| Relay Event | \$18.00 per event |
| Facility Surcharge | \$21.00 per swimmer |
| Travel Fee | \$3.00 per swimmer |

| | |
|----------------|---|
| Heat Sheet Fee | \$5.00 per swimmer |
| Late Entry Fee | \$18.00 per individual event; \$36.00 per relay event |

| | |
|--|--|
| 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. All non-conforming times will be seeded last in rank order. NTs are discouraged. |
| CHECK-IN | All events will be pre-seeded with the exception of the following events requiring positive check-in: <ul style="list-style-type: none"> • 400-yard Individual Medley • 1650-yard Freestyle • 500-yard Freestyle (Open) • 500-yard Freestyle (12 & Under) |
| SCRATCHES | There will be no penalty for scratching 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 | No team or individual scoring will be kept. |
| AWARDS | Ribbons will be awarded to the top 8 finishers for ages 10 and under and ages 11-12 individual events and to the top 3 finishers for 12 and under relay events. No ribbons will be awarded for open events. |
| RESULTS | Results will be posted on GCY's website within 24 hours of the meets conclusion and emailed to participating teams. |
| 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 <u>prior to the meet.</u> All officials on deck must be registered and certified by USA Swimming. Certification will be verified by Meet Referee the day before the meet/session. Officials' briefings will occur 45 minutes prior to each session. All officials are strongly encouraged to complete an individual personal review of applicable USAS rules prior to the meet. Officials should report at the time specified by the Meet Referee and bring a writing utensil. Timers 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 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. The Greensboro Community YMCA Swim Team, the YMCA of Greensboro, Inc., the Greensboro Aquatic Center, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

**IMAGE
RELEASE**

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

ORDER OF EVENTS

SESSION 1 – Open

Friday, October 24, 2025

Warm-up: 4:30 p.m.; Session Start: 5:45 p.m.

| Women | Event | Men |
|-------|--------------------------------------|-----|
| 101 | 400 Individual Medley ^{1 2} | 102 |
| 103 | 1650 Freestyle ^{1 2} | 104 |

¹ Heats may be limited to comply with USA Swimming and facility time limits; positive check-in is required; swimmers should provide their own timers and counters.

² Event will be swum fastest to slowest alternating women and men.

SESSION 2 – Open

Saturday, October 25, 2025

Warm-up: 7:00 a.m.; Session Start: 8:15 a.m.

| Women | Event | Men |
|-------|----------------------------|-----|
| 201 | Open 200-yard Medley Relay | 202 |
| 203 | Open 100-yard Breaststroke | 204 |
| 205 | Open 200-yard Butterfly | 206 |
| 207 | Open 100-yard Backstroke | 208 |
| 209 | Open 50-yard Freestyle | 210 |
| 211 | Open 200-yard Breaststroke | 212 |
| 213 | Open 200-yard Freestyle | 214 |

SESSION 3 – 12 & Under

Saturday, October 25, 2025

Warm-up: 12:15 p.m.; Session Start: 1:30 p.m.

| Girls | Event | Boys |
|-------|---------------------------------------|------|
| 301 | 12 & Under 200-yard Medley Relay | 302 |
| 303 | 10 & Under 50-yard Butterfly | 304 |
| 305 | 11-12 50-yard Butterfly | 306 |
| 307 | 10 & Under 100-yard Backstroke | 308 |
| 309 | 11-12 100-yard Backstroke | 310 |
| 311 | 10 & Under 50-yard Breaststroke | 312 |
| 313 | 11-12 50-yard Breaststroke | 314 |
| 315 | 10 & Under 50-yard Freestyle | 316 |
| 317 | 11-12 50-yard Freestyle | 318 |
| 319 | 10 & Under 100-yard Individual Medley | 320 |
| 321 | 11-12 100-yard Individual Medley | 322 |
| 323 | 10 & Under 200-yard Freestyle | 324 |
| 325 | 11-12 200-yard Freestyle | 326 |

SESSION 4 – Open

Sunday, October 26, 2025

Warm-up: 7:00 a.m.; Session Start: 8:15 a.m.

| Women | Event | Men |
|-------|--|-----|
| 401 | Open 200-yard Freestyle Relay | 402 |
| 403 | Open 200-yard Individual Medley | 404 |
| 405 | Open 100-yard Freestyle | 406 |
| 407 | Open 200-yard Backstroke | 408 |
| 409 | Open 100-yard Butterfly | 410 |
| 411 | Open 500-yard Freestyle ^{1 2} | 412 |

¹ Heats may be limited to comply with USA Swimming and facility time limits; positive check-in is required; swimmers should provide their own timers and counters.

² Event will be swum fastest to slowest alternating women and men.

SESSION 5 – 12 & Under

Sunday, October 26, 2025

Warm-up: 12:15 p.m.; Session Start: 1:30 p.m.

| Girls | Event | Boys |
|-------|--|------|
| 501 | 12 & Under 200-yard Freestyle Relay | 502 |
| 503 | 10 & Under 100-yard Butterfly | 504 |
| 505 | 11-12 100-yard Butterfly | 506 |
| 507 | 10 & Under 50-yard Backstroke | 508 |
| 509 | 11-12 50-yard Backstroke | 510 |
| 511 | 10 & Under 100-yard Breaststroke | 512 |
| 513 | 11-12 100-yard Breaststroke | 514 |
| 515 | 10 & Under 100-yard Freestyle | 516 |
| 517 | 11-12 100-yard Freestyle | 518 |
| 519 | 10 & Under 200-yard Individual Medley | 520 |
| 521 | 11-12 200-yard Individual Medley | 522 |
| 523 | 12 & Under 500-yard Freestyle ^{1 2} | 524 |

¹ Heats may be limited to comply with USA Swimming and facility time limits; positive check-in is required; swimmers should provide their own timers and counters.

² Event will be swum fastest to slowest alternating girls and boys.

GCY Spooktacular 2025
Summary of Fees/Release Form

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

GCY

ATTN: Cynthia Shannon

Bryan YMCA

501 W Market St

Greensboro, NC 27401

Email to: cynthia.shannon@ymcagreensboro.org

| | |
|--------------|--|
| Team Name | |
| Club Code | |
| Coach | |
| Coach Phone | |
| Coach Email | |
| Team Address | |

| Item | Quantity | Cost per | Total |
|-----------------------|----------|---------------------|-------|
| Individual Entries | | \$9.00 per event | |
| Relay Entries | | \$18.00 per event | |
| Facility Surcharge | | \$21.00 per swimmer | |
| Travel Fee | | \$3.00 per swimmer | |
| Heat Sheet Fee | | \$5.00 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 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. 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. 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