



2025 John Dewey Invitational

www.gsaswim.org

November 15-16, 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, Inc.
Sanction #NC25193***

MEET DIRECTOR	MEET ENTRY COORDINATOR
Bruce Cantrell (336) 312-6229 bruce@gsaswim.org	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 venue management. At this time, the facility 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 Greensboro Aquatics Center is a state-of-the-art indoor facility with a 50- meter pool which can be broken into two short course venues with a separate diving well. This competition will use one or two short course competition venues that are 8 or 10 lanes (depending on entries) with continuous warm-up and cool down lanes available throughout the meet. The pool depth is 9'-10' at the start and turn ends and 4" lane lines will be used to reduce turbulence. The lane width is 7'-9' (depending on number of lanes). An Omega timing system, supported by two buttons and two watches per lane, with a Daktronics Pro-Star LED Video Scoreboard Display will display results simultaneously. Starting platforms are Omega deck anchored platforms. The host will ensure the required course dimensions. First aid will be provided by facility lifeguard staff.

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, and no outside food or drink is allowed in the facility.**

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/Senior, pre-seeded meet unless otherwise indicated.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday Morning	7:00-7:45 AM	8:00 AM	Open
2	Saturday Afternoon	Not Before 11:00-AM-11:45 PM	Not Before 12:00 PM	12&U
3	Saturday Evening	Not Before 4:00-4:45 PM	Not Before 5:00 PM	Open
4	Sunday Morning	7:00-7:45 AM	8:00 AM	Open
5	Sunday Afternoon	Note Before 11:00-11:45 PM	Not Before 12:00 PM	12&U

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday 11/05/25	12:00 Midnight	Entry deadline
Day of the meet	45 min prior to start	Official Briefings
Week prior to meet	Virtual	Coaches/General Meeting
Day of the 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 the MAAPP policy is a condition of participation in the conduct of this competition.

SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to 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 be members of GSA or an invited team. 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.**

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

GSA 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 Swim GSA's ability to accommodate all requests.

ENTRIES

Entries submitted in Hy-Tek 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 before the swim meet. A swimmer's age on the first day of the meet will determine their age for the entire meet. SwimGSA entries will be entered first and then accept teams/entries in the order received, until the four/eight-hour rule 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 are limited to six individual events per day. A swimmer entered in too many events will be dropped from the first and subsequent events that are over the limit. Entry fees from any such events will not be refunded.

Meet Management reserves the right to limit entries in total or in distance freestyle events or to eliminate relays to comply with the 4/8-hour rule. Heats and events may be combined at the discretion of the Meet Referee. Two pools may be used for any or all events at the discretion of the Meet Referee to accommodate all swimmers wishing to compete.

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 Wednesday, November 5, 2025 at 12:00 midnight. Late entries will be accepted only at the discretion of the Meet Director. GSA reserves the right to limit or suspend the addition of swimmers or heats to accommodate late entries. Late entries will be charged double fees and may not be seeded.

ENTRY FEES

Make checks payable to: GSA, all fees are non-refundable	
Individual Event	\$10.00 per event (late entry double)
Relays	\$17.50 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only
Facility Surcharge	\$20.00 per swimmer
Heat Sheet Fee	\$5.00 per swimmer

SEEDING With the exception of the Open 400Y IM, 500Y Free, and 1000Y Free and the 12&U 200Y Free, 200Y IM, and 500Y Free, all events will be pre-seeded. The conforming time for this meet is SCY. Swimmers should enter with actual SCY or converted LCM times to ensure best seeding for all competitors. NT entries will not be accepted for positive check-in events and are strongly discouraged for pre-seeded events. NT entries will be seeded last. Non-distance events will swim slowest to fastest in event order.

400Y IM

The 400Y IM will swim fastest to slowest in event order.

1000Y Freestyle

The 1000Y Free will swim fastest to slowest, alternating women and men. Two courses may be used. If two courses are utilized, genders may not be alternated. Heats and events may be combined at the discretion of the Meet Referee. Swimmers must provide their own timers and counters.

500Y Freestyle

For Open and 12&U events, the 500Y Free will be swum slowest to fastest in event order. Two courses may be used. Heats and events may be combined at the discretion of the Meet Referee. Swimmers must provide their own counters (preferably another swimmer).

The 12&U 200Y Freestyle and 200Y IM will swim slowest to fastest in event order.

CHECK-IN

A positive check-in, located at clerk of course, will be required for the following events:

- 400Y Individual Medley
- 12&U 200 Freestyle
- 1000Y Freestyle
- Open 500Y Freestyle
- 12&U 200Y Individual Medley
- 12&U 500Y Freestyle

Swimmers who do not check in may not be seeded in the event. According to the NC Scratch Rule, a swimmer who is properly checked in, been seeded, and fails to compete in said event, shall be barred from his/her next individual event unless excused by the Meet Referee.

CHECK-IN DEADLINES	<table><tr><th>SESSION</th><th>EVENT</th><th>DEADLINE</th></tr><tr><td>Saturday Morning</td><td>400Y IM</td><td>Saturday 7:30 AM</td></tr><tr><td>Saturday Afternoon</td><td>12&U 200Y Freestyle</td><td>Saturday 11:30 PM</td></tr><tr><td>Saturday Evening</td><td>1000Y Freestyle</td><td>Saturday 4:30 PM</td></tr><tr><td>Sunday Morning</td><td>500Y Freestyle</td><td>Sunday 7:30 AM</td></tr><tr><td>Sunday Afternoon</td><td>12&U 200Y IM</td><td>Sunday 11:30 PM</td></tr><tr><td>Sunday Afternoon</td><td>12&U 500Y Freestyle</td><td>Sunday 12:30 PM</td></tr></table>	SESSION	EVENT	DEADLINE	Saturday Morning	400Y IM	Saturday 7:30 AM	Saturday Afternoon	12&U 200Y Freestyle	Saturday 11:30 PM	Saturday Evening	1000Y Freestyle	Saturday 4:30 PM	Sunday Morning	500Y Freestyle	Sunday 7:30 AM	Sunday Afternoon	12&U 200Y IM	Sunday 11:30 PM	Sunday Afternoon	12&U 500Y Freestyle	Sunday 12:30 PM
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SCRATCHES	There will be no penalty for scratching pre-seeded timed final events including relays at the block.																					
SCORING	This meet will not be scored.																					
AWARDS	There will be no awards for this swim meet.																					
RESULTS	Results will be posted on Swim GSA’s website (www.SwimGSA.com) within 24 hours of the meet’s conclusion and teams will be emailed their results. Meet Mobile will be utilized, facility internet connectivity permitting.																					
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. GSA welcomes and encourages anyone willing to volunteer. Volunteering Officials should contact the Meet Referee by email <u>prior to the meet.</u> All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet/session. There will be a meeting at the day(s)/time(s) listed in the “Deadline and Meeting Summary” above. Meetings may be in-person at the meet or virtual in advance and assignments may be communicated electronically 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 mask (if necessary) and a writing utensil. GSA requests visiting teams provide volunteer timers, in proportion to the number of each team’s swimmers attending the swim meet. A sign-up sheet for each team will be provided. A timers’ meeting will be held approximately 20 minutes prior to the start of each session.”																					
HOSPITALITY/ CONCESSIONS	There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand. No outside food or drink is allowed in the facility.																					
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 (if available).
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, the Greensboro Aquatic Facility, 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

Saturday Morning Timed Finals

Warm-up: 7:00-7:45 AM Meet Start: 8:00 AM

Women	Event	Men
1	200Y Freestyle	2
3	100Y Breaststroke	4
5	200Y Butterfly	6
7	100Y Backstroke	8
	5-minute break	
9	400Y Individual Medley	10

400 IM swum fast to slow. 2 pools may be used. Heats may be combined. Swimmers may be asked to provide their own timers.

Saturday Afternoon Timed Finals

Warm up: 11:00-11:45PM

Meet Start 12:00PM

Girls	Age	Event	Age	Boys
11	8&U	25Y Butterfly	8&U	12
13	10&U	50Y Butterfly	10&U	14
15	11-12	50Y Butterfly	11-12	16
17	8&U	25Y Backstroke	8&U	18
19	10&U	100Y Backstroke	10&U	20
21	11-12	100Y Backstroke	11-12	22
23	10&U	50 Y Breaststroke	10&U	24
25	11-12	50 Y Breaststroke	11-12	26
27	10&U	50Y Freestyle	10&U	28
29	11-12	50Y Freestyle	11-12	30
31	10&U	100Y Individual Medley	10&U	32
33	11-12	100Y Individual Medley	11-12	34
35	12&U	200 Freestyle	12&U	36
		5-minute break		
37	12&U	200 Freestyle Relay	12&U	38

ORDER OF EVENTS

Saturday Evening Timed Finals		Warm up: 4:00-4:45 PM	Meet Start 5:00PM
Women	Event	Men	
39	200Y Medley Relay	40	
	5-minute break		
41	50Y Freestyle	42	
43	200Y Breaststroke	44	
	5-minute break		
45	200Y Freestyle Relay	46	
	5-minute break		
47	1000Y Freestyle	48	

*1000 Free swum fast to slow. 2 pools may be used. Heats may be combined.
Swimmers must provide their own counters and timers.*

ORDER OF EVENTS

Sunday Morning Timed Finals		Warm Up: 7:00- 7:45 AM	Meet Start: 8:00 AM
Women	Event	Men	
49	200Y Individual Medley	50	
51	100Y Freestyle	52	
53	200Y Backstroke	54	
55	100Y Butterfly	56	
57	500Y Freestyle	58	

*500 Free swum slow to fast. 2 pools may be used. Heats may be combined.
Swimmers must provide their own counters and may be asked to provide their own timers.*

Sunday Afternoon Timed Finals**Warm Up: 11:00-11:45PM****Meet Start: 12:00PM**

Girls	Age	Event	Age	Boys
59	10&U	100Y Butterfly	10&U	60
61	11-12	100Y Butterfly	11-12	62
63	10&U	50Y Backstroke	10&U	64
65	11-12	50Y Backstroke	11-12	66
67	8&U	25Y Breaststroke	8&U	68
69	10&U	100Y Breaststroke	10&U	70
71	11-12	100Y Breaststroke	11-12	72
73	8&U	25Y Freestyle	8&U	74
75	10&U	100Y Freestyle	10&U	76
77	11-12	100Y Freestyle	11-12	78
79	12&U	200Y Individual Medley	12&U	80
		5-minute break		
81	12&U	200Y Medley Relay	12&U	82
		5-minute break		
83	12&U	500Y Freestyle	12&U	84

*500 Free swum slow to fast. 2 pools may be used. Heats may be combined.
Swimmers must provide their own counters and may be asked to provide their own timers.*

**2025 John Dewey Invitational
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to GSA:

Email to: adeloreto@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$10.00 per event	
Relay Entries		\$17.50 per relay	
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. Swim GSA, 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