



## Friday Night at the Races

Hosted by STAR Aquatics

**January 9, 2026**

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 #NC26001**

MEET DIRECTORS		MEET ENTRY COORDINATOR & ADMINISTRATIVE OFFICIAL
Jay Dodson (336) 337-0169 <a href="mailto:jay@staraquatics.net">jay@staraquatics.net</a>	Taylor Mitchell (336)549-4682 <a href="mailto:taylor@staraquatics.net">taylor@staraquatics.net</a>	Michele Hendrix 336-847-2613 Jay@staraquatics.net
MEET REFEREE		
Rob Stevens (336) 686-4570 <a href="mailto:robstevens@triad.rr.com">robstevens@triad.rr.com</a>		Amy Teoh Steven Laflamme

### 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 with a Daktronics Pro-Star LED Video Scoreboard Display will display results simultaneously. We will use a touchpad and a minimum of one (1) button and one (1) watch per lane. Starting platforms are Omega deck anchored platforms.

STAR will ensure the required 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. The facility is staffed by certified lifeguards, possesses AEDs and emergency phones for 911 access.

Only athletes, officials, coaches, and meet volunteers may be on deck during warm-ups and/or competition. 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 restroom facilities are available for officials, coaches, and volunteers.

Swimmers, coaches, and volunteers will be allowed in the building no more than 30 minutes prior to warm-ups. All athletes, coaches, and volunteers will enter and exit the facility through the designated entrance. Athletes will access the deck through the locker rooms. Coaches and volunteers will access the deck through the hospitality area or the cut-through hallway.

There is a spectator seating area with a capacity of 1850 people. The spectator seating area will not be specifically assigned or marked for this meet. **No outside chairs are allowed in the facility. Spectators are not allowed on the pool deck at any time.**

- **Cashless**

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.

- **Spectator Bag Policy**

- For safety and efficiency, the Greensboro Aquatic Center recommends entering without a bag. If necessary, guests are permitted to bring one small bag that meets the following guidelines:

- Clear vinyl or Plastic Bag (no larger than 12"x6"x12")
- Clear Vinyl or Plastic Backpack (no larger than 12"x6"x12")
- Small Clutch Bag (no larger than 4.5"x6.5")
- Medical Bags\* (no larger than 12"x6"x12")
- Diaper Bags\* (no larger than 12"x6"x12")
- One-Gallon Clear Plastic Storage Bag

\*Medical bags, including diaper bags when accompanied by a child, will be inspected, and tagged before entry. *Please note this is not a comprehensive list. The Greensboro Aquatic Center reserves the right to deny any bag at any time on a case-by-case basis. Please note that athletes are allowed to bring in their bags and do not have to abide by the above policy.*

- **Event Streaming**

- 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>

**VENUE SHOPS**

Augusta Swim Supply will be open in the Greensboro Aquatic Center during the meet. Food and drink may be purchased from the concession stand located in the facility. **No outside food or drink will be permitted.**

**PARKING**

Parking will be \$5.00 per day with re-entry allowed. Parking for Coaches and Officials will be provided.

**MEET FORMAT**

There will be **one timed finals session** with a total of 30 events as set forth in the Order of Events.

Meet Management reserves the right to limit, eliminate, and/or combine any heats/events to allow the meet to run in the allotted time.

## MEET SCHEDULE AND DEADLINES

- Officials' meeting will be 45 minutes prior to the start of the session.

<b>Tuesday, December 30, 2025</b>	<b>Time</b>
Entry Deadline	10:00 pm
General Coaches' Meeting – via Zoom	TBD
<b>Friday, January 9, 2026 Timed Finals</b>	<b>Time</b>
<b>Warm-Up</b>	<b>4:30 pm</b>
Relay Cards Due	5:30 pm
<b>Meet Start</b>	<b>5:30 pm</b>

**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. NO running or horseplay will be tolerated.

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 or photography devices, including a cell phone, is not permitted in changing areas, restrooms, 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. All persons on deck or behind the blocks must be USAS certified coaches, officials, registered swimmers, or meet volunteers.

#### **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.

#### **ELIGIBILITY**

All swimmers must be registered with USA Swimming, Inc., and all adult athletes must hold current APT certifications 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.**

#### **SWIMMERS WITH DISABILITIES**

Star Aquatics 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 Star Aquatics' 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**

Please email entries to [entries@staraquatics.net](mailto:entries@staraquatics.net) using Hy-Tek Team Manager for entries. **List all swimmers' ages as of January 9, 2026.** Entries may be sent via email and must include the following:

- 1) A Hy-Tek compatible entry file
- 2) Team entry report
- 3) Financial report
- 4) A list of Coaches attending the meet.

A **swimmer's age on the first day of the meet** will determine his/her age for the entire meet.

Teams/entries will be accepted in the order they are received, until the four-hour timeline is reached. Entries received after the timeline is reached will be returned.

**If you plan to attend this meet, please notify the Meet Director(s) with your intent and approximate number of swimmers as soon as possible.**

**ENTRY LIMITATIONS** A swimmer may enter a **maximum of four (4) individual events and one (1) relay**. Meet Management reserves the right to limit, eliminate, and/or combine any heats/events to allow the meet to run in the allotted time.

**ENTRY VERIFICATION** The person submitting the entry will be sent an email confirming receipt of the entry within 48 hours of receipt.

**ENTRY DEADLINES** The Meet Entry Coordinator must receive entries by **10:00 pm Tuesday, December 30, 2025**. Late entries may be accepted at the discretion of the Meet Director and Meet Referee. There may be on-deck entries, but only in open lanes and at the discretion of the Meet Director and Meet Referee. **Double fees will apply to all late entries and must be paid before entry can be processed on deck.**

#### **ENTRY FEES**

<b>Make checks payable to: STAR Aquatics; All fees are non-refundable</b>	
Individual Event	\$6.00 per event
Relay Event	\$15.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge (includes heat sheet)	\$18.00 per swimmer
Late Entry Fee	\$12.00 per individual event/\$30.00 per relay

**SEEDING** The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from **slowest to fastest**. All non-conforming times will be seeded last in rank order (YLS). There will be no course conversion for this meet. The 200 IM may be limited at the discretion of the Meet Director to the top 24 swimmers in order to run the meet in the allotted time.

**SCRATCHES** There will be no penalty for scratches at this meet.

**SCORING** This meet will not be scored.

**AWARDS** There will be no awards for this meet.

**RESULTS** Results will be posted to Meet Mobile and to the STAR Aquatics webpage ([www.staraquatics.net](http://www.staraquatics.net)) as available. At the conclusion of the meet, results will be sent to each team 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 showing their Deck Pass virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Meet Schedule and Deadlines table. 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**

**All teams may be required to provide timers based on the number of swimmers entered in the meet. Timer assignments will be distributed after registration has closed.**

There will be a need for officials. Star Aquatics welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet, sign up using the link on the meet page on the STAR Aquatics website ([www.staraquatics.net](http://www.staraquatics.net)), or sign in once you arrive 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 showing their Deck Pass 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 in the hospitality area at the date and time listed in the Meet Schedule and Deadlines table.

**HOSPITALITY**

There will be a hospitality area open to all coaches and officials.

**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/cool-down. There is to be no diving or horseplay in this area. Only **feet-first** entry into the warm-up lanes is permitted.

**WAIVER/  
RELEASE**

As a team entered in this meet, upon entry you are verifying that all 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. STAR Aquatics, 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 host club approved photographer(s) and videographers and to allow the right to use names and photographs and audio and video recordings, 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 or videos featured on any media should inform their team's head coach and the Meet Director prior to the meet.

## Order of Events

<b>Friday January 9, 2026</b> <b>Timed Finals</b>		
<b>Warm-Ups: 4:30pm</b>		<b>Meet Start: 5:30 pm</b>
<b>Girls</b>	<b>Events</b>	<b>Boys</b>
1	Open 50 Breaststroke	2
3	Open 100 Backstroke	4
5	Open 200 Butterfly	6
7	Open 50 Freestyle	8
9	Open 100 Breaststroke	10
11	Open 200 Backstroke	12
13	Open 50 Butterfly	14
15	Open 100 Freestyle	16
17	Open 200 Breaststroke	18
19	Open 50 Backstroke	20
21	Open 100 Butterfly	22
23	Open 200 Freestyle	24
25	Open 100 IM	26
27	Open 200 IM	28
29	12 & Under Mixed 200 Free Relay	
30	13 & Over Mixed 200 Free Relay	



**STAR Friday Night at the Races**  
**January 9, 2026**  
**Mail Meet Entry Form and Payment to:**  
**STAR Aquatics**  
**PO Box 16311, High Point, NC 27261**

**Official Entry Information:**

Club Name \_\_\_\_\_ Club Code \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Head Coach \_\_\_\_\_ Home Phone \_\_\_\_\_

Email Address \_\_\_\_\_ Work Phone \_\_\_\_\_

Assistant  
Coach \_\_\_\_\_

Assistant  
Coach \_\_\_\_\_

Assistant  
Coach \_\_\_\_\_

Assistant  
Coach \_\_\_\_\_

**Liability Statement:** All coaches identified above are currently registered as coaches with USA Swimming, Inc. and are responsible for the swimmers entered in this meet and during the conduct of the event **January 9, 2026**. By participating in this meet, you agree that any charges incurred by STAR for damage to the facility, equipment, or premises that cannot be resolved to the offending individual(s) will be shared among the teams participating in the meet.

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

**Release Statement:** USA Swimming, Inc., North Carolina Swimming, Inc., Star Aquatics, LLC, Greensboro Aquatic Center and all employees and representatives of these organizations shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

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

# of Individual Entries		x \$6.00 per entry*	\$
# of Relay Entries		x \$15.00 per entry*	\$
NCS Travel Fund (total swimmers)		x \$3.00 per swimmer	\$
Facility Charge (total swimmers) (includes heat sheet)		x \$18.00 per swimmer	\$
Totals			\$

\*These fees are doubled if entries are received after 10:00 pm Tuesday, December 30, 2025.