



2026 JANUARY JUMP START

Hosted by the Greensboro Swimming Association

January 16-19, 2026

www.gsaswim.org

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



Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming
Sanction # NC26005

MEET DIRECTOR	MEET ENTRY COORDINATOR
Tom Brewer 336-420-4136 tbrewer441@aol.com	Tom Brewer tbrewer441@aol.com
MEET REFEREE	MEET MARSHAL
Trish Martin pksmartin13@gmail.com	Louisa Raisbeck-Cleaver & Peter Smelzer

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 one or 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/prelim/final Age Group/Senior pre-seeded meet unless otherwise indicated.

Session	Day	Warm-up	Meet Start	Age Groups
1	Friday timed finals	4:00 PM	5:00 PM	All
2	Saturday prelims	7:00 AM	8:30 AM	All
3	Saturday finals	4:15 PM	5:30 PM	All
4	Sunday prelims	7:00 AM	8:30 AM	All
5	Sunday finals	4:15 PM	5:30 PM	All
6	Monday timed finals	7:00 AM	8:30 AM	All

ENTRY DEADLINE AND CHECK IN SUMMARY:

Day, Date	Time	For:
Tuesday, Jan. 6	11:59 PM	Entry deadline
Friday, Jan. 16	4:30 PM	400Y IM and 1000Y Freestyle positive check in closes
Saturday, Jan. 17	4:30 PM	200Y Medley Relay cards due
Sunday, Jan. 18	4:30 PM	200Y Freestyle Relay cards due
Monday, Jan 19	8:30 AM	500Y Freestyle positive check in closes

RULES The meet will be conducted in accordance with USA Swimming Rules and Regulations and the NCS Scratch Rule except where the rules therein are optional, and exceptions are herein stated.

TECH 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 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 an 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. or be an invited athlete member of a World Aquatic member-country federation, 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.**

SWIMMERS 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 GSA'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 must be submitted in Hy-Tek format via email by the entry deadline. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Director by the entry deadline for entries to be considered complete unless other arrangements are made. GSA entries will be entered first and then complete entries from other teams in the order received. GSA reserves the right to limit entries to comply with the four/eight-hour rule. Rejected entries will be returned immediately. All relay only swimmers must be listed and pay the NCS Travel Fund surcharge and Facility Surcharge. Unless entries are rejected, entry fees are non-refundable.

BREAKS

Scheduled breaks are listed in the Order of Events. Additional breaks may be added at the discretion of the Meet Referee. Heats/events may be combined or moved to a different pool at the Meet Referee's option.

ENTRY LIMITATIONS	Swimmers may swim a maximum of three (3) individual events per day. Swimmers are further limited to ten (10) individual events for the meet.
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 Entry Coordinator must receive entries by Tuesday, January 6, 2026 at 11:59 PM. Late entries will be accepted only at the discretion of the Meet Director. Late entries may not be seeded. 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.

ENTRY FEES

Make checks payable to: GSA. All fees are non-refundable	
Individual TF Event	\$10.00 per event
Individual P/F Event	\$10.00 per event
Relays	\$17.50 per relay
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$22.00 per swimmer
Heat Sheet Fee	\$5.00 per swimmer
Late Entry Fee	\$20.00/\$20.00/\$35.00

POSITIVE CHECK IN	Positive check in located at clerk of course will be required for the following events: Open 400Y IM by 4:30PM Friday Open 1000Y Freestyle by 4:30PM Friday 12&U and Open 500Y Freestyle by 8:30 AM Monday
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Swimmers who do not check in may not be seeded in the event.

SEEDING AND FORMAT	The conforming time for this meet is SCY. Entries should be made with SCY times, converted LCM times, or estimated SCY times.
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NT entries will not be accepted for positive check in events and are strongly discouraged for pre-seeded events. NT will be seeded last.

Swimmers will be seeded from slowest to fastest unless otherwise indicated. Heats and events may be combined at the discretion of the Meet Referee.

All individual events on Friday and Monday will be contested as timed finals.

All individual events on Saturday and Sunday will be contested as preliminaries/finals. When more than one final heat is indicated in the Order of Events, the heats will swim fastest to slowest, A Final first followed by B Final, etc. See the Order of Events for the number of finals heats per event. There will not be a Ready Room. All heats should report to the blocks. Alternates should report to the Starter prior to the beginning of the event and will swim in the slowest final if no shows occur.

All relays will be timed finals. Relays will be swum in the evening sessions. No AM/PM option is available.

The Open 400Y IM on Friday evening will be swum fastest to slowest in event order.

The Open 1000Y Freestyle on Friday evening will be swum fastest to slowest, alternating women to men if only one pool is used.

The 500Y Freestyle will be swum slowest to fastest in event order. Swimmers are required to provide their own counters and may be asked to provide a second timer.

Breaks are noted in the Order of Events. Additional breaks may be added at the discretion of the Meet Referee.

Dive over starts may be used for all sessions at the discretion of the Meet Referee.

Meet Management reserves the right to limit preliminary and timed final heats in 12&U events to comply with the 4-hour rule.

**SCRATCHES
AND PENALTIES**

There will be no penalty for scratching or failing to compete in pre-seeded events including relays 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.

Swimmers who are named in the original A final who do not scratch and then fail to compete will be barred from their next individual event unless excused by the Meet Referee.

SCORING

This meet will not be scored.

AWARDS

Ribbons will be awarded to the top 8 places in each 12 & Under individual event. There are no ribbons for the Senior events

RESULTS

Results will be posted on GSA's website (www.gsaswim.org) within 24 hours of the meet's conclusion and teams will be emailed their results. Meet Mobile will be used pending facility internet connectivity.

COACHES

All coaches on deck must be registered and certified with USA Swimming.

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. The official mobile application of USA Swimming is acceptable proof of USA Swimming membership.

There will be a required coaches' virtual meeting on Tuesday, January 13th. The exact time will be sent later. 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

GSA welcomes and encourages certified officials and apprentices to sign up in advance using this form: <https://forms.gle/4nUsLR8pvq4bc9jc7> or contact the Meet Referee by email prior to the meet. Certified officials who do not sign up in advance are still welcome on deck.

All officials and apprentices on deck must be registered members of and certified with USA Swimming. The Meet Referee will require all officials to show proof of both by presenting their virtual membership card upon request. A certification card showing the official's level of certification must also be presented upon request. Official briefings will be held 45 minutes prior to the start of each session in the hospitality area. The uniform for the meet is navy bottoms, white collared shirt, white shoes.

This meet has been certified by USA Swimming as an OQM and will offer N2 and limited N3 certification and recertification evaluations for all positions. Certified officials who meet the criteria detailed on <https://www.usaswimming.org/officials/national-certification-evaluation> may request evaluation using this form <https://forms.gle/4nUsLR8pvq4bc9jc7> or may email the Meet Referee. Requests should be submitted by December 31st for CJ, SR, DR, and AR and by January 10th for S&T.

TIMERS

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

**TEAM
PERSONNEL**

A team chaperone may be allowed on deck with approval from the Meet Director provided they can prove current USA Swimming membership. The chaperone should remain in the team seating area at all times. Requests for team chaperone admissions should be emailed to the Meet Director prior to the meet.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Refreshments will be for sale at concession stands. Outside food and drink are not permitted 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 at least three lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area. Swimmers will enter the pool feet first except in lanes that are designated for one way race starts under the direct supervision of a USAS certified coach.

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.

2026 January Jump Start
ORDER OF EVENTS

Friday Timed Finals

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

Girls/Women	Event	Boys/Men
1	Open 400Y Individual Medley*	2
	5 MINUTE BREAK	
3	Open 1000Y Freestyle*	4

* Positive check in event.

* Swimmers in the 1000Y Free are required to provide their own counters.

2026 January Jump Start

ORDER OF EVENTS

Saturday Preliminaries

Warm-up: 7:00AM Meet Start: 8:30AM

Girls/Women	Event	Boys/Men
11	12&U 200Y Butterfly	12
13	13&O 200Y Butterfly	14
15	12&U 50Y Freestyle	16
17	13&O 50Y Freestyle	18
19	12&U 100Y IM	20
21	13&O 100Y IM	22
23	12&U 100Y Backstroke	24
25	13&O 100Y Backstroke	26
27	12&U 200Y Breaststroke	28
29	13&O 200Y Breaststroke	30

Saturday Finals

Warm-up: 4:15PM Meet Start: 5:30PM

Girls/Women	Event	Boys/Men
5	12&U 200Y Medley Relay	6
7	13-14 200Y Medley Relay	8
9	15&O 200Y Medley Relay	10
	5 MINUTE BREAK	
11	12&U 200Y Butterfly (1 heat)	12
13	13-14 200Y Butterfly (2 heats)	14
13	15&O 200Y Butterfly (3 heats)	14
15	10&U 50Y Freestyle (1 heat)	16
15	11-12 50Y Freestyle (2 heats)	16
17	13-14 50Y Freestyle (3 heats)	18
17	15&O 50Y Freestyle (3 heats)	18
19	10&U 100Y IM (1 heat)	20
19	11-12 100Y IM (2 heats)	20
21	13-14 100Y IM (3 heats)	22
21	15&O 100Y IM (3 heats)	22
23	10&U 100Y Backstroke (1 heat)	24
23	11-12 100Y Backstroke (2 heats)	24
25	13-14 100Y Backstroke (3 heats)	26
25	15&O 100Y Backstroke (3 heats)	26
27	12&U 200Y Breaststroke (1 heat)	28
29	13-14 200Y Breaststroke (2 heats)	30
29	15&O 200Y Breaststroke (3 heats)	30

2026 January Jump Start

ORDER OF EVENTS

Sunday Preliminaries

Warm-up: 7:00AM Meet Start: 8:30AM

Girls/Women	Event	Boys/Men
37	12&U 100Y Butterfly	38
39	13&O 100Y Butterfly	40
41	12&U 100Y Freestyle	42
43	13&O 100Y Freestyle	44
45	12&U 200Y Backstroke	46
47	13&O 200Y Backstroke	48
49	12&U 50Y Breaststroke	50
51	13&O 50Y Breaststroke	52
53	12&U 200Y Freestyle	54
55	13&O 200Y Freestyle	56

Sunday Finals

Warm-up: 4:15PM Meet Start: 5:30PM

Girls/Women	Event	Boys/Men
31	12&U 200Y Freestyle Relay	32
33	13-14 200Y Freestyle Relay	34
35	15&O 200Y Freestyle Relay	36
	*** 5 MINUTE BREAK***	
37	10&U 100Y Butterfly (1 heat)	38
37	11-12 100Y Butterfly (2 heat)	38
39	13-14 100Y Butterfly (3 heats)	40
39	15&O 100Y Butterfly (3 heats)	40
41	10&U 100Y Freestyle (1 heat)	42
41	11-12 100Y Freestyle (2 heats)	42
43	13-14 100Y Freestyle (3 heats)	44
43	15&O 100Y Freestyle (3 heats)	44
45	12&U 200Y Backstroke (1 heat)	46
47	13-14 200Y Backstroke (2 heats)	48
47	15&O 200Y Backstroke (3 heats)	48
49	10&U 50Y Breaststroke (1 heat)	50
49	11-12 50Y Breaststroke (2 heats)	50
51	13-14 50Y Breaststroke (2 heats)	52
51	15&O 50Y Breaststroke (2 heats)	52
53	10&U 200Y Freestyle (1 heat)	54
53	11-12 200Y Freestyle (2 heat)	54
55	13-14 200Y Freestyle (3 heats)	56
55	15&O 200Y Freestyle (3 heats)	56

2026 January Jump Start

ORDER OF EVENTS

Monday, Timed Finals

Warm-up: 7:00AM Meet Start: 8:30AM

Girls/Women	Event	Boys/Men
57	12&U 200Y IM	58
59	13&O 200Y IM	60
61	12&U 50Y Butterfly	62
63	13&O 50Y Butterfly	64
65	12&U 50Y Backstroke	66
67	13&O 50Y Backstroke	68
69	12&U 100Y Breaststroke	70
71	13&O 100Y Breaststroke	72
73	12&U 500Y Freestyle **	74
75	13&O 500Y Freestyle **	76

**** Positive check in event**

**** Swimmers in the 500Y Freestyle are required to provide their own counter and may be asked to provide a second timer.**

END OF MEET

2026 January Jump Start
Summary of Fees/Release Form

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

GSA ATTN: ADMIN

P. O. Box 10085

Greensboro, NC 27404

Email to: ron@gsaswim.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual TF Entries		\$10.00 per event	
Individual P/F Entries		\$10.00 per event	
Relay Entries		\$17.50 per relay	
Heat Sheet Fee		\$5.00 per swimmer	
Swimmers (Travel Fund & Facility Surcharge)		\$25.00 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all 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. The Greensboro Swimming Association, the Greensboro Aquatic Center, The City of Greensboro, North Carolina Swimming, 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