



GCY Winter YMCA Meet 2026

Hosted by the Greensboro Community YMCA Swim Team
January 23-25, 2026
Held at Greensboro Aquatic Center
1921 W Gate City Blvd, Greensboro, NC 27403



Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Approval #NC26021AP; Time Trials Meet #26021APTT

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 John Cameron

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. In addition, at least 1 manual stopwatch will be used in each 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.

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>

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

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.

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

No outside food or drink is permitted in the facility. No coolers are allowed in the facility.

No outside chairs are allowed on deck or in the stands.

MEET FORMAT

This is a closed YMCA, approved Age Group, timed final meet.

Session	Day	Building Entry	Warm-up	Meet Start	Age Group
1	Friday	3:45 p.m.	4:15 p.m.	5:30 p.m.	8 & Under Open
2	Saturday	6:00 a.m.	6:30 a.m.	8:15 a.m.	Open
3	Saturday	11:45 a.m.	Not before 12:15 p.m.	Not before 1:30 p.m.	12 & Under
4	Saturday	4:30 p.m.	5:00 p.m.	6:00 p.m.	Open
5	Sunday	6:00 a.m.	6:30 a.m.	8:15 a.m.	Open
6	Sunday	11:45 a.m.	Not before 12:15 p.m.	Not before 1:30 p.m.	12 & Under

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tues, Jan 13	Midnight	Entry deadline
Wed, Jan 21	10:30 a.m.	Coaches/General Meeting via Zoom
Jan 23-25	45 minutes prior to each session	Official Briefings
Jan 23-25	30 minutes prior to each session	Timer Briefings

Jan 23	30 minutes prior to session start	Positive Check-in closes for: <ul style="list-style-type: none"> • 400-yard Individual Medley • 1650-yard Freestyle
Jan 24	30 minutes prior to session start	Positive Check-in closes for: <ul style="list-style-type: none"> • 1000-yard Freestyle
Jan 25	30 minutes prior to session start	Positive Check-in closes for: 500-yard Freestyle (Open and 12 & Under)
Jan 23-25	90 minutes after each session starts	Time Trials Close

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 suit with any bonded or taped seams regardless of its fabric or silhouette; or
- Any suit which includes any woven fabric and which extends past the hips.

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.

In the event that a swimmer or others associated with a team are found to be violating posted rules for use of the Greensboro Aquatic Center or any other restrictions that are posted for the safety of the people in attendance or to protect Greensboro Aquatic Center property the individuals will be reported to the Meet Director or one of the Meet Marshals who will notify the coach. Any coach notified will be expected to take appropriate disciplinary action up to and including expulsion of the person from the meet. The Meet Director, Meet Marshal or Referee may also take disciplinary action.

ELIGIBILITY

- This is a closed YMCA meet. This meet is open to all swimmers who have full privilege memberships at their YMCAs.
- No qualifying times are required.
- Swimmers ages will be determined as of January 23, 2026.
- Times will be reported to USA Swimming. Coaches are asked to remove the USA Swimming ID from all swimmers not registered with USA Swimming. In addition, please provide a list of these swimmers with meet entries.
- All Adult Athletes must hold current APT certification to compete.

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-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 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 entered 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 2 relays per day. 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 meet facility time limits (see order of events).

**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.

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
Time Trial Event	\$10.00 per individual event; \$20.00 per relay 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

Positive check-in will be required for the following events:

- 400-yard Individual Medley
- 1650-yard Freestyle
- 1000-yard Freestyle
- 500-yard Freestyle (Open and 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 all 12 & Under individual events and to the top 3 finishers for 12 and under relay events. No ribbons will be awarded for open events.

TIME TRIALS

Time Trials will be offered at the conclusion of each session, time permitting, and at the discretion of the meet referee.

Time trials will be for the purpose of achieving championship qualifying times. All entrants in Time Trials must be entered in the meet. Time Trial events will be added to swimmers' daily meet entries, but not the meet total. Entries for swimmers may not exceed the per day entry limits mandated by USA Swimming; i.e., 6 individual entries per day in a timed finals meet.

All YMCA/USA Swimming rules apply to Time Trials.

Swimmers are responsible for providing their own timers and counters for all time trial events.

Events of 500 yards or less will be available for time trials on each day. Events and/or genders may be combined at the discretion of the meet referee and meet administration.

**TIME TRIALS
SCHEDULE**

TT1: Conclusion of Session 1 on Friday
TT2: Conclusion of Session 2 on Saturday
TT3: Conclusion of Session 3 on Saturday
TT4: Conclusion of Session 4 on Saturday
TT5: Conclusion of Session 5 on Sunday
TT6: Conclusion of Session 6 on Sunday

RESULTS

Results will be posted on GCY's website within 24 hours of the meets conclusion.

COACHES

All coaches on deck must be registered and certified with USA and/or YMCA 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/
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. All officials on deck must be registered and certified by YMCA or USA Swimming. Certification will be verified by Meet Referee. Officials' briefings will occur 45 minutes prior to each session.

Timer 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 have full-privilege YMCA memberships and registration. 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, January 23, 2026

Warm-up: 4:15 p.m.; Session Start: 5:30 p.m.

Girls/Women	Event	Boys/Men
101	8 & Under 100-yard Freestyle Relay	102
103	8 & Under 25-yard Freestyle	104
105	8 & Under 25-yard Backstroke	106
107	8 & Under 25-yard Breaststroke	108
109	8 & Under 25-yard Butterfly	110
111	8 & Under 100-yard Medley Relay	112
113	Open 400-yard Individual Medley ^{1 2 3}	114
115	Open 1650-yard Freestyle ^{1 2 3}	116

¹ Heats may be limited to comply with USA Swimming and facility time limits.

² Event will be swum fastest to slowest alternating women and men. If two pools are used, there will be no alternation.

³ Positive check-in is required; swimmers should provide their own timers and counters.

SESSION 2 – Open

Saturday, January 24, 2026

Warm-up: 6:30 a.m.; Session Start: 8:15 a.m.

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

SESSION 3 – 12 & Under

Saturday, January 24, 2026

Warm-up: Not before 12:15 p.m.; Session Start: Not before 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	12 & Under 200-yard Freestyle	324

SESSION 4 – Open

Saturday, January 24, 2026

Warm-up: 5:00 p.m.; Session Start: 6:00 p.m.

Women	Event	Men
401	Open 50-yard Backstroke	402
403	Open 1000-yard Freestyle ^{1 2 3}	
404	Open 50-yard Breaststroke	405
	Open 1000-yard Freestyle ^{1 2 3}	406
407	Open 50-yard Butterfly	408

¹ Heats may be limited to comply with USA Swimming and facility time limits.

² Event will be swum fastest to slowest.

³ Positive check-in is required; swimmers should provide their own timers and counters.

SESSION 5 – Open

Sunday, January 25, 2026

Warm-up: 6:30 a.m.; Session Start: 8:15 a.m.

Women	Event	Men
501	Open 200-yard Freestyle Relay	502
503	Open 100-yard Butterfly	504
505	Open 200-yard Breaststroke	506
507	Open 100-yard Freestyle	508
509	Open 200-yard Backstroke	510
511	Open 500-yard Freestyle ^{1 2 3}	512

¹ Heats may be limited to comply with USA Swimming and facility time limits.

² Event will be swum fastest to slowest alternating women and men. If two pools are used, there will be no alternation.

³ Positive check-in is required; swimmers should provide their own timers and counters.

SESSION 6 – 12 & Under

Sunday, January 25, 2026

Warm-up: Not before 12:15 p.m.; Session Start: Not before 1:30 p.m.

Girls	Event	Boys
601	12 & Under 200-yard Freestyle Relay	602
603	10 & Under 100-yard Butterfly	604
605	11-12 100-yard Butterfly	606
607	10 & Under 50-yard Backstroke	608
609	11-12 50-yard Backstroke	610
611	10 & Under 100-yard Breaststroke	612
613	11-12 100-yard Breaststroke	614
616	10 & Under 100-yard Freestyle	616
617	11-12 100-yard Freestyle	618
619	12 & Under 500-yard Freestyle ^{1 2 3}	620

¹ Heats may be limited to comply with USA Swimming and facility time limits.

² Event will be swum fastest to slowest alternating women and men. If two pools are used, there will be no alternation.

³ Positive check-in is required; swimmers should provide their own timers and counters.

**GCY Winter YMCA Meet 2026
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 Family 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 the YMCA. 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