



70<sup>th</sup> Annual Eastern Invitational

June 19-21, 2026

www.gsaswim.org

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 #NC26086

MEET DIRECTOR	MEET ENTRY COORDINATOR
Tom Brewer 336-420-4136 <a href="mailto:tbrewer441@aol.com">tbrewer441@aol.com</a>	Tom Brewer 336-420-4136 <a href="mailto:tbrewer441@aol.com">tbrewer441@aol.com</a>
MEET REFEREE	MEET MARSHAL
Anne Marie Schneider <a href="mailto:amsbpt@gmail.com">amsbpt@gmail.com</a>	Peter Smelzer and Louisa Raisbeck

**FACILITY**

The Greensboro Aquatics Center is a state-of-the-art indoor facility with four pools, which opened in August 2011. The main competition pool is 9-10 feet deep at both ends and will be configured into one 50-meter course with eight 9-foot-wide lanes. All lanes feature non-turbulent lane lines and KD Paragon starting blocks with Omega track start tops. The Omega electronic timing system will be used. Two watches and two buttons will be used for each lane.

GSA will ensure the required competition course dimensions. Prior to each session of competition, the facility host shall examine the bulkheads and shall confirm to the Meet Referee that the bulkheads are stable, straight, properly positioned, and anchored.

Seating for 1800 spectators is available. Parking will be available at the Coliseum for up to \$5 per day with unlimited entry and exit. Free parking will be provided for participating certified coaches and officials. Outside chairs and outside food will not be allowed in the facility. Coolers are not allowed in the facility. GAC staff and lifeguards will provide medical support.

Only athletes, officials, coaches, and 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.**

Locker rooms are reserved for athlete’s use. Separate rest room facilities are available for officials, coaches, and volunteers.

**MEET FORMAT**

This is a timed final, prelim/final Age Group/Senior meet unless otherwise indicated.

**SESSION SCHEDULE**

Session	Day	Warm-ups	Meet Start	Age Group
1	Friday	6:30 AM	8:05 AM	13 & Over
2	Friday	Not Before 12:15 PM	1:15 PM	12 & Under
3	Friday	Not Before 4:15 PM	5:30 PM	13 & Over
4	Saturday	6:30 AM	8:05 AM	13 & Over
5	Saturday	Not Before 12:15 PM	1:15 PM	12 & Under
6	Saturday	Not Before 4:15 PM	5:30 PM	13& Over
7	Sunday	6:30 AM	8:05 AM	13 & Over
8	Sunday	Not Before 12:15 PM	1:15 PM	12 & Under
9	Sunday	Not Before 4:15 PM	5:30 PM	13 & Over

**DEADLINE AND MEETING SCHEDULE**

Day, Date	Time	For:
Tuesday, June 9th	Midnight	Entry Deadline
Tuesday, June 16 <sup>th</sup>	TBD - Virtual	Coaches/General Meeting
Each Day	45 minutes prior to session start	Official Briefing
Each Day	30 minutes prior to session 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 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 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, 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.**

Swimmer's age on the first day of the meet will determine his age for the entire meet. **Swimmers must be at least 8 years old to enter.**

13&O events are OPEN events. 12-year-old swimmers may elect to swim in the OPEN events but are then not eligible to swim in any 12&U events and will be seeded with the 15&O age group for finals.

## **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 this meet. 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 shall be submitted in Hy-Tek format via email to Meet Entry Coordinator. The 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. HOST TEAM entries will be entered first and then the visiting teams.

**ENTRY LIMITATIONS** Swimmers may enter up to ten (10) individual events for the meet. OPEN swimmers may swim a maximum of three (3) individual events per day and 12&U swimmers in the afternoon sessions are limited to four (4) individual events per day.

Meet Management reserves the right to limit 12&U entries to comply with the 4-hour rule and to manage session/meet timelines.

The 13&O 400M Freestyle, the 13&O 800M Freestyle, and the 400M IM may be limited to the top 32-40 by gender to manage morning timelines. The 9-12 400M Freestyle may be limited to the top 32 by gender to manage the session timeline. Swimmers who enter these events but are not allowed to swim will be accommodated in other events if possible or may request an entry fee refund. Coaches will be notified once entries close.

**Only LCM times will be accepted for entries. Swimmers without actual LCM times should be entered with converted SCY times or estimated LCM times to assure best seeding for all competitors. NT entries will not be accepted.**

**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. No late entries will be accepted. There will be no on deck entries.

**ENTRY FEES**

<b>Make checks payable to: GSA. All fees are non-refundable</b>	
12& Under Timed Finals	\$10.00 per event
13 & Over Prelim & Final Events	\$12.50 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	Double

**CHECK IN DEADLINES:**

<b>Session</b>	<b>Event</b>	<b>Check-In Deadline</b>
Friday Prelims	13&O 400M Individual Medley Positive Check In	7:30 AM
Friday Timed Finals	8-12 200M Freestyle Relay Cards Due	1:30 PM
Friday Finals	13&O 200M Mixed Free Relay Cards Due	5:00 PM
Saturday Prelims	13&O 400M Freestyle Positive Check In	7:30 AM
Saturday Timed Finals	8-12 200M Medley Relay Cards Due	1:30 PM
Saturday Finals	13&O 200M Mixed Medley Relay Cards Due	5:00 PM
Sunday Prelims	13&O 800M Freestyle Positive Check In	7:30 AM
Sunday Timed Finals	9-12 400M Freestyle Positive Check In	1:15 PM

## CHECK-IN

A positive check-in, located at clerk of course, will be required for the following events. Swimmers who do not check in may not be seeded in the event.

- 13&O 400M Individual Medley
- 13&O 400M Freestyle
- 13&O 800M Freestyle
- 9-12 400M Freestyle

## SEEDING

The conforming time standard for this meet is LCM (long course meters). All 13&O preliminary events will be seeded and swum from **SLOWEST TO FASTEST** unless otherwise indicated. GSA reserves the right to combine heats and events at the discretion of the Meet Referee.

- **8-12 and 9-12 Timed Finals Events:** All events for 8-12 swimmers will be swum as timed finals in the afternoons. All events will swim **SLOWEST TO FASTEST** unless otherwise indicated. Individual event results will be split by 8-10/11-12 for 8-12 events and by 9-10/11-12 for 9-12 events for scoring and awards.
- **13&O Prelim/Finals Events:** All prelim heats will swim **SLOWEST TO FASTEST**. Preliminary results will be divided into 13-14 and 15&O for finals seeding. There will be A/B Finals for the 13-14 age group and A/B/C Finals for the 15&O age group. Finals will be swum in event order: 13-14 A Final/B Final and 15&Over A Final/B Final/C Final. There is not a ready room. All finalists should report to the blocks. Alternates should report to the Starter prior to the event and may swim in the B Final or C Final for their age group in the event of no shows.
- **13&O 800M Free:** The 800M Freestyle will be swum as a timed final, **SLOWEST TO FASTEST**, alternating women and men. The event will be deck seeded after positive check-in. At a minimum, the fastest 8 positively checked in swimmers in each event will swim during finals. The remaining heats will swim during prelims following the Men's 50M Backstroke during the Sunday AM prelim session. Heats and events may be combined at the discretion of the Meet Referee. **Swimmers must provide one timer** for the heats swam during the prelim session and a counter. This event will be broken out by age for scoring and awards.
- **13&O 400M IM:** The 13&O 400M Individual Medley will be swum as a timed final event and will be deck seeded after positive check in. At a minimum, the fastest 8 positively checked in swimmers in each event will swim with finals. Meet Management reserves the right to swim additional heats at night in order to manage the morning session's timeline. Coaches will be informed prior to positive check-in how many swimmers will compete at night. Remaining heats will swim at the end of preliminaries, **SLOWEST TO FASTEST**, in event order. Heats and events may be combined at the discretion of the Meet Referee. No AM/PM option will be offered. The event will be broken out by age group for scoring and awards.
- **13&O 400M Free:** The 13&O 400M Freestyle will be swum as a timed final event and will be deck seeded after positive check in. At a minimum, the fastest 8 positively checked in swimmers in each event will swim with finals, **SLOWEST TO FASTEST**, in event order. Meet Management reserves the right to swim additional heats at night in order to manage the morning session's timeline. Coaches will be informed prior to positive check-in how many swimmers will compete at night. Remaining heats will swim at the end of preliminaries, **SLOWEST TO FASTEST** in event order. Heats

and events may be combined at the discretion of the Meet Referee. No AM/PM option will be offered. The event will be broken out by age group for scoring and awards.

- **9-12 400M Free:** The 9-12 400M Freestyle will be swum **SLOWEST TO FASTEST** in event order. The event will be deck seeded after positive check-in and may be limited to the top 32. Heats and events may be combined at the discretion of the Meet Referee.
- **RELAYS:** All 8-12 relays will be swum as timed finals in the afternoon sessions. All 13&O relays will be swum as timed finals in the evening sessions. No AM/PM option will be offered.

**SCRATCHES/  
PENALTIES**

For positive check in deck seeded events, a swimmer who is properly checked in, been seeded, and fails to complete in said event, shall be barred from their next individual event unless the swimmer declares a false start prior to the heat or the Meet Referee accepts that the swimmer's failure to compete was caused by illness, injury, or factors beyond the swimmer's control.

For all finals events, a swimmer identified as a finalist when preliminary results are announced who fails to compete in said final heat shall be barred from their next individual event unless they declared intent to scratch within 30 minutes of the results announcement or the Meet Referee accepts that the swimmer's failure to compete was caused by illness, injury, or factors beyond the swimmer's control.

Alternates should report to the starter prior to the event and will swim in the B Final for the 13-14 age group or C final for 15&O age group if no shows occur.

**SCORING**

The meet will not be scored

**AWARDS**

8-10/9-10, and 11-12: 1<sup>st</sup>--8<sup>th</sup> ribbons  
13-14, 15&O: 1<sup>st</sup>-3<sup>rd</sup> ribbons  
Relays: 1<sup>st</sup> - 3<sup>rd</sup> ribbons

**RESULTS**

Results will be posted on Meet Mobile during the meet. At the conclusion of the meet, teams will be e-mailed a results file.

**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. There is to be no diving or horseplay in this area.

**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 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**

GSA welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in upon arrival at the meet. All officials on

deck must be registered and certified with USA Swimming. The Meet Referee will require all officials 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.

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 45 minutes prior to the start of each session in the hospitality area.

**TIMERS  
VOLUNTEERS**

GSA requests visiting teams provide volunteer timers, in proportion to the number of each team's swimmers attending the swim meet. A timers' meeting will be held approximately 30 minutes prior to the start of each session.

**HOSPITALITY/  
CONCESSIONS**

Hospitality is open to all coaches, officials, and administrators. Refreshments will be for sale at concession stands. GAC does not permit outside food.

**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. Greensboro Swim Association, Greensboro Aquatic Center, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, officials, volunteers, and coaches shall be held free and harmless from, 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.

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June 19-21, 2026

## ORDER OF EVENTS

### Friday Preliminaries

Warm-up: 6:30 AM

Meet Start: 8:05 AM

Women	Event	Men
1	13&O 200M Freestyle	2
3	13&O 50M Butterfly (Timed Final)	3
5	13&O 100M Breaststroke	6
7	13&O 100M Butterfly	8
9	13&O 400M Individual Medley*	10

**\*Positive Check-In Event. Limited to top 32-40 seeded entries. The fastest heat of the 400IM will swim in finals. There is no AM/PM option.**

### Friday Timed Finals

Warm-up: Not before 12:15 PM

Meet Start: Not before 1:15 PM

Girls	Event	Boys
37	8-12 50M Butterfly	38
39	8-12 100M Freestyle	40
41	8-12 200M Individual Medley	42
43	8-12 50M Backstroke	44
45	8-12 200M Freestyle Relay	46

### Friday Finals

Warm-up: Not before 4:15 PM

Meet Start: Not before 5:30 PM

Women	Event	Men
1	13-14 200M Freestyle (2 Heats)	2
1	15&Over 200M Freestyle (3 Heats)	2
5	13-14 100M Breaststroke (2 Heats)	6
5	15&Over 100M Breaststroke (3 Heats)	6
7	13-14 100M Butterfly (2 Heat)	8
7	15&Over 100M Butterfly (3 Heats)	8
9	400M Individual Medley (Top 8)	10
	**5 Minute Break**	
11	13&O 200M Mixed Free Relay	12

### Saturday Preliminaries

Warm-up: Warm-up: 6:30 AM

Meet Start: 8:05 AM

Women	Event	Men
13	13&O 50M Breaststroke (Timed Final)	14
15	13&O 200M Butterfly	16
17	13&O 50M Freestyle	18
19	13&O 200M Breaststroke	20
21	13&O 100M Backstroke	22
23	13&O 400M Freestyle*	24

**\*Positive Check-In Event. Limited to top 32-40 seeded entries. The fastest heat of the 400 Free will swim in finals. There is no AM/PM option.**

**Saturday Timed Finals                      Warm-up: Not before 12:15 PM                      Meet Start: Not before 1:15 PM**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
47	8-12 200M Freestyle	48
49	8-12 100M Backstroke	50
51	8-12 50M Breaststroke	52
53	8-12 200M Medley Relay	54

**Saturday Finals                                      Warm-up: Not before 4:15 PM                      Meet Start: Not before 5:30 PM**

<b>Women</b>	<b>Event</b>	<b>Men</b>
15	13-14 200M Butterfly (2 Heats)	16
15	15&Over 200M Butterfly (3 Heats)	16
17	13-14 50M Freestyle (2 Heats)	18
17	15&Over 50M Freestyle (3 Heats)	18
19	13-14 200M Breaststroke (2 Heats)	20
19	15&Over 200M Breaststroke (3 Heats)	20
21	13-14 100M Backstroke (2 Heats)	22
21	13-14/15&Over 100M Backstroke (3 Heats)	22
23	400M Freestyle (Top 8)	24
	<b>**5 Minute Break**</b>	
25	13&O 200M Mixed Medley Relay	26

**Sunday Preliminaries                                      Warm-up: Warm-up: 6:30 AM                      Meet Start: 8:05 AM**

<b>Women</b>	<b>Event</b>	<b>Men</b>
27	13&O 100M Freestyle	28
29	13&O 200M Backstroke	30
33	13&O 200M Individual Medley	34
35	13&O 50M Backstroke (Timed Final)	36
31	13&O 800M Men's Freestyle *	32

**\*Positive Check-In Event. Limited to top 32-40 seeded entries. The fastest heat of the 800 Free will swim in finals. There is no AM/PM option.**

**Sunday Timed Finals                                      Warm-up: Not before 12:15 PM                      Meet Start: Not before 1:15 PM**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
55	8-12 50M Freestyle	56
57	8-12 100M Butterfly	58
59	8-12 100M Breaststroke	60
61	9-12 400M Freestyle* **	62

**\*Positive Check-In Event. May be limited to top 32.**

**\*\* Swimmers will be required to provide one timer.**

**Sunday Finals****Warm-up: Not before 4:15 PM****Meet Start: Not before 5:30 PM**

<b>Women</b>	<b>Event</b>	<b>Men</b>
27	13-14 100M Freestyle (2 Heats)	28
27	15&Over 100M Freestyle (3 Heat)	28
31	13&O 800M Freestyle (Top 8)	
	13-14 200M Backstroke (2 Heats)	30
29	13-14 200M Backstroke (2 Heats)	
	15&Over 200M Backstroke (3 Heats)	30
29	15&Over 200M Backstroke (3 Heats)	
	13&O Men's 800M Freestyle (Top 8)	32
33	13-14 200M Individual Medley (2 Heats)	34
33	15&Over 200M Individual Medley (3 Heats)	34

**END OF MEET**

## 70th Annual Eastern Invitational 2026

### Summary of Fees/Release Form

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

GSA  
P. O. Box 10085  
Greensboro, NC 27404

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

	Total Number	Cost per	Total
13 & Over Prelim/Final Entries		\$12.50 per event	
12 & Under Timed Final Entries		\$10.00 per event	
Relay Entries		\$17.50 per relay	
Swimmers (Travel Fund, Heat Sheet Fee & Facility Surcharge)		\$30.00 per swimmer	
<b>Total Fees Due</b>			

Est. # of team coaches attending the meet	<b>Morning Sessions</b>	<b>Afternoon Sessions</b>	<b>Finals Sessions</b>

**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. GSA, the Greensboro Aquatic Center, The City of Greensboro, North Carolina Swimming, and USA Swimming, Inc., their agents, employees, officials, volunteers, 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