



GCY Sprint & Distance 2026
 Hosted by the Greensboro Community YMCA Swim Team
 June 12-14, 2026
 Held at Greensboro Aquatic Center
 1921 West Gate City Blvd, Greensboro, NC 27403



Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC26091

MEET DIRECTOR	MEET ENTRY COORDINATOR
Scott Bowser 336-478-9635 scott.bowser@ymcagreensboro.org	Cynthia Shannon 501 West Market Street Greensboro, NC 27401 336-478-9631 cynthia.shannon@ymcagreensboro.org
MEET REFEREE	MEET MARSHALS
Cynthia Shannon 336-478-9631 336-317-1769 cynthiaLshannon@gmail.com cynthia.shannon@ymcagreensboro.org	Kathryn McNerney Don Williams

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 will be configured into one 50-meter course with eight 9-foot-wide lanes each. All lanes feature non-turbulent lane lines. Starting platforms are Omega deck-anchored platforms. Up to eight lanes will be used for this competition. The Omega electronic timing system will be used which includes touch pads and 2 buttons per lane. In addition, at least one 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 the required competition course dimensions.

Lifeguards and other GAC staff will provide medical support.

Seating for 1800 spectators is available.

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.

Parking will be available for up to \$5.00 per vehicle. Free parking passes will be provided for volunteers, coaches and officials.

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.

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

Competition for 13 & over events shall consist of preliminaries and finals, except as otherwise noted. All 12 and under competition will be timed final events.

Session	Day	Warm-up	Session Start	Age Group
1	Friday prelims & Timed Finals	7:30 a.m.	9:15 a.m.	All
2	Friday finals	4:30 p.m.	5:45 p.m.	13 & Over
3	Saturday prelims	6:30 a.m.	8:15 a.m.	13 & Over
4	Saturday timed finals	Not before 11:30 a.m.	Not before 12:45 p.m.	12 & Under
5	Saturday finals	4:30 p.m.	5:45 p.m.	13 & Over
6	Sunday prelims	6:30 a.m.	8:15 a.m.	13 & Over
7	Sunday timed finals	Not before 11:30 a.m.	Not before 12:45 p.m.	12 & Under
8	Sunday finals	4:30 p.m.	5:45 p.m.	13 & Over

DEADLINE AND MEETING SUMMARY:

Date	Time	For:
Tuesday, June 2, 2026	Midnight	Entry deadline
Wednesday, June 10, 2026	10:30 a.m.	Coaches/General Meeting via Zoom

June 12-14, 2026	45 min prior to session start	Officials' Briefings
June 12-14, 2026	30 min prior to session start	Positive Check-in closes for: <ul style="list-style-type: none"> • 400-meter Individual Medley • 400-meter Freestyle • 800-meter Freestyle • 1500-meter Freestyle

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.

- All events will be pre-seeded with the exception of the 400-meter freestyle, the 800-meter freestyle, the 1500-meter freestyle and the 400-meter individual medley. A positive check-in will be required for each of these events.
- The 1500-meter freestyle will be swum fastest to slowest, alternating women and men.
- 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 bonded or taped seams regardless of its fabric or silhouette; or
 - Any male or female suit with woven fabric extending past the hips 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 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.

ELIGIBILITY

- All swimmers must be registered with USA Swimming, Inc. and be members of GCY 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.
- No qualifying times are required.

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.

AGE GROUP

Swimmers ages will be determined as of the first day of the meet (June 12, 2026). The age groups for competition will be as follows: 10 & Under, 11-12, 13-14 and 15 & Over. 10 & Under and 11-12 events will be swum together and awarded separately. During preliminaries and all timed final 13 & Over events, 13-14 and 15 & Over events will be swum together.

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 first day of the meet for entries to be considered complete. 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 accept other teams/entries in the order received, until the four-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 and Facility Surcharge. Rejected entries will be returned immediately. Unless entries are rejected, entry fees are non-refundable.

ENTRY LIMITATIONS

- All swimmers participating in any 13 & Over prelim/final event may swim a maximum of 3 individual events and 1 relay per day and a total of 8 individual events and 2 relays for the meet.
- 12 & Under swimmers participating in timed final events only may swim a maximum of 4 individual events and 1 relay per day and 10 individual events and 2 relays 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 Meet Entry Coordinator must receive entries by midnight on Tuesday, June 2, 2026. 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	\$12.00 per event
Relay Event	\$20.00 per event
Facility Surcharge	\$20.00 per swimmer
Travel Fee	\$3.00 per swimmer
Heat Sheet Fee	\$5.00 per swimmer
Late Entry Fee	\$24.00 per individual event; \$40.00 per relay event

SEEDING

The conforming time standard for this meet is long course meters. Entries should be made with LCM times, converted SCY times or estimated LCM times. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order.

All 12 & Under competition will be timed finals.

All events 200 meters and below will be pre-seeded.

All individual 13 & Over events except those 400 meters (see below) and over will be contested as preliminaries/finals. The finals session will include A and B heats for all 13-14 events; and A, B and C heats for all 15 & Over events. All finals events will be swum slowest to fastest. There will not be a Ready Room. All heats should report to the blocks.

The 13 & Over 1500-meter Freestyle events will be swum as timed final events and will be seeded after positive check in. The fastest heat of positively checked in swimmers in the event will swim with finals in event order. Remaining heats will swim at the end of preliminaries, fastest to slowest. The events may be limited to the 2 fastest heats (1 preliminary and 1 final) of positively checked in swimmers. No AM/PM option will be offered. Swimmers must provide their own timers during prelims. All swimmers will swim together and be separated by 13-14 and 15 & Over age groups for results.

The 13 & Over 400-meter Freestyle and the 400-meter Individual Medley will be swum as timed final events and will be seeded after positive check in. The fastest 2 heats of positively checked in swimmers in each event will swim with finals, slowest to fastest in event order. Remaining heats will swim at the end of preliminaries, fastest to slowest. The events may be limited to the 5 fastest heats

(3 preliminary and 2 final) of positively checked in swimmers. No AM/PM option will be offered. Swimmers must provide their own timers during prelims. All swimmers will swim together and be separated by 13-14 and 15 & Over age groups for results.

The 13 & Over 800-meter Freestyle events will be swum as timed final events and will be seeded after positive check in. An AM/PM option will be offered for these events. The fastest heat of positively checked in swimmers selecting the PM option in each event will swim with finals in event order. Remaining heats will swim at the end of preliminaries, fastest to slowest in event order. The events may be limited to the 3 fastest heats (2 preliminary and 1 final) of positively checked in swimmers. Swimmers must provide their own timers and counters during prelims and counters during finals. All age groups will swim together and be separated by 13-14 and 15 & Over age groups for results.

CHECK-IN

A positive check-in, located in Clerk of Course, will be required for the following events:

- 13 & Over 400-meter Individual Medley
- 13 & Over 1500-meter Freestyle
- 13 & Over 400-meter Freestyle
- 12 & Under 400-meter Freestyle
- 13 & Over 800-meter Freestyle

Check-in for the events above will close 30 minutes prior to the start of the session.

SCRATCHES

There will be no penalty for scratching or failing to compete in 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 events.

Swimmers who are named in the original qualifying heats for finals, 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 finishers for 10 & under and 11-12 individual events and top 3 finishers for 12 & under relays. No ribbons will be awarded for 13 & Over events.

RESULTS

Results will be sent to each team via email attachment and posted on the NC Swimming web-site.

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 coaches'/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

There will be a need for officials. GCY welcomes and encourages anyone willing to volunteer. Volunteering officials should contact the Meet Referee by email prior to the meet. All officials on deck must be registered and certified by 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. Meetings will be in-person 45 minutes prior to the start of each session 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 writing utensil.

**TIMERS/
VOLUNTEERS**

GCY welcomes volunteer timers and marshals from visiting teams. Please check in with the volunteer coordinator at the entrance to get an assignment and deck pass. Timers' and marshals' briefings will be held approximately 30 minutes prior to the start of 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 swimmer and coaches attending the meet. The Marshal(s) 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 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. 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, 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. 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

Sessions 1 & 2

Friday, June 12, 2026

PRELIMS Warm-up: 7:30 a.m.; Session Start: 9:15 a.m.
FINALS Warm-up: 4:30 p.m.; Session Start: 5:45 p.m.

Girls/Women	Event	Boys/Men
101	13 & Over 400-meter Individual Medley ^{1 3}	102
103	12 & Under 100-meter Breaststroke	104
105	13 & Over 200-meter Breaststroke	106
107	12 & Under 100-meter Butterfly	108
109	13 & Over 100-meter Butterfly	110
111	13 & Over 1500-meter Freestyle ^{1 2 3}	112

¹ Positive check-in is required.

² Events will be swum fastest to slowest alternating women and men. Swimmers should provide their own timers and counters.

³ Heats may be limited.

Sessions 3 & 5

Saturday, June 13, 2026

PRELIMS Warm-up: 6:30 a.m.; Session Start: 8:15 a.m.
FINALS Warm-up: 4:30 p.m.; Session Start: 5:45 p.m.

Women	Event	Men
201	13 & Over 200-meter Individual Medley	202
203	13 & Over 100-meter Backstroke	204
205	13 & Over 50-meter Butterfly	206
207	13 & Over 50-meter Breaststroke	208
209	13 & Over 100-meter Freestyle	210
211	13 & Over 200-meter Butterfly	212
213	13 & Over 400-meter Freestyle ^{1 2 3}	214

¹ Positive check-in is required.

² Events will be swum fastest to slowest alternating women and men. Swimmers should provide their own timers during prelims.

³ Heats may be limited.

Session 4

Saturday, June 13, 2026

Warm-up: Not before 11:30 a.m.; Session Start: Not before 12:45 p.m.

Girls	Event	Boys
251	12 & Under 200-meter Freestyle	252
253	12 & Under 50-meter Backstroke	254
255	12 & Under 50-meter Breaststroke	256
257	12 & Under 100-meter Freestyle	258
259	12 & Under 200-meter Medley Relay	260

Sessions 6 & 8
Sunday, June 14, 2026
PRELIMS Warm-up: 6:30 a.m.; Session Start: 8:15 a.m.
FINALS Warm-up: 4:30 p.m.; Session Start: 5:45 p.m.

Women	Event	Men
301	13 & Over 200-meter Freestyle	302
303	13 & Over 100-meter Breaststroke	304
305	13 & Over 50-meter Backstroke	306
307	13 & Over 50-meter Freestyle	308
309	13 & Over 200-meter Backstroke	310
311	13 & Over 800-meter Freestyle ^{1 2 3}	312

¹ Positive check-in is required.

² Events will be swum fastest to slowest alternating women and men. Swimmers should provide their own timers and counters during prelims.

³ Heats may be limited.

Session 7
Sunday, June 14, 2026
Warm-up: Not before 11:30 a.m.; Session Start: Not before 12:45 p.m.

Girls	Event	Boys
351	12 & Under 200-meter Individual Medley	352
353	12 & Under 50-meter Freestyle	354
355	12 & Under 50-meter Butterfly	356
357	12 & Under 100-meter Backstroke	358
359	12 & Under 200-meter Freestyle Relay	360
361	12 & Under 400-meter Freestyle ^{1 2 3}	362

¹ Positive check-in is required.

² Events will be swum fastest to slowest alternating girls and boys. Swimmers should provide their own timers.

³ Heats may be limited.

GCY Sprint & Distance 2026

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees
(checks made payable to **Bryan Family YMCA**) to:

GCY Swim Team
ATTN: Cynthia Shannon
501 West Market St
Greensboro, NC 27401

Email to: cynthia.shannon@ymcagreensboro.org

Team Name		
Club Code		
Contacts	Head Coach	Secondary Contact
Phone Numbers		
Email Addresses		
Team Mailing Address		

Item	Quantity	Cost per	Total
Individual Entries		\$12.00 per event	
Relay Entries		\$20.00 per relay	
Facility Surcharge		\$20.00 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, verify that all of the swimmers and coaches listed on the enclosed entry are registered with the YMCA and/or 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 Community YMCA Swim Team, the YMCA of Greensboro, Inc., the Bryan Family YMCA, North Carolina Swimming, Inc., USA Swimming, Inc., and the Greensboro Aquatic Center, 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