

YOTA SWIM TEAM

YOTA 1500 Intrasquad

June 20, 2026

Willis Casey Natatorium (located inside Carmichael Gymnasium), 2611 Cates Ave, Raleigh, NC 27695

Held under the Approval of USA Swimming, Inc. Issued by North Carolina Swimming, Inc.

Approval Number: NC26105AP

MEET DIRECTOR David McDevitt David.mcdevitt@ymcatriangle.org	MEET ENTRY COORDINATOR David McDevitt David.mcdevitt@ymcatriangle.org
MEET REFEREE Jeff Baker jeffreyharrisbaker@yahoo.com	MEET MARSHAL Macy Blake & George Vlahos

FACILITY

Willis Casey Natatorium, located within Carmichael Gymnasium, is an 8 lane, 50-meter pool with depths ranging from 4 – 8 feet. We will be using Spectrum starting platforms. The primary system will be three stopwatches per swimmer. The competition course has not been certified in accordance with 104.2.2C(4). There will be changing rooms for all competitors and ample seating for spectators. Medical support will be provided by NCSU Lifeguards and staff.

MEET FORMAT

This is a timed final Age Group/Senior, pre-seeded meet unless otherwise indicated. *The session start times may be adjusted based on entries.*

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	10:30 AM	11:00 AM	Open

DATES & DEADLINES

Day, Date	Time	For:
Wednesday, June 17, 2026	11:00 PM	Entry deadline
	30 minutes prior to the session	Positive Check-in Deadline

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.
SAFETY	NO parents or spectators will be allowed on the deck unless they are working as an official, timer, marshal, or other approved volunteer position.
TECHNICAL SUIT BAN for 12&Us	<p>Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.</p> <p>A Technical Suit is one that has the following components:</p> <ul style="list-style-type: none"> • 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 Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
SAFE SPORT	<p>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.</p> <p>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.</p> <p>Deck changes are prohibited.</p> <p>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.</p> <p>Only swimmers, properly certified/working officials, and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.</p>
ELIGIBILITY	<p>All swimmers must be registered with YOTA Swim Team. All Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to the entry deadline. There will be no on deck registration available at this meet.</p> <p>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</p>

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.

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

The YMCA of the Triangle Area 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. Members who are unable to wear face coverings because of a documented medical condition must notify the Meet Director in advance and may have limited deck access. Failure to provide advance notice may limit YOTA'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. Submit entries to david.mcdevitt@ymcatriangle.org no later than 11:00 PM, Wednesday, June 17, 2026. The swimmers age on June 20, 2026 will determine the swimmer age for the entire meet. Entries will be received until the 4-hour rule has been reached.

ENTRY LIMITATIONS

Swimmers may enter a maximum of 1 individual event per day.

ENTRY FEES

Individual Event	\$0.00 per event
NCS Travel Fund	\$0.00 per swimmer
Facility Surcharge	\$0.00 per swimmer

SEEDING

The conforming time standard for this meet is long course meters. Events will be seeded and swum from fastest to slowest.

CHECK-IN

Positive Check-in required. Deadline for Positive Check-in is 30 minutes prior to the session.

SCRATCHES

There will be no penalty for scratching events.

SCORING

No Team scoring at this meet

AWARDS

No Awards for this meet.

RESULTS

Those submitting entries will receive a Hy-tek result file via email as soon as results become final.

COACHES	All coaches on deck must be registered and certified with YUSA Swimming &/or USAS
OFFICIALS/TIMERS/ VOLUNTEERS	There will be a need for officials. YOTA welcomes and encourages any certified official who is willing to volunteer. All officials on deck must be registered and certified with YUSA or USA Swimming. Certification will be verified by Meet Referee the day before the meet / session. Officials should report to their assigned position 10 minutes before session start.
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 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. YOTA Swim Team, YMCA of the Triangle, NCSU, 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 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.

ORDER OF EVENTS

Session 1 - Saturday, June 20, 2026

Warm-up: 10:30 AM; Meet Start: 11:00 AM

Event 1 – Mixed 1500 Meter Freestyle