



# Jon Jolley GYSSA Short Course Championships 2026

Sponsored by the Greater YMCA Sunbelt Swimming Association

Hosted by GCY Swim Team

March 6-8, 2026

Held at Greensboro Aquatic Center

1921 West Gate City Blvd, Greensboro, NC 27403



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

**Approved Meet #26045AP and Time Trials Meet #26045AP-TT**

<b>MEET DIRECTOR</b> Scott Bowser 336-478-9635 <a href="mailto:scott.bowser@ymcagreensboro.org">scott.bowser@ymcagreensboro.org</a>	<b>MEET ENTRY COORDINATOR</b> Cynthia Shannon 501 W Market St Greensboro, NC 27401 336-478-9631 <a href="mailto:cynthia.shannon@ymcagreensboro.org">cynthia.shannon@ymcagreensboro.org</a>
<b>MEET REFEREE</b> Cynthia Shannon 336-478-9631 336-317-1769 <a href="mailto:cynthiaLshannon@gmail.com">cynthiaLshannon@gmail.com</a> <a href="mailto:cynthia.shannon@ymcagreensboro.org">cynthia.shannon@ymcagreensboro.org</a>	<b>MEET MARSHALL</b> Katie 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 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.	All ages
2	Saturday	6:15 a.m.	6:45 a.m.	8:15 a.m.	12 & Under
3	Saturday	11:45 a.m.	Not before 12:15 p.m.	Not before 1:30 p.m.	Senior
4	Sunday	6:15 a.m.	6:45 a.m.	8:15 a.m.	12 & Under
5	Sunday	11:45 a.m.	Not before 12:15 p.m.	Not before 1:30 p.m.	Senior

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For:
Tues, Feb 24	Midnight	Entry deadline
Wed, Mar 4	10:30 a.m.	Coaches/General Meeting via Zoom

Mar 6-8	45 minutes prior to each session	Official Briefings
Mar 6-8	30 minutes prior to each session	Timer Briefings
Mar 6	30 minutes prior to session start	Positive Check-in closes for: <ul style="list-style-type: none"> <li>• Senior 400-yard Individual Medley</li> <li>• 12 &amp; Under 500-yard Freestyle</li> <li>• Senior 1650-yard Freestyle</li> </ul>
Mar 8	30 minutes prior to session start	Positive Check-in closes for: <ul style="list-style-type: none"> <li>• Senior 500-yard Freestyle</li> </ul>
Mar 6-8	90 minutes after each session starts	Time Trials Close

**RULES**

**This meet will be conducted in accordance with National YMCA Championship Meet Rules, the rules that govern YMCA Competitive Sports, the NCS Swimming Handbook, the NCS Safety Program, the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated.**

- All events will be conducted as timed finals.
- All events will be pre-seeded with the exception of the 500-yard freestyle, the 1650-yard freestyle and the 400-yard individual medley. A positive check-in will be required for each of these events.
- Positive check-in events will be swum fastest to slowest, alternating girls and boys. If two pools are used, no alternating will occur.
- The referee and meet management reserve the right to combine heats, events and/or sessions as well as restrict the number of heats to adhere to the timeline.

**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.

**INSURANCE:** Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. The Declaration Form must be signed by each YMCA participating in the meet.

**LIABILITY LIMITS:**

- It is understood and agreed that USA Swimming and NC Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- In granting the YMCA Sanction, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

**EMERGENCIES:** The facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site. Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

**CONCUSSION AWARENESS:** This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director. If a head injury occurs, the action plan below will be followed:

- Athlete is removed immediately from participation by the Meet Director

- Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
- The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
- The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

**LIGHTNING POLICY:** The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

## **ELIGIBILITY**

- This is a closed YMCA meet that is open only to teams in the Greater YMCA Sunbelt Swimming Association (GYSSA). Swimmers must be listed on the roster of a GYSSA member team.
- All participants must be a member of a local YMCA and must have full privilege annual membership at that YMCA to be eligible.
- Each participant must have competed in at least one (1) interassociation (closed YMCA) meet prior to the entry deadline.
- There are no time standards for this meet.
- Times will be reported to USA Swimming. Coaches are asked to remove the USA Swimming ID from all swimmers not registered with USA Swimming.
- All Adult Athletes must hold current APT certification to compete.
- Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.
- Swimmers with USRY qualifying times prior to the entry deadline will swim exhibition and not place or score in those events.

## **AGE GROUP**

Swimmers ages will be determined as of the first day of the meet (March 6, 2026). The age groups for competition will be as follows: 6 & Under, 8 & Under, 9-10, 11-12 and Senior. The Senior age group will be separated into 13-14 and 15 & Over for awards and results purposes.

## **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.

**ENTRY LIMITATIONS**

Swimmers may swim a maximum of four (4) individual events and two (2) relay events per day. There is no limit on the number of relay entries per team; however, only the highest placing relay team for each member team will score points. Senior Events are open to swimmers of any age. 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 (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. No late entries will be accepted.**

**ENTRY FEES**

<b>Make checks payable to: Bryan Family YMCA. All fees are non-refundable</b>	
Individual Event	\$8.00 per event
Relay Event	\$16.00 per event
Time Trial Event	\$10.00 per individual event; \$20.00 per relay event
Facility Surcharge	\$18.00 per swimmer
Travel Fee	\$3.00 per swimmer
Heat Sheet Fee	\$5.00 per swimmer
Late Entry Fee	\$16.00 per individual event; \$32.00 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.

**CHECK-IN**

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

- Senior 400-yard Individual Medley
- Senior 1650-yard Freestyle
- Senior 500-yard Freestyle
- 12 & Under 500-yard Freestyle

**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 events.

**SCORING**

Both individual and relay events will be scored 1<sup>st</sup> through 16<sup>th</sup> places.

Individual Points: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay Points: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

The senior group will be separated into 13-14 and 15 & Over for awards and points.

**AWARDS**

**Heat winner** awards will be provided for all individual events.

**Age Group High Point** awards will also be given.

**Team Awards**

Top 3 Large Teams and Top 3 Small Teams  
(Small teams will be defined as teams with less than 100 swimmers registered on the team with GYSSA.)

**Individual Awards**

1<sup>st</sup>-3<sup>rd</sup> Places – medals  
4<sup>th</sup>-16<sup>th</sup> Places – ribbons

**Relay Awards**

1<sup>st</sup>-3<sup>rd</sup> Places – medals  
4<sup>th</sup>-8<sup>th</sup> Places – ribbons

**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. In addition, the 1000-yard freestyle will be offered on Sunday. Events and/or genders may be combined at the discretion of the meet referee and meet administration.

**TIME TRIALS  
SCHEDULE**

(Time permitting)  
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 Sunday  
TT5: Conclusion of Session 5 on Sunday

**RESULTS**

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

**COACHES**

All coaches on deck must be registered and certified with USA/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 YMCA of the USA, the Greater YMCA Sunbelt Swimming Association, 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

Friday, March 6, 2026

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

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
101	11-12 200-yard Individual Medley	102
103	Senior 400-yard Individual Medley <sup>1 2 3</sup>	104
105	10 & Under 200-yard Freestyle	106
107	12 & Under 500-yard Freestyle <sup>1 2 3</sup>	108
109	Senior 1650-yard Freestyle <sup>1 2 3</sup>	110

<sup>1</sup> Heats may be limited to comply with USA Swimming and facility time limits.

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

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

### SESSION 2

Saturday, March 7, 2026

Warm-up: 6:45 a.m.; Session Start: 8:15 a.m.

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
201	8 & Under 100-yard Individual Medley	202
203	9-10 100-yard Individual Medley	204
205	11-12 100-yard Individual Medley	206
207	6 & Under 25-yard Backstroke	208
209	7-8 25-yard Backstroke	210
211	9-10 50-yard Backstroke	212
213	11-12 50-yard Backstroke	214
215	8 & Under 50-yard Breaststroke	216
217	10 & Under 100-yard Breaststroke	218
219	11-12 100-yard Breaststroke	220
221	6 & Under 25-yard Freestyle	222
223	7-8 25-yard Freestyle	224
225	9-10 50-yard Freestyle	226
227	11-12 50-yard Freestyle	228
229	8 & Under 50-yard Butterfly	230
231	10 & Under 100-yard Butterfly	232
233	11-12 100-yard Butterfly	234
235	8 & Under 100-yard Medley Relay	236
237	10 & Under 200-yard Medley Relay	238
239	11-12 200-yard Medley Relay	240

### SESSION 3

Saturday, March 7, 2026

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

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
301	13-14 400-yard Freestyle Relay	302
303	Senior 400-yard Freestyle Relay	304
305	Senior 200-yard Individual Medley	306
307	Senior 100-yard Backstroke	308
309	Senior 200-yard Breaststroke	310
311	Senior 100-yard Freestyle	312
313	Senior 200-yard Butterfly	314
315	13-14 200-yard Medley Relay	316
317	Senior 200-yard Medley Relay	318
319	Senior 500-yard Freestyle <sup>1 2 3</sup>	320

<sup>1</sup> Heats may be limited to comply with USA Swimming and facility time limits.

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

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

### SESSION 4

Sunday, March 8, 2026

Warm-up: 6:45 a.m.; Session Start: 8:15 a.m.

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
401	10 & Under 200-yard Individual Medley	402
403	11-12 100-yard Freestyle	404
405	10 & Under 100-yard Freestyle	406
407	8 & Under 50-yard Freestyle	408
409	11-12 50-yard Breaststroke	410
411	9-10 50-yard Breaststroke	412
413	8 & Under 25-yard Breaststroke	414
415	11-12 100-yard Backstroke	416
417	10 & Under 100-yard Backstroke	418
419	8 & Under 50-yard Backstroke	420
421	11-12 50-yard Butterfly	422
423	9-10 50-yard Butterfly	424
425	8 & Under 25-yard Butterfly	426
427	11-12 200-yard Freestyle	428
429	8 & Under 100-yard Freestyle Relay	430
431	10 & Under 200-yard Freestyle Relay	432
433	11-12 200-yard Freestyle Relay	434

**SESSION 5**

Sunday, March 8, 2026

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

<b>Women</b>	<b>Event</b>	<b>Men</b>
501	13-14 400-yard Medley Relay	502
503	Senior 400-yard Medley Relay	504
505	Senior 50-yard Freestyle	506
507	Senior 100-yard Breaststroke	508
509	Senior 200-yard Backstroke	510
511	Senior 100-yard Butterfly	512
513	Senior 200-yard Freestyle	514
515	13-14 200-yard Freestyle Relay	516
517	Senior 200-yard Freestyle Relay	518

**Jon Jolley GYSSA SC Championships 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](mailto:cynthia.shannon@ymcagreensboro.org)

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Quantity	Cost per	Total
Individual Entries		\$8.00 per event	
Relay Entries		\$16.00 per event	
Facility Surcharge		\$18.00 per swimmer	
Travel Fee		\$3.00 per swimmer	
Heat Sheet Fee		\$5.00 per swimmer	
<b>Total Fees Due</b>			

**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 YMCA of USA, the Greater YMCA Sunbelt Swimming Association, 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

*Jon Jolley GYSSA SC Champs 2026: March 6-8, 2026*