



## Summer Splash Spectacular

Hosted by GOLD Swimming

June 22-23, 2024

Held at Goldsboro YMCA, 1105 Parkway Drive, Goldsboro NC 27534

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

*Sanction #NC24089*

MEET DIRECTOR	MEET ENTRY COORDINATOR
Keegan Ingelido 817-458-6078 keegan.ingelido@goldsboroymca.org	Keegan Ingelido c/o GOLD Swimming 1105 Parkway Dr, Goldsboro NC 27534 817-458-6078 keegan.ingelido@goldsboroymca.org
MEET REFEREE	MEET MARSHAL
Betsy Wisniewski (919)922-5773 betsydw@gmail.com	Sallie Wahl (Female) Alex Wahl (Male)

### FACILITY

Raymond A. Bryan Pool, Goldsboro Family YMCA, 1105 Parkway Dr., Goldsboro, NC. An 8-lane 50-meter pool with 6" Gold Competitor Swim non-turbulent lane lines with flow through technology that allow for turbulence control the entire length of the lane. Equipped with System 6 Colorado Timing System and scoreboard, and custom Kieffer starting blocks with non-slip surface and side step. Lanes are seven feet wide. The timing system utilizes touch pads and two timers per lane, each operating a watch and button. The depth at the starting end is 12 feet, and 4 feet at the turn end. A separate 4-lane 25-yard pool is available for continuous warm-ups. GOLD will ensure the correct competition course dimensions. Lifeguards will administer any medical needs throughout the meet.

### MEET FORMAT

This is a timed final Age Group pre-seeded meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	8:00 AM	9:00 AM	12 & Under
2	Saturday	11:30 AM	12:30 PM	Open
3	Sunday	8:00 AM	9:00 AM	12 & Under
4	Sunday	11:30 AM	12:30 PM	Open

### DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday, June 12 <sup>th</sup>	11:59 PM	Entry deadline
June 22-23	30 min prior to each session	Official Briefings – hospitality area
June 22-23	30 min prior to each session	Timers Briefings – scoreboard area
Day that event is offered	30 min prior to each session	Positive check in closes for 400 IM, 1500 FR, 400 FR

**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 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 their respective teams. 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.

**MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS**

GOLD Swimming 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 GOLD Swimming's ability to accommodate all requests.

**ENTRIES**

The preferred method of entry is in Hy-Tek format. Enter best Long Course Meters times. No handwritten, fax or phone entries will be accepted. Email is preferred for electronic entries. Please include the following with your entries:

1. Completed entries in Hy-Tek format
2. Printout of entries, both individual and relay
3. Completed Entry Summary Sheet (included in the Announcement)
4. Check for entry fees – due before warmups on Friday or arrangements made with host team.

A swimmer's age on the first day of the meet will determine their age for the entire meet. GOLD Swimming's entries will be entered first and then accept teams/entries in the order received, until the four/eight-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 surcharge.

**ENTRY LIMITATIONS**

Swimmers may swim a maximum of 4 individual events plus 1 relay per day, and a total of 8 individual events and 2 relays for the meet.

**ENTRY VERIFICATION**

A confirmation email will be sent to the person submitting the entries 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. Late entries may be accepted at the discretion of the Meet Referee. There will be no on deck entries.

**ENTRY FEES**

<b>Make checks payable to: Goldsboro YMCA.</b>	
<b>All fees are non-refundable</b>	
Individual Event	\$6.00 per event
Relays	\$12.00 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$15.00 per swimmer, including relay only swimmers
Late Entry Fee	\$12.00 individual event, \$24.00 relay event

**SEEDING**

The conforming time standard for this meet is Long Course Meters. 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**

Most events will be pre-seeded, except for the following:  
Positive check-in will be required for the following events:

- Senior 400-meter Individual Medley
- Senior 1500-meter Freestyle
- 400-meter Freestyle

Positive check in closes no later than 30 minutes prior to the start of the session. A swimmer who has checked in, been seeded, and fails to complete in said event, shall be disqualified from his/her next individual event. No penalty shall apply for failure to compete in a positive check-in individual event if (1) the Referee is notified of an illness or injury and accepts proof thereof, or (2) the failure to compete is caused by circumstances beyond the control of the swimmer. A declared false start will count as participation in the event. The North Carolina Scratch Rule will be in effect for this meet.

#### **SCRATCHES**

There will be no penalty for scratching pre-seeded events at the block.

#### **SCORING**

No team or individual scoring will be kept.

#### **RESULTS**

Results will be posted on Meet Mobile. At the conclusion of the meet, teams may obtain Hy-Tek backups either on a memory stick or via email attachment.

#### **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 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. GOLD Swimming 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 with 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" above. All officials are strongly encouraged to complete an individual personal review of applicable USAS rules prior to the meet.

#### **HOSPITALITY/ CONCESSIONS**

There will be a hospitality area open to all coaches and officials.

#### **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 in the adjoining warm water therapy pool. **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. GOLD Swimming, Goldsboro YMCA, 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 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**

**Saturday, June 22, 2024**

**Warm-up: 8:00 AM; Meet Start: 9:00 AM**

##### **SESSION ONE**

<b>Women</b>	<b>Event</b>	<b>Men</b>
1	12&Under 100 Back	2
3	12& Under 50 Fly	4
5	12&Under 50 Free	6
7	12&Under 100 Breast	8
9	12&Under 200 Free	10
11	12&Under 200 Free Relay	12

**Saturday, June 22, 2024**

**Warm-up: 11:30 AM; Meet Start: 12:30 PM**

##### **SESSION TWO**

<b>Women</b>	<b>Event</b>	<b>Men</b>
13	OPEN 400 IM *	14
15	OPEN 100 Back	16
17	OPEN 200 IM	18
19	OPEN 50 Free	20
21	OPEN 200 Fly	22
23	OPEN 100 Breast	24
25	OPEN 400 free Relay	26
	10-minute Break	
27	OPEN 400 Free *	28

\* Swum Fastest to Slowest/positive check in

**Sunday, June 23, 2024**

**Warm-up: 8:00 AM; Meet Start: 9:00 AM**  
**SESSION THREE**

<b>Women</b>	<b>Event</b>	<b>Men</b>
29	12&Under 100 Free	30
31	12&Under 50 Breast	32
33	12&Under 50 Back	34
35	12&Under 100 Fly	36
37	12&Under 200 Medley Relay	38
	--10-Minute Break--	
39	12&Under 400 Free	40

\* Swum Fastest to Slowest/positive check in

**Sunday, June 23,2024**  
**Warm-up: 11:30 AM; Meet Start: 12:30 PM**  
**SESSION FOUR**

<b>Women</b>	<b>Event</b>	<b>Men</b>
41	OPEN 200 Free	42
43	OPEN 100 Fly	44
45	OPEN 200 Back	46
47	OPEN 100 Free	48
49	OPEN 200 Breast	50
51	OPEN 400 Medley Relay	52
	-- 10-minute Break --	
53	OPEN 1500 Free *	54

\* Swum Fastest to Slowest/positive check in

**GOLD LC Summer Splash Spectacular  
Summary of Fees/Release Form**

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

Keegan Ingelido/GOLD Swimming  
1105 Parkway Drive  
Goldsboro NC 27534  
Email to: gold.sharks@goldsboroymca.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$6.00 per event	
Relay Entries		\$12.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$ 18.00 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 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. GOLD, Goldsboro YMCA, 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.

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SIGNATURE (Coach or Club Representative)

CLUB

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TITLE

DATE