

**GOLDSBORO YMCA**  
**GOLD TIME TRIALS**  
**SUNDAY, DECEMBER 16, 2007**

- SANCTION: Will be held under the sanction of USA Swimming Inc., issued by NCS, Inc..  
Sanction # NC07097
- CLASSIFICATION: This meet is open to all USA Swimming registered athletes.
- FACILITY: Goldsboro Family YMCA, NC; Raymond A. Bryan Pool. An 8-lane 25yd pool with non-turbulent lane lines, Colorado Timing System and scoreboard, and custom Paragon starting blocks. A separate 8-lane 25yd pool is available for continuous warm-up. Ample spectator and swimmer seating is available.
- RULES: This meet will be conducted in accordance with current USA and NCS rules as specified in the USA Rules and Regulations and NCS Official Handbook.
- ELIGIBILITY: All qualified USA Swimming registered swimmers.
- ENTRIES: Submit entries on attached entry forms or HY-TEK disks. List swimmers age as of December 17. All events will be time trials.
- ENTRY LIMITS: Each swimmer is allowed to swim four events.
- ENTRY DEADLINE: **Entries must be received no later than 11:59pm Thursday December 6, 2007. Only E-mail entries will be accepted.** The meet will be limited to the first **400** entries received with all necessary fees.
- SEND ENTRIES TO: Alex Black  
1105 Parkway Dr.  
Goldsboro, NC 27532  
E-Mail: alexwim74@hotmail.com  
(w) 919 778-8557  
(fax) 919 778-8645
- ENTRY FEES: Individual events: \$5.00 each event  
NCS Surcharge: \$2.00 each swimmer
- AWARDS: Since this is a Time Trial Meet, there will be no awards.
- MEET DIRECTOR: Alex Black
- MEET REFEREE: Joel Black
- MEET MARSHAL: Johnny Tsui
- STARTING TIMES: Sun. Morning Warm-ups will begin at 9:00am. Time Trials will begin at 10:00am.
- TIMERS: **Each team needs to supply timers for each session of the meet.** The number of timers from each team should be proportionate to the number of swimmers competing from that team.
- SAFETY: The NCS safety program is in effect at this meet. Coaches are required to closely supervise their swimmers at all times. In the event that a swimmer or others associated with a team are found to be violating posted rules for use of the Family YMCA or any other restrictions that are posted for the safety of the people in attendance or to protect Family YMCA property the individuals will be reported to the Meet Director or one of the Meet Marshals who will notify the coach. Any coach notified will be expected to take appropriate disciplinary action up to and including expulsion of the person from the meet. The Meet Director, Meet Marshal, or Referee may also take disciplinary action. **ONLY PARENTS WHO ARE WORKING AS AN OFFICIAL OR A TIMER WILL BE ALLOWED ON DECK. THERE WILL BE NO EXCEPTIONS.**

RELEASE:

USA Swimming Inc., NC Swimming, Inc. Goldsboro Family YMCA and other governing bodies of the facilities shall be held harmless for any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

## GOLD TIME TRIAL Meet Sunday, December 16, 2007

### Order of Events

Warm-Ups @ 9:00am

Time Trials @ 10:00am

Girls	Event	Boys
1	Open 400 yd I.M.	2
3	Open 200 yd Fly	4
5	Open 200 yd Back	6
7	Open 200 yd Breast	8
9	Open 1650 yd Free	10