

# 2009 GYSSA Short Course Championships

March 6-8, 2009

Host: Chapel Hill YMCA Swim Club

Sponsor: Greater YMCA Sunbelt Swimming Association

Sanction: The YMCA of the USA Competitive Swimming and Diving Committee has sanctioned this meet as a Championship Level Competition. National YMCA sanction number is **TBD**. USA Swimming approval #NC09039AP issued by North Carolina Swimming for achievement of USA Swimming time standards (U.S. National Championships and Age Group Top 16). This competition will satisfy the Championship Meet requirement for YMCA Nationals.

Location: Triangle Sportsplex  
101 Meadowlands Drive  
Hillsborough, North Carolina 27278  
Phone: 919-644-0339  
Fax: 919-644-2120

Facility: The Triangle SportsPlex is an 11-lane, 25 yard pool with non-turbulent lane-lines. The racing course will consist of 10 lanes. A separate 3-lane pool will be available for continuous warm-up and warm-down. A Colorado Timing System will be used and a full 10-lane scoreboard will be on display. Bleacher spectator seating is available. Only swimmers, coaches and officials will be permitted in designated areas on the pool deck during competition. The facility also includes a snack bar with seating, and an ice skating rink.

Schedule: Friday, 3-6-09

Warm-up: 3:30 pm  
Timed Finals: 4:30 pm

Saturday, 3-7-09 and Sunday, 3-8-09

10 & under		11 & over	
Warm-up:	7:30 am	Warm-up:	12:30 pm
Timed Finals:	8:30 am	Timed Finals:	1:30 pm

Eligibility: This meet is open only to teams in the Greater YMCA Sunbelt Swimming Association. Swimmers must be registered 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 three (3) inter-association (closed YMCA) meets prior to the entry deadline. There are no time standards for this meet with the exception of events 400 yards

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and longer, in which swimmers must have achieved a USAS "B" time to compete.

**Age Groups:** Swimmers will compete using their age on March 6<sup>th</sup> 2009. The age groups for competition will be: 6 & under, 8 & under, 9-10, 11-12, and Senior. The Senior age group will be separated into 14 & Under and 15 & Over for awards and results purposes.

**Entry Limits:** Swimmers may compete in a maximum of three (3) individual events and two (2) relay events per day.

Senior events are open to swimmers of any age, however, participation in a Senior individual event 400 yards or longer is limited to those swimmers that have achieved a USAS 13-14 'B' time in the event, prior to the entry deadline.

**Relay Teams:** GYSSA member teams will be limited to only one scoring relay team for each relay event. Member teams may enter unlimited relay teams in a relay event; however, only the highest placing relay team for that member team will score points.

**Format:** The meet will be conducted in accordance with current USA Swimming Technical Rules, National YMCA Championship Meet Rules, and Rules that Govern YMCA Competitive Sports.

Times will be reported to USA Swimming.

**NOTE: Please indicate which swimmers on your team are NOT registered with USA Swimming. Include this list with your entry. This is necessary for reporting times to USA Swimming. The easiest method is to go into your Team Manager program and for each non-USA Swimming registered swimmer, erase the swimmer ID number that HyTek automatically generates.**

All events will be seeded prior to the start of the meet with the exception of the 1650 Freestyle, 500 Freestyle, and 400 IM which will require positive check-in no later than 30 minutes before the scheduled start of the session in which the event will be contested. The meet referee may combine heats where possible.

8 & Under events only will report to clerk of course, all other events will report directly to the blocks.

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

Teams:	Top three overall teams	Trophies
	Top three small teams (75 & Under)	Trophies

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Individuals:	1 <sup>st</sup> thru 3 <sup>rd</sup> 4 <sup>th</sup> thru 16 <sup>th</sup>	Medals Ribbons
Relays:	1 <sup>st</sup> 2 <sup>nd</sup> thru 8 <sup>th</sup>	Medals Ribbons

Scoring: Both individual and relay events will score 1<sup>st</sup> thru 16<sup>th</sup> places as follows:

Individual: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1  
Relay: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2

The Senior age group will be separated into 14 & Under and 15 & Over for awards and points purposes.

Entry Method: **Email**, mail or deliver all entries to:

Adam Hayes  
980 MLK Jr. Blvd.  
Chapel Hill, nc 27514  
[ahayes@chcymca.org](mailto:ahayes@chcymca.org)  
(919)442-9622

### Entry

Procedure: The preferred method of entry is a Hy-Tek Commlink file, generated by the Hy-Tek Team Manager software. Enter best short course (25 yard) times.

The following materials must accompany all entry packages and be **received** no later than **Monday, March 2<sup>nd</sup>, 2009**.

- Diskette, e-mailed entry file, or typed entry forms
- Hard copies of all entries (for entries generated by Hy-Tek)
- Team Roster
- Signed Entry Summary Form
- Check for entry fees
- Proofs of Coaches' Certifications \*

**\* In order to be on deck for this meet, coaches must have the following certifications current through the last day of the meet:**

- (1) CPR
- (2) First Aid
- (3) Lifeguarding (or Red Cross Coaches Safety Training)
- (4) Principles of YMCA Swimming and Diving

**Acceptable proof of certification includes any of the following:**

- (1) Current USY Coach's Card
- (2) Current USA Swimming Coach's Card, plus Principles of YMCA Swimming and Diving Card
- (3) A current card for each certification

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Entry Fees: \$2.00 per individual event  
\$8.00 per relay event  
\$8.00 per swimmer facility surcharge

**Make checks payable to *Chapel Hill-Carrboro YMCA*.**

Check-ins:	Event	Check-in Deadline
	Senior 1650 Freestyle	4:00 pm Friday
	11-12 500 Freestyle	4:00 pm Friday
	Senior 400 IM	4:00 pm Friday
	Senior 500 Freestyle	1:00 pm Saturday

Check-in at the Clerk of Course.

Meet Director: Adam Hayes  
(919)442-9622

Meet Referee: Ron Young

Meet Officials: CHYSC Will welcome the participation of parent volunteers who are currently USA Swimming and/or YMCA certified officials. Please include a listing of officials with your team entries or contact Adam Hayes.

Timers: Swimmers will be required to provide their own timer for the 400 IM, 500 Freestyle, and 1650 Freestyle Events.

Release

Statement: The YMCA of the USA Competitive Swimming and Diving Committee, USA Swimming, Greater YMCA Sunbelt Swimming Association, North Carolina Swimming, Chapel Hill YMCA, and the Triangle Sportsplex shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injury to anyone during the conduct of this event.

Accommodations: Holiday Inn Express  
202 Cardinal Drive, Hillsborough  
919-644-7997  
\$80 group rate

Holiday Inn Express  
2516 Guess Road, Durham  
919-313-3244  
\$94 group rate

La Quinta  
4414 Durham Chapel Hill Blvd., Durham  
919-401-9660  
no group rate, \$69 current best available rate

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## Order of Events

Friday, 3-6-09

Warm-up: 3:30 pm, Timed Finals: 4:30 pm

Girls	Event	Boys
1	11-12 200 IM	2
3	Senior 1650 Free*	4
5	10 & Under 200 Free	6
7	11-12 500 Free	8
9	Senior 400 IM*	10

Saturday, 3-7-09 (10 & Under)

Warm-up: 7:30 am, Timed Finals: 8:30 am

Girls	Event	Boys
11	8 & Under 100 IM	12
13	9-10 100 IM	14
15	6 & Under 25 Back	16
17	7-8 25 Back	18
19	9-10 50 Back	20
21	8 & Under 50 Breast	22
23	9-10 100 Breast	24
25	6 & Under 25 Free	26
27	7-8 25 Free	28
29	9-10 50 Free	30
31	8 & Under 50 Fly	32
33	9-10 100 Fly	34
35	8 & Under 100 Medley Relay	36
37	10 & Under 200 Medley Relay	38

Saturday, 3-7-09 (11 & Over)

Warm-up: 12:30 pm, Timed Finals: 1:30 pm

Girls	Event	Boys
39	Senior 400 Free Relay	40
41	Senior 500 Free*	42
43	11-12 100 IM	44
45	Senior 200 IM*	46
47	11-12 50 Back	48
49	Senior 100 Back*	50
51	11-12 100 Breast	52
53	Senior 200 Breast*	54
55	11-12 100 Free	56
57	Senior 100 Free*	58
59	11-12 100 Fly	60
61	Senior 200 Fly*	62
63	12 & Under 200 Medley Relay	64
65	14 & Under 200 Medley Relay	66
67	Senior Medley Relay	68

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## Order of Events

Sunday, 3-8-09 (10 & Under)

Warm-up: 7:30 am, Timed Finals: 8:30 am

Girls	Event	Boys
69	9-10 200 IM	70
71	8 & Under 50 Free	72
73	9-10 100 Free	74
75	8 & Under 25 Breast	76
77	9-10 50 Breast	78
79	8 & Under 50 Back	80
81	9-10 100 Back	82
83	8 & Under 25 Fly	84
85	9-10 50 Fly	86
87	8 & Under 100 Free Relay	88
89	10 & Under 200 Free Relay	90

Sunday, 3-8-09 (11 & Over)

Warm-up: 12:30 pm, Timed Finals: 1:30 pm

Girls	Event	Boys
91	Senior 400 Medley Relay	92
93	11-12 50 Free	94
95	Senior 50 Free*	96
97	11-12 50 Breast	98
99	Senior 100 Breast*	100
101	11-12 100 Back	102
103	Senior 200 Back*	104
105	11-12 50 Fly	106
107	Senior 100 Fly*	108
109	11-12 200 Free	110
111	Senior 200 Free*	112
113	12 & Under 200 Free Relay	114
115	14 & Under 200 Free Relay	116
117	Senior 200 Free Relay	118

\* For these events, swimmers ages 14 & Under and 15 & Up shall swim in combined heats. Separate results and awards shall be provided for the 14 & Under and the 15 & Up age groups.

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### **ENTRY SUMMARY FORM**

Age Group	Total # of Swimmers @ \$8.00	Total Meet Surcharge	Total # of Entries @ \$2.00	Total Individual Entry Fees	Total # of Entries @ \$8.00	Total Relay Entry Fees
8 & Un GIRLS						
9 - 10 GIRLS						
11 - 12 GIRLS						
13 - 14 GIRLS						
15 & Ov GIRLS						
8 & Un BOYS						
9 - 10 BOYS						
11 - 12 BOYS						
13 - 14 BOYS						
15 & Ov BOYS						
<b>TOTALS:</b>		\$		\$		

**TOTAL** \_\_\_\_\_

Please submit one check with entries to cover your team's total entry fees.  
Make check payable to **Chapel Hill-Carrboro YMCA**.

Head Coach Name \_\_\_\_\_ Phone \_\_\_\_\_

Club Name \_\_\_\_\_ Code \_\_\_\_\_

Club Address \_\_\_\_\_ E-mail \_\_\_\_\_

The YMCA of the USA Competitive Swimming and Diving Committee, USA Swimming, Greater YMCA Sunbelt Swimming Association, North Carolina Swimming, the Chapel Hill YMCA, and the Triangle Sportsplex shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injury to anyone during the conduct of this event.

Head Coach's Signature: \_\_\_\_\_