

GOLDSBORO YMCA

Fall 8 & Under Mini-Meet

OCTOBER 16, 2010

- SANCTION:** Held under the sanction of USA Swimming Inc. issued by North Carolina Swimming Inc. Sanction Number: NC10091.
- CLASSIFICATION:** This meet is open to all USA Swimming registered athletes ages 8 and under.
- LOCATION:** Goldsboro Family YMCA, Goldsboro, North Carolina
1105 Parkway Drive, Goldsboro, NC 27534
- FACILITY:** Raymond A. Bryan Pool, Family YMCA, Goldsboro, NC. An 8-lane 25YD pool with non-turbulent lane lines, Colorado Timing System and scoreboard, and custom paragon starting blocks. The lanes are seven feet wide and the depth at the starting end is 12 feet deep. A separate 8-lane 25YD pool is available for continuous warm-up. Ample spectator and swimmer seating is available. The pool is not certified by USA Swimming.
- 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 by email to tammy.yates@goldsboroymca.org. List swimmers age as of October 16, 2010. All events will be timed finals.
- ENTRY LIMITS:** Each swimmer is allowed to swim five events plus 2 relays.
- ENTRY DEADLINE:** **Entries must be received no later than 11:59pm Wednesday, October 6, 2010. Only E-mail entries will be accepted.** Late entries will be taken at the discretion of the meet director.
- SEND ENTRIES TO:** Tammy Yates
P.O. Box 10355
Goldsboro, NC 27532
E-Mail: tammy.yates@goldsboroymca.org
(w) 919 778-8557
(fax) 919 778-8645
- ENTRY FEES:**
- | | |
|--------------------|--------|
| Individual events: | \$2.50 |
| Relays: | \$8.00 |
| NCS Surcharge: | \$4.00 |
| Pool Surcharge: | \$5.00 |
- AWARDS:**
- | | |
|-------------|--|
| Individual: | Ribbons 1 st – 16 th place |
| Relays: | Ribbons 1 st – 8 th place |
- Heat Winners will also be given a small prize
- MEET DIRECTOR:** Tammy Yates
- MEET REFEREE:** Bill Hunter
- MEET MARSHAL:** YMCA Lifeguards
- STARTING TIMES:** Warm-ups will begin at 10am with a meet start of 11:00am.
- WARM-UPS:** General warm-ups will be for the first 30 minutes of the session. The pool will open for dive starts at 10:30am. The pool will close to warm-ups at 10:45am. Each coach will be provided a copy of warm-up lane assignments when they pick up their heat sheets. There will be a separate 25-yard pool open for continuous warm-up throughout the meet.

COACH MEETING: There will be a coaches' meeting underneath the scoreboard at 10:45am and as needed throughout the session.

OFFICIALS: There will be an official's briefing 45 minutes before the beginning of the session in the hospitality room.

CLERK OF COURSE: The host team will run a clerk of course area for all 25-yard events. Swimmers are asked to report to this designated area and will be brought to their lanes by meet volunteers. Coaches will not be allowed to walk swimmers to the start on the bulkhead unless cleared with the meet director.

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.**

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

RELEASE: United States 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.

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Girls Event #	Event	Boys Event #
1	8 & Under 100yd Freestyle Relay	2
3	8 & Under 50yd Freestyle	4
5	7 year-old 25yd Freestyle	6
7	6 & Under 25yd Freestyle	8
9	8 year-old 25yd breaststroke	10
11	7 & Under 25yd breaststroke	12
13	8 year-old 25yd freestyle	14
15	6 & Under 25yd backstroke	16
17	7 year-old 25yd backstroke	18
19	8 year-old 25 yd backstroke	20
21	7 & Under 25yd Butterfly	22
23	8 year-old 25yd Butterfly	24
25	8 & Under 100 IM	26
27	8 & Under Mixed 100 Medley Relay	

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Entry Summary

Age Group	Total # of Swimmers	NCS Travel Fee (@\$2/Swimmer)	Facility Surcharge (@\$5/Swimmer)	Total # of Individual Entries	Individual Entry Fees (@ \$2.50)	Total # of Relays	Total Relay Fee (@ \$8.00/Relay)	Total Entry Fee
Girls 8 & Under								
Boys 8 & Under								
Girls 9 - 10								
Boys 9 - 10								
Girls 11 - 12								
Boys 11 - 12								
Girls 13 - 14								
Boys 13 - 14								
Senior Girls								
Senior Boys								
Totals								

TOTAL NCS TRAVEL: \$ _____
TOTAL FACILITY SURCHARGE \$ _____
TOTAL INDIVIDUAL ENTRY FEES \$ _____
TOTAL RELAY FEES \$ _____
TOTAL FEES \$ _____

Return this summary
sheet with entry fees
and entry forms to:
Attn. Coach Tammy Yates
Goldsboro Family Y
P.O. Box 10355
Goldsboro, N.C. 27532

Make your check payable to the "Goldsboro Family YMCA"

USA SWIMMING, INC, NORTH CAROLINA SWIMMING, INC., GOLDSBORO FAMILY Y, AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS SHALL BE HELD FREE AND HARMLESS FROM ANY AND ALL LIABILITIES ON CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

Head Coach's Signature _____ Phone # _____

Print Coach's Name _____ E-Mail Address _____