

# 2010 GATEWAY YWCA SHORT COURSE OPEN

## November 6-7, 2010

- SANCTION:** Held under the sanction of USA Swimming Inc. issued by North Carolina Swimming Inc. Sanction Number: NC10115.
- CLASSIFICATION:** This is an open meet.
- LOCATION:** The Gateway YWCA, 1300 South Main Street, Winston-Salem, NC 27127
- FACILITY:** Gateway YWCA, Winston-Salem, NC. An 8 Lane, 25 yd pool with a depth of 6 feet on the starting end and a lane width of 6 feet. Pool has non-turbulent lane lines, a Colorado Timing System with an 8 lane scoreboard display and custom starting blocks. There is a two lane warm-up/cool down pool that will be available. The competition pool is not certified with 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:** Entries may be emailed to the meet host using Team Manager or the equivalent. List swimmers age as of November 6th. *Please make check payable to: **Fireball Aquatics**.*
- ENTRY LIMITS:** Each swimmer is allowed to swim 4 individual events plus relay a day.
- ENTRY DEADLINE:** Entries must be received no later than 11:59pm Tuesday October 26th, 2010. E-mail entries will be accepted. The meet will be limited to the first 325 entries received with all necessary fees.
- SEND ENTRIES TO:** Attn: Alex Black  
Gateway YWCA  
1300 S. Main St.  
Winston-Salem, NC 27127  
E-Mail: alexwim74@hotmail.com  
(w) 336-939-8087
- ENTRY FEES:** Individual events: \$2.50  
Relays: \$8.00  
NCS Travel Fund Surcharge: \$4.00  
Pool Surcharge: \$7.00
- AWARDS:** Individual: Medals 1<sup>st</sup> - 3<sup>rd</sup> place  
Ribbons 4<sup>th</sup> - 8<sup>th</sup> place  
Relays: Ribbons 1<sup>st</sup> - 3<sup>rd</sup> place
- MEET DIRECTOR:** Alex Black  
**MEET REFEREE:** Joel Black  
**MEET MARSHAL:** Heather West
- STARTING TIMES:** Warm-ups for the 13/14, Senior session will begin at 8am-8:50am; competition at 9am.  
Warm-ups for the 12 & under session will begin at 12:00-12:50pm; competition at 1pm.

**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 Gateway YWCA or any other restrictions that are posted for the safety of the people in attendance or to protect Gateway YWCA 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. ***NO PARENTS WILL BE ALLOWED IN THE ROPED OFF AREA OF THE DECK UNLESS THEY ARE WORKING AS AN OFFICIAL OR A TIMER. THERE WILL BE NO EXCEPTION.*** 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.

GYW 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 GYW's ability to accommodate all requests.

**WARM-UPS:** General warm-ups will be for the first 35 minutes of each session. Specific warm-ups will be for the next 15 minutes. Lanes 1, 2, 3 will be dive starts from the scoreboard end. Lanes 6, 7, 8 will be dive starts from the shallow end. Lanes 4 & 5 will be general warmup lanes. Each coach will be provided a copy of warm-up lane assignments when they pick up their heat sheets.

**OFFICIAL'S MEETING** An official's meeting will be held in the hospitality area at 8:30am.

**COACHES MEETING** A coaches meeting will be held 10 minutes prior to the start of competition at the foot of the scoreboard. *All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification/registration. Coaches and officials shall prominently display their registration cards while on deck.*

**TIMERS:** **Each team needs to supply timers for each session of the meet.** The number of timers from each team should be commensurate with the number of swimmers competing from that team.

**RELEASE:** USA Swimming, Inc., NC Swimming, Gateway YWCA 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.

Gateway YWCA  
2010 Short Course Open  
November 6-7, 2010

Saturday, November 6

10 & Under Session

Warm-up: 8am

Timed Finals: 9am

Girls		Boys
1	10 & UN 200Y FREE	2
3	8 & UN 100Y FREE	4
5	10 & UN 50Y BREAST	6
7	8 & UN 25Y BREAST	8
9	10 & UN 100Y FLY	10
11	8 & UN 50Y FLY	12
13	10 & UN 50Y FREE	14
15	8 & UN 25Y FREE	16
17	10 & UN 100Y BACK	18
19	8 & UN 50Y BACK	20
21	10 & UN 200Y MEDLEY RELAY	22
23	8 & UN 100Y MEDLEY RELAY	24

11 & Up Session

Warm-up: Not before 12:00pm

Timed Finals: Not before 1:00pm

Girls		Boys
25	11-12 200Y MED. RELAY	26
27	SENIOR MED. RELAY	28
29	11-12 200Y FREE	30
31	SENIOR 200Y FREE	32
33	11-12 100Y BREAST	34
35	SENIOR 100Y BREAST	36
37	11-12 50Y FLY	38
39	SENIOR 200 FLY	40
41	11-12 50Y FREE	42
43	SENIOR 50Y FREE	44
45	11-12 100Y BACK	46
47	SENIOR 100Y BACK	48
49	11-12 200Y IM	50
51	SENIOR 200Y IM	52

Sunday, November 7

10 & Under Session

Warm-up: 8am

Timed Finals: 9am

Girls		Boys
53	10 & UN 100Y FREE	54
55	8&UN 50Y FREE	56
57	10&UN 50Y BACK	58
59	8&UN 25Y BACK	60
61	10&UN 100Y BREAST	62
63	8&UN 50Y BREAST	64
65	10&UN 50Y FLY	66
67	8&UN 25Y FLY	68
69	10&UN 100Y IM	70
71	8&UN 100Y IM	72
73	10&UN 200Y FREE RELAY	74
75	8&UN 100Y FREE RELAY	76

11 & Up Session

Warm-up: Not before 12:00pm

Timed Finals: Not before 1:00pm

Girls		Boys
77	11-12 100Y FREE	78
79	SENIOR 100Y FREE	80
81	11-12 50Y BACK	82
83	SENIOR 200Y BACK	84
85	11-12 100Y FLY	86
87	SENIOR 100 FLY	88
89	11-12 50Y BREAST	90
91	SENIOR 200Y BREAST	92
93	11-12 500Y FREE	94
95	SENIOR 500Y FREE	96
97	11-12 200Y FREE RELAY	98
99	SENIOR 200Y FREE RELAY	100