



**The Greensboro Swimming Association's
2010 GSA/NSS/YSST/Quest Q-Meet
November 20-21, 2010
American Hebrew Academy
4334 Hobbs Road
Greensboro, NC 27410-3556**



- SANCTION:** Held under the sanction of USA Swimming, issued by North Carolina Swimming, Sanction No. 10119.
- HOST:** The Greensboro Swimming Association, www.GSAswim.org
- FACILITY:** The American Hebrew Academy pool is an eight lane, 25-yard course with non-turbulent lane ropes and deck anchored starting blocks. Lane width is 7ft. and pool depth is 6 ft. at the starting end. The Colorado Electronic Timing System with horn and strobe start will be used. The pool is not certified to USA Swimming standards. AHA is a kosher campus and prohibits outside food that is not certified as kosher. The 8 MPH campus speed limit is strictly enforced. Guests are permitted in the pool facility only.
- CLASSIFICATION:** 13-14 "A" and above time standard for all ages and events, ages 13 and over, timed finals
- ELIGIBILITY:** All swimmers must be registered with USA Swimming and be current members of GSA, Quest-VA, YSST or NSS.
- GSA 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 GSA's ability to accommodate all requests.
- MEET DIRECTOR:** Don Gilchrist
GSAMeetDirector@GSAswim.org
- MEET REFEREE:** Trish Martin
pkmartin@bellsouth.net
- MEET MARSHAL:** Kate Walker
GSAswimbiz@GSAswim.org
- RULES:** The meet will be conducted in accordance with the USA Swimming Rules and Regulations and the NCS Official Handbook and NCS Safety program, except where the rules therein are optional and exceptions are herein stated. There will be no penalty for missing a timed final event although the event will count toward the swimmer's event limit.
- SAFETY:** The NCS safety program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No running or horseplay will be tolerated. Anyone failing to comply with a safety request may forfeit his or her privilege to participate.
- 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.
- OFFICIALS:** We welcome all USA Swimming certified officials and apprentices on deck. There will be an officials' meeting 30 minutes prior to the session.

COACHES'

MEETING: There may be a brief coaches' meeting at the conclusion of warm ups at the referee's discretion.

MEMBERSHIP: All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration. Coaches and officials shall prominently display their registration cards while on deck.

ENTRIES: Entries must be submitted in Hy-Tek Team Manager format. Entry file may be submitted by e-mail to GSAMeetDirector@GSAswim.org.

ENTRY LIMIT: Swimmers are limited to five individual events per session.

Swimmers in the 500 and 1000 Free must provide their own counters. Swimmers in the 1000 Free must also provide their own timers.

ENTRY DEADLINE: Midnight, Wednesday, November 10, 2010.

Late entries will be accepted only at the discretion of the Meet Director. Late entries may not be seeded. We reserve the right to limit or suspend the addition of swimmers or heats to accommodate late entries.

ENTRY FEES: \$2.50 for each individual event
\$8.00 for each relay event
\$4.00 for each swimmer - NC Travel Fund (includes relay only swimmers)
\$10.00 facility charge
Make checks payable to: The Greensboro Swimming Association
Entry fees are non-refundable.

SCORING: TEAM SCORING – Individual events 9, 7, 6, 5, 4, 3, 2, 1 – relays score double.

AWARDS: There will be no awards.

SESSION SCHEDULE:

Saturday Morning Session

Warm-Ups begin at 8:00 AM and end at 8:55 AM
Timed Finals begin at 9:00 AM

Saturday Afternoon Session

Warm-Ups begin not before 4:00 PM and end at 4:55 PM
Timed Finals begin 60 minutes later not before 5:00 PM

Sunday Morning Session

Warm-Ups begin at 9:00 AM and end at 9:55 AM
Timed Finals begin at 10:00 AM

WARM UP

PROCEDURES: Each team will be assigned specific lanes and coaches will direct warm up procedures for their teams. For general warm up: Feet first entry. No diving. For dive start warm ups: Swim on length from start end only. Warm-up procedures may be modified by the referee to adjust for existing conditions.

HOSPITALITY: There will be hospitality for coaches, officials, and volunteers at this meet.

CONCESSIONS: Food and drinks will be available at the pool concession stand.

DIRECTIONS:

Driving directions to AHA may be found on www.GSAswim.org. Please respect the **8 MPH** campus speed limit and signed parking restrictions.

RELEASE STATEMENT:

USA Swimming, North Carolina Swimming., The Greensboro Swimming Association, and the American Hebrew Academy shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Signature on the entry summary and/or subsequent entry into this meet constitutes understanding and acceptance of the above release.

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 American Hebrew Academy, Greensboro, NC
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Order of Events
 Saturday Morning Session
 Warm-ups at 8:00 AM – Competition at 9:00 AM

Girls	Age	Event	Boys
1	Open	200 Free Relay	2
3	Open	200 Freestyle	4
5	Open	100 Backstroke	6
7	Open	100 Breaststroke	8
9	Open	200 Butterfly	10
11	Open	50 Freestyle	12
13	Open	1000 Freestyle	14

Order of Events
 Saturday Afternoon Session
 Warm-ups not before 4:00 PM – Competition 60 minutes later

Girls	Age	Event	Boys
15	Open	200 Medley Relay	16
17	Open	100 Freestyle	18
19	Open	200 Backstroke	20
21	Open	100 Butterfly	22
23	Open	800 Freestyle Relay	24

Order of Events
 Sunday Morning Session
 Warm-ups 9:00 AM – Competition 10:00 AM

Girls	Age	Event	Boys
25	Open	400 Medley Relay	26
27	Open	500 Freestyle	28
29	Open	200 Individual Medley	30
31	Open	200 Breaststroke	32
33	Open	400 Freestyle Relay	34

End of Meet

