

GOLDSBORO YMCA LONG COURSE OPEN MAY 6-8, 2011

- SANCTION:** Held under the sanction of USA Swimming Inc. issued by North Carolina Swimming Inc. Sanction Number: NC11059.
- 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 50 Meter pool with non-turbulent lane lines, Colorado Timing System and scoreboard, and custom paragon starting blocks. The lanes are 7 feet wide and the depth at the starting end is 12ft deep. The depth at the turn end is 4ft. A separate 5-lane 20YD pool is available for continuous warm-up. Ample spectator and swimmer seating is available. The competition pool is not certified with USA Swimming.
- RULES:** This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, and the current North Carolina Swimming Rules and Regulations, and the current North Carolina Swimming Safety Program.
- ELIGIBILITY:** All qualified USA Swimming registered swimmers.
- The Goldsboro YMCA 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 The Goldsboro YMCA's ability to accommodate all requests.
- FORMAT:** This meet will be conducted in accordance with current USA Swimming Technical Rules, the NCS Swimming Handbook, and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated.
- 1) All events will be swum as timed finals.
 - 2) Scratches and deck entries will be taken until 30 minutes prior to the start of each session.
 - 3) The North Carolina Scratch Rules will be in effect for all deck seeded events.
 - 4) The 400 Free, 400 IM & 1500 Free will be deck seeded fastest to slowest, alternating heats of women and men. Positive check-in is required at the conclusion of warm up for these events. Swimmers not checked in by this deadline will be scratched.

5) Meet management reserves the right to limit the 400 Free, 400 IM & 1500 Free to the fastest 3 heats of girls and the fastest 3 heats of boys.

6) The referee and meet management reserve the right to combine heats.

7) With the exception of the 1500 FR, 400 IM, 400 FR, and all relays, the Senior events will be swum combined but scored separately (13-14 and 15 & over). The 1500 FR, 400 IM, 400 FR, and relays will be swum and scored combined. The 12 & under events will be swum combined but awarded separately (10 & under and 11-12). 10 & under events will be swum and awarded combined.

ENTRIES: Please email entries using Hy-Tek Team Manager for entries. Entries may be sent via email and must include the following: 1) a Hy-Tek compatible entry file 2) team entry report and 3) financial report.

The meet will be limited to the first 500 entries received with all necessary fees. This meet is expected to fill quickly. Entries will be loaded in the order in which they were received. Teams will be notified within 24 hours of the entry deadline if their entries cannot be accepted.

Please note that the Meet Director will strictly enforce the following entry rules:

1. Payment must be received by the start of the meet in order to get coaches packet. No swimmer will compete until payment is received.
2. Late entries will be considered only if the meet has not reached capacity and at the discretion of the Meet Director. Deck entries will only be allowed if there are open lanes in the event. No new heats will be created. Late and deck entries will be charged double entry fees.
3. All swimmers must be properly registered before May 6, 2011. The list of swimmers competing in the meet will be forwarded to the NCS Registration Chair for approval.
4. NO NT (no time) ENTRIES WILL BE ACCEPTED.

ENTRY LIMITS: Each swimmer is allowed to swim up to 4 individual events per day with a max of nine events for the meet.

ENTRY DEADLINE: Entries must be received no later than 11:59pm Tuesday April 26th, 2011. E-mail entries will be accepted.

ENTRY FEES:

Individual events (NC teams):	\$2.50
Individual Events (Out-of-state):	\$2.75
Relay Events:	\$10.00
NCS Surcharge:	\$3.00
Pool Surcharge:	\$5.00

Make checks payable to **Goldsboro Family YMCA**. Entries fees are non-refundable.

SEND ENTRIES TO: Tammy Yates
Goldsboro Family Y
P.O. Box 10355

Goldsboro, NC 27534
E-Mail: tammy.yates@goldsboroymca.org
(w) 919 778-8557
(fax) 919 778-8645

- AWARDS: Individual: Ribbons 1st – 8th place
Relay: Ribbons 1st-3rd place
- SCORING: The meet will be scored as such:
Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- MEET DIRECTOR: Tammy Yates
- MEET REFEREE: Bill Luse
- MEET MARSHAL: YMCA Lifeguards
- STARTING TIMES: Friday night warm-ups will be 4:00PM-4:50PM, with competition at 5:00PM. Warm-ups for the 12 & under session will begin at 8am. Saturday and Sunday warm-ups for the Senior session will begin 12:00PM
- 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. **NO PARENTS WILL BE ALLOWED ON 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.
- 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 warm-up lanes. Each coach will be provided a copy of warm-up lane assignments when they pick up their heat sheets.

Meet management reserves the right to alter the warm-up schedule if needed to improve the running of the meet.

OFFICIAL'S: There will be an official's meeting in the hospitality area at 4:30 on Friday and 30 minutes prior to all other sessions.

COACHES MEETING: A coaches meeting will be held at 4:50pm on Friday night and as needed throughout the meet. *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: Volunteer timers will be needed throughout the meet. If there aren't enough timers to start the meet on time, the Meet Referee/Meet Director reserves the right to start the meet regardless.

HOSPITALITY: Hospitality will be open to coaches, officials and meet workers and provided by GOLD Swimming and various generous supporters.

RELEASE: USA Swimming, Inc., NC Swimming, 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.

**GOLDSBORO YMCA OPEN
LONG COURSE INVITATIONAL
MAY 7-9, 2010**

Order of Events

Friday, May 7

Warm-up: 4:00pm

Timed Finals: 5:00pm

Girls		Boys
1	SR 1500M FREE	2
3	10 & UN 200M IM	4
5	11-12 200M IM	6
7	SR 400M IM	8

Saturday, May 8

Warm-up: 7:30am

Timed Finals: 8:30am

Girls		Boys
9	10 & UN 200M FREE	10
11	11-12 200M FREE	12
13	8 & UN 50M BREAST	14
15	9-10 50M BREAST	16
17	11-12 50M BREAST	18
19	10 & UN 100M FLY	20
21	11-12 100M FLY	22
23	8 & UN 50M FREE	24
25	9-10 50M FREE	26
27	11-12 50M FREE	28
29	10 & UN 100M BACK	30
31	11-12 100M BACK	32
33	10 & UN 200M MEDLEY RELAY	34
35	12 & UN 200M MEDLEY RELAY	36

Warm-up: not before 12:30pm

Timed Finals: not before 1:30pm

Girls		Boys
37	SR 200 FLY	38
39	SR 200M FREE	40
41	SR 100M BREAST	42
43	SR 200M IM	44
45	SR 100M BACK	46
47	SR 400M MEDLEY RELAY	48

Sunday, May 9

Warm-ups: 7:30am

Timed Finals: 8:30am

Girls		Boys
49	10 & UN 100M FREE	50
51	11-12 100M FREE	52
53	8 & UN 50M BACK	54
55	9-10 50M BACK	56
57	11-12 50M BACK	58
59	10 & UN 100M BREAST	60
61	11-12 100M BREAST	62
63	8 & UN 50M FLY	64
65	9-10 50M FLY	66
67	11-12 50M FLY	69
70	10 & UN 200M FREE RELAY	71
72	12 & UN 200M FREE RELAY	73

Warm-up: not before 12:30pm

Timed Finals: not before 1:30pm

Girls		Boys
74	SR 100M FREE	75
76	SR 200M BACK	77
78	SR 100 FLY	79
80	SENIOR 50 FREE	81
82	SR 200M BREAST	83
84	SR 400M FREE RELAY	85
86	SR 400M FREE	87