



The Greensboro Swimming Association
56th Annual Eastern Invitational
Long Course Championships
June 23-26, 2011



Lindley Park Pool, 2914 Springwood Drive, Greensboro, NC 27403

Sanction: Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction No. NC11074.

Hosts: The Greensboro Swimming Association (www.GSAswim.org) and the City of Greensboro Parks and Recreation Department.

Facility: The Lindley Park Pool is an outdoor, ten lane, 50-meter course with non-turbulent lane lines and custom starting blocks. It is 12 feet deep at the start end. The pool is certified to USA Swimming rules. Eight 7.5-foot wide lanes will be used for competition. One lane will be open for continuous warm up and down. The Colorado electronic timing system with scoreboard will be used. Seating for 400 spectators and ample space for team tents is available. Overnight will be provided beginning the first day of the meet.

Classification: This is a Senior/Age Group Open Meet.

Eligibility: All swimmers must be registered with USA Swimming. On deck registration will not be available at this meet. All swimmers must compete in their proper age group with the exception of a twelve-year-old swimmer electing to compete as a senior swimmer. Twelve-year-old swimmers electing to “swim up” must do so for the entire meet. They will be seeded in the 15&O age group for Finals.

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
336-851-2848 (office)

Meet Referee: Trish Martin
pksmartin@bellsouth.net

Host Coach: Kevin Thornton
GSAswimKT@GSAswim.org
336-392-5109

Meet Marshal: Kate Walker
GSAswimbiz@GSAswim.org

Rules: The meet will be conducted in accordance with the current USA Swimming Rules and Regulations and the NC Official Handbook, and the NCS Scratch Rule except where the rules therein are optional and exceptions are herein stated.

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. These swimmers must declare themselves to the Meet Director prior to the start of the swimmer's first session.

No spectators will be permitted inside the barriers defining the competition pool deck. Only meet volunteers, officials, coaches, and swimmers are permitted on deck. All coaches and non-athlete members of USA Swimming must display their credentials at all times.

Swimmers #2 and #4 must start from the water for all 200 M relays. No diving is permitted from the turn end of the pool at any time.

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 current certification/ registration at check in. All coaches and officials shall prominently display their registration cards while on deck.

Officials: We welcome all USA Swimming certified officials and apprentices on deck. This meet is designed for **USA Swimming Official Qualification Meet**. (N2 all positions and N3 S&T.) Briefing sessions will be held 45 minutes prior to the beginning of each session each day. Regardless of the numbers of sessions required for certification/re-certification, an official will need to serve a minimum of four sessions to be evaluated. Any official wishing to be observed must complete the [application](#) and e-mail it to the meet referee (Trish Martin, pksmartin@bellsouth.net) by June 9, 2011. All other considerations will be done at the discretion of the national evaluators assigned to the meet. Please see the USA Swimming website for additional information and certification requirements.

Coaches' Meeting: There may be a brief coaches' meeting at the conclusion of warm ups at the Referee's discretion.

Time Schedule:	<u>Thursday Timed Finals:</u>	
	General Warm-ups	3:30 pm
	Competition	4:30 pm
	<u>Morning Preliminaries:</u>	
	General Warm-ups	6:00 am to 7:20 am
	Competition	7:30 am
	<u>Afternoon Timed Finals:</u>	
	General Warm-ups	Not before 11:30 am (See below for Sunday information.)
	Competition	Forty-five minutes after warm-ups begin.
	<u>Evening Finals:</u>	
	General Warm-ups	Not before 5:00 PM. (See below for Sunday information.)
	Competition	One hour after warm-ups begin.

Sunday warm ups: Once entries and time lines are processed, better estimates of warm up start times for Sunday's Afternoon and Finals sessions will be provided. Coaches will be advised by Sunday morning and an announcement will also be posted on www.GSAswim.org.

Warm up lane assignments will be posted at the pool for each session. Warm-up procedures may be modified by the Referee on deck to adjust for existing conditions.

Order of Events

And Seeding: 10&U: All 10&U events will be Timed Finals.

11-12: All 11-12 events will be Timed Finals. The 11-12 400 M Freestyle will be deck seeded with positive check in required.

11-12 400 M Freestyle: The 400 M Freestyle which will be deck seeded with positive check in required. We reserve the right to limit the number of entries to the 32 fastest swimmers of each gender. The event will swim in event order, slow to fast. We reserve the right to combine heats.

13&O: Preliminaries and Finals will be contested for the 13&O events except for the 1500 M Freestyle, the 400 M Individual Medley, and the 400 M Freestyle which will be timed final events. Preliminary results will be separated by 13-14 and 15&O for Finals. There will be a Championship A Heat and a Consolation B Heat for each age group. The A Heat will swim first followed by the B Heat. Both the A and B Heats are scored and subject to scratch penalties.

13&O 400 M Individual Medley: The 400 M Individual Medley will be a deck-seeded, timed final event. Swimmers must positively check in in order to be seeded. The fastest 5 positively checked in heats of women and of men, regardless of age, will swim in the Finals session. There is no AM/PM option. In the Preliminary session, the heats will be swum fastest to slowest, alternating women and men. In the Finals session, the event will swim in event order, all women then all men, fast to slow. There will be a 5 minute break in the Finals session prior to the start of the first women's heat. We reserve the right to combine heats. Results will be separated by age for scoring and awards.

13&O 400 M Freestyle: The 400 M Freestyle will be a deck-seeded, timed final event. Swimmers must positively check in in order to be seeded. The fastest 5 positively checked heats of women and of men, regardless of age, will swim in the Finals session. There is no AM/PM option. In the Preliminary session, the heats will be swum fastest to slowest, alternating women and men. In the Finals session, the event will swim in event order, all women then all men, fast to slow. There will be a 5 minute break in the Finals session prior to the start of the first women's heat. We reserve the right to combine heats. Results will be separated by age for scoring and awards.

Open 1500 M Freestyle: The 1500 M Freestyle will be a deck-seeded, timed final event. Swimmers must positively check in in order to be seeded. The event will be swum fastest to slowest alternating women and men. We reserve the right to swim two-per lane in order to accommodate the most swimmers within 4 hours and to combine men's and women's heats. Lane assignments may be modified by the Referee. Swimmers are required to provide their own timers and counters. This event will not be separated by age for awards or scoring.

Relays: All relays are Timed Finals and those for 13&O will swim in event order during evening Finals. No AM option is available. All relays are positive check in. Relay names should be provided in the entry file. Relay cards will available at check in. The swimmer names and order may be changed provided such changes are declared to the Clerk of Course or to the Lane Timer prior to the beginning of the heat in which the relay team is seeded. Changes after that time are not permitted. Relay name changes may delay the posting of relay results. There is no penalty for not swimming a relay.

Breaks: There will be 10 minute breaks before the 13&O relays in the Finals sessions on Friday and Saturday. There will be a 5 minute break prior to the first women's 400 IM heat in Friday's Finals session. There will be a 5 minute break prior to the first women's 400 Freestyle heat in Sunday's Finals. No other breaks will be provided.

Positive Check In Schedule:

Session	Event	Check In Deadline
Thursday Timed Finals	1500 M Freestyle	3:30 pm
Friday Morning Prelims	400 M Individual Medley	7:00 am
Friday Afternoon Timed Finals	200 M Medley Relay	1:00 pm
Friday Finals	400 M Freestyle Relays	6:00 pm
Saturday Afternoon Timed Finals	11-12 400 M Freestyle	1:00 pm
	200 M Freestyle Relays	1:00 pm
Saturday Finals	400 M Medley Relays	6:00 pm
Sunday Morning Prelims	400 M Freestyle	7:00 am
Sunday Afternoon Timed Finals	200 M Freestyle Relays	1:30 pm

Scratch**Penalties:**

There is no penalty for failing to compete in a preliminary heat, a timed final heat of less than 400 meters, or a relay heat except that the event will count toward the swimmer's individual meet limit. Scratches should be submitted to the Clerk of Course 15 minutes prior to the start of each session. A swimmer initially qualifying for a scored championship final or a scored consolation heat who fails to compete shall be barred from competing in his next individual event unless excused by the Referee as follows:

- The swimmer notifies the Clerk of Course within 30 minutes after the posting of the qualifiers for that race that he may not compete and further declares his final intention not to compete within 30 minutes following his last individual preliminary event of the day.
- The Referee receives and accepts notification of illness or injury.
- The Referee determines that failure to compete is caused by circumstances beyond the swimmer's control.

A swimmer, properly checked in, who fails to compete in a deck seeded event will be barred from his next individual event unless excused by the referee as noted above.

Penalty for failing to compete in an A or B Final or a deck seeded event in Sunday evening Finals is a \$100 fine per swim as per the NCS Scratch Rule.

Entries:

All entries must be in long course times. Relay entries should include swimmer names. Entries must be submitted in Hy-Tek Team Manager format. Entry file may be submitted by e-mail to GSAmeeetdirector@GSAswim.org. Entry file should include relay assignments. Properly completed entry forms must be submitted along with all other requested information and payment of all fees for entries to be considered complete. The Meet Director will accept calls to correct or modify entries received prior to the entry deadline.

All relay only swimmers, including alternates, must be entered on the submitted entry file and pay the NCS travel fund surcharge.

Entry Limit:

Swimmers are limited to ten (10) individual events for the meet. Senior swimmers entered in prelims and Finals events are further limited to three (3) individual events each day. 12&U swimmers may swim up to five (5) Timed Finals events in one day. A swimmer entered in too many events will be dropped from all over the limit. Swimmers may enter one (1) relay per day.

The Meet Director reserves the right to limit entries to comply with the NCS 4-hour rule for the 12&U sessions.

Entry Deadline: Entries may be submitted at any time until midnight, Tuesday, June 14, 2011. Telephone entries will not be accepted.

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Order of Events

Thursday, June 23, 2011

Evening Timed Finals

Timed Finals: Warm-ups 3:30 pm, competition at 4:30 pm

Women	Event	Men
1	Open 1500 M Freestyle	2

Note: Swimmers must provide their own timers and counters.

Friday, June 24, 2011

Morning Prelims and Evening Finals

Prelims: Warm-ups at 6:00 am, competition at 7:30 am

Finals: Warm-ups not before 5:00 PM, competition one hour later

Women	Event	Men
3	13&O 200 M Freestyle	4
5	13&O 100 M Breaststroke	6
7	13&O 100 M Butterfly	8
	5 Minute break during Finals	
9	13&O 400 M Ind. Medley	10
	10 Minute break during Finals	
11	13&O 400 M Medley Relay	12

*Notes: Evening individual Finals will be separated into 13-14 and 15&O age groups.
Refer to Order of Events and Seeding section for important information about the 400 M IM seeding.
Relays will swim during the evening Finals session.*

Friday Afternoon Timed Finals

Warm-ups not before 12:00 noon, Timed Finals one hour later

Girls	Event	Boys
13	10&U 200 M Freestyle	14
15	11-12 200 M Freestyle	16
17	10&U 100 M Breaststroke	18
19	11-12 100 M Breaststroke	20
21	10&U 50 M Backstroke	22
23	11-12 50 M Backstroke	24
25	10&U 200 M Medley Relay	26
27	12&U 200 M Medley Relay	28

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Order of Events

Saturday, June 25, 2011

Morning Prelims and Evening Finals

Prelims: Warm-ups at 6:00 am, competition at 7:30 am

Finals: Warm-ups not before 5:00 PM, competition one hour later

Women		Event	Men
29	13&O	200 M Butterfly	30
31	13&O	100 M Freestyle	32
33	13&O	200 M Breaststroke	34
35	13&O	100 M Backstroke	36
		<i>***10 Minute break during Finals***</i>	
37	13&O	400 M Freestyle Relay	38

*Notes: Evening individual Finals will be separated into 13-14 and 15&O age groups.
Relays will swim during the evening Finals session.*

Saturday Afternoon Timed Finals

Warm-ups not before 12:00 noon, Timed Finals one hour later

Girls		Event	Boys
39	11-12	100 M Butterfly	40
41	10&U	100 M Butterfly	42
43	11-12	50 M Freestyle	44
45	10&U	50 M Freestyle	46
47	11-12	50 M Breaststroke	48
49	10&U	50 M Breaststroke	50
51	11-12	100 M Backstroke	52
53	10&U	100 M Backstroke	54
55	11-12	400 M Freestyle	56

Note: Refer to Order of Events and Seeding section for important information about 11-12 400 Free seeding.

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Order of Events

Sunday, June 26, 2011

Morning Prelims and Evening Finals

Prelims: Warm-ups at 6:30 am, competition at 7:30 am

Finals: Warm-ups not before 5:00 PM, competition one hour later

Women		Event	Men
57	13&O	50 M Freestyle	58
59	13&O	200 M Backstroke	60
61	13&O	200 M Ind. Medley	62
		<i>***5 Minute break during Finals***</i>	
63	13&O	400 M Freestyle	64

*Notes: Evening individual Finals will be separated into 13-14 and 15&O age groups.
Refer to Seeding section for important information about the 400 M Freestyle seeding.
If timelines permit, Finals may start earlier. Coaches will be notified on Sunday morning.*

Sunday Afternoon Timed Finals

Warm-ups not before 12:00 noon, Timed Finals one hour later

Girls		Event	Boys
65	10&U	100 M Freestyle	66
67	11-12	100 M Freestyle	68
69	10&U	50 M Butterfly	70
71	11-12	50 M Butterfly	72
73	10&U	200 M Ind. Medley	74
75	11-12	200 M Ind. Medley	76
77	10&U	200 M Freestyle Relay	78
79	12&U	200 M Freestyle Relay	80

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ENTRY SUMMARY AND RELEASE FORM

Age Group	Total Number of Swimmers	Total Number of Entries		Entry Fee per Event	
10-UN Boy & Girls- Timed Finals			X	\$2.50	
11-12 Boys & Girls - Timed Finals			X	\$2.50	
1500 Meter Free - Women & Men			X	\$2.50	
13&O Women & Men 400 IM and 400 Free Timed Finals			X	\$2.50	
13 & Over Women & Men - Prelim/Finals			X	\$3.50	
Relay Only Swimmers					
Total # of Swimmers			X	\$13.00 (<small>\$3.00 NC Travel Charge + \$10.00 Facility Charge</small>)	
Total Relays Entered			X	\$8.00	
Total Fees Due With Entry					

Make Checks Payable to: The Greensboro Swimming Association

Return This Summary Sheet with
Entry Fees and Forms to:

Don Gilchrist

GSAmeeetdirector@GSA.org

GSA

336-851-2848

P. O. Box 10085

Greensboro, NC 27404

Call Letters _____

Team Name _____

Coach _____

Cell # _____

Work # _____

Email _____

**USA Swimming's Officials' National Certification Program
Request for Evaluation**

To: Trish Martin, pksmartin@bellsouth.net

Qualifying Meet: 56th GSA Eastern Invitational Meet Dates: June 23-36,2011

Meet Location: Greensboro, NC

Please consider me for assignments at the above meet so that I may be evaluated as follows:

Name: _____

Email: _____ Phone: _____

Levels LSC N2 N3

(Choose one for each position)

Current Certifications:	Stroke & Turn Judge:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Chief Judge:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Starter:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Deck Referee:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Administrative Referee:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Requested Evaluations: (You must work at least 4 sessions at the meet for an evaluation to be validated.)

For Advancement towards N2 S&T, CJ, Starter, Ref, Ad Ref (choose up to 2)

For Advancement towards N3 S&T

For Re-certification at N2 S&T, CJ, Starter, Ref, Ad Ref (choose up to 5)

For Re-certification at N3 S&T

Your Request:

can be accommodated as follows:

For Advancement towards N2 S&T, CJ, Starter, Ref, Ad Ref

For Advancement towards N3 S&T

For Re-certification at N2 S&T, CJ, Starter, Ref, Ad Ref

For Re-certification at N3 S&T

_____, Meet Evaluator

Date: