

# 2010 GYSSA Short Course Championships

## March 5-7, 2010

**Host:** Chapel Hill YMCA Swim Club

**Sponsor:** Greater YMCA Sunbelt Swimming Association

**Classification:** This meet is a closed YMCA Invitational.

**Approval:** "Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Approval # NC10040AP.

**Location:** Triangle SportsPlex  
One Dan Kidd Drive  
Hillsborough, North Carolina 27278  
(919)644-0339

**Schedule:** **Friday Evening Session (all ages)**  
Warm-Up: 4:00-5:20PM  
Timed Finals: 5:30PM

**Saturday & Sunday Morning Sessions (10 & Under)**  
Warm-Up: 7:30-8:30AM  
Timed Finals: 8:30AM

**Saturday & Sunday Afternoon Sessions (11 & Over)**  
Warm-Up: Not Before 12:00PM  
Timed Finals: Not Before 1:00PM

***\*Warm-ups may be divided into 2 sessions. After entries are received, an e-mail will be sent out to coaches notifying them of warm-up times\****

**Facility:** The Triangle SportsPlex has a 25-yard pool with 11 lanes that are 6 feet wide with non-turbulent lane markers and deck-anchored custom starting blocks with a 6-foot depth at each end. The racing course will consist of 10 lanes. A separate 3-lane pool will be available for continuous warm-up and warm-down. A Colorado Timing System will be used and a full 10-lane scoreboard will be on display. Bleacher spectator seating is available. Only swimmers, coaches, and officials will be permitted in designated areas on the pool deck during competition. The facility also includes a snack bar with seating and an ice skating rink. ***This pool is not certified by USA Swimming.***

**Facility Rules:** This facility forbids coolers and outside food or beverages from being brought into the building. **Please inform your families of this rule.** Also, please note the following additional rules:

- (1) Smoking is not allowed inside the facility
- (2) Glass containers are not allowed inside the facility
- (3) Shoes are required in the lobby due to ice skaters on the premises

**Eligibility:** This meet is open only to teams in the Greater YMCA Sunbelt Swimming Association. Swimmers must be listed on the roster of a GYSSA member team. All participants must be a member of a local YMCA and must have full privilege annual membership at that YMCA to be eligible. Each participant must have competed in at least three (3) inter-association (closed YMCA) meets prior to the entry deadline. There are no time standards for this meet with the exception of events 400 yards and longer, in which swimmers must have achieved a USAS "B" time to compete.

**Age Groups:** **Swimmers' age shall be determined as of March 5<sup>th</sup>, 2010.** The age groups for competition will be as follows: 6 & Under; 8 & Under; 9-10; 11-12; and Senior. The Senior age group will be separated into 14 & Under and 15 & Over for awards and results purposes.

**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. Coaches are to keep swimmers out of the recreation pool except for warm up and warm down.

**Release Statement:** *"The YMCA of the USA Competitive Swimming and Diving Committee, USA Swimming, Greater YMCA Sunbelt Swimming Association, North Carolina Swimming, Chapel Hill YMCA, and the Triangle SportsPlex shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injury to anyone during the conduct of this event."*

**Format:** This meet will be conducted in accordance with current USA Swimming Technical Rules, National YMCA Championship Meet Rules, and Rules that Govern YMCA Competitive Sports.

- 1) All events will be conducted as timed finals.
- 2) All events will be pre-seeded except for the 500 free, 1650 free and 400 IM. A positive check-in will be required for each of these events. **Failure to compete in an event that has been positively checked-in will result in the individual swimmer being disqualified from his or her next individual event.** No penalty shall apply for failure to compete in a positive check-in individual event if (1) the Referee is notified of an illness or injury and accepts proof thereof, or (2) the failure to compete is caused by circumstances beyond control of the swimmer. A declared false start will count as participation in the event. **The North Carolina Scratch Rule will be in effect for this meet.**
- 3) The Meet Referee reserves the right to combine heats for any event.
- 4) Positive check-in events will be swum fastest to slowest, alternating girls and boys.
- 5) 6 & Under and 8 & Under events only will report to clerk of course. All other events will report directly to the blocks.
- 6) Times will be reported to USA Swimming. **\*\*\*Note: Please indicate which swimmers on your team are NOT registered with USA Swimming. Include this list with your entries. This is necessary for reporting times to USA Swimming. The easiest method is to go into your Team Manager program and, for each non-USA**

**Swimming registered swimmer, delete the swimmer ID number that Hy-Tek automatically generates.\*\*\***

**Positive Check-ins:** All check-ins are posted at the clerk of course.

Senior 1650 Free	5:00PM Friday
11-12 500 Free	5:00PM Friday
Senior 400 IM	5:00PM Friday
Senior 500 Free	1:00PM Saturday

**Entry Limits:** *Swimmers may compete in a maximum of three (3) individual events and two (2) relay events per day.* Senior events are open to swimmers of any age; however, participation in a senior individual event 400 yards or longer is limited to those swimmers that have achieved a USAS 13-14 "B" time in the event, prior to the entry deadline.

**Relays:** GYSSA-member teams will be limited to only one scoring relay team for each relay event. Member teams may enter unlimited relay teams in a relay event; however, only the highest placing relay team for that member team will score points.

**Awards:** Heat Winner awards will be provided for all individual events. Age Group High Point Awards will also be given.

Teams:           Top 3 Large Teams – Trophies  
                      Top 3 Small Teams – Trophies

- Small Teams will be defined as teams with fewer than 50 swimmers entered in the meet

Individuals:    1<sup>st</sup> – 3<sup>rd</sup> – Medals  
                      4<sup>th</sup> – 16<sup>th</sup> – Ribbons

Relays:           1<sup>st</sup> – Medals  
                      2<sup>nd</sup> – 8<sup>th</sup> – Ribbons

**Scoring:** Both individual and relay events will be scored 1<sup>st</sup> through 16<sup>th</sup> place

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

*\*The Senior age group will be separated into 14 & Under and 15 & Over for awards and points.*

**Coaches:** All coaches on deck at the meet must have the following CURRENT SAFETY CERTIFICATIONS: CPR, First Aid and Lifeguard Training (or Coaches Safety Training).

**Entry Process:** The preferred method of entry is in Hy-Tek format. Enter best short course yard times. **No handwritten, fax or phone entries will be accepted.** Entries may be submitted via e-mail or on a floppy disk. Please include the following with your entries:

- 1) Completed entries – on disk or entry forms (via mail or e-mail)
- 2) Printout of entries, both individuals and relays
- 3) Completed Entry Summary Form
- 4) **Team Roster with T-shirt sizes**
- 5) Check for entry fees

**Entry Fees:** Make checks payable to the Chapel Hill-Carrboro YMCA. Entry fees are non-refundable.

Individual Event: \$2.50

Relay Event: \$10.00

Swimmer/Facility Surcharge: \$8.00

**Entry Method:** E-mail entries to Jim Kelly, [jkelly@chcymca.org](mailto:jkelly@chcymca.org)

Mail Entries to:

Lori Riegler

980 MLK, Jr Blvd

Chapel Hill, NC 27514

(919)442-9622

**Entry Deadline:** All entries must be received no later than ***midnight on Tuesday, February 23, 2010.***

**Meet Referee:** Ron Young

**Meet Director:** Lori Riegler, Chapel Hill YMCA Swim Club

**Officials' Meeting:** There will be an officials' meeting on Friday, March 5<sup>th</sup> at 5:00PM in the hospitality room. There will also be officials' briefings 45 minutes before the start of each session.

**Coaches' Meeting:** There will be a coaches' meeting on Friday, March 5<sup>th</sup> at 5:20PM in the hospitality room, after the completion of warm-ups.

**Hospitality:** Drinks, meals and snacks will be provided to the coaches, officials and full-time meet volunteers.

**Concessions:** A full-service concession stand will be open for spectators and swimmers.

**Timers:** Announcements for timers will be made prior to the start of each session. ***Swimmers will be required to provide their own timer for the 400 IM, 500 Free and 1650 Free.***

## **Order of Events**

### **Friday Evening**

**Warm-up: 4:00PM; Timed Finals: 5:30PM**

<b>Women</b>	<b>Event</b>	<b>Men</b>
1	11-12 200 IM	2
3	Senior 400 IM	4
5	10 & Under 200 Free	6
7	11-12 500 Free	8
9	Senior 1650 Free	10

### **Saturday Morning**

**Warm-up: 7:30AM; Timed Finals: 8:30AM**

<b>Women</b>	<b>Event</b>	<b>Men</b>
11	8 & Under 100 IM	12
13	9-10 100 IM	14
15	6 & Under 25 Back	16
17	7-8 25 Back	18
19	9-10 50 Back	20
21	8 & Under 50 Breast	22
23	9-10 100 Breast	24
25	6 & Under 25 Free	26
27	7-8 25 Free	28
29	9-10 50 Free	30
31	8 & Under 50 Fly	32
33	9-10 100 Fly	34
35	8 & Under 100 Medley Relay	36
37	10 & Under 200 Medley Relay	38

**Saturday Afternoon**  
**Warm-Up: Not Before 12:00PM; Timed Finals: Not Before 1:00PM**

<b>Women</b>	<b>Event</b>	<b>Men</b>
39	Senior 400 Free Relay	40
41	Senior 500 Free	42
43	11-12 100 IM	44
45	Senior 200 IM	46
47	11-12 50 Back	48
49	Senior 100 Back	50
51	11-12 100 Breast	52
53	Senior 200 Breast	54
55	11-12 100 Free	56
57	Senior 100 Free	58
59	11-12 100 Fly	60
61	Senior 200 Fly	62
63	11-12 200 Medley Relay	64
65	Senior 200 Medley Relay	66

**Sunday Morning**  
**Warm-up: 7:30AM; Timed Finals: 8:30AM**

<b>Women</b>	<b>Event</b>	<b>Men</b>
67	9-10 200 IM	68
69	8 & Under 50 Free	70
71	9-10 100 Free	72
73	8 & Under 25 Breast	74
75	9-10 50 Breast	76
77	8 & Under 50 Back	78
79	9-10 100 Back	80
81	8 & Under 25 Fly	82
83	9-10 50 Fly	84
85	8 & Under 100 Free Relay	86
87	10 & Under 200 Free Relay	88

**Sunday Afternoon**

**Warm-up: Not before 12:00PM; Timed Finals: Not before 1:00PM**

<b>Women</b>	<b>Event</b>	<b>Men</b>
89	Senior 400 Medley Relay	90
91	11-12 50 Free	92
93	Senior 50 Free	94
95	11-12 50 Breast	96
97	Senior 100 Breast	98
99	11-12 100 Back	100
101	Senior 200 Back	102
103	11-12 50 Fly	104
105	Senior 100 Fly	106
107	11-12 200 Free	108
109	Senior 200 Free	110
111	11-12 200 Free Relay	112
113	Senior 200 Free Relay	114

### **Entry Summary Form**

Age Group	Total # of Swimmers @ \$10.00	Total Meet Surcharge	Total # of Individual Entries @ \$2.50	Total Individual Entry Fees	Total # of Relay Entries @ \$10.00	Total Relay Entry Fees
8 & Under Girls						
9-10 Girls						
11-12 Girls						
13-14 Girls						
15 & Over Girls						
8 & Under Boys						
9-10 Boys						
11-12 Boys						
13-14 Boys						
15 & Over Boys						
Totals						

**Total** \_\_\_\_\_

Please submit one check with entries to cover your team's total entry fees. Make check payable to the **Chapel Hill-Carrboro YMCA**.

Head Coach \_\_\_\_\_ Phone \_\_\_\_\_

Club Name \_\_\_\_\_ Code \_\_\_\_\_

Club Address \_\_\_\_\_

E-mail \_\_\_\_\_

The YMCA of the USA Competitive Swimming and Diving Committee, USA Swimming, Greater YMCA Sunbelt Swimming Association, North Carolina Swimming, the Chapel Hill YMCA, and the Triangle SportsPlex shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injury to anyone during the conduct of this event.

Head Coach's Signature \_\_\_\_\_