



2020 JANUARY JUMP START

Hosted by Swim GSA
January 17-20, 2020
www.SwimGSA.com



The Greensboro Aquatic Center
1921 West Gate City Blvd., Greensboro, NC 27403

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming
Sanction #NC20008

MEET DIRECTOR Tom Brewer 336-420-4136 TBrewer441@aol.com	MEET ENTRY COORDINATOR Tom Brewer 336-420-4136 TBrewer441@aol.com P. O. Box 10085 Greensboro, NC 27404
MEET REFEREE Trish Martin 336-327-4697, pksmartin13@gmail.com Mike Trexler Mike_Trexler@mac.com	MEET MARSHAL Bruce Cantrell 336-312-6229 bruce@gsaswim.org

FACILITY

The Greensboro Aquatic Center is a state-of-the-art indoor facility with three pools. The main competition pool is 9-10 feet deep at both ends and can be configured into two 25-yard courses with up to twelve 7-foot wide lanes. All lanes feature non-turbulent lane lines and Omega starting blocks. Up to two courses with eight to twelve lanes may be used for this competition depending on entries. The Omega electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. At least three lanes will be open for continuous warm up and down. Seating for 1800 spectators is available. The Coliseum will charge \$5 for parking per day and may offer a weekend parking special. Swim GSA will provide free parking participating coaches and officials. Directions to the GAC are available at www.swimGSA.com.

MEET FORMAT

This is a timed final/prelim/final Age Group/Senior pre-seeded meet unless otherwise indicated.

Session	Day	Warm-up	Meet Start	Age Groups
1	Friday timed finals	4:00 PM	5:00 PM	All
2	Saturday prelims	7:30 AM	9:00 AM	All
3	Saturday finals	4:30 PM	5:30 PM	All
4	Sunday prelims	7:30 AM	9:00 AM	All
5	Sunday finals	4:30 PM	5:30 PM	All
6	Monday timed finals	7:30 AM	9:00 AM	All

ENTRY DEADLINE AND CHECK IN SUMMARY:

Day, Date	Time	For:
Tuesday, Jan. 7	11:59 PM	Entry deadline
Friday, Jan. 17	4:15 PM	400Y IM and 1000Y Freestyles positive check in closes
Saturday, Jan. 18	4:30 PM	200Y Medley Relay cards due
Sunday, Jan. 19	4:30 PM	200Y Freestyle Relay cards due
Monday, Jan. 20	8:30 AM	500Y Freestyle positive check in closes

SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions in addition to host team marshal.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Deck changes are prohibited.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

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.

RULES

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated.

MAAPP

The Minor Athlete Abuse Prevention Policy is in effect for this meet and all Applicable Adults are expected to comply with the stated requirements and guidelines.

TECHNICAL SUIT BAN FOR 12&Us

Per NCS Rule 210.2, 12 & Under athletes may not compete in Technical Suits at this meet. A Technical Suit is one that has the following components:

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

ELIGIBILITY All swimmers must be registered with USA Swimming, Inc and all Adult Athletes must be APT certified in order to compete. Swimmers must be registered prior to entry deadline. Entries listed as “Registration Applied For” will not be accepted. There will be no on deck registration available at this meet.

SWIMMERS WITH DISABILITIES Swim 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 Swim GSA’s ability to accommodate all requests.

ENTRIES Historically, this meet fills well before the entry deadline. Please contact the Meet Director four months prior to the entry deadline if you have interest in attending.

Entries must be submitted in Hy-Tek format by email to the Entry Coordinator by the entry deadline. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Entry Coordinator by the entry deadline for entries to be considered complete. Swim GSA entries will be entered first and then complete entries from other teams in the order received. Swim GSA reserves the right to limit entries in order to comply with the four/eight-hour rule. Rejected entries will be returned immediately. All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge and Facility Surcharge. Unless entries are rejected, entry fees are non-refundable.

ENTRY LIMITATIONS Swimmers may swim a maximum of three (3) individual events per day. Swimmers are further limited to ten (10) individual events for the meet.

ENTRY VERIFICATION An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES The Entry Coordinator must receive entries by Tuesday, January 7, 2020 at 11:59 PM. Late entries will be accepted only at the discretion of the Meet Director. Late entries may not be seeded. Swim GSA reserves the right to limit or suspend the addition of swimmers or heats to accommodate late entries. Late entries will be charged double fees.

ENTRY FEES

Make checks payable to: Swim GSA. All fees are non-refundable	
Individual TF Event	\$6.00 per event
Individual P/F Event	\$7.00 per event
Relays	\$10.00 per relay
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$15.00 per swimmer
Late Entry Fee	\$12.00/\$14.00/\$20.00

- POSITIVE CHECK IN** Positive check in located at clerk of course will be required for the following events:
- Open 400Y IM by 4:15PM Friday
 - Open 1000Y Freestyle by 4:15PM Friday
 - 12&U and 13&Over 500Y Freestyle by 8:30AM Monday

Swimmers who do not check in may not be seeded in the event.

**SEEDING AND
FORMAT**

The conforming time for this meet is SCY. Entries should be made with SCY times, converted LCM times, or estimated SCY times.

NT entries will not be accepted for positive check in events and are strongly discouraged for pre-seeded events. NT will be seeded last.

Swimmers will be seeded from slowest to fastest unless otherwise indicated. Heats and events may be combined at the discretion of the Meet Referee.

All individual events on Friday and Monday and will be contested as timed finals.

All Monday timed events will be seeded as 12&Under or 13&Over. With the exception of the 500 Freestyle, results for Monday's events will be separated into 10&Under, 11-12, 13-14, and 15&O age groups for awards.

All individual events on Saturday and Sunday will be contested as preliminaries/finals. When more than one final heat is indicated in the Order of Events, the heats will swim fastest to slowest, A Final first followed by B Final, etc. See the Order of Events for the number of finals heats per event. There will not be a Ready Room. All heats should report to the blocks. Alternates should report to the Starter prior to the beginning of the event and will swim in the appropriate Final if no shows occur.

All relays will be timed finals. Relays will be swum in the evening sessions. No AM/PM option is available.

The Open 400Y IM will be swum slowest to fastest in event order.

The Open 1000Y Freestyle will be swum fastest to slowest in event order. Meet management reserves the right to alternate heats if only one pool is used for the session. Swimmers must provide their own counter and may be asked to provide a second timer.

The 500Y Freestyle will be swum fastest to slowest in event order. Swimmers must provide their own counters and may be asked to provide a second timer.

Breaks are noted in the Order of Events. Additional breaks may be added at the discretion of the Meet Referee.

Dive over starts may be used for all sessions at the discretion of the Meet Referee.

Meet Management reserves the right to manage entries and scheduling of 12&U heats to comply with the 4-hour rule.

Meet Management reserves the right to seed events and heats into the appropriate pools to optimize timelines.

**SCRATCHES
AND PENALTIES**

There will be no penalty for scratching or failing to compete in pre-seeded events including relays at the block.

For deck seeded events, swimmers who are properly checked in and seeded but fail to compete and are not excused by the Meet Referee will be barred from their next individual event.

Swimmers who are named in the original A final who do not scratch and then fail to compete will be barred from their next individual event unless excused by the Meet Referee.

SCORING

The A Finalists or top 10 finishers in timed finals will score points as follows:

- Individual: 11-9-8-7-6-5-4-3-2-1
- Relay events will score double.

AWARDS

Ribbons will be awarded to the top 10 places in each individual event. Relay ribbons will be given to top 3 places. There will not be awards ceremonies.

RESULTS

Results will be posted on Swim GSA's website (www.swimGSA.com) within 24 hours of the meet's conclusion and teams will be emailed their results. Meet Mobile will be used pending facility internet connectivity.

COACHES

All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. Coaches must prominently display any arm bands or credentials provided by Meet Management.

There may be a coaches' meeting Friday at 3:30 at the Meet Referee's discretion. Other meetings may be held at the Meet Referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

OFFICIALS

Swim GSA welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in upon arrival at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of such to the Meet Referee by displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers.

Official briefings will be held 45 minutes prior to the start of each session in the hospitality area.

The Swim GSA January Jump Start has been designated as an OQM for N2 Evaluations for all positions. Qualified officials may request other evaluations, which may be accommodated at the discretion of the NCS Officials Chair. Any certified official meeting the criteria to request an evaluation is invited to contact the NCS Officials Chair, John Jewell at jmjswim@gmail.com. The signup sheet can be found on the officials page at NCSwim.org and on the Swim GSA website www.swimGSA.com. Information about [USA Swimming's national certification program](#) can be found on the website.

TIMERS

Swim GSA welcomes volunteer timers from visiting teams. Please check in with the volunteer coordinator at the entrance to see if there are open lanes and to get a deck pass. Timers meetings will be held approximately 20 minutes prior to the start of each session.

TEAM PERSONNEL

A team chaperone or team photographer may be allowed on deck with approval from the Meet Director provided they can prove current USA Swimming membership. The chaperone must remain in the team seating area but is not permitted on the competition pool deck or in the locker rooms at any time. Photographers are not permitted behind the blocks or in the locker rooms at any time and may not interfere with the conduct of the meet. Requests for team chaperone or photographer admissions should be emailed to the Meet Director prior to the meet.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Refreshments will be for sale at concession stands. Outside food is not permitted by the facility.

WARM-UP

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be at least three lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area. Swimmers will enter the pool feet first except in lanes that are designated for one way race starts under the direct supervision of a USAS certified coach.

IMAGE RELEASE

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

2020 January Jump Start
ORDER OF EVENTS

Friday Timed Finals

Warm-up: 4:00 Meet Start: 5:00

Girls/Women	Event	Boys/Men
1	Open 400Y Individual Medley*	2
3	Open 1000Y Freestyle*	4

- * Positive check in event.
- * Swimmers in the 1000Y Free are required to provide their own counter and may be asked to provide a second timer.

2020 January Jump Start ORDER OF EVENTS

Saturday Preliminaries

Warm-up: 7:30 Meet Start: 9:00

Girls/Women	Event	Boys/Men
11	12&U 200Y Butterfly	12
13	13-14 200Y Butterfly	14
15	15&O 200Y Butterfly	16
17	10&U 50Y Freestyle	18
19	11-12 50Y Freestyle	20
21	13-14 50Y Freestyle	22
23	15&O 50Y Freestyle	24
25	10&U 100Y IM	26
27	11-12 100Y IM	28
29	13-14 100Y IM	30
31	15&O 100Y IM	32
33	10&U 100Y Backstroke	34
35	11-12 100Y Backstroke	36
37	13-14 100Y Backstroke	38
39	15&O 100Y Backstroke	40
41	12&U 200Y Breaststroke	42
43	13-14 200Y Breaststroke	44
45	15&O 200Y Breaststroke	46

Saturday Finals

Warm-up: 4:30 Meet Start: 5:30

Girls/Women	Event	Boys/Men
5	12&U 200Y Medley Relay	6
7	13-14 200Y Medley Relay	8
9	15&O 200Y Medley Relay	10
	5 MINUTE BREAK	
11	12&U 200Y Butterfly (1 heat)	12
13	13-14 200Y Butterfly (2 heats)	14
15	15&O 200Y Butterfly (3 heats)	16
17	10&U 50Y Freestyle (1 heat)	18
19	11-12 50Y Freestyle (2 heats)	20
21	13-14 50Y Freestyle (3 heats)	22
23	15&O 50Y Freestyle (3 heats)	24
25	10&U 100Y IM (1 heat)	26
27	11-12 100Y IM (2 heats)	28
29	13-14 100Y IM (3 heats)	30
31	15&O 100Y IM (3 heats)	32
33	10&U 100Y Backstroke (1 heat)	34
35	11-12 100Y Backstroke (2 heats)	36
37	13-14 100Y Backstroke (3 heats)	38
39	15&O 100Y Backstroke (3 heats)	40
41	12&U 200Y Breaststroke (1 heat)	42
43	13-14 200Y Breaststroke (2 heats)	44
45	15&O 200Y Breaststroke (3 heats)	46

2020 January Jump Start ORDER OF EVENTS

Sunday Preliminaries

Warm-up: 7:30 Meet Start: 9:00

Girls/Women	Event	Boys/Men
53	10&U 100Y Butterfly	54
55	11-12 100Y Butterfly	56
57	13-14 100Y Butterfly	58
59	15&O 100Y Butterfly	60
61	10&U 100Y Freestyle	62
63	11-12 100Y Freestyle	64
65	13-14 100Y Freestyle	66
67	15&O 100Y Freestyle	68
69	12&U 200Y Backstroke	70
71	13-14 200Y Backstroke	72
73	15&O 200Y Backstroke	74
75	10&U 50Y Breaststroke	76
77	11-12 50Y Breaststroke	78
79	13-14 50Y Breaststroke	80
81	15&O 50Y Breaststroke	82
83	10&U 200Y Freestyle	84
85	11-12 200Y Freestyle	86
87	13-14 200Y Freestyle	88
89	15&O 200Y Freestyle	90

Sunday Finals

Warm-up: 4:30 Meet Start: 5:30

Girls/Women	Event	Boys/Men
47	12&U 200Y Freestyle Relay	48
49	13-14 200Y Freestyle Relay	50
51	15&O 200Y Freestyle Relay	52
	*** 5 MINUTE BREAK***	
53	10&U 100Y Butterfly (1 heat)	54
55	11-12 100Y Butterfly (2 heat)	56
57	13-14 100Y Butterfly (3 heats)	58
59	15&O 100Y Butterfly (3 heats)	60
61	10&U 100Y Freestyle (1 heat)	62
63	11-12 100Y Freestyle (2 heats)	64
65	13-14 100Y Freestyle (3 heats)	66
67	15&O 100Y Freestyle (3 heats)	68
69	12&U 200Y Backstroke (1 heat)	70
71	13-14 200Y Backstroke (2 heats)	72
73	15&O 200Y Backstroke (3 heats)	74
75	10&U 50Y Breaststroke (1 heat)	76
77	11-12 50Y Breaststroke (2 heats)	78
79	13-14 50Y Breaststroke (2 heats)	80
81	15&O 50Y Breaststroke (2 heats)	82
83	10&U 200Y Freestyle (1 heat)	84
85	11-12 200Y Freestyle (2 heats)	86
87	13-14 200Y Freestyle (3 heats)	88
89	15&O 200Y Freestyle (3 heats)	90

**2020 January Jump Start
ORDER OF EVENTS**

Monday, Timed Finals

Warm-up: 7:30 Meet Start: 9:00

Girls/Women	Event	Boys/Men
91	12&U 200Y IM	92
93	13&O 200Y IM	94
95	12&U 50Y Butterfly	96
97	13&O 50Y Butterfly	98
99	12&U 50Y Backstroke	100
101	13&O 50Y Backstroke	102
103	12&U 100Y Breaststroke	104
105	13&O 100Y Breaststroke	106
107	12 & Under 500 Freestyle **	108
109	13&O 500Y Freestyle **	110

****Positive check event**

**** Swimmers in the 500Y Free are required to provide their own counter and may be asked to provide a second timer.**

END OF MEET

**2020 January Jump Start
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to Swim GSA):
Swim GSA ATTN: Katie Quillen
P. O. Box 10085
Greensboro, NC 27404
Email to: KatieQ@GSAswim.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual TF Entries		\$6.00 per event	
Individual P/F Entries		\$7.00 per event	
Relay Entries		\$10.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$18.00 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Swim GSA, the Greensboro Aquatic Center, The City of Greensboro, North Carolina Swimming, and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative) _____ CLUB _____

TITLE _____ DATE _____