



64th Annual Eastern Invitational

June 20-23, 2019

www.SwimGSA.com

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 #NC19090

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	MEET MARSHAL Bruce Cantrell

FACILITY

Greensboro Aquatic Center is a state-of-the-art indoor facility with three pools that opened in August 2011. The main competition pool is 9-10 feet deep at both ends and will be configured into one 50M course with eight 9-foot wide lanes. All lanes feature non-turbulent lane lines and KD Paragon starting blocks. Eight lanes will be used for this competition. 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 GAC will provide parking for \$5 per day with unlimited entry and exit. Swim GSA will provide free parking for coaches and working officials in the Volunteer Lot. Directions to GAC are available at www.SwimGSA.com.

CHASE STARTS AND 2-PER LANE

Pending entries, chase starts may be utilized in any session to accommodate all swimmers wishing to compete.

Pending entries, 13&O distance freestyles of 400M or more may be contested in a 2-per lane format to accommodate all swimmers wishing to compete.

Coaches will be informed about chase starts and 13&O 2-per-lane decisions after entries close.

ENTRY DEADLINES

The Meet Entry Coordinator must receive entries no later than Monday, June 10, 2019 at 12:00 Midnight. Entries will be accepted only at the discretion of the Meet Director and may be declined once capacity is reached. Swim GSA reserves the right to limit or suspend the addition of swimmers or heats to accommodate entries. Late entries may not be accepted. Late entries will be charged double fees.

This meet typically fills well before the entry deadline. Teams interested in attending should contact the Meet Director as soon as possible.

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. No running or horseplay will be tolerated. 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 and locker rooms in addition to host team marshal.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck or in the swimmer locker rooms 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.

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

Deck changes are prohibited.

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.

ELIGIBILITY All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline. There will be no on deck registration available.

Swimmer's age on the first day of the meet will determine his age for the entire meet. Swimmers must be at least 8 years old to enter.

13&O events are OPEN events. 12&U swimmers who elect to swim in any OPEN events are not eligible to swim in any 12&U events and will be seeded with the 17&O age group for finals.

RULES The meet will be conducted in accordance with USA Swimming Rules and Regulations except where the rules therein are optional and exceptions are herein stated.

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

All start times except for Thursday and morning preliminary sessions should be considered estimated. Expected times will be communicated to coaches after entries have been processed.

Session	Day	Est. Warm-up	Est. Meet Start	Age Group
1	Thursday timed finals	3:00 PM	4:00 PM	13&O
2	Friday prelims	6:30 AM	8:00 AM	13&O
3	Friday timed finals	12:15 PM	1:00 PM	8-12
4	Friday finals	4:30 PM	5:30 PM	13&O
5	Saturday prelims	6:30 AM	8:00 AM	13&O
6	Saturday timed finals	12:15 PM	1:00 PM	8-12
7	Saturday finals	4:30 PM	5:30 PM	13&O
8	Sunday prelims	6:30 AM	8:00 AM	13&O
9	Sunday timed finals	12:15 PM	1:00 PM	8-12
10	Sunday finals	4:30 PM	5:30 PM	13&O

CHECK IN DEADLINES:

Session	Event	Check-In Deadline
Thursday Timed Finals	13&O 1500M Freestyle Positive Check In	3:30 PM
	13&O 800M Freestyle Positive Check In	3:30 PM
Friday Prelims	13&O 400M Individual Medley Positive Check In	7:30 AM
Friday Timed Finals	8-12 200M Individual Medley Positive Check In	12:45 PM
	8-12 200M Freestyle Relay Cards Due	1:30 PM
Friday Finals	13&O 200M Freestyle Relay Cards Due	5:00 PM
	13&O 400M Medley Relay Cards Due	7:00 PM
Saturday Prelims	13&O 400M Freestyle Positive Check In	7:30 AM
Saturday Timed Finals	8-12 200M Medley Relay Cards Due	1:30 PM
Saturday Finals	13&O 200M Medley Relay Cards Due	5:00 PM
	13&O 400M Freestyle Relay Cards Due	7:00 PM
Sunday Timed Finals	9-12 400M Freestyle Positive Check In	2:00 PM

ENTRIES

Entries should be submitted in HyTek format via email. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator no later than 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.

Only LCM times will be accepted for entries. Swimmers without actual LCM times should be entered with converted SCY times or estimated LCM times to assure best seeding for all competitors. NT entries will not be accepted.

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

ENTRY LIMITS

Swimmers may enter up to ten (10) individual events for the meet. 13&O swimmers may swim a maximum of three (3) individual events per day and 12&U swimmers are limited to four (4) individual events per day.

Meet Management reserves the right to limit 12&U entries to comply with the 4-hour rule and to manage session/meet timelines.

The 13&O 400M Freestyle and 400M IM may be limited to the Top 32-48 by gender to manage morning timelines. The 9-12 400M Freestyle may be limited to the Top 32. Swimmers who enter these 400M events but are not allowed to swim will be accommodated in other events as possible or may request an entry fee refund. Coaches will be notified once entries close.

ENTRY VERIFICATION

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

ENTRY FEES

Make checks payable to: SWIM GSA. All fees are non-refundable	
Individual Event P/F	\$9.00 per event
Individual Event TF	\$7.00 per event
Relays	\$12.00 per relay
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$15.00 per swimmer
Late Entry Fee	Double

CHECK-IN

A positive check-in, located at clerk of course, will be required for the following events. Swimmers who do not check in may not be seeded in the event.

- 13&O 1500M Freestyle
- 13&O 800M Freestyle
- 13&O 400M Individual Medley
- 8-12 200M Individual Medley
- 13&O 400M Freestyle
- 9-12 400M Freestyle

SEEDING

The conforming time standard for this meet is LCM (long course meters). All 13&O events will be seeded and swum from **FASTEST TO SLOWEST** unless otherwise indicated. Swim GSA reserves the right to use chase starts or to combine heats and events at the discretion of the Meet Referee.

- **8-12 and 9-12 Timed Finals Events:** All events for 8-12 swimmers will be swum as timed finals in the afternoons. All events will swim **SLOWEST** to **FASTEST** unless otherwise indicated. Individual event results will be split by 8-10/11-12 for 8-12 events and by 9-10/11-12 for 9-12 events for scoring and awards.
- **13&O Prelim/Finals Events:** All events will swim **FASTEST TO SLOWEST**. Preliminary results will be divided into 13-14, 15-16, and 17&O for finals seeding. There will be A/B Finals for each age group. The A Final will be swum before the B Final. Finals will be swum in event order: 13-14 A Final/B Final, 15-16 A Final/B Final, then 17&O A Final/B Final. There is not a ready room. All finalists should report to the blocks. Alternates should report to the Starter prior to the event and may swim in the B Final for their age group in the event of no shows.

- **13&O 1500M Free:** The 1500M Freestyle will be swum as a timed final, fastest to slowest, alternating women and men. The event will be deck seeded after positive check-in and may be swum 2-per-lane to accommodate all swimmers wishing to compete. If chase starts are used, women will start from one end and men from the other. If 2-per-lane is used, two heats of women will swim together then two heats of men as possible. Heats and events may be combined at the discretion of the Meet Referee. Swimmers may be asked to provide one timer and a counter. This event will not be broken out by age for scoring or awards.
- **13&O 800M Free:** The 800M Freestyle will be swum as a timed final, fastest to slowest, alternating women and men. The event will be deck seeded after positive check-in and may be swum 2-per-lane to accommodate all swimmers wishing to compete. If chase starts are used, women will start from one end and men from the other. If 2-per-lane is used, two heats of women will swim together then two heats of men as possible. Heats and events may be combined at the discretion of the Meet Referee. Swimmers may be asked to provide one timer and a counter. This event will not be broken out by age for scoring or awards.
- **13&O 400M IM:** The 13&O 400M Individual Medley will be swum as a timed final event and will be deck seeded after positive check in. The fastest 32-48 positively checked in swimmers in each event will swim with finals, fastest to slowest in event order. Coaches will be informed once entries close how many swimmers will compete at night. Remaining heats will swim at the end of preliminaries, fastest to slowest in event order. Heats and events may be combined at the discretion of the Meet Referee. No AM/PM option will be offered. Swimmers may be asked to provide a timer during prelims. The event will be broken out by age group for scoring and awards.
- **8-12 200M IM:** The 8-12 200M IM will be deck seeded after positive check-in and will be swum slowest to fastest in event order.
- **13&O 400M Free:** The 13&O 400M Freestyle will be swum as a timed final event and will be deck seeded after positive check in. The fastest 32-48 positively checked in swimmers in each event will swim with finals, fastest to slowest in event order. Coaches will be informed once entries close how many swimmers will compete at night. Remaining heats will swim at the end of preliminaries, fastest to slowest in event order and may be swum 2-per-lane to accommodate all swimmers. Heats and events may be combined at the discretion of the Meet Referee. No AM/PM option will be offered. Swimmers may be asked to provide a timer during prelims. The event will be broken out by age group for scoring and awards.
- **9-12 400M Free:** The 9-12 400M Freestyle will be swum fastest to slowest in event order. The event will be deck seeded after positive check-in and may be limited to the top 32. Heats and events may be combined at the discretion of the Meet Referee. Swimmers may be asked to provide a timer.
- **RELAYS:** All 8-12 relays will be swum as timed finals in the afternoon sessions. All 13&O relays will be swum as timed finals in the evening sessions. No AM/PM option will be offered.

**SCRATCHES/
PENALTIES**

For positive check in deck seeded events, a swimmer who is properly checked in, been seeded, and fails to complete in said event, shall be barred from his next individual event unless the swimmer declares a false start prior to his heat or the

Meet Referee accepts that the swimmer's failure to compete was caused by illness, injury, or factors beyond the swimmer's control.

For all finals events, a swimmer identified as a finalist when preliminary results are announced who fails to compete in said final heat shall be barred from his next individual event unless he declared intent to scratch within 30 minutes of the results announcement or the Meet Referee accepts that the swimmer's failure to compete was caused by illness, injury, or factors beyond the swimmer's control.

For qualifiers who fail to scratch from Sunday's finals and do not compete without the Meet Referee's permission, the \$100 NCS fine will be due and fines will be deposited in the NCS Travel Fund.

Alternates should report to the starter prior to the event and will swim in the B Final for their age group if no shows occur.

SCORING

Individual and relay events will score points as follows:

- Individual events top 16: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relay events score double

AWARDS

8-10/9-10, and 11-12: 1st-3rd medals; 4th-8th ribbons
13-14, 15-16, and 17&O: 1st-3rd medals
Relays: 1st medal; 2nd-3rd ribbons

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 results. Meet Mobile will be used for this meet as facility internet connectivity allows.

WARM-UP

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. Swimmers will enter the pool feet first except in lanes that are designated for one-way race starts under the direct supervision of a USA Swimming certified coach. 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. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times or split the warm up period according to the number of entries.

MEMBERS WITH DISABILITIES

Swim GSA welcomes all USA Swimming swimmers and members with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities or any USA Swimming member requiring any accommodations must provide advance notice in writing to the Meet Director by the entry deadline, including the need for any personal assistants or registered service animals. Failure to provide advance notice may limit Swim GSA's ability to accommodate all requests.

COACHES

All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/membership and coaches shall prominently display their membership cards at all times while on deck or have easy access to their Deck Pass virtual membership card. There may be a coaches' meeting after Friday morning warm ups 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 AND
TIMERS**

Swim GSA welcomes and encourages certified officials and apprentices to contact the Meet Referee by email prior to the meet or by signing in at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of current certification/membership. Deck Pass is acceptable proof of membership. Official briefings will be held 45 minutes prior to the start of each session in the hospitality area. The uniform is white over navy with white shoes. Long pants or skirts preferred for finals.

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.

This meet may be approved as an OQM. Details will be added later.

**HOSPITALITY/
CONCESSIONS**

Hospitality is open to all coaches, officials, and administrators. Refreshments will be for sale at concession stands. GAC does not permit outside food.

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.

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ORDER OF EVENTS

Thursday Timed Finals

Warm-up: 3:00 Meet Start: 4:00

Women	Event	Men
1	13&O 1500M Freestyle* **	2
3	13&O 800M Freestyle* **	4

*Positive Check In Event. See special seeding information.

**Swimmers may be required to provide one timer and counter for Thursday's events.

Friday Preliminaries

Warm-up: 6:30 Meet Start: 8:00

Women	Event	Men
7	13&O 200M Freestyle	8
9	13&O 100M Breaststroke	10
11	13&O 100M Butterfly	12
13	13&O 400M Individual Medley* ** (Top 32-48 at night)	14

*Positive Check-In Event. See special seeding information.

** Swimmers may be required to provide one timer during the preliminary session.

Friday Timed Finals

Warm-up: Not before 12:15 Meet Start: Not before 1:00

Girls	Event	Boys
37	8-12 50M Butterfly	38
39	8-12 100M Freestyle	40
41	8-12 200M Individual Medley*	42
43	8-12 50M Backstroke	44
45	8-12 200M Freestyle Relay	46

*Positive Check In Event. See special seeding information.

Friday Finals

Warm-up: Not before 4:30 Meet Start: Not before 5:30

Women	Event	Men
5	13&O 200M Freestyle Relay	6
	5 Minute Break	
7	13-14/15-16/17&O 200M Freestyle	8
9	13-14/15-16/17&O 100M Breaststroke	10
11	13-14/15-16/17&O 100M Butterfly	12
13	400M Individual Medley (Top 32-48)	14
	5 Minute Break	
15	13&O 400M Medley Relay	16

Saturday Preliminaries

Warm-up: 6:30 Meet Start: 8:00

Women	Event	Men
19	13&O 200M Butterfly	20
21	13&O 100M Freestyle	22
23	13&O 100M Backstroke	24
25	13&O 400M Freestyle* ** (Top 32-48 at night)	26

*Positive Check In Event. See special seeding information.

** Swimmers may be required to provide one timer during the preliminary session.

Saturday Timed Finals**Warm-up: Not before 12:15 Meet Start: Not before 1:00**

Girls	Event	Boys
47	8-12 200M Freestyle	48
49	8-12 100M Backstroke	50
51	8-12 50M Breaststroke	52
53	8-12 200M Medley Relay	54

Saturday Finals**Warm-up: Not before 4:30 Meet Start: Not before 5:30**

Women	Event	Men
17	13&O 200M Medley Relay	18
	5 Minute Break	
19	13-14/15-16/17&O 200M Butterfly	20
21	13-14/15-16/17&O 100M Freestyle	22
23	13-14/15-16/17&O 100M Backstroke	24
25	400M Freestyle (Top 32-48)	26
	5 Minute Break	
27	13&O 400M Freestyle Relay	28

Sunday Preliminaries**Warm-up: 6:30 Meet Start: 8:00**

Women	Event	Men
29	13&O 50M Freestyle	30
31	13&O 200M Breaststroke	32
33	13&O 200M Backstroke	34
35	13&O 200M Individual Medley	36

Sunday Timed Finals**Warm-up: Not before 12:15 Meet Start: Not before 1:00**

Girls	Event	Boys
55	8-12 50M Freestyle	56
57	8-12 100M Butterfly	58
59	8-12 100M Breaststroke	60
61	9-12 400M Freestyle* **	62

*Positive Check In Event. See special seeding information. May be limited to top 32.

** Swimmers may be required to provide one timer.

Sunday Finals**Warm-up: Not before 4:30 Meet Start: Not before 5:30**

Women	Event	Men
29	13-14/15-16/17&O 50M Freestyle	30
31	13-14/15-16/17&O 200M Breaststroke	32
33	13-14/15-16/17&O 200M Backstroke	34
35	13-14/15-16/17&O 200M Individual Medley	36

END OF MEET

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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: Amy Stowers

P. O. Box 10085

Greensboro, NC 27404

Email to: Amy@SwimGSA.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

	Total Number	Cost per	Total
Individual Entries P/F		\$9.00 per event	
Individual Entries TF		\$7.00 per event	
Relay Entries		\$12.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$18.00 per swimmer	
Total Fees Due			

Est. # of team coaches attending the meet	Morning Sessions	Afternoon Sessions	Finals Sessions

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