



**GSA's 57<sup>th</sup> Annual Eastern Invitational**  
 www.GSAswim.org  
 June 21-24, 2012  
 The Greensboro Aquatic Center  
 1921 West Lee Street, Greensboro, NC 27403



Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming Sanction #NC12068

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
Tom Brewer 336-851-2848 <a href="mailto:TBrewer441@aol.com">TBrewer441@aol.com</a>	Kate McIntosh P. O. Box 10085 Greensboro, NC 27404 336-851-2848 <a href="mailto:GSAswimbiz@GSAswim.org">GSAswimbiz@GSAswim.org</a>
<b>MEET REFEREE</b>	<b>MEET MARSHAL</b>
Trish Martin 336-327-4697 <a href="mailto:GSAofficials@GSAswim.org">GSAofficials@GSAswim.org</a>	Clark Hering 336-851-2848 <a href="mailto:GSAswimbiz@GSAswim.org">GSAswimbiz@GSAswim.org</a>

**FACILITY**

The Greensboro Aquatic Center is a state-of-the-art indoor facility with three pools which opened in August 2011. The main competition pool is 9-10 feet deep at both ends and will be configured into one 50-meter course with up to eight 9-foot wide lanes each. All lanes feature non-turbulent lane lines and Colorado starting blocks. Eight lanes will be used for this competition. The Colorado 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. Parking will be available for \$5 per day with unlimited entry and exit. Free parking will be provided for coaches and officials who present 2012 USAS membership cards to the gate attendant. Directions to the GAC are available at [www.GSAswim.org](http://www.GSAswim.org).

**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 Group
1	Thursday timed finals	3:00 PM	4:00 PM	12&O, 12&U
2	Friday prelims	6:30 AM	8:00 AM	13&O
3	Friday timed finals	12:00 Noon	1:00 PM	12&U
4	Friday finals	5:00 PM	6:00 PM	13&O
5	Saturday prelims	6:30 AM	8:00 AM	13&O
6	Saturday timed finals	12:00 Noon	1:00 PM	12&U
7	Saturday finals	5:00 PM	6:00 PM	13&O
8	Sunday prelims	6:30 AM	8:00 AM	13&O
9	Sunday timed finals	12:00 Noon	1:00 PM	12&U
10	Sunday finals	4:30 PM	5:30 PM	13&O

**Check In DEADLINES:**

Session	Event	Check In Deadline
Thurs. Timed Finals	12&O 1500M Freestyle Positive Check In 12&O 800M Freestyle Positive Check In 12&U 400M Freestyle Positive Check In	4:00 pm
Friday Prelims	13&O 400M Individual Medley Positive Check In	7:30 am
Friday Timed Finals	10&U and 12&U 200M Freestyle Relay Cards Due	2:00 pm
Friday Finals	Senior 200M Freestyle Relay Cards Due Senior 400M Medley Relay Cards Due	5:30 pm 7:00 pm
Saturday Prelims	Senior 400M Freestyle Positive Check In	7:30 am
Saturday Timed Finals	12&U 400M Freestyle Relay Cards Due	2:00 pm
Saturday Finals	Senior 200M Medley Relay Cards Due Senior 400M Freestyle Relay Cards Due	5:30 pm 7:00 pm
Sunday Timed Finals	10&U and 12&U 200M Medley Relay Cards Due	2:00 pm

**SAFETY**

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.

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.

**RACING STARTS**

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.

**CHASE STARTS**

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

**RULES**

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

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

**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 at this meet.

12-year-old swimmers who wish to "swim up" in the 13&O events must do so for the entire meet and will be seeded with the 15&O age group for finals.

**SWIMMERS  
WITH DISABILITIES**

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.

**ENTRIES**

Entries submitted in HyTek format require no hard copy entry forms. Email is preferred for electronic entries. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline for entries to be considered complete. GSA entries will be entered first and then complete entries from other teams in the order received. 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 times should be entered with converted SCY times or estimated LCM times to assure best seeding for all competitors. NT entries are accepted but discouraged.

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

**ENTRY LIMITATIONS**

13&O swimmers may swim a maximum of three (3) individual events per day. 12&U swimmers are limited to five (5) individual events and one (1) relay per day. Swimmers may enter up to 10 individual events for the meet.

Meet Management reserves the right to limit entries to comply with the 4-hour rule.

**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 Meet Entry Coordinator must receive entries by Tuesday, June 12, 2012 at 12:00 midnight Late entries will be accepted only at the discretion of the Meet Director. Late entries may not be seeded. 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**

<b>Make checks payable to: GSA. All fees are non-refundable</b>	
Individual Event- timed final less than 400M	\$2.50 per event
Individual Event- timed final 400M or more	\$3.50 per event
Individual Event- prelim/final	\$3.50 per event
Relays	\$8.00 per relay
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$15.00 per swimmer

Late Entry Fee	Double
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## SEEDING

The conforming time standard for this meet is LCM (long course meters). Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. Swimmers should enter with actual or estimated LCM times or converted SCY times to ensure best seeding for all competitors. NT entries, while not prohibited, are discouraged and will be seeded last.

GSA reserves the right to combine heats and events at the discretion of the Meet Referee.

- **10&U and 11-12:** All 10&U and 11-12 events will be swum as timed finals in the afternoons with the exception of the 12&U 400 M Free which will be swum on Thursday night.
- **12&O 1500M Free:** The 12&O 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. This event will not be scored by age group. Swimmers are required to provide their own timers and counters.
- **12&O 800M Free:** The 12&O 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. This event will not be scored by age group. Swimmers are required to provide their own timers and counters.
- **12&U 400M Free:** The 12&U 400M Freestyle will be swum as a timed final on Thursday night, fastest to slowest, alternating women and men. The event will be deck seeded after positive check-in. This event will not be scored by age group. Swimmers are required to provide their own timers and counters.
- **13&O 400M IM:** The 13&O 400M Individual Medley will be swum as a prelim/final event and will be deck seeded after positive check in. The top three heats will be circle seeded. The order of heats will be top 4 women's heats slow to fast, top 4 men's heats slow to fast, then fast to slow alternating women and men. Meet management reserves the right to limit entries to the fastest 64 of each gender.
- **13&O 400 M Free:** The 13&O 400M Freestyle will be swum as a prelim/final event and will be deck seeded after positive check in. The top three heats will be circle seeded. The order of heats will be top 4 women's heats slow to fast, top 4 men's heats slow to fast, then fast to slow alternating women and men. Meet management reserves the right to limit entries to the fastest 64 of each gender.
- **FINALS:** Preliminary results will be divided into 13-14 and 15&O for finals seeding. The A Final will be swum before the B Final. Finals will be swum in event order 13-14 A Final/B Final then 15&O A Final/B Final. There is not a ready room. All finalists should report to the blocks.
- **RELAYS:** All 12&U and 10&U 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 option will be offered.

- CHECK-IN** A positive check-in, located at clerk of course, will be required for the following events:
- 12&O 1500M Freestyle
  - 12&O 800M Freestyle
  - 11-12 400M Freestyle
  - 13&O 400M Individual Medley
  - 13&O 400M Freestyle
- Swimmers who do not check in may not be seeded in the event. According to the NC Scratch Rule, a swimmer who is properly checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.
- SCRATCHES** There will be no penalty for scratching pre-seeded timed final and preliminary events including relays at the block. For deck seeded and finals events, the NCS Scratch Rule is included in the announcement. Coaches and swimmers are required to be familiar with the scratch rule requirements and penalties.
- SCORING** The A Final and B Final are scored finals and subject to the NCS Scratch Rule. The top 16 finishers in all events will score points as follows:
- Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
  - Relay events will score double.
- AWARDS** 10&U and 11-12 events: 1<sup>st</sup>-3<sup>rd</sup> medals; 4<sup>th</sup>-8<sup>th</sup> ribbons  
All others: 1<sup>st</sup>-3<sup>rd</sup> medals  
Relays: 1<sup>st</sup> medal; 2<sup>nd</sup>-3<sup>rd</sup> ribbons
- RESULTS** Results will be posted on GSA's website ([www.GSAswim.org](http://www.GSAswim.org)) within 24 hours of the meets conclusion and teams will be emailed their results.
- Live Results and Meet Mobile will be used for this meet as internet connectivity allows.
- COACHES** All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration and coaches shall prominently display their registration cards at all times while on deck. There may be a coaches' meeting after Friday 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** GSA welcomes and encourages certified officials and apprentices to contact the Meet Referee by email ([GSAOfficials@GSAswim.org](mailto:GSAOfficials@GSAswim.org)) 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/ registration. Officials shall prominently display their registration cards at all times while on deck. 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.

**TIMERS**

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.

**HOSPITALITY/  
CONCESSIONS**

There will be a hospitality area open to all coaches, officials, and meet administrators. 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 Marshall 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.

# GSA's 57<sup>TH</sup> Eastern Invitational 2012

## ORDER OF EVENTS

### Thursday Timed Finals, June 21, 2012

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

Girls/Women	Event	Boys/Men
1	12&O 1500M Freestyle* **	2
3	12&O 800M Freestyle* **	4
5	12&U 400M Freestyle* **	6

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

\*\*Swimmers are required to provide their own timers and counters for Thursday's events.

### Friday Preliminaries, June 22, 2012

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

Girls/Women	Event	Boys/Men
9	13&O 200M Freestyle	10
11	13&O 100M Breaststroke	12
13	13&O 100M Butterfly	14
15	13&O 400 Individual Medley*	16

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

### Friday Timed Finals, June 22, 2012

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

Girls/Women	Event	Boys/Men
19	10&U 50M Backstroke	20
21	11-12 50M Backstroke	22
23	10&U 200M Individual Medley	24
25	11-12 200M Individual Medley	26
27	10&U 100M Freestyle	28
29	11-12 100M Freestyle	30
31	10&U 50M Butterfly	32
33	11-12 50M Butterfly	34
35	10&U 200 Freestyle Relay	36
37	12&U 200 Freestyle Relay	38

### Friday Finals, June 22, 2012

Warm-up: 5:00 Meet Start: 6:00

Girls/Women	Event	Boys/Men
7	13&O 200M Freestyle Relay	8
	**10 Minute Break**	
9	13-14/15&O 200M Freestyle	10
11	13-14/15&O 100M Breaststroke	12
13	13-14/15&O 100M Butterfly	14
15	13-14/15&O 400 Individual Medley	16
	**10 Minute Break**	
17	Senior 400M Medley Relay	18

# GSA's 57<sup>TH</sup> Eastern Invitational 2012

## ORDER OF EVENTS

### Saturday Preliminaries, June 23, 2012

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

Girls/Women	Event	Boys/Men
41	13&O 200M Butterfly	42
43	13&O 100M Freestyle	44
45	13&O 100M Backstroke	46
47	13&O 400M Freestyle*	48

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

### Saturday Timed Finals, June 23, 2012

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

Girls/Women	Event	Boys/Men
51	10&U 200M Freestyle	52
53	11-12 200M Freestyle	54
55	10&U 100M Backstroke	56
57	11-12 100M Backstroke	58
59	10&U 50M Breaststroke	60
61	11-12 50M Breaststroke	62
63	12&U 400 Freestyle Relay	64

### Saturday Finals, June 23, 2012

Warm-up: 5:00 Meet Start: 6 :00

Girls/Women	Event	Boys/Men
39	13&O 200M Medley Relay	40
	**10 Minute Break**	
41	13-14/15&O 200M Butterfly	42
43	13-14/15&O 100M Freestyle	44
45	13-14/15&O 100M Backstroke	46
47	13-14/15&O 400M Freestyle	48
	**10 Minute Break**	
49	13&O 400M Freestyle Relay	50



# GSA's 57<sup>TH</sup> Eastern Invitational 2012

## ORDER OF EVENTS

### Sunday Preliminaries, June 24, 2012

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

Girls/Women	Event	Boys/Men
65	13&O 200M Breaststroke	66
67	13&O 50M Freestyle	68
69	13&O 200M Backstroke	70
71	13&O 200M Individual Medley	72

### Sunday Timed Finals, June 24, 2012

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

Girls/Women	Event	Boys/Men
73	11-12 50M Freestyle	74
75	10&U 50M Freestyle	76
77	11-12 100M Butterfly	78
79	10&U 100M Butterfly	80
81	11-12 100M Breaststroke	82
83	10&U 100M Breaststroke	84
85	12&U 200M Medley Relay	86
87	10&U 200M Medley Relay	88

### Sunday Finals, June 24, 2012

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

Girls/Women	Event	Boys/Men
65	13-14/15&O 200M Breaststroke	66
67	13-14/15&O 50M Freestyle	68
69	13-14/15&O 200M Backstroke	70
71	13-14/15&O 200M Individual Medley	72

END OF MEET

### North Carolina Scratch Rule

208.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet information shall specify all mandatory check-in and scratch deadlines and procedures.

- .1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
- .2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet information states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet information.
- .3 Preliminary and Finals Events
  - A. Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck then 208.3.2 applies
  - B. Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 205.3. For events occurring on the last day of a meet, a fine of \$100 per missed swim shall also be assessed to the club by the appropriate Division Chair for failure to compete.
  - C. In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete.
  - D. When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without reseeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim
  - E. If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)
- .4 Exceptions for Failure to Compete-No penalty shall apply for failure to compete in or scratch an individual event if:
  - A. The Referee is notified in the event of illness or injury and accepts the proof thereof.
  - B. The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
  - C. The swimmer was not named in any finals heat during the initial announcement of results.
  - D. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

## GSA 57<sup>th</sup> Annual Eastern Invitational 2012

### Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to GSA ):

GSA ATTN: Kate McIntosh

P. O. Box 10085

Greensboro, NC 27404

Email to: GSAswimbiz@GSAswim.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries- Timed finals less than 400M		\$2.50 per event	
Individual Entries- Prelim/finals/400+M		\$3.50 per event	
Relay Entries		\$8.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$18.00 per swimmer	
<b>Total Fees Due</b>			

**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. 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