



The Greensboro Swimming Association
Presents
The 55th Annual Eastern Invitational
Long Course Championships
June 25-27, 2010



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. NC10037.

Sponsors: 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 cool down. The Colorado electronic timing system with scoreboard will be used. Seating for 400 spectators and ample space for team tents is available. Twenty-four hour security will be provided beginning the evening prior to the meet.

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

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

Eligibility: All swimmers must be registered with USA Swimming. There will be no on deck registration 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 & over age group for finals.

Entries: All entries must be in long course times. Entries must be submitted in Hy-Tek Team Manager format. Entry file may be submitted by e-mail (preferred) to GSAmeeetdirector@GSAswim.org or by mail. 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 nine (9) individual events for the meet. Senior swimmers entered in prelims and finals events are further limited to three (3) individual events each day. 12 & under swimmers may swim up to 5 events in one day. A swimmer entered in too many events will be dropped from all over the limit. Swimmers competing in the 13 & over age groups may enter one (1) relay per day.

The Meet Director reserves the right to limit entries to a maximum of 3500 preliminary/timed final swims or 500 properly registered swimmers or other limits necessary 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 15, 2010

Entries are accepted in order of receipt. Entries may be submitted by e-mail as long as the summary sheet, a printed copy of your entry, and payment is received by Friday, June 18th. All teams will be notified by e-mail once entries are received and processed.

Late entries may be accepted at the discretion of the Meet Director. Late entries may not be seeded. We reserve the right to limit or suspend the addition of swimmers or heats to accommodate late entries. Late entries will be charged double fees.

Telephone entries will not be accepted. We will accept calls to correct or modify entries mailed and received prior to the entry deadline.

Entry Fees: \$2.50 for each timed final entry, including the 1500 meter freestyle
\$3.50 for each prelim/final entry.
\$8.00 for each relay event
\$2.00 for each swimmer - NC travel fund (includes relay only swimmers)
\$8.00 facility surcharge per swimmer
Entry fees for late entries are double the normal amount.

Make checks payable to: The Greensboro Swimming Association

Entry fees are non-refundable.

Entry

Submissions: Email: GSAMeetDirector@GSAswim.org
Mail: Easterns Entries
Don Gilchrist
The Greensboro Swimming Association
P. O. Box 10085
Greensboro, N. C. 27404
Phone: 336-851-2848 (office)

Order of

Events: All 10 & under and 11-12 age group events will be timed finals. We reserve the right to limit the number of entries in the 11-12 400 meter freestyle events to the 32 fastest swimmers.

Preliminaries and finals will be contested for the 13 & over events except for the 1500 meter freestyle which will be a timed final event. The 13 & over individual events will be separated into 13-14 and 15 & over age groups for finals. The championship heat will be followed by a consolation heat for each age group.

During preliminaries, the 400-meter individual medley and the 400 meter freestyle will be swum in event order, alternating women to men, fastest to slowest.

We reserve the right to convert the 400 meter individual medley and the 400 meter freestyle to timed final events in order to accommodate all swimmers and maintain a reasonable time line. If we do so, the fastest 32 swimmers in each sex, regardless of age, will swim in the evening session. The remaining contestants will swim in the morning session alternating women to men, fastest to slowest.

The senior 1500 meter freestyle will be a timed final event. This event may be limited to the 32 fastest entrants with the fastest heat competing during evening finals. The three slowest heats will be swum alternating women and men, fastest to slowest at the conclusion of Sunday's preliminary events. This event will not be separated for awards and scoring. We reserve the right to swim the 1500 meter freestyle "two per lane" in order to accommodate the most swimmers and the session time line. Lane assignments may be modified by the Referee. Swimmers should provide their own timers and counters.

All relays are timed finals and those for 13 & over will swim in order during finals on Friday and Saturday.

Breaks: There will be a 5 minute break in the final session on Sunday evening before event #59, senior women's 1500 free and another 5 minute break following event #60, senior men's 1500 free. No other breaks will be scheduled and swimmers are advised to scratch accordingly.

Seeding: All individual events 400 meters or longer and all relays will be decked seeded and a positive check-in with the clerk of course is required to compete. Check-in deadlines are as follows:

<u>EVENT</u>	<u>DEADLINE</u>
13 & over 400 I.M.	8:30 AM Friday
13 & over 400 free	8:30 AM Saturday
11-12 400 free	12:50 PM Saturday
Senior 1500 free	7:20 AM Sunday
All relays.....	To be announced

Lane cards for relays are to be picked up from the Clerk of Course.

Scratch Penalties:

There is no penalty for failing to compete in a preliminary heat, a timed final heat of 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 properly excused.

Time Schedule:

Morning Preliminaries:

General Warm-ups	6:30 am to 7:00 am
Specific Warm-ups	7:00 am to 7:20 am
Competition:	7:30 am

Afternoon timed finals:

General Warm-ups	12:00 pm to 12:30 pm
Specific Warm-ups	12:30 pm to 12:50 pm
Competition:	1:00 pm

Evening finals:

Warm-ups:	Not before 4:30 PM.
Competition:	One hour after warm-ups begin.

Warm-up procedure may be modified by the Referee on deck to adjust for existing conditions.

Time Trials: Time trials are not allowed at this meet.

Awards: Individual Awards 1st – 3rd place Medals

	4 th – 8 th place	Ribbons (10 & under, 11-12 & under only)
Relay Awards	1st place	Medals
	2 nd & 3 rd place	Ribbons

Scoring: Individual events will be scored with relays doubled. Points earned by age group swimmers in senior events will count toward each individual's total.

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. Paddles are not permitted during warm-ups. All entries into the warm down lane should be feet first from the turn end of the pool.

Membership: All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification/registration. Coaches and officials shall prominently display their registration cards while on deck.

Coaches'

Meeting: A coaches' meeting may be held at the end of each Friday warm up session at the Referee's discretion.

Officials'

Meeting: We welcome all certified USA Swimming officials on deck. Please indicate officials on the entry summary form who may be able to help. Please include name, phone number, e-mail (if available), certification level, and sessions available. An officials' meeting will be held 45 minutes prior to the beginning of each session in the hospitality tent.

Meet Director: Don Gilchrist
P. O. Box 10085
Greensboro, NC 27404
336-851-2848
GSAMeetDirector@GSAswim.org

Host Coach: Kevin Thornton
The Greensboro Swimming Association (GSA)
336-851-2848
GSAswimKT@GSAswim.org

Meet Referee: Trish Martin
pksmartin@bellsouth.net

Meet Marshal: Kate Walker

We strongly recommend each team assign a marshal to monitor warm-up sessions in addition to host team marshals.

Hospitality: The hospitality tent for officials, coaches, and meet workers will be located on the pool deck.

Concessions: Food and drink will be available at the Greensboro Parks and Recreation Department's concession stand.

Directions: Directions to Lindley Park Pool can be found on www.GSAswim.org.

Release: USA Swimming, North Carolina Swimming, The Greensboro Swimming Association and the City of Greensboro Parks and Recreation Department shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Signature on the entry summary and subsequent entry into this meet constitutes understanding and acceptance of the above release.

GSA's 55th Annual Eastern Invitational
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Order of Events

Friday, June 25, 2010

Morning Prelims and Evening Finals

Prelims: Warm-ups at 6:30 am, competition at 7:30 am
Finals: Warm-ups not before 4:30 PM, competition one hour later

Women	Event	Men
1	13 & Over 200 M Free	2
3	13 & Over 100 M Breast	4
5	13 & Over 100 M Fly	6
7	13 & Over 400 M Ind. Medley	8
9	Open/Senior 400 M Medley Relay	10

*Note: Evening individual finals will be separated into 13-14 and 15 & over age groups
Relays will swim during the evening session*

Afternoon Timed Finals

Warm-ups not before 12:00 noon, timed finals one hour later

Girls	Event	Boys
11	10-UN 200 M Free	12
13	11-12 200 M Free	14
15	10-UN 100 M Breast	16
17	11-12 100 M Breast	18
19	10-UN 50 M Fly	20
21	11-12 50 M Fly	22
23	10-UN 400 M Medley Relay	24
25	12-UN 400 M Medley Relay	26

**GSA's 55th Annual Eastern Invitational
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Order of Events

Saturday, June 26, 2010

Morning Prelims and Evening Finals

Prelims: Warm-ups at 6:30 am, competition at 7:30 am
Finals: Warm-ups not before 4:30 PM, competition one hour later

Women	Event	Men
27	13 & Over 200 M Fly	28
29	13 & Over 50 M Free	30
31	13 & Over 200 M Breast	32
33	13 & Over 100 M Back	34
35	13 & Over 400 M Free	36
37	Open/Senior 400 M Free Relay	38

*Note: Evening individual finals will be separated into 13-14 and 15 & over age groups
Relays will swim during the evening session*

Afternoon Timed Finals

Warm-ups not before 12:00 noon, timed finals one hour later

Girls	Event	Boys
39	11-12 100 M Fly	40
41	10-UN 100 M Fly	42
43	11-12 50 M Free	44
45	10-UN 50 M Free	46
47	11-12 50 M Breast	48
49	10-UN 50 M Breast	50
51	11-12 100 M Back	52
53	10-UN 100 M Back	54
55	11-12 400 M Free	56

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Order of Events

Sunday, June 27, 2010

Morning Prelims and Evening Finals

Prelims: Warm-ups at 6:30 am, competition at 7:30 am
Finals: Warm-ups not before 4:30 PM, competition one hour later

Women	Event	Men
57	13 & Over 100 M Free	58
	<i>**5-minute break during finals**</i>	
59	Senior 1500 M Free	60
	<i>**5-minute break during finals**</i>	
61	13 & Over 200 M Back	62
63	13 & Over 200 M Ind. Medley	64

*Note: Evening individual finals will be separated into 13-14 and 15 & over age groups
Fastest heat of events 59 and 60 will compete in finals, others at conclusion of prelims.*

Afternoon Timed Finals

Warm-ups not before 12:00 noon, timed finals one hour later

Girls	Event	Boys
65	10-UN 100 M Free	66
67	11-12 100 M Free	68
69	10-UN 50 M Back	70
71	11-12 50 M Back	72
73	10-UN 200 M Ind. Medley	74
75	11-12 200 M Ind. Medley	76
77	10-UN 400 M Free Relay	78
79	12-UN 400 M Free Relay	80

THE GREENSBORO SWIMMING ASSOCIATION

55TH ANNUAL EASTERN INVITATIONAL

JUNE 25-27, 2010

ENTRY SUMMARY AND RELEASE FORM

Age Group	Total Number of Swimmers	Total Number of Entries		Entry Fee per Event	Total Entry Fee
10-UN Boy & Girls- Timed Finals			X	\$2.50	
11-12 Boys & Girls - Timed Finals			X	\$2.50	
1500 Meter Free - Men & Women			X	\$2.50	
13 & Over Women & Men - Prelim/Finals			X	\$3.50	
Relay Only Swimmers					
Total # of Swimmers			X	\$10.00 <small>(\$2.00 NC Travel Charge + \$8.00 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@GSAswim.org
The Greensboro Swimming Association
P. O. Box 10085
Greensboro, NC 27404
336-851-2848

Call Letters _____

Coach _____

Phone (Work) (____) ____ - _____

Team Name _____

(Home) (____) ____ - _____

Street Address _____

(Fax) (____) ____ - _____

City _____ State _____ Zip Code _____ email address: _____

Release Statement

USA Swimming, North Carolina Swimming, The Greensboro Swimming Association, Greensboro Parks & Recreation, and other governing bodies of the facilities shall be held harmless for any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

Signature _____ Date _____

USA Swimming

Application for Sanction

Date: January 5, 2010

I, DON GILCHRIST, apply on behalf of THE GREENSBORO SWIMMING ASSOCIATION for a sanction to hold a SWIMMING COMPETITION at LINDLEY PARK POOL in GREENSBORO, NC on the day(s) of JUNE 25-27, 2010.

Our sanction fee of \$ 10.00 has been paid through PayPal and a copy of the event information and event entry form are attached.

Also included is a complete schedule of lanes and times for all warm-up procedures which must be adhered to by all participants.

As a condition of obtaining such a sanction, I and the above organization, which I represent, agree to abide by and govern this event under the rules and regulations of USA Swimming and North Carolina Swimming, Inc., and all other terms and conditions upon which this sanction may be granted. These terms specifically include all local rules and regulations and those set forth in Article 202 of the current edition of USA Swimming Rules and Regulations, specific reference to 202.2.6 thereof, which provides that:

In granting this sanction it is understood and agreed that the Corporation shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

OFFICIALS: Officials for this meet shall be qualified persons certified by USA Swimming and a list of such officials will be submitted one week prior to the above event, if requested.

Signed: _____, _____
CLUB VICE - PRESIDENT DATE

Signed: _____, _____
CLUB REPRESENTATIVE DATE

Return Sanction to: Don Gilchrist
Address P.O. Box 10085
City/State/Zip Greensboro, NC 27404
Phone 336-851-2848

MAIL APPLICATION TO:

DO NOT WRITE BELOW THIS LINE

For LSC Use Only

Approved / Not Approved (circle one) Signed _____

Sanction Number _____ Issued _____
Date

DWM 4/26/96