

GSA's 4th Annual January Jump Start Swim Meet

Meet Information

Coaches' Check In

All coaches must check in at the Clerk of Course table before the start of the meet to receive their meet packet. Coaches are required to have a current USA Swimming certification and must display their registration card at all times.

Warm-Ups

Friday afternoon warm ups begin at 4:00 PM and conclude at 4:50 PM. Competition will begin at 5:00 PM.

Saturday, Sunday, and Monday morning warm-ups have been split into three sessions.

On Saturday and Sunday morning, the 12 & under general warm up session will begin at 7:30 AM and conclude at 8:00 AM. The 13 & Over general warmup session will begin each at 8:00 AM and conclude at 8:30 AM.

A specific warm up session for all ages will begin at 8:30 AM and conclude at 8:50 AM.

On Monday morning, the 12 & under general warm up session will begin at 8:30 AM and conclude at 9:00 AM. 13 & Over general warmup session will begin at 9:00 AM and conclude at 9:30 AM.

A specific warm up session for all ages will begin at 9:30AM and conclude at 9:50 AM.

Lane assignments for all general warm up sessions will be posted at multiple locations at the pool.

Warm ups for evening finals begin at 4:30 PM on Saturday and Sunday. Lane assignments will be posted each day and will be based upon the number of qualifiers for each team. The number of lanes available for warm ups in the evening are reduced from the morning sessions.

Therefore, the evening warm up sessions are restricted to those swimmers actually competing in the evening finals.

Sessions

We will run a single, 10 lane race course on Friday evening, and two ten lane races courses on Saturday and Sunday morning preliminary sessions, and Monday's timed final session. With the possible exception of the 500 freestyles on Sunday, all **12 & Under events** will be swam in the race course closest to the dive well; all **13 & Over events** will be swam in the race course closest to the Scoreboard.

The meet referee reserves the right to move heats and/or events between race courses to balance out the session time line.

Chairs & Coolers

There are NO chairs or coolers/outside food & drinks allowed in the Greensboro Aquatic Center (GAC). GAC has a snack bar available all day for spectators and swimmers with a variety of healthy items for sale. Swimmers and coaches are not permitted to bring chairs on deck.

Deck Space

The deck will be very crowded. On Saturday and Sunday there will be over 750 swimmers at the facility during the preliminary sessions. The deck can only handle 600 swimmers before space becomes a large problem. We would greatly appreciate larger teams setting up in the spectator section instead of the deck. Your swimmers will have plenty of time to move from the spectator section to the deck prior to their swims. ***If your team has over 70 swimmers, you are a large team.*** Please inform your swimmers now, instead of Saturday morning, to use the spectator section.

Timers and Counters for Distance Events

Swimmers must provide two timers for the 1000 freestyle on Friday afternoon and the 500 freestyle heats swam during Sunday's preliminary session. Swimmers must provide their own counter for all distance free events.

Guest Officials

We always welcome guest officials to our meets. Please have them send an email to GSAofficials@GSAswim.org.

Psych Sheet and Results

The Psych Sheet is presently posted on the GSA's web-site at www.gsaswim.org. Event results will be posted on the GSA web site and on Meet Mobile during the meet

We thank everyone for participating in the 4th Annual January Jump Start swim meet. We look forward to hosting your team this weekend. Please feel free to contact me if you have any questions.

Tom Brewer | SwimGSA
Meet Director
2015 January Jump Start

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