

2023 GNBC National Qualifier Meet #1  
January 14 & 15, 2023

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

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| FACILITY /<br>USA<br>CERTIFICATIONS<br>& COMPLIANCES | Greater Newark Boys & Girls Club Pool<br>Six lane, Twenty-five (25) yard course, equipped with starting blocks (1 foot, 8 inches above water). Six feet depth at starting end and 3½ feet depth at turn end. The competition course has not been certified in accordance with 104.2.2C(4). The competition course does comply with USA minimum standards for facilities: 103.2.3, 103.4.1, 103.12.1(B), 103.12.2, 103.14. In accordance with USA Rule 102.16.2(2), a Colorado System 6 electronic timing system with plungers/buttons and touchpads will be used. Determination of time will conform to USA Rule 102.16.5. In granting this approval it is understood and agreed that USA Swimming & Middle Atlantic Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. |
| DATE & TIME  | Saturday, January 14 <ul style="list-style-type: none"> <li>• Session 1 (12&amp;U): 10:00 AM warm-up, 11:00 AM meet start</li> <li>• Session 2 (13&amp;O): 2:30 PM warm-up, 3:30 PM meet start</li> </ul> Sunday, January 15 <ul style="list-style-type: none"> <li>• Session 3 (12&amp;U): 8:30 AM warm-up, 9:30 AM meet start</li> <li>• Session 4 (13&amp;O): 1:00 PM warm-up, 2:00 PM meet start</li> </ul>   |
| LOCATION   | Greater Newark Boys & Girls Club<br>1 Positive Place, Newark, DE 19702, 302-836-6464  |
| ELIGIBILITY  | Open to any Pioneer Swim League, Boys & Girls Clubs teams, and invited team swimmers.<br>Swimmers' age is as of the first day of the meet: <b>January 14, 2023.</b>   |
| SEEDING  | All events: <ul style="list-style-type: none"> <li>• will be swum girls and boys together.</li> <li>• will be timed finals.</li> </ul> The 400yd IM, 500yd and 1650yd freestyles <ul style="list-style-type: none"> <li>• are positive check-in.</li> <li>• will be deck seeded.</li> </ul>   |

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|                        | Swimmers must provide their own counters and timers for the 500 and 1650 freestyles.   |
| ENTRY LIMIT            | <p>Sessions 1 and 3 (12 &amp; Under):<br/>Swimmers may only enter 3 events from the 25 yard, 50 yard, and 100 yard options. In addition to the 3 events, swimmers may enter any of the 200 yard options as well as the 500 Free and the 400 IM, but the total number of events for any session must not exceed 5.</p> <p>Sessions 2 and 4 (13 &amp; over):<br/>Swimmers may only enter 3 events from the 100 yard, 200 yard, 400 IM, and 500 Free options. In addition to the 3 events, swimmers may enter any of the 25 yard and 50 yard options, but the total number of events for any session must not exceed 5.</p> <p>All Sessions:<br/>Each swimmer may swim in 1 relay per session. Relay participation does NOT count towards individual entry count.</p> |
| ENTRIES                | <p>Entries should be submitted using either Hy-Tek's Meet Manager / Team Lite Software or using attached entry form. <b>Swimmers' birthdates, first, and last names must be submitted when using the entry form.</b></p> <p>Entries should be submitted via email to Diana Stambaugh at <a href="mailto:dstambaugh@bgclubs.org">dstambaugh@bgclubs.org</a>. In the body of the email, please submit total number of swimmers and individual entries entered.</p>   |
| DECK ENTRIES           | Deck entries are accepted, if the time line permits, and at the discretion of the Meet Director. Deck entry events count toward the daily limitation.  |
| ENTRY FEE              | \$2 per individual event   |
| ENTRY DEADLINE         | <b>Thursday, January 5, 2023</b>   |
| AWARDS                 | Awards will be given to the top 6 finishers in each event for the following age groups (6&U, 7-8, 9-10, & 11-12). There will be no awards for the 13 and over age groups.  |
| RULES                  | Current USA Swimming rules for starts, strokes and turns will be in effect.  |
| RECORDING DEVICES      | The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.  |
| DRONES                 | 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.   |
| SUIT CHANGING          | Deck changes are prohibited.   |
| OFFICIALS & VOLUNTEERS | Please submit the names of all timers, officials and any other volunteers with team entries. USA certified officials will be required for the meet. A sign-up link for each session will be provided.  |
| PROGRAM & ADMISSION    | Admission is free. Spectators will sit in the Games Room (or GYM) with swimmers. Spectators will rotate into the pool area during their swimmers' races.   |
| COVID-19               | An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead  |

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|             | <p>to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</p> <p>USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming approved events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</p> <p><b>BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.</b></p> |
| LIVE STREAM | <p>We will be live streaming the meet using the clubs Facebook Page: <a href="https://www.facebook.com/NewarkBGC">https://www.facebook.com/NewarkBGC</a>. It is free.</p>   |
| RESULTS     | <p>Results will be posted at the meet, emailed out to the teams, and posted on the GNBC website (<a href="http://www.gnbcdolphins.org">www.gnbcdolphins.org</a>).</p>   |
| DIRECTIONS  | <p>For GPS, use the address 109 Glasgow Drive, Newark, DE 19702<br/>From the North:</p> <ul style="list-style-type: none"> <li>• Take I-95 South into Delaware (or I-95 South to I-495 South to I-95 South). Take exit 4A (Rt. 1 South; Christiana/Mall Road). Stay on Rt. 1 for about 3½ miles. Take the exit for Pulaski Highway (Rt. 40) towards Elkton, MD. Follow this for about 2½ miles; the club will be on your right. After you walk in the main entrance, the pool is in the back left corner.</li> </ul>  |

Order of Events

Saturday, January 14, 2023 - Session 1 (12&U)

Warm Up: 10:00 AM

Start: 11:00 AM

| <b>Event #</b> | <b>Event Description</b>     |
|----------------|------------------------------|
| 1              | 12&U 200yd Medley Relay      |
| 2              | 10&U 100yd Medley Relay      |
|                | 10-minute break / warm down  |
| 3              | 12&U 200yd Individual Medley |
| 4              | 12&U 25yd Backstroke         |
| 5              | 12&U 200yd Breaststroke      |
| 6              | 12&U 50yd Freestyle          |
| 7              | 12&U 200yd Butterfly         |
| 8              | 12&U 25yd Breaststroke       |
| 9              | 12&U 100yd Backstroke        |
| 10             | 12&U 50yd Butterfly          |
|                | 10-minute break / warm down  |
| 11             | 12&U 500yd Freestyle         |

Saturday, January 14, 2023 - Session 2 (13&O)

Warm Up: 2:30 PM

Start: 3:30 PM

| <b>Event #</b> | <b>Event Description</b>     |
|----------------|------------------------------|
| 12             | 13&O 200yd Medley Relay      |
|                | 10-minute break / warm down  |
| 13             | 13&O 200yd Individual Medley |
|                | 10-minute break / warm down  |
| 14             | 13&O 50yd Butterfly          |
| 15             | 13&O 25yd Backstroke         |
| 16             | 13&O 50yd Breaststroke       |
| 17             | 13&O 50yd Freestyle          |
|                | 10-minute break / warm down  |
| 18             | 13&O 200yd Butterfly         |
|                | 10-minute break / warm down  |
| 19             | 13&O 100yd Backstroke        |
| 20             | 13&O 200yd Breaststroke      |
|                | 10-minute break / warm down  |
| 21             | 13&O 500yd Freestyle         |

Sunday, January 15, 2023 - Session 3 (12&U)  
 Warm Up: 8:30 AM Start: 9:30 AM

| <b>Girls Event #</b> | <b>Event Description</b>     |
|----------------------|------------------------------|
| 22                   | 12&U 200yd Free Relay        |
| 23                   | 10&U 100yd Free Relay        |
|                      | 10-minute break / warm down  |
| 24                   | 12&U 400yd Individual Medley |
| 25                   | 12&U 50yd Breaststroke       |
| 26                   | 12&U 200yd Backstroke        |
| 27                   | 12&U 25yd Freestyle          |
| 28                   | 12&U 100yd Breaststroke      |
| 29                   | 12&U 100yd Butterfly         |
| 30                   | 12&U 50yd Backstroke         |
| 31                   | 12&U 200yd Freestyle         |
| 32                   | 12&U 100yd Individual Medley |
| 33                   | 12&U 25yd Butterfly          |
| 34                   | 12&U 100yd Freestyle         |
|                      | 10-minute break              |
| 35                   | 12&U 1650 Freestyle          |

Sunday, January 15, 2023 - Session 4 (13&O)  
 Warm Up: 1:00 PM Start: 2:00 PM

| <b>Girls Event #</b> | <b>Event Description</b>     |
|----------------------|------------------------------|
| 36                   | 13&O 200yd Free Relay        |
|                      | 10-minute break / warm down  |
| 37                   | 13&O 400yd Individual Medley |
|                      | 10-minute break / warm down  |
| 38                   | 13&O 25yd Butterfly          |
| 39                   | 13&O 50yd Backstroke         |
| 40                   | 13&O 25yd Breaststroke       |
| 41                   | 13&O 25yd Freestyle          |
| 42                   | 13&O 200yd Freestyle         |
|                      | 10-minute break / warm down  |
| 43                   | 13&O 100yd Individual Medley |
| 44                   | 13&O 100yd Butterfly         |
| 45                   | 13&O 200yd Backstroke        |
| 46                   | 13&O 100yd Breaststroke      |
| 47                   | 13&O 100yd Freestyle         |
|                      | 10-minute break / warm down  |
| 48                   | 13&O 1650yd Freestyle        |

