



Friday Night at the Races

Hosted by STAR Aquatics

October 2, 2026

The Greensboro Aquatic Center

1921 W. Gate City Blvd., Greensboro, NC 27403

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

Sanction #NC26164

MEET DIRECTORS		MEET ENTRY COORDINATOR
Jay Dodson (336) 337-0169 jay@staraquatics.net	Taylor Mitchell (336)549-4682 taylor@staraquatics.net	Michele Hendrix (336)847-2613 entries@staraquatics.net
MEET REFEREE		MEET MARSHAL
Rob Stevens robstevens@triad.rr.com		Madison Crandall Matt Hawn

FACILITY and STAR AQUATICS REQUIREMENTS	STAR Aquatics has discussed specific health and safety procedures with the venue management. The facility and STAR Aquatics have no additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet.
FACILITY	The Greensboro Aquatics Center is a state-of-the-art indoor facility with a 50-meter pool which can be broken into two short course venues with a separate diving well. This competition will use one or two short course competition venues that are 8 or 10 lanes (depending on entries) with continuous warm-up and cool down lanes available throughout the meet. The pool depth is 9'-10' at the start and turn ends and 4" lane lines will be used to reduce turbulence. The lane width is 7'-9' (depending on number of lanes). An Omega timing system with a Daktronics Pro-Star LED Video Scoreboard Display will display results simultaneously. We will use a touchpad and a minimum of one (1) button and one (1) watch per lane. Starting platforms are Omega deck anchored platforms. STAR will ensure the correct competition course dimensions. Prior to each session of competition, the facility host shall examine the bulkhead and shall confirm to the Meet Referee that the bulkhead is stable, straight and properly positioned and anchored. The facility is staffed by certified lifeguards, possesses AEDs and emergency phones for 911 access. Only athletes, officials, coaches, and meet volunteers may be on deck during warm-ups and/or competition. The 650 bleacher seats on deck are reserved for swimmers only. No chairs are permitted in the stands or on deck. Locker rooms are reserved for athlete use. Separate rest room facilities are available for officials, coaches, and volunteers. • Cashless The Greensboro Complex and Greensboro Aquatic Center no longer accept cash for parking fees, ticket sales, and concessions. A debit or credit card will be required for payment. Contactless and mobile payment options, including Apple Pay, Google Pay, and Samsung Pay, will be accepted at most payment terminals.

	• Spectator Bag Policy For safety and efficiency, the Greensboro Aquatic Center recommends entering without a bag. If necessary, guests are permitted to bring one small bag that meets the following guidelines: ▪ Clear vinyl or Plastic Bag (no larger than 12"x6"x12") ▪ Clear Vinyl or Plastic Backpack (no larger than 12"x6"x12") ▪ Small Clutch Bag (no larger than 4.5"x6.5") ▪ Medical Bags* (no larger than 12"x6"x12") ▪ Diaper Bags* (no larger than 12"x6"x12") ▪ One-Gallon Clear Plastic Storage Bag *Medical bags, including diaper bags when accompanied by a child, will be inspected, and tagged before entry. <i>Please note this is not a comprehensive list. The Greensboro Aquatic Center reserves the right to deny any bag at any time on a case-by-case basis. Please note that athletes are allowed to bring in their bags and do not have to abide by the above policy.</i> • Event Streaming The Greensboro Aquatic Center will stream this meet on their official YouTube channel. You can access the stream by visiting the link: https://www.youtube.com/@GreensboroAquaticCenter
VENUE SHOPS	Augusta Swim Supply will be open in the Greensboro Aquatic Center during the meet. Food and drink may be purchased from the concession stand located in the facility. No outside food or drink will be permitted.
PARKING	Parking will be \$10.00 per day with re-entry allowed. Parking for coaches, officials, and volunteers will be provided.
ATHLETE SEATING	Teams will be assigned seating on deck. No outside chairs are allowed in the facility.
SPECTATOR PROTOCOLS	Spectators will be allowed in the building no more than fifteen (15) minutes prior to warm-ups. There is a spectator seating area with a capacity of 1850 people. The spectator seating area will not be specifically assigned or marked for this meet. No outside chairs are allowed in the facility. Spectators are not allowed on the pool deck at any time.
PARENTAL ACCESS	Parents needing access to their athletes during the meet in a closed-deck environment can contact their children directly via cellphone and arrange to meet them in the concourse. Should parents be unable to contact their children directly, they should call or text their coach. In case of an emergency, please call and/or text the Meet Director(s) at the numbers on the first page of this meet announcement.
MEET FORMAT	There will be one timed finals session with a total of 28 events as set forth in the Order of Events.
MEET SCHEDULE AND DEADLINES Officials' meetings will be 45 minutes prior to the start of each session	
Tuesday, September 22, 2026	
Entry Deadline	Time 10:00 pm
• General coaches meeting – via Zoom TBD week of meet	
Friday, October 2, 2026 Timed Finals	
Warm-ups	4:45 pm
Meet start	5:45 pm
RULES	This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated.

TECHNICAL SUIT BAN for 12&Us	Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet. A Technical Suit is one that has the following components: • Any suit with any bonded or taped seams regardless of its fabric or silhouette; or • Any suit which includes any woven fabric and which extends past the hips.
MAAPP	All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
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. 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. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race. Deck changes are prohibited. Any swimmer entered in the meet 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 without the use of a backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer’s guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer’s team is unable to attend. Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present. 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.
ELIGIBILITY	All swimmers must be registered with USA Swimming, Inc. and be members of STAR Aquatics or invited teams. All Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to entry deadline. Entries listed as “Registration Applied For” will not be accepted. There will be no on deck registration available at this meet
MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS	STAR Aquatics 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 STAR Aquatics' ability to accommodate all requests. To request accommodation or modification for swimmers with disabilities, coaches should complete the <u>USA Swimming Accommodation Form</u> and submit it to the Meet Referee and Meet Director prior to the entry deadline.	
ENTRIES	Entries submitted in Hy-Tek format require no hard copy entry forms. Email is preferred for electronic entries. Please email entries to entries@staraquatics.net. Entries may be sent via email and must include the following: 1) A Hy-Tek compatible entry file 2) Team entry report 3) Financial report 4) A list of Coaches attending the meet. A swimmer's age on the first day of the meet will determine his/her age for the entire meet. List all swimmers' ages as of September 19, 2026. Teams/entries will be accepted in the order they are received, until the four-hour timeline is reached. Entries received after the timeline is reached will be returned. All relay only swimmers including alternates, must be listed and pay the NCS Travel Fund surcharge. If you plan to attend this meet, please notify the Meet Director(s) with your intent and approximate number of swimmers as soon as possible.	
ENTRY LIMITATIONS	A swimmer may enter a maximum of four individual (4) events . Meet Management reserves the right to limit, eliminate, and/or combine any heats/events to allow the meet to run in the allotted time.	
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 the date and time listed in the Deadline and Meeting Summary. Late entries may be accepted at the discretion of the Meet Director and Meet Referee. There may be on-deck entries, but only in open lanes and at the discretion of the Meet Director and Meet Referee. Double fees will apply to all late entries and must be paid before entry can be processed on deck.	
ENTRY FEES	Make checks payable to: STAR AQUATICS*; All fees are non-refundable	
	Individual Event	\$6.00 per event
	NCS Travel Fund	\$3.00 per swimmer
	Facility Surcharge (includes heat sheet)	\$20.00
	Late Entry Fee	\$12.00 per event
	*All facility surcharge & event fees not paid by the final day of the meet will incur a 20% additional charge.	
SEEDING	The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order (YLS). There will be no course conversion for this meet. Entries may be limited at the discretion of the Meet Director to the top 24 swimmers per event to run the meet in the allotted time.	

CHECK-IN	All events will be pre-seeded and there will be no positive check-in.
SCRATCHES	There will be no penalty for scratching pre-seeded events at the block.
SCORING	This meet will not be scored.
AWARDS	This meet will not have awards.
RESULTS	Results will be posted on Meet Mobile and STAR Aquatics webpage (www.staraquatics.net) as available. At the conclusion of the meet, teams may obtain Hy-Tek backups either on a memory stick or via email attachment.
COACHES	All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. 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/TIMERS/VOLUNTEERS	All teams may be required to provide timers based on the number of swimmers entered in the meet. Timer assignments will be distributed after registration has closed. STAR Aquatics welcomes and encourages anyone willing to volunteer. Volunteering Officials should contact the Meet Referee by email prior to the meet. All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet/session. There will be a meeting at the day(s)/time(s) listed in the "Deadline and Meeting Summary" above. Meetings may be in-person at the meet or virtual in advance and assignments may be communicated electronically prior to each session. All officials are strongly encouraged to complete an individual personal review of applicable USAS rules prior to the meet. Officials should report at the time specified by the Meet Referee and bring a writing utensil.
HOSPITALITY	There will be a hospitality area open to all coaches and officials.
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 Marshal 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 lanes available for continuous warm-up/down (if available). There is to be no diving or horseplay in this area.
WAIVER/RELEASE	As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. STAR Aquatics, Greensboro Aquatics Center, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, officials, volunteers, and coaches shall be held free and harmless from, 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. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your 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.
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.

ORDER OF EVENTS

Friday October 2, 2026 Timed Finals Warm-Ups: 4:45pm Meet Start: 5:45 pm		
Girls/Women	Events	Boys/Men
1	Open 50 Breaststroke	2
3	8 & Under 25 Freestyle	4
5	Open 100 Backstroke	6
7	8 & Under 25 Breaststroke	8
9	Open 50 Freestyle	10
11	Open 100 Breaststroke	12
13	8 & Under 25 Backstroke	14
15	Open 50 Butterfly	16
17	Open 100 Freestyle	18
19	8 & Under 25 Butterfly	20
21	Open 50 Backstroke	22
23	Open 100 Butterfly	24
25	Open 100 IM	26
27	Open 200 IM	28

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October 2, 2026
Mail Meet Entry Form and Payment to:
STAR Aquatics
PO Box 1042
Jamestown, NC 27282

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$6.00 per event	
NCS Travel Fund (total swimmers)		\$3.00 per swimmer	
Swimmers Facility Surcharge		\$20.00 per swimmer	
Late Entry Fee		\$12.00 per event	
Total Fees Due*			
*All facility surcharge & event fees not paid by the final day of the meet will incur a 20% additional charge.			

Waiver, Acknowledgement and Liability Release:

Liability Statement: All coaches identified above are currently registered as coaches with USA Swimming, Inc. and are responsible for the swimmers entered in this meet and during the conduct of the event. By participating in this meet, you agree that any charges incurred by STAR for damage to the facility, equipment, or premises that cannot be resolved to the offending individual(s) will be shared among the teams participating in the meet.

Signature_____ Date_____

Release Statement: USA Swimming, Inc., Inc., Star Aquatics, LLC, Greensboro Aquatic Center and all employees and representatives of these organizations 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 meet.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE