

## 2017 YMCA Long Course YMCA Nationals July 31 – August 4, 2017

Location: Greensboro Aquatic Center  
1921 West Gate City BLVD.  
Greensboro, NC 27403

Meet Format: 50-meter course  
Prelims / Finals

Eligibility: This is a YMCA National meet in which qualifying times are needed to compete.

Schedule: **Monday, July 31**  
Warm ups – 3:30 pm Meet Starts – 5:15 pm  
**Tuesday, August 1**  
Prelims: Warm ups – 6:00 am Meet Starts – 8:30 am  
Finals: Warm ups – 4:00 pm Meet Starts – 5:30 pm  
**Wednesday, August 2 – Friday, August 4**  
Prelims: Warm ups – 6:00 am Meet Starts – 8:30 am  
Finals: Warm ups – 4:00 pm Meet Starts – 5:15 pm

Events: The order of events is as follows:

<u>Monday, 7/31</u>	<u>Tuesday, 8/1</u>	<u>Wednesday, 8/2</u>	<u>Thursday, 8/3</u>	<u>Friday, 8/4</u>
200 FR (Prelims)	200 FR (Finals)	100 Back	400 Free	200 Fly
1500 Free	200 Back	50 Breaststroke	50 Fly	100 Free
	100 Fly	400 IM	100 Breaststroke	200 IM
	200 Breaststroke	200 Free	50 Free	50 Back
	400 MR	200 MR	800 FR	400 FR
				800 Free

Entry Limit: Swimmers may swim a maximum of five (5) individual events for the meet excluding time trials. A swimmer may enter up to three (3) time trial events.

Entry Fees: To be determined

Entry Deadline: All interested and eligible YCF swimmers must be entered directly through your coach and **must be received by 12:00pm on Wednesday, July 19**. Late entries will not be accepted.

Payment Note: By signing up for this meet, you agree to pay all related entry fees as listed above and authorize the YMCA of Central Florida to send you an electronic invoice or post a balance sheet for the total due. **(Please do not pay for entry fees at your family center)**. You also acknowledge that entry fee charges are non-refundable regardless of illness, injury or any reason that may not allow you to participate in this meet. Swimmers who sign up but then fail to attend the meet for any reason will still be charged for their entry fees.