Fall Invitational
Hosted by YBAC Hurricanes
November 14 – 15, 2026
Held at Orange County Sportsplex- 101 Meadowlands Drive, Hillsborough, NC 27278

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC26187

MEET DIRECTOR	MEET ENTRY COORDINATOR
Jennifer Ward 336-395-9622 x230 YBAC@ACYMCA.ORG	Jennifer Ward 1346 S. Main Street Burlington, NC 27215 336-395-9622 x230 YBAC@ACYMCA.ORG
MEET REFEREE	**MEET MARSHAL**
John Strunk JOHN.STRUNK@GMAIL.COM	Tyara Mason (Female Meet Marshal) Solaris Anderson (Male Meet Marshal)

FACILITY and HOST TEAM REQUIREMENTS

YBAC Hurricanes has discussed specific health and safety procedures with the venue management. The facility and the YBAC Hurricanes 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

Orange County Sportsplex, 101 Meadowlands Drive, Hillsborough, NC 27278.
The Sportsplex pool is a 10-lane, 25-yard course pool with non-turbulent lane markers and deck-anchored starting blocks. It is 6-feet deep at both the starting and turn ends. An automatic timing system with touchpads will be used along with at least one button and one stopwatch in each of the 10 eight-foot-wide lanes for competition. In addition to the competition pool, the facility has a warm-up/warm-down pool with 3 lanes for continuous use throughout the meet. Locker rooms for male and female athletes are available. YBAC will ensure proper course dimensions.

The Orange County Sportsplex will have medical support available – Lifeguards and certified first aid personnel will be on site.

Spectators are welcome- bleacher seating is available on the competitive pool side of the facility. Spectators/Parents are not permitted in team seating areas unless they have been approved by the Meet Director.

MEET FORMAT This is a timed-final, age-group/senior pre-seeded meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	8:00 AM	9:00 AM	ALL
2	Sunday	8:00 AM	9:00 AM	ALL

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday, Nov. 4	11:00 PM	Entry deadline
Saturday, Nov. 14	8:15 AM	Official Briefings
Saturday, Nov. 14	7:45 AM	Coaches/General Meeting
Saturday, Nov. 14	8:30 AM	Timer Briefing
Sunday, Nov. 15	8:30 AM	Timer Briefing
Sunday, Nov. 15	8:45 AM	Positive Check-In Deadline for 1650 Freestyle

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 the 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. 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 proficient in performing a racing start or must start each race from within the water without 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 an 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. All Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to the 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	The YBAC Hurricanes 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 the YBAC Hurricane's ability to accommodate all requests. To request accommodation or modification for swimmers with disabilities, coaches should complete the USA Swimming Accommodation Form 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 and should be emailed to the Meet Director at YBAC@ACYMCA.ORG. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline. A swimmer's age on the first day of the meet will determine their age for the entire meet. The YBAC Hurricanes entries will be entered first and then accept teams/entries in the order received, until the four/eight-hour rule is reached. Entries received thereafter will be returned immediately. **'NO TIME' (NT) entries will be accepted at this meet.** All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge.
ENTRY LIMITATIONS	Swimmers may swim a maximum of 4 individual events plus 1 relay per day; a total of 10 events for the meet. Sessions may be modified to meet the 4-hour rule.
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 date and time listed in the Deadline & Meet Summary. Late entries may be accepted at the discretion of the Meet Referee. There will be no on deck entries.

ENTRY FEES

Make checks payable to: Alamance County YMCA; All fees are non-refundable	
Individual Event	$7.00 per event
Relays	$10.00 per relay
NCS Travel Fund	$3.00 per swimmer, including relay only swimmers
Facility Surcharge	$17.00 per swimmer
Electronic Heat Sheet Fee	$5.00 per swimmer
Late Entry Fee	Double the IE and relay fees listed

SEEDING The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest; with the exception of the 500 Freestyle and 1650 Freestyle, which will be seeded fastest to slowest. All non-conforming times will be seeded last in rank order.

CHECK-IN There will be a positive check-in for the 1650 Freestyle. All other events will be pre-seeded.

SCRATCHES There will be no penalty for scratching from events at this meet.

SCORING There will be no team scoring.

AWARDS Ribbons will be awarded to the top 8 finishers in each age group, 8 & Under, 9-10, 11-12, 13-14, and 15 & Older. Best new time ribbons will be awarded to 12 & Under swimmers. Most Improved Award will be presented to the swimmer scoring the most points based on the Hy-Tek Improvement Scoring System. Ties will be broken with the total time dropped.

RESULTS Results will be available within 24 hours of the meet's conclusion.

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 There will be a need for officials. The YBAC Hurricanes 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 mask (if necessary) and a writing utensil.

HOSPITALITY/ CONCESSIONS

There will be a hospitality area open to all coaches and officials. Refreshments and snacks will also be available at the concession stand.

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 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. The YBAC Hurricanes, the Orange County Sportsplex, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, officials, volunteers, 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 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

SATURDAY, NOVEMBER 14, 2025
Warm-up: 8:00 AM; Meet Start: 9:00 AM

Girls/Women	Event	Boys/Men
101	13 & OLDER 200 FREESTYLE	102
103	11/12 200 FREESTYLE	104
105	10 & UNDER 200 FREESTYLE	106
107	8 & UNDER 50 FREESTYLE	108
109	13 & OLDER 100 BACKSTROKE	110
111	11/12 100 BACKSTROKE	112
113	9/10 50 BACKSTROKE	114
115	8 & UNDER 25 BACKSTROKE*	116
117	OPEN 200 BREASTSTROKE	118
119	11/12 50 BREASTSTROKE	120
121	9/10 100 I.M.	122
123	8 & UNDER 100 I.M.	124
125	13 & OLDER 50 FREESTYLE	126
127	11/12 50 FREESTYLE	128
129	9/10 100 BUTTERFLY	130
131	8 & UNDER 50 BUTTERFLY	132
133	13 & OLDER 100 BUTTERFLY	134
135	11/12 100 BUTTERFLY	136
137	9/10 50 BREASTSTROKE	138
139	8 & UNDER 25 BREASTSTROKE*	140
141	OPEN 400 IM	142
143	11/12 100 I.M.	144
145	OPEN MIXED 200 MEDLEY RELAY	
147	12 & UNDER MIXED 200 MEDLEY RELAY	
149	OPEN 500 FREESTYLE**	150

***ALL 8 & UNDER 25 EVENTS WILL START FROM THE TURN END OF THE COMPETITION POOL.**

****500 FREESTYLE WILL BE PRE-SEEDED FASTEST TO SLOWEST.**

SUNDAY, NOVEMBER 15, 2025

Warm-up: 8:00 AM; Meet Start: 9:00 AM

Girls/Women	Event	Boys/Men
201	OPEN 200 BUTTERFLY	202
203	11/12 50 BUTTERFLY	204
205	9/10 50 BUTTERFLY	206
207	8 & UNDER 25 BUTTERFLY*	208
209	13 & OLDER 100 FREESTYLE	210
211	11/12 100 FREESTYLE	212
213	9/10 50 FREESTYLE	214
215	8 & UNDER 25 FREESTYLE*	216
217	OPEN 200 BACKSTROKE	218
219	11/12 50 BACKSTROKE	220
221	9/10 100 BACKSTROKE	222
223	8 & UNDER 50 BACKSTROKE	224
225	13 & OLDER 100 BREASTSTROKE	226
227	11/12 100 BREASTSTROKE	228
229	9/10 100 BREASTSTROKE	230
231	8 & UNDER 50 BREASTSTROKE	232
233	13 & OLDER 200 I.M.	234
235	11/12 200 I.M.	236
237	10 & UNDER 200 I.M.	238
239	OPEN MIXED 200 FREESTYLE RELAY	
241	12 & UNDER MIXED 200 FREESTYLE RELAY	
243	OPEN 1650 FREESTYLE**	244

***ALL 8 & UNDER 25 EVENTS WILL START AT THE TURN END OF THE COMPETITION POOL.**

****THE 1650 FREESTYLE REQUIRES A POSITIVE CHECK-IN. WILL BE SEEDED FASTEST TO SLOWEST.**

Meet Name
Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to Alamance County YMCA):

YBAC Hurricanes
ATTN: Jennifer Ward
1346 S. Main Street
Burlington, NC 27215
Email to: YBAC@ACYMCA.ORG

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		$7.00 per event	
Relay Entries		$10.00 per relay	
Swimmers ($3 Travel Fund & Facility Surcharge)		$20.00 per swimmer	
Electronic Heat Sheet		$5.00 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. YBAC, Orange County Sportsplex, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, officials, volunteers, 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. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my 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.

SIGNATURE (Coach or Club Representative) CLUB

TITLE DATE