

A Swimming Revolution in Greensboro

Will the stars align for you to have a revolutionary performance at Spring Nationals?



Greensboro Area Convention and Visitors Bureau

It happens every Olympic quadrennial: As the next Games approach, the rest of us get a little more revved up about competing. And if that's your story, then you're in luck. Mark your calendars for April 28 to May 1, as USMS has selected a spectacular venue for the 2016 Nationwide USMS Spring National Championship. Come to Greensboro, N.C., to race top competitors and feed off the vibrant Olympic-year excitement.

Don't miss this opportunity to reach for the stars in Greensboro and experience all the city offers, including Revolutionary War sites, science center exhibits, breweries, and more.

THE POOL? (FIFE AND) DRUM ROLL PLEASE...

Since opening in August 2011, the Greensboro Aquatic Center has hosted dozens of swimming events, including the 2015 NCAA Division 1 Women's Swimming and Diving National Championships, USA Swimming's 2014 AT&T Winter National Championships, the 2013 USA Swimming Speedo Junior National Championships, the 2012 USA Synchronized Swimming Olympic Trials, and our own 2012 USMS Spring National Championship.

GAC is adjacent to the Atlantic Coast Conference Hall of Champions and is part of the Greensboro Coliseum Complex, a multifaceted sports and entertainment facility that includes the 23,500-seat Greensboro Coliseum, the War Memorial Auditorium, the Odeon Theatre, the 167,000-square-foot Special Events Center, a mini-arena, and the 30,000-square-foot Pavilion.

The 78,323-square-foot natatorium seats 2,500 spectators and contains a 50-meter, double-bulkhead competition pool, diving well, and instructional pool. The meet will be run in two adjacent 10-lane courses with water deeper than 9 feet. Deep, stainless-steel gutters guarantee smooth, fast water in every lane. Throughout the meet, swimmers will have access to the diving well and instructional pool, which offer a total of 13 lanes of 25-yard swimming. A UV

filtration system eliminates chlorine fumes from the air, and evacuators sweep fluorocarbons from the water's surface.

In the facility's four locker rooms, 450 lockers, abundant showers, and numerous toilets mean no frustrating waits. Swimmers will register, visit vendors, and pick up awards in the adjacent Coliseum Complex. And there's ample parking on site—6,000 parking spots, including some RV spaces, will be available for a fee outside the venue.

HISTORIC HOTSPOT NEAR MOUNTAINS AND OCEAN

Greensboro was named after Major General Nathanael Greene, the commander of colonist forces at the Battle of Guilford Court House on March 15, 1781. Despite losing the battle, Greene's forces inflicted heavy enough casualties on the British Army that Major General Charles Cornwallis withdrew from North Carolina.

Located in the Piedmont or Eastern Seaboard region of the Tar Heel State, Greensboro is an hour's drive from the Blue Ridge Parkway and a 3-hour drive from the Atlantic Ocean. Swimmers traveling by plane can fly into the newly renovated Piedmont Triad International Airport in Greensboro 14 miles from the GAC. Or, you can opt to fly into Raleigh-Durham International Airport or Charlotte Douglas International Airport, both of which are about an hour's drive from GAC.

Greensboro offers abundant opportunities for dining, fun, and cultural enrichment. The city's historic downtown district lies a mere 3 miles from the aquatic center and is rife with antique shops, art museums, coffee shops, and specialty clothing shops. The area also boasts three theaters featuring live performances and more than 50 restaurants and bars. Bus transportation to and from historic downtown Greensboro will be provided on Thursday night.

REVOLUTIONARY SIGHTS

Are you a Colonial history or Revolutionary War buff? Then learn what life was like during the American Revolution at the Colonial Heritage Center at Tannenbaum Historic Park. Explore the grounds of Guilford Courthouse National Military Park, where the Battle of Guilford Courthouse took place.

But Greensboro's historical offerings don't stop with the Revolutionary War. Its long history is showcased in the Greensboro Historical

REGISTER ONLINE

Visit usms.org/comp/scnats16

PAPER ENTRY FORMS Available by calling 1-800-550-SWIM (7946)

CONTACT INFORMATION

usms.org
[facebook.com/usmastersswimmingfanpage](https://www.facebook.com/usmastersswimmingfanpage)

Meet Directors:

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USMS National Office
info@usms.org
 1-800-550-SWIM (7946)

TRAVEL INFORMATION

Ground Transportation and Airport

Piedmont Triad International Airport is served by Allegiant, American, Continental, Delta, and United airlines. The airport is located 14 miles from the Greensboro Aquatic Center. Car rental is available at the airport. Special discounts on rental cars are available through Enterprise (5 percent discount) and National (10 percent discount). For Enterprise bookings, go to enterprise.com; for National bookings, go to nationalcar.com. To secure the special discount, use account number XZ5330B and PIN: USM. (The account number and PIN are valid for both Enterprise and National.)

Parking: Parking will be available at the Coliseum for a fee, with unlimited entry and exit. There are 6,000 parking spaces available onsite for a daily charge of \$8. Free parking will be provided for officials and volunteers.

Cost of a full-week parking pass is \$30 and it may be ordered with the meet entry ONLY. These parking passes will be good in the main Coliseum Complex lot. Please check the meet host website for any updates and a location map.

RV Options: The Greensboro Coliseum Complex permits overnight RV parking during select multiday events. Space is limited, and orders should be placed as far in advance as possible. To apply for overnight RV parking, please visit greensborocoliseum.com/guest_services/parking and complete the RV parking form.

SOCIALS

Pub Crawl: On Thursday evening, April 28, from 6:30 to 11:30 p.m., a continuous shuttle bus will run from host hotels to Greensboro's downtown entertainment district. There are a number of restaurants and bars in this area providing dinner and entertainment options. Members of the Raleigh Area Masters will serve as guides to those attending the Pub Crawl.

North Carolina Swimming Hall of Fame

Fame: The North Carolina Swimming Hall of Fame will hold its seventh Induction Banquet and Ceremony on the evening of Friday, April 29, in the Terrace Room at the Greensboro Coliseum Complex (adjacent to the Greensboro Aquatic Center) in conjunction with the 2016 Nationwide U.S. Masters Swimming Spring National Championships. All Masters swimmers and the public are invited to attend. For more information about the NC Swim Hall of Fame and how to purchase tickets for the 2016 Induction Banquet and Ceremony, visit ncswimhalloffame.com.

Spring Nationals Social: The Spring Nationals social will be held on Saturday evening, April 30, beginning at 7:30 p.m. at ACC Hall of Champions at the Greensboro Coliseum Complex, adjacent to the GAC. The social will feature heavy hors d'oeuvre food stations, beer, and wine; live music will be provided by local band Below the Line, and there will be dancing and other entertainment. You can explore the history and tradition of the Atlantic Coast Conference with displays honoring each of the member educational institutions. Tickets to the social can be purchased at the time of registration. A limited number of tickets will also be on sale at the meet up until Friday morning, April 29, at 10 a.m. The cost is \$30 per person.

HOTELS

Here are some of the hotel options in Greensboro for your stay. For more information on accommodations and tourist attractions, go to visitgreensboronc.com.

When making reservations, mention "U.S. Masters Swimming Spring National Championship" to get special rates.

»» Baymont Inn & Suites

(1.9 miles from GAC)
2001 Veasley Street
336-294-6220
\$90 per night, reserve by 4/22/16, includes breakfast

»» Best Western Windsor Suites

(1.8 miles from GAC)
2006 Veasley Street
336-294-9100
\$135 per night, reserve by 4/5/16, includes breakfast

»» Doubletree by Hilton

(1.2 miles from GAC)
3030 W. Gate City Blvd.
336-292-4004
\$135 per night, reserve by 3/27/16

»» Drury Inn and Suites

(1.6 miles from GAC)
3220 W. Gate City Blvd.
336-856-9696
\$129 per night, reserve by 3/31/16 includes breakfast

»» Greensboro Marriott Downtown

(3 miles from GAC)
304 N. Greene Street
336-379-8000
\$134 per night, reserve by 3/26/16

» Hampton Inn and Suites

(1.2 mile from GAC)
3033 W. Gate City Blvd.
336-553-1818
\$149 per night double room,
\$159 per night king study, reserve by 3/26/16, includes breakfast

»» Holiday Inn Coliseum

(1 mile from GAC)
3005 W. Gate City Blvd.
336-294-4565
\$135 per night, reserve by 3/26/16, includes breakfast

»» Sheraton Greensboro Hotel

(1.5 miles from GAC)
3121 W. Gate City Blvd.
336-292-9161
\$130 per night, reserve by 3/27/16, includes breakfast
(2 coupons per room)

Museum, which features Jugtown Pottery, the Murphy Confederate firearms collection, and the Voices of a City exhibit. You can also visit the International Civil Rights Center and Museum, which is housed in the former Woolworth's retail store where in 1960, four African-American students from North Carolina Agricultural and Technical State University sat at the store's "whites only" lunch counter, thus igniting the sit-in movement.

LEARN SOMETHING NEW

An inland aquarium, a hands-on science museum, the Animal Discovery Zoological Park, the Sky Wild outdoor course, and the OmniSphere Dome Theater make the Greensboro Science Center a popular family attraction. "There's something for everyone here," says Amy Scott, the director of marketing for the Greensboro Convention and Visitors Bureau.

Located among the trees in Animal Discovery Zoo, SkyWild is the first aerial adventure park that offers visitors the chance to maneuver a ropes and zipline course, or for those who don't love heights, watch a friend or family member enjoy a thrilling treetop adventure.

Want to learn more about the body that works overtime to swim you to victory? Check out the Bodies Revealed exhibit. This exhibit, which has been seen by more than 15 million visitors, features whole and partially dissected human specimens preserved so viewers can study the skeletal, muscular, respiratory, and other systems within the human body. Some bodies exhibit damage caused to organs caused by overeating and lack of exercise, which should encourage swimmers to continue training.

ANNUAL "HOPS AROUND GREENSBORO"

Luckily for beer-loving swimmers who attend Spring Nationals in Greensboro, April is beer month in North Carolina. Beer connoisseurs and swimmers

craving a celebration with friends and a "cold one" can visit one or more of Greensboro's five breweries.

Gibb's Hundred Brewing Co. is a family-owned and operated microbrewery in downtown Greensboro. Visit the taproom for a pint, learn about beer, take a tour, or just relax with friends. Preyer Brewing Co. is another beer-lover's offering in downtown Greensboro. Brewers at Preyer often add Southern cooking ingredients to their brews. Inspired by cornbread, they've added maple syrup and smoked malt to Preyer's popular Belgian Blonde.

Natty Greene's Brewing Company has been brewing beer in Greensboro since 2004 and is now the third largest brewery in North Carolina. The Bunker Tasting Room is conveniently located across the street from the Coliseum complex. Pig Pounder Brewery specializes in authentic British-style beers, including an extra special bitter, English dark mild, and a classic milk stout.

Not to be outdone, Red Oak Brewery is America's largest lager-only craft brewery. Red Oak beers contain only Bavarian malted barley, noble hops, water, and lager yeast. These fresh, pure lagers are unfiltered and unpasteurized for a rich, smooth taste.

A HISTORY OF MASTERS NATIONALS EXCELLENCE

In addition to setting the stage for a spectacular event, meet directors Don Gilchrist and Steve Weatherman are planning Thursday night transportation to Greensboro's historic downtown area and a rocking swimmer social at the ACC Hall of Champions, adjacent to the pool, over the weekend.

The 2016 Nationwide USMS Spring National Championship, supported by top-notch officials and meet experts, will continue the long tradition of North Carolina hosting well-attended, efficiently run USMS National Championship events.—SUSAN DAWSON-COOK

ORDER OF EVENTS

Thursday, April 28

1000 freestyle*

1650 freestyle*

Friday, April 29

500 free (women)

100 IM

200 breaststroke

50 backstroke

100 freestyle

200 butterfly

200 mixed freestyle relay

400 mixed freestyle relay

Saturday, April 30

500 freestyle (men)

100 butterfly

50 breaststroke

200 IM

50 freestyle

100 backstroke

200 freestyle relay

200 mixed medley relay

Sunday, May 1

400 IM

200 medley relay

200 freestyle

50 butterfly

200 backstroke

100 breaststroke

*Competitors may enter both distance events if they meet the NQT in at least one of them.

CHECK-IN DEADLINES

Positive check-in is required for the 400 IM and 500, 1000, and 1650 freestyles, and will be required for the 200s if it is determined that deck seeding is necessary. Check-in may be done in person at the registration area or via Internet at usms.org according to the following schedule:

Date	Event	In-Person Check-in*	Online Check-in*
Thursday, April 28	1000 freestyle	Weds. 12:30–7 p.m.; Thurs. by 7 a.m.	Tues. 7 a.m.–Thurs. by 7 a.m.
	1650 freestyle	Weds. 12:30–7 p.m.; Thurs. by 9 a.m.	Tues. 7 a.m.–Thurs. by 9 a.m.
Friday, April 29	500 freestyle (women)	Weds. 12:30–7 p.m.; Fri. by 7 a.m.	Tues. 7 a.m.–Fri. by 7 a.m.
Saturday, April 30	500 freestyle (men)	Weds. 12:30–7 p.m.; Sat. by 7 a.m.	Tues. 7 a.m.–Sat. by 7 a.m.
Sunday, May 1	400 IM	Weds. 12:30–7 p.m.; Sun. by 7 a.m.	Tues. 7 a.m.–Sun. by 7 a.m.

*All times are Eastern Daylight Time. If the 200 events are deck seeded, then their check-in deadlines will be 7 a.m. on the day the event is swum.

2016 NATIONWIDE U.S. MASTERS SWIMMING SPRING NATIONAL CHAMPIONSHIP

Sanctioned by the North Carolina LMSC for USMS Inc. Sanction number 136-S002.



Location

Greensboro Aquatic Center
1921 W. Gate City Blvd.
Greensboro, NC 27403
336-315-8498

Facility

The Greensboro Aquatic Center is a state-of-the-art indoor facility with three pools, which opened in August 2011. The main competition pool is 9 to 10 feet deep at both ends and can be configured into 25-yard courses with up to 12 7-foot-wide lanes. All lanes feature nontubular lane lines and Colorado starting blocks. Two 10-lane courses will be used for this competition. A Colorado electronic timing system will be used. Touchpads will be in place on both ends of the competition courses. There will be 13 lanes for continuous warm-down: seven lanes in the diving well and six lanes in the instructional pool.

The length of the competition courses without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1. Total seating is 2,500, with off-deck seating for 1,800 spectators available. Directions to the GAC are available at greensboroaquaticcenter.com/directions.

Eligibility

Participants must be registered Masters swimmers and at least 18 years of age as of April 27, 2016. Swimmers turning 18 after the meet entry deadline and by April 27, 2016 must enter the meet by the meet entry deadline and register for USMS either before or on April 27. If a swimmer wishes to affiliate with a Masters club, the club and swimmer must both be registered with the same Local Masters Swimming Committee. If there are questions about affiliation, the swimmer will be entered with the affiliation "UC." (See Paper Entries.) International entries must include a copy of the swimmer's Masters swimming registration card and fees in U.S. dollars.

Age Groups

Age for the meet is determined as of May 1, 2016, except for 18-year-olds, who must be 18 by April 27, 2016. Age groups for individual events: 18-24, 25-29, 30-34, 35-39 ... (five-year increments as high as necessary). Relay events: 18+, 25+, 35+, 45+, etc. (10-year increments as high as necessary,

determined by the age of the youngest relay member).

Registration

Prior to warm-ups or competition, all participants must register at the meet by signing an emergency card, safety information statement, and liability release. Registration will be held at the Greensboro Coliseum Special Events Center adjacent to the Greensboro Aquatic Center on April 27, 2016, from 12:30 to 7 p.m., and on all other days from 6:30 a.m. through the end of competition.

Seeding

Two courses will be used for all events. Women's heats will precede men's heats for each event, except that men's and women's heats may be seeded together for the 1000 and 1650 freestyles. The 1000 and 1650 freestyles will be seeded slowest to fastest by entry time, regardless of age. The 500 free and 400 IM may be seeded slowest to fastest by entry time, regardless of age. The 200-yard events may be deck-seeded and may be seeded by entry time, regardless of age, for each gender. All 50 and 100 events will be preseeded by age group, with the oldest age groups first, slowest to fastest within each group. All seeding decisions will be announced at usms.org by April 11, 2016.

Event Check-in

Coaches or teammates may check in online or in person for those swimmers whose travel plans do not permit check-in by the deadlines. Failure to check in will result in the swimmer being scratched from the event and the swimmer will not be permitted to swim that event at another time.

Meet Roster

A real-time meet roster, including name, age, gender, and club, will be available on the meet information page, usms.org/comp/scnats16. Please verify your information and contact meetentry@usms.org with any concerns by March 28, 2016.

Heat and Psych Sheets

Psych sheets for all individual events will be available on the usms.org website on or about April 4, 2016. Heat sheets for preseeded events will be available online around April 15, 2016. Heat sheets for deck-seeded events will be posted at various places around the pool deck and on Meet Mobile for swimmers after the check-in deadlines.

Meet Start Times

The competition will start at 8 a.m. every day unless it is determined that the timeline will go too late into the day; then competition may start as early as 7:30 a.m. on any day. Meet start times will be announced at usms.org by April 11, 2016. Warm-ups in the competition pool will be

shortened if necessary to accommodate an earlier start time.

Warm-up Times

The competition pool will be open for warm-up on Wednesday, April 27, 2016, from 1 to 7 p.m. On competition days, the competition pool will be open from 6 until 7:50 a.m. and the warm-up pools will be available from 7 a.m. until the conclusion of the final event each day. The competition pool will also be open for warm-up for 30 minutes following the last heat of the 500 freestyle and 400 IM events on Friday, Saturday, and Sunday, respectively. The competition pool will be open for at least 30 minutes following the last event each day. On Thursday, April 28, the competition pool will remain open until 5 p.m. or 30 minutes following the last heat of the 1650 freestyle, whichever is later.

Warm-up Procedure

Swimmers must enter the pool first in a cautious and controlled manner. No diving or backstroke starts will be allowed, except in designated sprint lanes. One or two lanes will be designated as one-way sprint lanes during the pre-meet warm-up sessions in the competition pools only. Any swimmer who acts in an unsporting or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (rule 102.13.3). Pull buoys, kickboards, fins, hand paddles, and snorkels are not allowed in the competition or warm-up pools.

Scratches

Any swimmer failing to report to the proper lane in the correct heat of an event will be scratched from that event and will not be permitted to swim that event at another time.

General Meeting

All swimmers, coaches, and officials are encouraged to attend or be represented at a general meeting in Greensboro Coliseum Complex Special Events Center adjacent to the Greensboro Aquatic Center on Wednesday, April 27, at 5 p.m. Matters pertinent to the operation and conduct of the meet will be discussed.

Hospitality

VIP hospitality, which will include breakfast, lunch, snacks, and drinks, is \$110, and can be ordered on the meet entry form.

Online Entries

Online entry is encouraged and provides immediate entry confirmation. Visit usms.org/comp/scnats16. Online registration will open no later than February 15, 2016, and will close at midnight EDT on March 28, 2016. The meet surcharge increases from \$55 to \$65 on March 9, 2016 (see Entry Deadline/Variable Surcharge/Mail Entry for

dates applying to both online and paper registration).

Paper Entries

Paper entry forms can be downloaded at usms.org/comp/scnats16 or will be mailed upon request by calling 1-800-550-SWIM (7946). Read all instructions and fill out the form completely. Incomplete forms or forms with "pending" in place of a USMS registration number will be rejected (except for 18-year-olds who turn 18 after the meet entry deadline, but before the first day of the meet, who must enter the meet by the meet entry deadline, but may register for USMS either before or on April 27). A legible copy of a foreign swimmer's Masters registration card must accompany the entry form. A swimmer whose club affiliation differs from what is listed on his or her USMS registration card must send either a new USMS registration card or a letter from the local registrar with the new club affiliation and effective date.

Fees

Fees are \$4 per individual event plus a surcharge per swimmer. The surcharge varies according to date of entry. (See Entry Deadline/Variable Surcharge.) Fees must accompany the entry form and must be paid in U.S. dollars by check or money order. Do not mail cash. The entry is not complete until the check has cleared the bank. If there are questions about an entrant's check, full cash payment in U.S. dollars will be required before the entrant is allowed to swim. Refund requests must be received in writing (USPS or email) by April 4, 2016. No refunds will be given for events not swum. The surcharge also applies to relay swimmers not entered in an individual event. Relay-only swimmers must submit an entry form with payment by the entry deadline. All fees should be payable to "U.S. Masters Swimming."

Entry Deadline/Variable Surcharge/Mail Entry

Online entries are encouraged and will be accepted until midnight EDT on March 28, 2016. If entry is received by March 8, 2016, the surcharge is \$55. If entry is received after March 8, 2016 and by March 28, 2016, the surcharge is \$65. Entries received after March 28, 2016, will be returned to sender. No telephone or email entries will be accepted. Mail paper entries early (include a self-addressed stamped envelope with entry for proof of receipt). Do not send certified or overnight mail requiring a signature. Photocopy completed entry forms and personal checks for your records and verification. Mail paper

entries to: USMS Spring Nationals, P.O. Box 185, Londonderry, NH 03053-0185.

National Qualifying Times/ Number of Events/ Sixth Event

Competitors may enter up to three individual events without meeting the national qualifying time, or a maximum of six events if they meet the NQTs (i.e., have swum a time equal to or better than the NQTs during the past two years). Exception: Competitors entering both the 1000 and 1650 freestyle must meet the NQT in at least one of them. All swimmers are limited to three individual events per day. All events must include an entry time. If the meet is deemed too large, an athlete's sixth event will be dropped. On the entry form, indicate this event with a "6" in the designated column. No refunds will be given if the sixth event is dropped. If a swimmer enters an event with a time significantly slower or faster than that swimmer's recorded time in the previous two years, the meet director may, after a discussion with the swimmer, change the seeded time to a realistic time.

Distance Events (1000/1650)

Competitors may enter both distance events if they meet the NQT in at least one of them.

Relay Information

Relays can be entered until 3 p.m. on the day before the relay is scheduled. Relay-only swimmers (i.e., not entered in an individual event) must have entered the meet and paid the surcharge by the meet entry deadline. Each competitor is allowed to swim a maximum of five relays with only one freestyle relay, one medley relay, one mixed freestyle relay of each distance (i.e., 200/400) and one mixed medley relay. The entry fee for each relay is \$12. Relay entries may be submitted at the relay desk in the registration area. Each of the four members of any relay team must be registered with the same Masters club. Relay entry fee is in addition to individual entry fees. Relay entry forms are available for download at usms.org.

Time Verification (formerly OVCs)

Swimmers wishing to have times entered into SWIMS (USA Swimming times database) must complete a form at the meet prior to the swim. Contact the administrative referee at the meet.

Service Animals

Please contact the meet director by March 28, 2016, if you require the use of a service animal. Animals other than service animals will not be permitted on deck at the venue.