17th Annual Ryan Alea Young Invitational
Hosted by Hickory Foundation YMCA Seahorse Swim Team
November 8-9th, 2025
Held at Hickory Foundation YMCA, 701 First St NW, Hickory, NC 28601

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction # NC25173

MEET DIRECTOR	MEET ENTRY COORDINATOR
Nic Eriksson 317-730-1757 nice@ymcacv.org	Nic Eriksson 701 First St NW Hickory, NC 28601 317-730-1757 nice@ymcacv.org
MEET REFEREE	**MEET MARSHAL**
Sarah Cinson 330-206-3792 mlions20@yahoo.com	Hickory Foundation YMCA Lifeguards (At least one male and one female per session)

FACILITY and HOST TEAM REQUIREMENTS YSST has discussed specific health and safety procedures with the venue management. At this time, the facility and YSST 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 25-yard, 8 lane pool (lanes are 7 feet wide), water depth from 3 ½ feet to 8 feet, with non-turbulent lane markers and KDI Paragon starting blocks. All starts from the shallow end, including relay starts, must begin from within the water. Colorado 6000 automatic timing system with touchpads will be used. Two timers per lane will each operate a watch and a plunger button. YSST will ensure the proper course dimension. Medical support will be provided by Hickory Foundation YMCA Lifeguards.

MEET FORMAT This is a timed final Age Group/Senior, pre-seeded meet unless otherwise indicated. The meet director reserves the right to combine or alter the sessions to accommodate the numbers accordingly. **PLEASE NOTE THAT THE MORNING SESSIONS WILL BE ALL 10 & UNDERS AND 11/12 BOYS. THE AFTERNOON SESSIONS WILL BE 11/12 GIRLS AND ALL 13 & OVERS.**

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	7:30 AM	8:30 AM	11/12 Boys and All 10&U
2	Saturday	12:30 PM	1:30 PM	11/12 Girls and All 13&O
3	Sunday	7:30 AM	8:30 AM	11/12 Boys and All 10&U
4	Sunday	12:30 PM	1:30 PM	11/12 Girls and All 13&O

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday, Oct 29th, 2025	11:59 PM	Entry deadline
Saturday, Nov 8th, 2025	7:15 AM	Coaches Meeting
Saturday, Nov 8th, 2025	7:30 AM	Officials Meeting
Saturday, Nov 8th, 2025	12:30 PM	Officials Meeting
Saturday, Nov 8th, 2025	1:00 PM	Positive check in for Open 500 Free
Sunday, Nov 9th, 2025	7:30 AM	Officials Meeting
Sunday, Nov 9th, 2025	8:00 AM	Positive check in for 11/12 Boys 500 Free
Sunday, Nov 9th, 2025	12:30 PM	Officials Meeting
Sunday, Nov 9th, 2025	1:00 PM	Positive check in for 12&U 500 Fr/Open 400 IM

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 male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

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 Protection 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 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 The Hickory Foundation YMCA Seahorse Swim Team 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 YSST's ability to accommodate all requests.

ENTRIES Entries submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries. Payment in full must be received by the start of the meet. List swimmer's age as of November 8th, 2025.

ENTRY LIMITATIONS Swimmers may swim a maximum of 4 individual events plus 1 relay per day and a total of 8 individual events and 2 relays for the meet.

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 Wednesday, October 29th by 11:59 pm. Late entries may be accepted at the discretion of the Meet Director.**

ENTRY FEES

Make checks payable to: YSST; All fees are non-refundable	
Individual Event	$7 per event
Relays	$12 per relay
NCS Travel Fund	$3 per swimmer
Facility Surcharge	$10 per swimmer
Electronic Heat Sheet Fee	$5 per swimmer

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.

CHECK-IN There will be a positive check-in for the 400 IM and 500 Free.

SCRATCHES The NCS Scratch Rule is in effect for this meet (see last page).

SCORING No team or individual scoring will be kept.

AWARDS There will be no awards given.

RESULTS

Results will be posted on YSST's website within 24 hours of the meets conclusion. 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

There will be a need for officials. YSST 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. 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

Due to construction, the Hospitality area will be determined at a later time.

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.

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. YSST, Hickory Foundation YMCA, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, 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

Saturday Morning Session
Warm-up: 7:30 AM Meet Start: 8:30 AM

Girls/Women	Event	Boys/Men
	12 & U 200 Free Relay	1
2	10 & U 200 Free Relay	3
4	8 & U 100 Free Relay	5
	11-12 100 Free	6
7	9-10 100 Free	8
9	8 & U 50 Free	10
	11-12 100 Fly	11
12	9-10 100 Fly	13
14	8 & U 25 Fly	15
	11-12 100 IM	16
17	9-10 100 IM	18
19	8 & U 50 Back	20
	11-12 100 Back	21
22	9-10 100 Back	23
24	8 & U 25 Breast	25
	11-12 50 Breast	26
27	9-10 50 Breast	28
	11-12 200 Free	29
30	10 & U 200 Free	31

Saturday Afternoon Session
Warm-up: 12:30 PM Meet Start: 1:30 PM

Girls/Women	Event	Boys/Men
32	11-12 200 Free Relay	
33	Open 200 Free Relay	34
35	11-12 100 Free	
36	Open 100 Free	37
38	11-12 100 Fly	
39	Open 200 Fly	40
41	11-12 100 IM	
42	Open 200 IM	43
44	11-12 100 Back	
45	Open 200 Back	46
47	11-12 50 Breast	
48	Open 100 Breast	49
50	11-12 200 Free	
51	Open 500 Free	52

Sunday Morning Session
Warm-up: 7:30 AM Meet Start: 8:30 AM

Girls/Women	Event	Boys/Men
	12 & U 200 Medley Relay	53
54	10 & U 200 Medley Relay	55
56	8 & U 100 Medley Relay	57
	11-12 200 IM	58
59	9-10 200 IM	60
61	8 & U 100 IM	62
	11-12 50 Free	63
64	9-10 50 Free	65
66	8 & U 25 Free	67
	11-12 100 Breast	68
69	9-10 100 Breast	70
71	8 & U 50 Breast	72
	11-12 50 Back	73
74	9-10 50 Back	75
76	8 & U 25 Back	77
	11-12 50 Fly	78
79	9-10 50 Fly	80
81	8 & U 50 Fly	82
	12 & U 500 Free	83

Sunday Afternoon Session
Warm-up: 12:30 PM Meet Start: 1:30 PM

Girls/Women	Event	Boys/Men
84	11-12 200 Medley Relay	
85	Open 200 Medley Relay	86
87	11-12 200 IM	
88	Open 200 Free	89
90	11-12 50 Free	
91	Open 50 Free	92
93	11-12 100 Breast	
94	Open 200 Breast	95
96	11-12 50 Back	
97	Open 100 Back	98
99	11-12 50 Fly	
100	Open 100 Fly	101
102	11-12 500 Free	
103	Open 400 IM	104

YSST Ryan Alea Invitational
Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to YSST):
Hickory Foundation YMCA Seahorse Swim Team
ATTN: Nic Eriksson
701 First Street NW
Hickory, NC 28601

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		$12.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		$13.00 per swimmer	
Electronic Heat Sheet Fee		$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. YSST, Hickory Foundation YMCA, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, 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

NORTH CAROLINA SCRATCH RULE

208.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet announcement shall specify all mandatory check-in and scratch deadlines and procedures.

.1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.

.2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch or as noted in 208.3.4 A or D.. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet announcement states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet announcement.

.3 Preliminary and Finals Events

A. Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck then 208.3.2 applies

B. Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 208.3.4. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.

C. In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete

D. When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim

E. If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)

.4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:

A. The Referee is notified in the event of illness or injury and accepts the proof thereof.

B. The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.

C. The swimmer was not named in any finals heat during the initial announcement of results

D. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

208.4. RELAY SCRATCH RULE

.1 All Meets - Any relay or relay member, in a relay event that fails to compete in or report for that event shall not be penalized.