



**AMFY LAST CHANCE MEET**  
**March 1, 2026**  
**Held under the sanction of USA**  
**Swimming Sanction #: OH-26SC-142AP**

**Hosted by**  
**AMFY Waves**  
**Swim Team**

<b>Location:</b>	Grand Lake Health/Premier Health North YMCA 7590 State Route 703, Celina OH 45822 Phone: 419-586-9622
<b>Facility:</b>	6 lane, 25 yard pool Colorado timing system, LED scoreboard, touchpads at starting end and plungers at opposite end for 25's The host will ensure the required course dimensions.
<b>Meet Director:</b>	Matt Reiss mreiss@daytonymca.org Phone: 419-586-9622, ext 3120
<b>Meet Referee:</b>	Patty Lefeld
<b>Officials Contact for the Meet:</b>	Patty Lefeld mplefeld@gmail.com
<b>Entry Chair:</b>	Patty Lefeld mplefeld@gmail.com
<b>Disclaimer:</b>	In granting this approval it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
<b>Meet Type:</b>	Closed YMCA Invitational Timed Finals
<b># of Sessions:</b>	1
<b>Medical Supervision available to athletes</b>	Lifeguards available to athletes participating in the meet.

<b>Organization Regulations/Waivers</b>	
<b>USA Swimming Rules</b>	<ul style="list-style-type: none"><li>The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</li><li>Use of cameras, cell phones or any other recording device is not permitted immediately behind the starting blocks at either end of the racing course(s) during race starts, competition and warm-ups. Please refer to the Safe Sport section of the Ohio Swimming, Inc. policies and procedures for further information regarding the use of visual recording devices.</li><li>Deck changes are prohibited.</li><li>Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.</li><li>Flash photography is not permitted at the start of any race.</li><li>All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.</li></ul>
<b>Technical Suit Ban</b>	<ul style="list-style-type: none"><li>Per USA Swimming Rule 102.8.1F, 12 &amp; Under athletes may not compete in Technical Suits at this meet. Please refer to the USA Swimming rulebook for definitions of a technical suit.</li></ul>
<b>Ohio State Laws that are applicable to Ohio Swimming sanctioned events</b>	<ul style="list-style-type: none"><li>Ohio's Return to Play Law (ORC 3313.539 and ORC 3707.511) requires that coaches and referees either (1) complete a free online training once every three (3) years in recognizing the symptoms of concussion or (2) hold a pupil-activity program permit from the Ohio State Board of Education. Free online concussion training is offered through the National Federation of State High School Association and Centers of Disease Control. Training links can be found at <a href="http://www.swimohio.com">www.swimohio.com</a> under Safe Sport&gt;Concussion.</li><li>There will be the required number of certified lifeguard(s) on duty at all times at this meet per Ohio Administrative Code 3701-31-04-E-4.</li></ul>
<b>Safe Sport 360</b>	<ul style="list-style-type: none"><li>The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.</li></ul>

Organization Regulations/Waivers	
	<ul style="list-style-type: none"> <li>The Minor Athlete Abuse Prevention Policy (MAAPP) prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet. (<a href="http://www.usaswimming.org/maapp">www.usaswimming.org/maapp</a>)</li> <li>Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at <a href="http://www.uscenterforsafesport.org/report-a-concern">www.uscenterforsafesport.org/report-a-concern</a>. Various state laws may also require reporting to law enforcement or to a designated child protection agency.</li> <li>All athletes aged 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after the first day of the start of competition, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after the first day of competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.</li> </ul>
<b>Waiver/Release</b>	<ul style="list-style-type: none"> <li>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.</li> <li>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 OSI 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.</li> </ul>

Entering the Meet	
<b>Eligibility:</b>	<ul style="list-style-type: none"> <li>All adult athletes must hold current Athlete Protection Training certification.</li> <li>Age on the first day of the meet (3/1/26) will determine age for the meet.</li> <li>A swimmer must belong to their YMCA for 30 days prior to the meet.</li> <li>All swimmers must meet all YUSA Competitive Sports Eligibility standards.</li> </ul>
<b>Disability Swimmers:</b>	<ul style="list-style-type: none"> <li>Ohio Swimming welcomes swimmers with a disability.</li> <li>Entry Procedures: <ol style="list-style-type: none"> <li>Enter the USA-S swimmers with a disability electronically or on the paper entry form.</li> <li>Provide the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations.</li> <li>List in the email with the electronic entry (or on the paper entry) the swimmer's name, entry times, based on grouping (P1, P2, P3) strokes/distances and days/sessions.</li> </ol> </li> <li>Preferred seeding is in the swimmer's age group entered event at the same distance with their equivalent non-conforming time to ensure seeding in the initial heats.</li> <li>See the Ohio Swimming Policy Book for Grouping descriptions (P1, P2, P3).</li> </ul>
<b>Entry Limits</b>	<ul style="list-style-type: none"> <li>Swimmers may swim a maximum of three (3) individual events and one (1) relay.</li> </ul>
<b>Entry Fees:</b>	<ul style="list-style-type: none"> <li>\$4.50 per individual event.</li> <li>\$18 per relay event.</li> <li>\$1 OH LSC surcharge per swimmer.</li> <li>\$2 Facility Fee surcharge per swimmer</li> </ul>
<b>Entry Procedures:</b>	<ul style="list-style-type: none"> <li>Deadline for receipt of entries is Sunday, February 22 by 6pm</li> <li>Entries must be submitted in SCY using an electronic meet entry software (Hy-Tek/Team Unify).</li> <li>Unattached swimmers are not permitted per YMCA rules.</li> <li>Send entries via email to: <a href="mailto:mplefeld@gmail.com">mplefeld@gmail.com</a></li> <li>Please include the names of any Outreach swimmers in the email.</li> </ul>

Entering the Meet	
	<ul style="list-style-type: none"> <li>Checks should be made payable to: YMCA of Greater Dayton (please include team name and "AMFY LC MEET" in check memo). Mail checks to: Grand Lake Health/Premier Health North YMCA, Attn: Matt Reiss, 7590 State Route 703, Celina OH 45822 <ul style="list-style-type: none"> <li>1. Dayton YMCA teams may do a journal transfer via the Dayton YMCA Controller in lieu of a check.</li> </ul> </li> <li>"No Time" (NT) entries will be accepted.</li> <li><b>The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session.</b></li> </ul>
<b>Warm-up and Safety Guidelines:</b>	<ul style="list-style-type: none"> <li>The meet host will provide a complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants. This information will be distributed in advance of the meet.</li> <li>Warm-ups will be monitored jointly by the Meet Director and Meet Referee (or their special designees).</li> <li>Except during supervised racing starts, swimmers must enter the pool feet first in a cautious manner with one hand in contact with the pool deck.</li> <li>Ohio LSC Swimming Safety Guidelines and Warm-Up Procedures will be in effect for this meet.</li> <li>No spectators allowed behind the blocks.</li> </ul>
<b>Competition Guidelines:</b>	<ul style="list-style-type: none"> <li>This meet will be a timed finals meet.</li> <li>This meet will be contested in SCY</li> <li>This meet will be pre-seeded. Deck entries will be accepted at the meet (see Deck entry section below).</li> <li>No Clerk of Course will be available</li> </ul>
<b>Scratch Procedures</b>	<ul style="list-style-type: none"> <li>Scratches/no-shows are not penalized, but any entries made as-of the entry deadline will have appropriate entry fees billed to the participating teams, regardless of scratch/no-show.</li> </ul>
<b>Deck Entries</b>	<ul style="list-style-type: none"> <li>Deck entries will be accepted at this meet to fill lanes in existing heats only. New Heats will not be created. Deck entries will be entered in empty lanes only.</li> <li>\$5 per individual event</li> <li>\$20 per relay event</li> <li>Swimmer surcharges will apply to athletes not already entered in the meet.</li> </ul>
<b>Awards:</b>	<ul style="list-style-type: none"> <li>There will not be awards or scoring at this meet.</li> <li>Results will not be posted during the meet. We will publish results to Meet Mobile (technology-permitting)</li> </ul>
<b>General:</b>	<ul style="list-style-type: none"> <li>All events will be mixed gender and ages will be combined per the event designation.</li> <li>There is no scoring or awards for this meet.</li> <li>Electronic copies of heat sheets will be available. Paper copies will only be available to coaches and officials.</li> <li>There will be a small concessions stand with essentials.</li> </ul>
<b>Code of Conduct:</b>	Any individual who exhibits a behavior of a threatening, abusive, or derogatory manner toward an official or member of the meet staff is subject to immediate removal and further expulsion from the meet. Coaches will be notified of the actions of their respective teams.

# AMFY LAST CHANCE MEET 2026

March 1, 2026

Meet starts at 9:00 AM (tentative)

Event #	Gender	Age Group	Description
1	Mixed	Senior*	400 IM
2	Mixed	12 & Under	200 IM
3	Mixed	9 & Over	200 Medley Relay
4	Mixed	8 & Under	100 Medley Relay
5	Mixed	12 & Under	200 Free
6	Mixed	13 & Over	200 Free
7	Mixed	Senior*	200 Fly
8	Mixed	Senior*	200 Breast
9	Mixed	8 & Under	100 IM
10	Mixed	9 - 12	100 IM
11	Mixed	13 & Over	200 IM
12	Mixed	Senior*	200 Back
13	Mixed	12 & Under	100 Breast
14	Mixed	13 & Over	100 Breast
15	Mixed	8 & Under	25 Free
16	Mixed	9 - 12	50 Free
17	Mixed	13 & Over	50 Free
18	Mixed	8 & Under	25 Fly
19	Mixed	9 - 12	50 Fly
20	Mixed	13 & Over	50 Fly
21	Mixed	8 & Under	50 Free
22	Mixed	9 - 12	100 Free
23	Mixed	13 & Over	100 Free
24	Mixed	12 & Under	100 Back
25	Mixed	13 & Over	100 Back
26	Mixed	8 & Under	100 Free
27	Mixed	11 & Over	500 Free
28	Mixed	12 & Under	100 Fly
29	Mixed	13 & Over	100 Fly
30	Mixed	8 & Under	25 Back
31	Mixed	9 - 12	50 Back
32	Mixed	13 & Over	50 Back
33	Mixed	8 & Under	25 Breast
34	Mixed	9 - 12	50 Breast
35	Mixed	13 & Over	50 Breast
36	Mixed	Senior*	1000 Free

NOTES: \* = Senior  
events are limited  
to swimmers 12  
and older