



2026 CFY Arctic Blast

February 22, 2026

Hosted by:
Coffman
Family YMCA

Location:	Coffman Family YMCA 88 Remick Blvd. Springboro, OH 45066 (937) 886-1238
Facility:	The meet will be conducted at the Coffman Family YMCA. The pool consists of six lanes, 25 yards in length, with a depth of 9 feet 3 inches at the start end and 3 feet 6 inches at the turn end. Superior Swim Timing Automatic timing and 6 lane LED electronic score board are included, with limited spectator seating in the pool area. Separate bullpen areas are provided for swimmers. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i> , Article 104.2.2C(4). The host will ensure the required course dimensions.
Meet Director:	Christian Riley criley@daytonymca.org (937) 886-1238
Meet Referee:	Frank Boller
Officials Contact for the Meet:	Frank Boller fboller27@yahoo.com (937) 361-3887
Entry Chair:	Chad Jones chadjon@hotmail.com (937) 681-1732
Disclaimer:	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.
Meet Type:	Invitational (Closed YMCA Meet) Timed Finals
# of Sessions:	2

Organization Regulations/Waivers

USA Swimming Rules	<ul style="list-style-type: none">At a sanctioned competitive event, all USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet.Any swimmer entered in the meet <u>must</u> 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 the 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.The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.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.Deck changes are prohibited.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
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Organization Regulations/Waivers	
	<p>time athletes, coaches, officials and/or spectators are present.</p> <ul style="list-style-type: none"> • Flash photography is not permitted at the start of any race. • 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.
Technical Suit Ban	Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet. Please refer to the USA Swimming rulebook for definitions of a technical suit.
Ohio State Laws that are applicable to Ohio Swimming sanctioned events	<ul style="list-style-type: none"> • 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 www.swimohio.com under Safe Sport>Concussion. • 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.
Safe Sport 360	<ul style="list-style-type: none"> • 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. • 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. • 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 www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. • 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.
Waiver/Release	<ul style="list-style-type: none"> • 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. • 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

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	<p>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.</p>
Entering the Meet	
Eligibility:	<ul style="list-style-type: none"> • A swimmer must be a member of the YMCA they represent for a minimum of 30 days prior to the start of the meet. • All adult athletes must hold current Athlete Protection Training certification. • Age on the first day of the meet will determine age for the entire meet. • The current USA Swimming Rules will govern this meet, except for those stated in this document or outlined in the Southwest Ohio YMCA Swimming League. • Follow requirements for YMCA Sanctioning for participating athletes following the "The Rules that Govern YMCA Competitive Sports & the Addendum"
Disability Swimmers:	<ul style="list-style-type: none"> • Ohio Swimming welcomes swimmers with a disability. • Entry Procedures: <ul style="list-style-type: none"> 1. Enter the USA-S swimmers with a disability electronically or on the paper entry form. 2. Provide the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations. 3. 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. • 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. • See the Ohio Swimming Policy Book for Grouping descriptions (P1, P2, P3).
Entry Limits Entry Fees:	<ul style="list-style-type: none"> • Swimmers may swim a maximum of 3 individual events per day. • \$5.00 per individual event. • \$16.00 per relay event. • \$4.00 surcharge per athlete.
Entry Procedures:	<ul style="list-style-type: none"> • Deadline for receipt of entries is 8:00PM on February 16, 2026. • Entries must be submitted in SCY using an electronic meet entry software (Hy-Tek/Team Unify). • Send entries via email to: Chad Jones, chadjon@hotmail.com • Checks should be made payable to: Coffman YMCA Swim Team • Meet fee payment due on or before 2/22/2026. • "No Time" (NT) entries will be accepted. • The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session.
Warm-up and Safety Guidelines:	<ul style="list-style-type: none"> • 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. • Warm-ups will be monitored jointly by the Meet Director and Meet Referee (or their special designees). • 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. • YMCA and Ohio LSC Swimming Safety Guidelines and Warm-Up Procedures will be in effect for this meet. • No spectators allowed on deck.

Entering the Meet	
Competition Guidelines:	<ul style="list-style-type: none"> • This meet will be a timed finals meet. • This meet will be contested in SCY. • This meet will be pre-seeded. Deck entries will be accepted at the meet. <ul style="list-style-type: none"> ◦ Deck entry fees in cash or check at time of entry, <u>deck entries will close 30 minutes before the start of the meet.</u> ◦ Individual events: \$7.00 • Clerk of Course will be available for <u>8 & Under events, EXCEPT RELAYS.</u>
Awards:	<ul style="list-style-type: none"> • There will be awards at this meet. Individual event awards will be given to places 1-6, Relay event awards given to places 1-3. • Results will be posted during the meet.
General:	<ul style="list-style-type: none"> • A large concession area will be provided, and a variety of snacks, pizza, fruit, and drinks will be available for purchase at the meet. Please, no food or drink in the pool area. • CFY hospitality will provide bottled water for officials, coaches, and volunteers during the meet. • Results will be posted in the main hallway along the gyms/team areas. • ONLY swimmers, coaches, meet workers, and officials are permitted in the start block end area. • Team areas will be designated in our Front and Back Gymnasiums.
Code of Conduct	<ul style="list-style-type: none"> • 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.

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Order of Events

Sunday AM Event Number	10 & Under Events
101	Girls 9-10 200 Freestyle Relay
102	Girls 9-10 200 Freestyle Relay
103	Girls 8 & Under 100 Freestyle Relay
104	Boys 8 & Under 100 Freestyle Relay
105	Girls 10 & Under 200 Freestyle
106	Boys 10 & Under 200 Freestyle
107	Girls 10 & Under 100 IM
108	Boys 10 & Under 100 IM
109	Girls 8 & Under 25 Freestyle
110	Boys 8 & Under 25 Freestyle
111	Girls 10 & Under 50 Freestyle
112	Boys 10 & Under 50 Freestyle
113	Girls 8 & Under 25 Butterfly
114	Boys 8 & Under 25 Butterfly
115	Girls 10 & Under 50 Butterfly
116	Boys 10 & Under 50 Butterfly
117	Girls 10 & Under 100 Freestyle
118	Boys 10 & Under 100 Freestyle
119	Girls 8 & Under 25 Backstroke
120	Boys 8 & Under 25 Backstroke
121	Girls 10 & Under 50 Backstroke
122	Boys 10 & Under 50 Backstroke
123	Girls 8 & Under 25 Breaststroke
124	Boys 8 & Under 25 Breaststroke
125	Girls 10 & Under 50 Breaststroke
126	Boys 10 & Under 50 Breaststroke

Sunday PM Event Number	11 & Over Events
127	Girls 11-12 200 Freestyle Relay
128	Boys 11-12 200 Freestyle Relay
129	Girls 13-14 200 Freestyle Relay
130	Boys 13-14 200 Freestyle Relay
131	Girls 15 & Over 200 Freestyle Relay
132	Boys 15 & Over 200 Freestyle Relay
133	Girls 11 & Over 200 Freestyle
134	Boys 11 & Over 200 Freestyle
135	Girls 11-12 100 IM
136	Boys 11-12 100 IM
137	Girls 11 & Over 200 IM
138	Boys 11 & Over 200 IM
139	Girls 11 & Over 50 Freestyle
140	Boys 11 & Over 50 Freestyle
141	Girls 11-12 50 Butterfly
142	Boys 11-12 50 Butterfly
143	Girls 11 & Over 100 Butterfly
144	Boys 11 & Over 100 Butterfly
145	Girls 11 & Over 100 Freestyle
146	Boys 11 & Over 100 Freestyle
147	Girls 11-12 50 Backstroke
148	Boys 11-12 50 Backstroke
149	Girls 11 & Over 100 Backstroke
150	Boys 11 & Over 100 Backstroke
151	Girls 11-12 50 Breaststroke
152	Boys 11-12 50 Breaststroke
153	Girls 11 & Over 100 Breaststroke
154	Boys 11 & Over 100 Breaststroke
10 Minute Break	
155	Girls 11 & Over 1650 Freestyle
156	Boys 11 & Over 1650 Freestyle