

2024 Heartland Area YMCA East Regional Championships

ABOUT THE CHAMPIONSHIP

Date: March 1-3, 2024

Location: Centralia Recreation Complex, Centralia, IL

Entry Deadline: February 19, 2024 at 8 p.m.

Hosted by: CRCY Swim Team

Meet Director: Mike Pappas: crcyswim@gmail.com

Web Site: www.teamunify.com/Home.jsp?team=oscrc

Ozark/USA Swimming Official Approval Sanction
Number: pending

YMCA National Short Course Sanction ID: N/A

Contents

About the Championship	2
Location and Facility	3
Web Site	4
Contact Information	4
Notices	4
Eligibility	4
Entry Information	6
Volunteers/Officials/Timers	7
Check-In Procedure	8
Championship Procedures and Operations	8
Awards and Recognition	9
Time Trials	10
Spectators	10
Liability, Safety and Emergency Procedures	12
Directions	14
Lodging	14
Parking	14
APPENDIX 1: Order of Events	15
APPENDIX 2: Officials Request Form	16
APPENDIX 3: YMCA Sanctioned Meet Declaration Form	17
APPENDIX 4: Summary of Fees	18



2024 Heartland Area East Regional Championships

March 1-3, 2024

ABOUT THE CHAMPIONSHIP

This meet is a closed inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is approved by the Ozark LSC of USA Swimming. This meet is open to Heartland Area Swim Teams.

USA-S Approval Number: pending

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: The Championship Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Championship and USA-S Approved meet can be changed.

MEET TIMELINE: Warm-up and start times for all sessions are subject to change depending on the size of the meet.

Friday, March 1, 2024

5:00-6:00 P.M. Warm-ups (see schedule)
5:15 P.M. Officials Meeting
5:40 P.M. Mandatory Coaches Meeting
6:00 P.M. 1st Event Called
6:10 P.M. Session 1 Begins

Saturday, March 2, 2024

7:00-8:00 A.M. Warm-ups
7:00 A.M. Scratch/Relays Due
7:15 A.M. Officials Meeting
8:00 A.M. 1st Event Called
8:10 A.M. Session 2 Begins

At the conclusion of event 56 there will be a 10 minute warm-up period before the 1000 Free.

12:30-1:30 P.M. Warm-ups
12:45 P.M. Scratch/Relays Due
1:15 P.M. Officials Meeting
1:40 P.M. Session 3 Begins

Sunday, March 3, 2024

7:00-8:00 A.M. Warm-ups
7:00 A.M. Scratch/Relay Sheets Due
7:15 A.M. Officials Meeting
8:00 A.M. 1st Event Called
8:10 A.M. Session 4 Begins



2024 Heartland Area East Regional Championships

March 1-3, 2024

At the conclusion of event 98 there will be a 10 minute warm-up period before the 1650 Free.

12:30-1:30 P.M. Warm-ups
12:45 P.M. Scratch/Relays Due
1:15 P.M. Officials Meeting
1:40 P.M. Session 5 Begins

Afternoon session times may be adjusted at the agreement of all teams entered.

INCLEMENT WEATHER/CANCELLATION: If a meet session is cancelled due to inclement weather, a notification will be posted on the host team website. Events or sessions will be rescheduled, if possible, based upon facility availability and approval by the Heartland Area Swimming Executive Committee. Fees will not be refunded for cancelled events.

LOCATION AND FACILITY

Location: Centralia Recreation Complex, 115 East Second St., Centralia, IL 62801

Phone Number: (618) 532-3214

The pool is configured as a 25 yard, 6 lane pool with competitive non-turbulent lane lines. Water depth at the start is 7 feet and at turn end is 4 feet. A Colorado timing system with touch pads and a 6-line scoreboard will be used. The competition course has not been certified in accordance with 104.2.2C (4).

Spectator seating will be provided on both the pool deck and pool balcony in the spectator seating area. Reserved handicap seating is available on the pool deck. Anyone requesting additional accommodations should speak to the front desk staff.

The Crash Area will be located in the gym. Each team will be assigned a designated area in the gym based upon the number of athletes participating in the meet. The spacing of the designated area will be marked with signage. Lawn chairs may be brought into each team's designated area. **No cots or tents will be allowed in the crash area.**

All swimmers must report to the bullpen for their events.

Food concessions will be available onsite. A breakfast and lunch menu will be available Saturday and Sunday.

A coach must be present at all times to monitor the swimmers. Locker rooms will be available for changing. No shaving will be allowed on meet premises. No recorders or cameras of any type will be allowed in the locker rooms.

WiFi services will not be available.



2024 Heartland Area East Regional Championships

March 1-3, 2024

WEB SITE

Meet Information can be found at: www.teamunify.com/Home.jsp?team=oscr

ONLINE MEET RESULTS: Following the meet, the results will be sent to the regional representative and Tom Warrick. Final results will be posted on the heartland Area Team Unify website,

<https://www.teamunify.com/SubTabGeneric.jsp?team=reczzhascil&stabid=138388>

Teams may bring 1 disk/thumb drive for computer results of the meet. Disk/thumb drives must be labeled and turned over to the Administrative Official by the start of Sunday's sessions. Disk/thumb drives can be picked up Sunday after the completion of the meet.

During the meet, results of each event will be posted for public viewing.

CONTACT INFORMATION

Meet Director: Mike Pappas crcyswim@gmail.com

Meet Referee/Officials Coordinator: Doug Telford dougtelford806@yahoo.com

Entry Chairperson/Administrative Official: Mike Pappas crcyswim@gmail.com

NOTICES

A hospitality room will be available for all coaches and meet officials.

2024 Regional Championship commemorative T-shirts will be available for sale on Friday, Saturday, and Sunday. An online store link for preorders will be emailed to teams upon receipt of entries.

ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he or she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Athletes: There is no unattached status in YMCA Swimming.

Age: An athlete's age as of first day of the meet determines the age group for the entire meet.



2024 Heartland Area East Regional Championships

March 1-3, 2024

YMCA Meet Participation: In order to be eligible to compete, each athlete must have competed in a minimum of 1 closed YMCA inter-association meet since September 3, 2023. Swimmers must also meet all the Heartland Area YMCA Swimming and "The Rules that Govern Competitive Sports" eligibility requirements.

Times: An athlete is not required to achieve a minimum qualifying time standard for any event in which he/she enters during the period of September 1, 2024 and the entry deadline.

Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The athlete's coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to the USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

COACHES

Required Certifications: Coaches must hold current certification in the following courses in order to receive a deck credential:

- Basic Life Support (Professional Rescuer CPR)
- First Aid
- Safety Training for Swim Coaches (a lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content)
- Principles of YMCA Competitive Swimming and Diving.

A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

Coach Registration: Each participating coach must have completed the annual YMCA online coach registration process for the current season by the entry deadline. Coaches who are not registered and approved will not be permitted on deck. Coaches inquiring into their approval status can check with Alie Morgan, alie.morgan@gwrymca.org.

Teams without a Coach at the Meet: All Athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation. If arrangements have not been made before hand, the Meet Referee will assign a coach on deck.

TEAM

Team Registration: Each team must have completed the annual YMCA online team registration and paid the annual registration fee.

Team Eligibility: The executive director of each participating YMCA must sign an acknowledgement that all swimmers and coaches representing his/her YMCA satisfy the eligibility requirements (see Appendix 3).



2024 Heartland Area East Regional Championships

March 1-3, 2024

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance in effect through the last day of the meet.

ENTRY INFORMATION

ENTRY LIMITS: As required by the Heartland Area YMCA Swimming Bylaws & Rules, swimmers competing in a championship meet may compete in seven (7) total individual events during the meet. A swimmer is limited to three (3) individual events on Saturday and three (3) individual events on Sunday.

In following USA-S rules, in a timed finals meet, a swimmer may swim no more than 6 individual events per day. Time trial events count as part of this daily total. Therefore, if a swimmer were to compete in 3 individual events on Sunday and then choose to participate in time trials, the swimmer would be allowed no more than 3 time trial opportunities on that day.

In individual events, a swimmer may only swim in one competitive age group. In the case of 12 year olds, they may swim in the 15-21 events that are not being held in their age group. In relay events, a swimmer may swim up one age group (or two age groups for 11-12's only.) The 8& under and 9-10 age groups cannot swim up 2 age groups.

The 400 IM, 500 Free, 1000 Free and 1650 Free will be limited to the Top 24.

QUALIFICATION PERIOD: The qualification period is March 17, 2023 through the entry deadline.

USA-S IDS: Only USA-S registered athletes should have an ID number in the Meet Entry File. Please do not build an ID in Team Manager if the swimmers are not registered with USA Swimming as this will delay the process of getting times submitted into SWIMS.

TIME STANDARDS: There are no time standards for the Regional Championship meet.

TIMES: No Times (NT) are allowed. Submit entry times in actual time (no conversion.) Entered times must be the swimmer's BEST SCY or SCM time achieved during the qualifying period. No LCM times will be accepted.

ENTRY FEES: Entry fees are \$5.00 per individual event and \$20 per relay. There is also an \$10.00 swimmer surcharge. Entry fees MUST be paid at or prior to the coaches meeting, March 1, 2024.

ENTRY DEADLINE: The entries and officials list must be received by **February 19, 2024 by 8:00 pm**. All other forms and entry fees must be received by the Coaches Meeting on **March 1, 2024**. **As it pertains to the 400 IM, 500 Free, 1000 Free, 1650 Free, teams will be given a psych sheet of these events by 10:00 pm on February 24, 2024. Teams may choose alternative events for those swimmers not making the top 24 in these events by 5:00pm on February 26, 2024.**



2024 Heartland Area East Regional Championships

March 1-3, 2024

ENTRY PROCEDURE: All entries must be submitted electronically and may be provided on computer disc or electronically via email to the Entry Chair, Mike Pappas at crcyswim@gmail.com. Submission format is in meet entry Hy-Tek file. Note that entry submissions will not be considered complete until all materials, including payment, are received.

An entry report will be emailed in response to receipt of the entries within 48 hours. It is the responsibility of each team to check their entries for errors. There will be no additions or changes once the entry deadline has passed. No deck or late entries will be permitted. Exhibition swimming is prohibited.

PAYMENT: Team payment, summary of fees form, and an email contact should be mailed to:

Centralia Recreation Complex
attn: Mike Pappas
115 East Second St.
Centralia, IL 62801

OVER-SUBSCRIPTION: Any swimmer who enters more than the maximum number of events will be scratched down to the limit, starting with the highest event number on the day the over-entry occurs.

VOLUNTEERS/OFFICIALS/TIMERS

TIMERS: Timers will be required from all teams. The number of timers required from participating teams will be based on the number of swimmers attending per team. Timers will report to the pool deck 15 minutes before the first event is scheduled to begin each day. Timers must not use cell phones, smart phones, tablets, cameras, or other electronic or computer devices while timing.

Swimmers competing in the 500/1000/1650 freestyle events will need to provide their own lap counters. Swimmers competing in the 1000/1650 freestyle events will also need to provide their own timers.

OFFICIALS: The meet will be conducted with a minimum of five (5) certified officials.

- At least two (2) of the officials must be certified YMCA Swim Officials. USA-S certified Swim Officials may fill the other deck positions equal to their certification levels.
- One of the YMCA certified officials must be a certified YMCA Level II Official and serve as the Meet Referee.
- One of the officials must serve solely as the Administrative Official.

Each team is required to supply certified officials for the Regional Championships. Officials' submissions should be made to Doug Telford via email at dougelford806@yahoo.com. Emails must be received by Doug no later than **February 23, 2024 at 8:00 pm.**



2024 Heartland Area East Regional Championships

March 1-3, 2024

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Coaches will check themselves in at the Administrative Officials table. At that time, qualified coaches will receive their deck passes. Any coach not possessing a deck pass will not be allowed on deck.

Officials will check in 45 minutes prior to the start of each session they work. Officials must sign in on the sign-in sheet provided. Officials should report to the hospitality room 45 minutes prior to the start of each session they work.

COACHES MEETING: A MANDATORY Coaches meeting will be held on Friday, March 6, 2020, at 5:40 pm in the hospitality room.

OFFICIALS AND TIMERS MEETING: Officials meetings will take place in the hospitality room at the following times:

Friday, March 1, 2024	Saturday, March 2, 2024	Sunday, March 3, 2024
Session 1 -- 5:15 pm.	Session 2 – 7:15 am	Session 4 – 7:15 am
	Session 3 – 1:15 pm	Session 5 – 1:15 pm

Timers meetings locations be announced and will take place at the following times:

Friday, March 1, 2024	Saturday, March 2, 2024	Sunday, March 3, 2024
Session 1 – 5:55 pm	Session 2 – 7:55 am.	Session 4 – 7:55 am
	Session 3 – 1:25 pm	Session 5 – 1:25 pm

*Please do not be late.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, and Regional Representative.

RULES: The Regional Championships shall be governed by current Heartland Area YMCA Swimming Bylaws & Rules, National YMCA "Rules that Govern Competitive Sports," Swimming Addendum to the Rules That Govern YMCA Competitive Sports, and the current USA Swimming Technical rules.

MEET FORMAT: The meet will be swum using a timed finals format. The meet will be pre-seeded. Age as of March 1, 2024 shall determine the swimmer's age for the entire meet.

EVENT SEEDING: Events will be seeded slowest to fastest, except for the following events: 500 Free, 1000 Free, 1650 Free.

The Meet Referee and Administrative Official reserve the right to combine heats.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.



2024 Heartland Area East Regional Championships

March 1-3, 2024

Official scratch sheets will be provided at the meet and must be turned in regardless of whether or not a team has scratches for that session. Scratch sheets must be turned in to the Administrative Referee one (1) hour prior to the start of each session. A no-show for an event only removes that swimmer from that event.

DECLARED FALSE START: An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. The declared false start must be made known to the Meet Referee or Deck Referee before the heat for which the declaration is being made is called to the blocks. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e. a “no show”) is only removed from that event.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups based on the number of entered swimmers in each age group session. Teams may need to share lane space and will be required to work cooperatively in reflection of the YMCA core values and sportsmanship. Time and lane assignments will be sent to coaches and posted on our website prior to the meet.

During designated warm-up sessions, athletes may only enter the competition pool from the starting end. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm-up periods when sprint lanes are designated for practicing racing starts.

During the meet, a separate warm up/cool down pool will be available adjacent to the competition pool. This pool is for swimmers ages 13 and older only.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm-up sessions.

BULLPEN: There will be a bullpen located in the gymnasium. All Swimmers in all age groups MUST report to the bullpen except for the 1000 and 1650 events. Swimmers in the 1000 and 1650 events should report to directly to their lane assignments. All swimmers are required to report to the bullpen when the event is called for all three days.

STARTS: “Fly-over” starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

SWIMS (USA-S): This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry.

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted for public viewing.



2024 Heartland Area East Regional Championships

March 1-3, 2024

PROTEST PROCEDURE: Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The Championship committee will arbitrate protests, eligibility issues, safety rules and other issues.

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final. (USA-S Rule 102.23)

CONDUCT AND RESTRICTIONS: The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct.

- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines deck change as: changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Glass is not permitted on deck.
- The use of audio or visual recording devices, including a cell phone is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the blocks during competition.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Swimmers are not permitted in the spectator stands.
- Shaving is not permitted in any areas of the facility.
- It is expected that all swimmers and spectators alike will exhibit courteous sportsmanship at all times.
- Running, ball-throwing, horseplay and vandalism will not be permitted in any area of the facility. Radios, CD/MP3 players, etc. will be permitted with **HEADPHONES ONLY**.
- Parental supervision of the swimmers in all areas is a requirement for team participation.
- There is no flash, or lighted cameras, smart phones, tablets, cameras, or other electronic or computer devices at start of heats.
- Fitness areas are off limits to all swimmers.

AWARDS AND RECOGNITION

Scoring: Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Awards: Points and awards will be awarded to the top 16 finishers in each individual and relay event. 1st-3rd place will receive championship medals. 4th-16th place will receive special ribbons.



2024 Heartland Area East Regional Championships

March 1-3, 2024

Teams will be divided into two classifications for team awards – Large team and Small team. The division of teams into large and small teams will be at the discretion of the Meet Referee. Coaches will be informed of their classification as large or small team at the mandatory coaches meeting. 1st-3rd place Team Trophies, boys/girls combined will be awarded to the top three large teams and the top three small teams.

All team trophies will be presented after the conclusion of finals on Sunday. Coaches or a pre-designated parent only may pick up individual awards following the completion of the meet.

TIME TRIALS

FORMAT AND FEES: Time Trials are open only to athletes entered into the Championship meet. Time trial events will be held immediately following the final sessions of competition on all three days.

An athlete may only swim the stroke being contested in Time Trials event, e.g. an athlete may not swim backstroke in a breaststroke event in Time Trials.

The host team reserves the right to limit the time trials.

Swimmers will need to provide their own timers (2) and lap counters.

Time trial fees are \$10 per individual event and \$40 per relay.

TIME TRIAL LIMITS: USA-S rules limit the total number of individual event swims (Rule reference 102.2.2 and 102.2.7).

- A swimmer may swim no more than 6 individual events per day in a finals meet
- Time trial events must count as a part of this daily total.

Events will be limited to 500 yards or less.

TIME TRIAL PROCEDURE: Forms for time trials can be picked up at the computer desk any time during the meet. Completed time trial forms and payment must be submitted by a coach no later than the conclusion of the 400 IM events (#6) on Friday, the 100 Breaststroke events (#108) on Saturday and the 25 Free events (#126) on Sunday.

SPECTATORS

ADMISSION FEE: Admission into the Regional Championship meet is free.

HEAT SHEETS: Heat sheets will be sold on each day at a cost of \$5.00 per day.



2024 Heartland Area East Regional Championships

March 1-3, 2024

CONCESSIONS: Concessions will be available during all 3 days of competition. A la carte items and lunch specials will be served each day. Menus and pricing will be listed at the concession stand.

ATHLETE APPAREL: Athletic apparel will be available during all 3 days of competition. Vendors will be located in the gymnasium.

SEAT SAVING POLICY: In anticipation of the high volume of spectators, saving seats will be prohibited. Please exit the spectator area after your swimmer has swum so that other visitors can utilize the spectator viewing area.

HANDICAP SEATING: Deck level seating is provided for the handicapped. Anyone requesting additional accommodations should speak to the front desk staff.

LOST AND FOUND: All lost and found items will be turned in at the front desk. Inquiries made after the completion of the meet should be directed to the front desk staff. The phone number is (618) 532-3214. Every effort will be made to return lost and found items via USPS or Area Championships.

CONDUCT AND RESTRICTIONS:

- No flash photography at the start of competition races.
- Everyone MUST be quiet during starts.
- No personal chairs are allowed in the spectator area.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Spectators are not permitted on deck.
- No smoking, drugs, or alcohol are permitted in the swimming complex.
- No food or drink will be allowed in the pool area or in the team area.
- No coolers may be brought into the gymnasium.

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. A YMCA Sanctioned Championship Meet Declaration Form (Appendix 3) must be signed by each association participating in the meet.

LIABILITY LIMITS:

- In granting this approval it is understood and agreed that USA Swimming and Ozark LSC shall be exempt from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.



2024 Heartland Area East Regional Championships

March 1-3, 2024

- The Centralia Recreation Complex, CRCY Swim Team and the Heartland Area Swim Committee shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries or lost or stolen articles.

EMERGENCIES: The facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. It is also recommended that no one utilize the showers during an electrical storm. This policy will be followed at the meet.

DRONES: 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.

EVACUATION PROCEDURE: In an emergency situation, alarms will sound for Tornadoes or fire. In the event of a fire, everyone will be calmly directed to the nearest emergency exits by



2024 Heartland Area East Regional Championships

March 1-3, 2024

CRC staff. In the event of a tornado, everyone will be directed to the locker rooms and sheltered there until the all clear is given.

DIRECTIONS

Travel Directions from the St. Louis area:

- Take I-64 East to exit 61 (US 51)
- Turn left onto US 51 North
- Follow US 51 N eight miles into Centralia
- After crossing the tracks, continue straight until you reach the 2nd traffic light.
- At the light turn left and continue 2 blocks.
- The Centralia Recreation Complex will be on your left.

LODGING

Drury Inn

145 North 44th St.
Mt Vernon, IL 62864
618-246-5201

Comfort Suites

404 S. 44th St.
Mt Vernon, IL 62864
618-244-2700

Quality Inn & Suites

1800 W. Main St.
Salem, IL 62881
618-548-2177

Best Western Plus

8145 Jolliff Bridge Rd
Centralia, IL 62801
618-918-2559

Super 8 of Salem

118 Woods Lane
Salem, IL 62881
618-548-5882

Holiday Inn Express

300 Potomac Blvd.
Mt. Vernon, IL 62864
618-242-6710

Holiday Inn Express

102 Holiday Ln
Salem, IL 62881
618-740-0913

Centerstone Inn & Suites

1371 William Rd
Carlyle, IL 62231
618-594-8888

Hampton Inn

221 Potomac Blvd.
Mt. Vernon, IL 62864
618-244-2323

PARKING

Parking is in front of the Centralia Recreation Complex and east of the building on the corner of Locust St. and 2nd St.

APPENDIX 1: EVENTS SCHEDULE

APPENDIX 2: OFFICIALS REQUEST FORM

APPENDIX 3: YMCA SANCTIONED CHAMPIONSHIP MEET DECLARATION FORM

APPENDIX 4: SUMMARY OF FEES FORM



2024 Heartland Area East Regional Championships

March 1-3, 2024

APPENDIX 1: EVENTS SCHEDULE

FRIDAY PM

Girls	Event	Boys
1	11-12 200 IM	2
3	13-14 400 IM	4
5	15-21 400 IM	6
7	8 & Under 100 Free	8
9	9-10 200 Free	10
11	11-12 200 Free	12
13	13-14 500 Free	14
15	15-21 500 Free	16
17	11-12 500 Free	18

SATURDAY AM

Girls	Event	Boys
19	11-12 200 Free Relay	20
21	13-14 200 Free Relay	22
23	15-21 200 Free Relay	24
25	13-14 200 Free	26
27	15-21 200 Free	28
29	11-12 100 Breast	30
31	13-14 200 Breast	32
33	15-21 200 Breast	34
35	11-12 50 Back	36
37	13-14 100 Back	38
39	15-21 100 Back	40
41	11-12 100 Fly	42
43	13-14 100 Fly	44
45	15-21 100 Fly	46
47	11-12 50 Free	48
49	13-14 50 Free	50
51	15-21 50 Free	52
53	13-14 400 Medley Relay	54
55	15-21 400 Medley Relay	56
57	13-14 1000 Free	58
59	15-21 1000 Free	60

SATURDAY 10 & UNDERS

Girls	Event	Boys
61	8 & Under 100 Free Relay	62
63	9-10 200 Free Relay	64
65	9-10 100 Breast	66
67	8 & Under 25 Back	68
69	9-10 50 Back	70
71	8 & Under 25 Fly	72
73	9-10 100 Fly	74
75	8 & Under 50 Free	76
77	9-10 50 Free	78

SUNDAY AM

Girls	Event	Boys
79	11-12 200 Medley Relay	80
81	13-14 200 Medley Relay	82
83	15-21 200 Medley Relay	84
85	11-12 100 Free	86
87	13-14 100 Free	88
89	15-21 100 Free	90
91	11-12 50 Breast	92
93	13-14 100 Breast	94
95	15-21 100 Breast	96
97	11-12 100 Back	98
99	13-14 200 Back	100
101	15-21 200 Back	102
103	13-14 200 IM	104
105	15-21 200 IM	106
107	11-12 50 Fly	108
109	13-14 200 Fly	110
111	15-21 200 Fly	112
113	13-14 400 Free Relay	114
115	15-21 400 Free Relay	116
117	13-14 1650 Free	118
119	15-21 1650 Free	120

SUNDAY 10 & UNDERS

Girls	Event	Boys
121	8 & Under 100 Medley Relay	122
123	9-10 200 Medley Relay	124
125	9-10 50 Fly	126
127	8 & Under 100 IM	128
129	9-10 100 IM	130
131	8 & Under 25 Free	132
133	9-10 100 Free	134
135	8 & Under 25 Breast	136
137	9-10 50 Breast	138
139	9-10 100 Back	140



2024 Heartland Area East Regional Championships

March 1-3, 2024

APPENDIX 2: OFFICIALS REQUEST FORM

Officials for 2024 East Regional Championships

Each team is **required** to supply certified officials for the Heartland Area Swimming Championships. This completed form is part of your team's entry process. **Without this form, your team is not considered entered into the Regional Championships.**

Team: _____

Officials' Names	Certification Level 1 or 2	Friday Session Availability	Saturday Session Availability	Sunday Session Availability
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Please return this form to:

Doug Telford

dougtelford806@yahoo.com

This form must be received by February 23, 2024 at 8:00 PM.

E-MAIL SUBMISSIONS ARE REQUIRED.



2024 Heartland Area East Regional Championships

March 1-3, 2024

APPENDIX 3: YMCA SANCTIONED CHAMPIONSHIP MEET DECLARATION FORM

(Note: Return signed Declaration form to the meet director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: _____

Meet Date(s): _____

Meet Host: _____

Meet Location: _____

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

COACHES - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the Heartland Area Regional Championships for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the Heartland Area Regional Championships.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, Heartland Area Swim Committee, CRCY Swim Team, their agents, representatives or assigns, and the Centralia Recreation Complex for any and all injuries which may be suffered by participants at the Heartland Area Regional Championships. Furthermore, we understand that the YMCA of the USA, Heartland Area Swim Committee, and CRCY Swim Team are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee



2024 Heartland Area East Regional Championships

March 1-3, 2024

APPENDIX 4: SUMMARY OF FEES FORM

Complete this form and mail (or bring to coaches meeting on Friday) with your entry file and fees with check made payable to:

Centralia Recreation Complex
c/o Mike Pappas
115 East Second St.
Centralia, IL 62801

Summary of Fees:

Individual Entries _____ x \$5.00 = _____

Relay Entries _____ x \$20.00 = _____

Swimmers x _____ \$12.00 = _____

Total:

Name of Team: _____ Code: _____

Head Coach: _____ Phone: _____

Email Contact: _____

Certified Coaches Attending the Meet:

1. _____
2. _____
3. _____
4. _____

In consideration of this entry and its acceptance, I intending to be legally bound, hereby cosign, waive and release any and all rights and claims for damages which may occur against the YMCA of the USA, Ozark LSC, Heartland Area Swim Committee, Centralia Recreation Complex, CRCY Swim Team , and their representatives, employees, volunteers, or successors for any and all injuries suffered by me or any contestants or spectators or representatives in said meet, as a representative of my club and/or association.

Executive Director

Date

Head Coach

Date