



Iowa YMCA State Championship 2016-2017 Season

Saturday, March 4 & Sunday March 5

Linda Bloom Natatorium

Marshalltown Community Y

Marshalltown, IA

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www.iowaymcaswimming.org

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New This Year

Each team may enter as many relays as they can fill without duplicating a swimmer at the 2017 YMCA State Championship Swim Meet, however, only one relay from each team may score in each age group. Relay awards will be presented in order of finish.

The inter-association meet requirements regarding the number of officials needed for closed YMCA Meets will be fully enforced this season, including the need for an Administrative Official at all dual meets. Please refer to Section 4 of the 2015-16 Iowa YMCA State Competitive Swim Rules document for a list of requirements.

Reminders

We would like to remind all coaches that they need to check-in the morning of their respected meets. They need to be able to show their deck passes.

Iowa YMCA Swimming Executive Committee

Donald Pirrie – Chair- Helen G. Nassif YMCA

Dee Norton – Marshalltown Community Y

Heather Simplot – Ottumwa YMCA

Lydia Clark – Des Moines Walnut Creek YMCA

Paul Brown – Helen G. Nassif YMCA

Sandy Holck – Spencer YMCA

Karen Thie – Burlington YMCA

Brenda Adrian – Washington YMCA

Ben Loeffelholtz – Dubuque YMCA

Tiffany Scovel – Indianola YMCA

Y State Key Meet Officials

Dee Norton

Jack VerHelst

Y State Meet Coordinators

Iowa YMCA Swimming Executive Committee

Y State Facility Coordinator

Shelley Lechnir

Entry Coordinator

Shelley Lechnir

Schedule of Events for 2017 State Championship

Saturday, March 4 - Girls

7:30 AM – 9:15 AM - Warm-Ups (Teams will be assigned specific lane and time)

9:30 AM - Parade of athletes

10:00 AM - Start of meet

Sunday, March 5 - Boys

7:30 AM – 9:30 AM - Warm-Ups (Teams will be assigned specific lane and time)

9:45 AM - Church Service

10:00 AM - Parade of athletes

10:30 AM - Start of meet

Facility Rules

Please adhere to the following Meet Rules:

- Swimmers must wear hard-soled footwear at all times except on pool deck. Pool deck is very slippery when wet so wearing sandals would be advised.
- No glass containers are allowed in the building or on the pool deck.
- Have adult parent/volunteers stop any swimmer's inappropriate behavior and report where needed. Adult supervision is required in team camp areas.
- A swimmer must swim the cut time or faster to qualify for the state meet.
- Protests may only be handled by the head coach and must be presented in writing to the referee or Iowa Y committee representative at the meet. No video and/or pictures may be used in filing a protest. Championship meet committee decision is final.
- Any back talking to officials will result in the swimmer(s) being disqualified from the swim meet.
- Spectators are not permitted in designated coach's area on the pool deck.
- The use of tobacco, alcohol and drugs is strictly prohibited.
- Participants and spectators who are here to attend the swim meet are not permitted to use any other portion of the YMCA or school.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms.

Rules and Procedures for 2017 Iowa YMCA Championship Meets

The Rules That Govern YMCA Competitive Sports must be followed at all levels of YMCA competition. Some, but not all, of those rules are referenced below. Coaches, athletes and YMCA supervisors are responsible for knowing and abiding by the Rules That Govern.

Any questions pertaining to a definition of the following YMCA Inter-Association Meets, YMCA Championship Meets, and Sanctioning procedures can be found in the Rules that Govern YMCA Competitive Sports document. Download from www.ymcaswimminganddiving.org

Swimmers

YMCA Membership (From the Swimming Addendum to the Rules that Govern YMCA Sports)

A Swimmer must be a YMCA member who, after due application, is enrolled by the association as a member, entitled to full privileges, activities, and services of that association. This means that members of YMCA competitive teams must have full-privilege, YMCA memberships that entitle them to the same activities and services as other full-privilege YMCA members.

A swimmer must be a member in good standing of his/her YMCA for **30 days prior** to competing for that YMCA in a meet. The swimmer must be a member in good standing of his/her YMCA for **90 days prior** to representing that YMCA in a sectional, state, regional, or national championship meet. (Rules That Govern, Rule II Sec.1a) The membership status must be valid through the end of the competition. A swimmer may represent his/her YMCA *only* (in competition) for at least 90 days prior to the YMCA National Championship Meet entry deadline in order to compete in that meet.

Collegiate Competition (As Found in Rules that Govern Document)

According to the Rules That Govern, an athlete must maintain amateur status to participate in YMCA competition (Rules That Govern, Rule 1 Sec. 1). Any student who represents or has at any time represented an educational institution beyond Grade 12 in any level of competitive swimming or diving shall be ineligible to participate.

Age

An athlete must not be older than twenty-one (21) years of age. The determining date for age is December 1st, 2016.

YMCA Meet Participation

In order for an athlete to be eligible to compete in the Iowa YMCA State Championship Meet, he/she must have competed in three closed inter-association YMCA meets and their assigned sanctioned Sectional Championship Meet. See definitions and standards in *Competition* section below.

Coaches Eligibility

Requirements for Deck Pass

All teams and coaches must have completed the online YMCA swimming registration for 2016-17 in order to participate in the meet. All coaches must hold current certifications in Professional CPR, First Aid, Safety Training for Swim Coaches (or a Lifeguard certification with the Safety Training for Swim Coaches online course certificate) and Principles of YMCA Swimming and Diving. Coaches without current certifications and registration will not be permitted on deck.

In the interest of maintaining the highest level of safety, the YMCA of the USA requires that each team has **at least 1 certified coach on deck** with all of the following certifications. We strongly recommend that all coaches who work with YMCA competitive swimmers be currently certified in the following areas.

- CPR
 - First Aid
 - Online Safety Training for Swim Coach Test
- THEN**
- Lifeguarding or Safety Training for Swim Coach Class
and
 - Principles of YMCA Competitive Swimming and Diving

The YMCA of the USA recognizes certifications from the following organizations:

- American Red Cross
- American Heart Association
- American Safety and Health Institute
- National Safety Council
- YMCA of the USA

Coaches must hold current certifications in these areas in order to be permitted on deck at the YMCA Sectional, State, and National meets. Beginning September 1, 2011, all coaches will be required to hold current certifications in these areas in order to be permitted on deck at any sanctioned YMCA championship meet. An instructor's certification by itself does not satisfy the requirement for current certification.

The YMCA of the USA recognizes the following basic-level certifications as meeting the Safety Training for Swim Coaches or Lifeguarding requirement (Note: Instructor certifications are not acceptable.):

SAFETY TRAINING FOR SWIM COACHES CERTIFICATIONS

YMCA of the USA:

- ☐ YMCA of the USA Coaches Safety course (currently under development)

American Red Cross:

☐ Safety Training for Swim Coaches (full course, fast track option, review or challenge; 3 year certification)

LIFEGUARDING CERTIFICATIONS

The following lifeguard certifications listed below will be accepted WITH proof of successful completion of the online Safety Training for Swim Coaches written test housed on USA Swimming's website. Visit www.usaswimming.org and choose 'Member Resources > Coaches > Online Learning' to access this. Upon successful completion of the online written test you will receive a confirming e-mail from USA Swimming indicating successful completion. Print the confirmation e-mail and submit it and a copy of the acceptable required lifeguard card to your regional **YMCA Swimming Group Representative**.

The expiration date, for the safety requirement purposes, will be the earliest date on either the confirming Safety Training for Swim Coaches e-mail (valid for three years) or the acceptable lifeguard certification

YMCA of the USA:

☐ YMCA Lifeguard (2 year certification) with Safety Training for Swim Coaches online written test

American Red Cross:

☐ Lifeguarding/First Aid/CPR/AED (2 year certification) with Safety Training for Swim Coaches online written test

International Lifeguard Training Program (Ellis & Associates):

☐ Pool Lifeguard Training (1 year license validity) with Safety Training for Swim Coaches online written test

☐ Special Facilities Training (1 year license validity) with Safety Training for Swim Coaches online written test

Starfish Aquatics Institute:

☐ StarGuard (1 year certification) with Safety Training for Swim Coaches online written test

Entry Information

All entries for the State Championship Meet will be sent to the Iowa YMCA to Executive Committee at (iowayswimresults@gmail.com) by the host team of the Sectional Meet you attended.

The sectional meet results will also be sent to the Iowa State Swimming Executive Committee. Championship Meets have a \$15.00 fee per swimmer. Each team should submit the championship fees and form to Iowa YMCA Swimming by Monday, February 6.

Competition

Scratch Procedures

All scratches must be given by the end of the coaches meeting the day of the Meet that the swimmer would have participated. After that, they will be considered a "no show".

Protests

All protests must be written out by the certified coach of the team. It then must be given to the head official by that coach within 30 minutes of the event. The Championship Committee will then review the protest. They will decide to overturn or uphold the initial call.

Final Results

Results will be posted in the entrance to competition area and/or swimmer holding area on a timely basis. Downloadable results are also available at www.iowaymcaswimming.org.

Iowa YMCA State Championship

Live results will also be published to the Marshalltown Community Y website during the meet at www.bluewaveswimteam.com on the home page. The results will be available for downloads after the meet in the following formats: SDIF and PDF.

Technical Rules

YMCA swim meets are conducted according to the current USA Swimming technical rules.

Flyover starts will be used.

Modified clerk-of-course will be used.

YMCA Exceptions from the USA Swimming Technical Rules

1. A certified lifeguard should be on duty at all times and should have the sole responsibility of guarding the pool. Coaches who hold lifeguard certification are not be considered on-duty lifeguards.
2. Pool depth should be at least five feet at any end of the pool where racing dives will be performed. If the pool water depth at the starting end of the pool is less than the prescribed five feet, all swimmers must start their races in the water, even if starting blocks are available.
3. Timed Finals for all our Iowa YMCA swim meets. (A "No Show" (NS) or "Declared False Start" (DFS) will count as an event, but will NOT eliminate the swimmer from further competition.)
4. December 1 is the date used to determine Swimmer's Age Group for the season.
5. Lead off splits cannot be used for state qualifying times or state records.
6. Iowa YMCA State Records can only be set at the Iowa YMCA State Meet.

Responsibility of Coaches and Contestants

It shall be the responsibility of the coaches and swimmers to acquaint themselves with all the information pertaining to events and their participation therein, and other related meet data, including scratch procedures.

Coach Authorization form is available at www.iowayswimming.org.

This form must be completed for teams that don't have a coach available for the championship meets.

Coaches need to be checked in by 9:00 AM of respected day in coach's room.
Deck passes will need to be shown at that time.

Scoring

Individual Awards

Medals 1-3

Ribbons 4-8

Team Awards

Division 3 - up to 45 entries

Division 2 - 46 to 120 entries

Division 1 - 121 and up

Scoring through 8 places

Individual Events

9, 7, 6, 5, 4, 3, 2, 1

Relay Events*

18, 14, 12, 10, 8, 6, 4, 2

*Each team may enter as many relays as they can fill without duplicating a swimmer, however, only one relay from each team may score in each age group. Relay awards will be presented in order of finish.

Officials

Timers

All teams with 10 or more swimmers participating in each day of Y State will be required to supply timers for their assigned lanes. This is mandatory for each team. There must be a level #1 official at each lane at all times.

Application to Officiate at Y State Meet

Level 2 officials should contact Dee Norton and Jack Ver Helst to officiate at the 2017 YMCA State Meet.