

2018 YMCA North Central Regional Short Course Swim Meet

MEET ANNOUNCEMENT

Date: Sat/Sun March 17/18, 2018

Location: Wellmark YMCA

Entry Deadline: March 5, 2017

Hosted by: Iowa YMCA Swimming

Meet Director: Shelley Lechnir

shelley.lechnir@ymca-ywca.org

Web Site: www.iowaymcaswimming.org

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ABOUT THE CHAMPIONSHIP

This meet is a sanctioned, 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 YMCA sanctioned and approved by the IA-LSC of USA Swimming.

YMCA Sanction number: (Awaiting Number)

USA-S/IA Approval number: (Awaiting Number)

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

SATURDAY SESSION 1 (10 and Under Meet)

7:00 a.m. – 8:00 a.m. - Warm Ups

8:00 a.m. – 11:00 a.m. - 10 & Under Meet

SATURDAY SESSION 2 (11 & Over Meet)

11:00 a.m. – 12:00 p.m. - Warm Ups

12:00 p.m. – 4:00 p.m. - 11 & Over Meet

SUNDAY SESSION 3 (10 & Under Meet)

7:00 a.m. – 8:00 a.m. - Warm Ups

8:00 a.m. – 11:00 a.m. - 10 & Under Meet

SUNDAY SESSION 4 (11 & Over Meet)

11:00 a.m. – 12:00 p.m. - Warm Ups

12:00 p.m. – 3:00 p.m. - 11 & Over Meet



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INCLEMENT WEATHER/CANCELTATION: The safety of our athletes, coaches, officials and family members is our number one priority. In the event of dangerous weather the committee will convene to determine a course of action for the meet. This information will be communicated to coaches via email and posted on the IA and Regional YMCA websites.

LOCATION AND FACILITY

Location: Wellmark YMCA, 501 Grand Avenue, Des Moines, Iowa. 50309

The Wellmark YMCA Aquatic Center is configured as a 8 lane, 25 Yard short course pool. Water depth at start is 10 ft (minimum 5 feet required) and at turn end is 8ft. feet. Colorado electronic timing system will be used. The competition course will be certified in February 2018.

Both 8 lane, 25 Yard competition pools will be available for warm up prior to the start of the first session. The 4 lane training pool will be available from 12:00pm on for warm-up and cool-down for 11 and over swimmers in the afternoon.

The Wellmark YMCA provides seating for 1200 spectators

Free wi-fi is available throughout the natatorium.

WEB SITE

Meet Information can be found at: www.iowaymcaswimming.org

Online Meet Results: Meet Mobile results will be posted throughout the meet.

CONTACT INFORMATION

YUSA Regional Rep.	Donald Pirrie	iowayswimming@gmail.com
Meet Director:	Shelley Lechnir	shelley.lechnir@ymca-ywca.org
Entry Chairperson:	Donald Pirrie	iowayswimming@gmail.com
Meet Referee:	Dee Norton	dee.norton@mchsi.com
Admin Official:	TBD	
Officials Coordinator:	Dee Norton	dee.norton@mchsi.com
Safety Director:	TBD	



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NOTICES

USA Swimming Statements:

- The competition course will be certified in accordance with 104.2.2c(4) in February 2018. A copy of such certification is on file with USA Swimming.
- Use of audio or visual recording devices, including cell phones, is not permitted at any time in changing areas, restrooms, or locker rooms.
- It is understood and agreed that USA Swimming and ISI shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during conduct of the event.

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/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: Swimmers from the morning sessions are not eligible to participate in the afternoon sessions. In order to compete in any afternoon event, a swimmer must be between the ages of eleven and twenty - one (inclusive) on the first day of the meet.

YMCA Meet Participation: In order to be eligible to compete, each athlete must have competed in a minimum of 3 closed YMCA inter-association meets since September 1 of the current season.

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of September 1 of current season and the entry deadline.



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Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The 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 USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

COACH

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential: 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) and 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 coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered and approved will not be permitted on deck.

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.

TEAM

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

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.



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ENTRY INFORMATION

ENTRY LIMITS: Each swimmer may enter a total maximum of seven individual events. A swimmer may swim in each relay event only once. However, relay - only swimmers are not allowed. Relay teams must consist of swimmers who are also entered in individual events

QUALIFICATION PERIOD: The qualification period is September 1 through the entry deadline.

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File.

TIME STANDARDS: Swimmers/Relays must have equaled or bettered the minimum time standard: Appendix 1.

TIMES: No Times (NT) are not allowed. Entered times must be the swimmer's BEST time achieved during the qualifying period.

ENTRY FEES: There is a flat fee of \$35 per swimmer to enter the meet. There are no per-event fees. Payment should be in the form of a check made out to "Iowa YMCA Swimming"

Note: If your payment has not been received by the deadline, your swimmers will be removed from the meet.

All coaches are expected to model the YMCA Core Values in all aspects of the meet, including team registration, submission of entries, and the meet itself. Anyone found having falsified information about the eligibility of a swimmer, or to have altered any official document (including meet results), may along with their team, be subject to severe disciplinary action. The offending team's Executive Director will be notified promptly and asked to help resolve such issues.

ENTRY DEADLINE: Entries must be submitted by March 5, 2018.

ENTRY PROCEDURE: To submit your entries using HY-TEK Team Manager, go to the Regional YMCA Swimming Website or Iowa YMCA Swimming Website, download the event file, and import it into Team Manager.

Once you have imported this file, DO NOT MODIFY THE EVENTS IN ANY WAY! Doing so may cause your entries to be rejected.



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Complete your entries, export them, and send the exported file to
yregionalentries@gmail.com

Note: A time standard file is also available on the web site. You can import this file into both Team Manager and Meet Manager so that qualifying times can be automatically flagged when you print reports.

If you do not have Team Manager, you may submit your entries in readable form as a document attached to an email.

For each swimmer, be sure to provide their name, gender, date of birth, event numbers, and qualifying times. Note that a handling fee of \$10 per swimmer will be assessed.

Your entries must be accompanied by your Team Registration Form, found at the end of this handbook. Send your entries and the form to the Entry Coordinator, using the address or email address above

PAYMENT: Payment must be received by March 13, 2018. Payment should be made out to Iowa YMCA Swimming and mailed to Donald Pirrie, 1614 West Mount Vernon Road, Mount Vernon, IA 52314

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: We will need many officials, both Level 1 and Level 2 to properly run a meet of this size. If you have a current YMCA certification, you are strongly encouraged to officiate at this meet.

In order to ensure consistent officiating please work as many sessions as possible – at least two over the course of the weekend will be the expectation.

SIGN-UP PROCEDURE: Please contact Dee Norton at dee.norton@mchsi.com to sign-up to officiate at this meet. As a token of thanks for your help, you will receive a North Central Official's Polo Shirt.

ATTIRE: Please bring your white shirts and navy shorts or pants and your Officials patch. You will not be allowed on the pool deck without your patch.



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CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: All coaches and deck officials must check in. Check in will be at the pool entrance. After checking in the Head Coach will receive their team packet, Championship Deck Pass and scratch sheet at the check-in table. Deck passes must be worn and visible at all times when on deck.

EVENT CHECK-IN: Positive check in for the 500Y and 1000Y events will be required at the start of the afternoon session each day.

COACHES MEETING/SCRATCH MEETING: The coaches meeting will be held in the wet classroom on the pool deck at 7:15am.

OFFICIALS AND TIMERS MEETING: The timers meeting will be held on the south side of the natatorium (under the scoreboard) at 7:30am. Afternoon timers meeting will be held in the same location at 12:30pm

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, Regional Rep and a coach from two separate teams.

RULES: The meet will run under YMCA Rules that Govern Competitive Sports, Swimming Addendum to the YMCA Rules that Govern Competitive Sports, USA-S Technical Rules.

MEET FORMAT: The meet will be swum using a timed finals format. Swimmer's age will be determined as of December 1.

EVENT SEEDING: Events will be seeded Slowest to Fastest. The Meet Referee/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.

DECLARED FALSE START: An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. 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.



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NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a “no show”) shall not compete in any further individual or relay events unless the athlete and/or coach declares an intent to swim to the Administrative Referee prior to the next scheduled event for the athlete.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups. No team has exclusive rights to any pool lanes during warm up period, during or before the start of the meet. Teams will need to share lane space and work cooperatively in reflection of the YMCA values and sportsmanship.

During designated warm up sessions, athletes may only enter the competition pools 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.

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

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.

SWIM-OFFS: In the event a swim-off is necessary, the meet referee will set a time for the swim-off which will not be any later than 45 minutes after the last heat of any event in which any of the swimmers in the swim-off is competing. (USA Swimming Rule 102.5.2)

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 in the hall leading to spectator seating and poolside on the wall under the scoreboard.

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



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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 Changes are 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, Food, and Chairs are 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 block 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.

AWARDS AND RECOGNITION

SCORING: All events will be scored to 16 places as follows:

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

Only 1 relay per age bracket can score, however a team can enter as many relays as they can fill without duplicating a swimmer.

AWARDS: Medals will be awarded to the top eight swimmers in each event, including relays. Ribbons will be awarded to the remaining swimmers through 16th place.



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RECOGNITIONS:

A High Point Trophy will be awarded to the Highest scoring swimmer and runner up in each of the following age groups: 8&U, 9-10, 11-12, 13-14, 15&O. High Point trophies will be awarded at the conclusion of the Sunday Morning Session for 10 and under swimmers and the conclusion of the Sunday Afternoon Session for 11 and Over Swimmers.

At the conclusion of the meet, team banners will be awarded for teams placing 1st through 3rd in total team points.

SPECTATORS

ADMISSION FEE: Admission to the meet is free for spectators

HEAT SHEETS/PROGRAMS: Available at the upper entrance of the spectator seating area at a cost of \$5 per session.

CONCESSION STAND: A concession stand provided by the University of Iowa will be available during the meet. The hours of operation will be controlled by the University but the stand will be open for the duration of the meet.

ATHLETE APPAREL: Elsmore Swim Shop will be on-site and will have a variety of swimwear and accessories for sale. Fine Designs will be onsite with a selection of Meet Apparel for sale.

SEAT SAVING POLICY: The saving of seats is not permitted in the natatorium. Please be courteous of all spectators keeping in mind the core values of the YMCA

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- 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.
- Glass containers of any kind are not permitted on the pool deck at any time.



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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. Appendix 3 must be signed by each association participating in the meet.

LIABILITY LIMITS:

- In granting of the USA-S/IA approval, it is understood and agreed that USA Swimming and IA-LSC 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.
- 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.

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:



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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. This policy will be followed at the meet.

EVACUATION PROCEDURE: Facility personnel will direct swimmers, coaches, and spectators to the appropriate locations in the event of a facility evacuation.

DIRECTIONS

The Wellmark YMCA is located at 501 Grand Avenue, Des Moines, IA 50309

Link to Google Maps: <https://tinyurl.com/y8wylhqv>

LODGING

There are many hotel options available in the city including several downtown locations near the Wellmark YMCA. Two hotel options with block rooms saved for the meet include the Hospitality Inn at Mercy Campus and The Renaissance Savery.

Booking and updated hotel information can be found on the Regional Meet Page on our website: <https://www.teamunify.com/Home.jsp?team=ymcanc>

PARKING

There are more than 30,000 parking spots throughout the city.

Find resources at: catchdesmoines.com/about/transportation/parking



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APPENDIX 1: ORDER OF EVENTS & QUALIFYING TIMES

SESSION 1 SATURDAY AM - 10 & UNDER MEET. BOYS AND GIRLS IN ONE POOL (NORTH POOL)

Girls Time Standard	#	Age Group	Event	#	Boys Time Standard
1:40.00	1	8 & U	100Y Freestyle	2	1:40.00
1:21.59	3	10 & U	100Y Freestyle	4	1:17.91
	5	8 & U	100Y Medley Relay	6	
	7	10 & U	200Y Medley Relay	8	
50.00	9	8 & U	50Y Backstroke	10	50.00
40.99	11	10 & U	50Y Backstroke	12	42.59
1:45.00	13	8 & U	100Y Individual Medley	14	1:45.00
1:28.79	15	10 & U	100Y Individual Medley	16	1:29.53
40.00	17	8 & U	50Y Freestyle	18	40.00
34.04	19	10 & U	50Y Freestyle	20	34.16
21.00	21	8 & U	25Y Butterfly	22	21.00
1:42.09	23	10 & U	100Y Butterfly	24	1:40.39
24.00	25	8 & U	25Y Breaststroke	26	24.00
1:43.51	27	10 & U	100Y Breaststroke	28	1:43.69

WARM UPS FOR 11 & OVER MEETS BEGIN IN BOTH COMPETITION POOLS AT THE
CONCLUSION OF THE 10 AND UNDER MEET

SESSION 2 SATURDAY PM - 11 & OVER MEET. BOYS COMPETE IN NORTH POOL, GIRLS IN SOUTH POOL

Girls Time Standard	#	Age Group	Event	#	Boys Time Standard
2:30.79	29	11 - 12	200Y Freestyle	30	2:27.49
2:26.84	31	13 - 14	200Y Freestyle	32	2:15.69
2:20.29	33	15 & Over	200Y Freestyle	34	2:07.89
1:20.19	35	11 - 12	100Y Butterfly	36	1:18.69
2:40.99	37	13 - 14	200Y Butterfly	38	2:31.99
2:34.59	39	15 & Over	200Y Butterfly	40	2:20.39
	41	11 - 12	200Y Medley Relay	42	
	43	13 - 14	200Y Medley Relay	44	
	45	15 & Over	200Y Medley Relay	46	
5:44.29	47	11 - 12	400Y Individual Medley	48	5:25.49
35.99	49	11 - 12	50Y Backstroke	50	36.99
1:14.19	51	13 - 14	100Y Backstroke	52	1:09.59
1:11.69	53	15 & Over	100Y Backstroke	54	1:04.19
1:27.85	55	11 - 12	100Y Breaststroke	56	1:27.79
3:00.69	57	13 - 14	200Y Breaststroke	58	2:49.39
2:55.79	59	15 & Over	200Y Breaststroke	60	2:39.29
	61	11 - 12	400Y Freestyle Relay	62	
	63	13 - 14	400Y Freestyle Relay	64	
	65	15 & Over	400Y Freestyle Relay	66	
2:40.99	67	11 - 12	200Y Butterfly	68	2:31.99
30.38	69	11 - 12	50Y Freestyle	70	30.41
29.46	71	13 - 14	50Y Freestyle	72	28.05
28.25	73	15 & Over	50Y Freestyle	74	26.25
1:15.99	75	11 - 12	100Y Individual Medley	76	1:17.99
2:42.99	77	13 - 14	200Y Individual Medley	78	2:31.99
2:36.00	79	15 & Over	200Y Individual Medley	80	2:22.59
6:40.09	81	11 - 12	500Y Freestyle	82	6:35.09
6:22.39	83	13 - 14	500Y Freestyle	84	6:03.19
6:13.69	85	15 & Over	500Y Freestyle	86	5:44.19



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SESSION 3 SUNDAY AM - 10 & UNDER MEET. BOYS AND GIRLS IN ONE POOL (NORTH POOL)

Girls Time Standard	#	Age Group	Event	#	Boys Time Standard
18.00	87	8 & U	25Y Freestyle	88	18.00
2:50.67	89	10 & U	200Y Freestyle	90	2:50.89
	91	8 & U	100Y Freestyle Relay	92	
	93	10 & U	200Y Freestyle Relay	94	
58.00	95	8 & U	50Y Breaststroke	96	58.00
46.54	97	10 & U	50Y Breaststroke	98	47.85
22.00	99	8 & U	25Y Backstroke	100	22.00
1:31.54	101	10 & U	100Y Backstroke	102	1:32.09
55.00	103	8 & U	50Y Butterfly	104	55.00
39.99	105	10 & U	50Y Butterfly	106	41.99
	107	8 & U	200Y Freestyle Relay	108	
	109	10 & U	400Y Freestyle Relay	110	

WARM UPS FOR 11 & OVER MEETS BEGIN IN BOTH COMPETITION POOLS AT THE
CONCLUSION OF THE 10 AND UNDER MEET

SESSION 4 SUNDAY PM - 11 & OVER MEET. BOYS COMPETE IN NORTH POOL, GIRLS IN SOUTH POOL

Girls Time Standard	#	Age Group	Event	#	Boys Time Standard
	111	11 - 12	200Y Freestyle Relay	112	
	113	13 - 14	200Y Freestyle Relay	114	
	115	15 & Over	200Y Freestyle Relay	116	
3:00.69	117	11 - 12	200Y Breaststroke	118	2:49.39
1:19.55	119	11 - 12	100Y Backstroke	120	1:19.09
2:39.59	121	13 - 14	200Y Backstroke	122	2:29.79
2:35.39	123	15 & Over	200Y Backstroke	124	2:19.89
40.25	125	11 - 12	50Y Breaststroke	126	40.99
1:24.09	127	13 - 14	100Y Breaststroke	128	1:18.09
1:21.49	129	15 & Over	100Y Breaststroke	130	1:13.19
2:50.69	131	11 - 12	200Y Individual Medley	132	2:49.39
5:44.29	133	13 - 14	400Y Individual Medley	134	5:25.49
5:35.49	135	15 & Over	400Y Individual Medley	136	5:05.99
2:39.59	137	11 - 12	200Y Backstroke	138	2:38.19
34.59	139	11 - 12	50Y Butterfly	140	35.99
1:13.49	141	13 - 14	100Y Butterfly	142	1:08.09
1:10.99	143	15 & Over	100Y Butterfly	144	1:03.59
1:07.54	145	11 - 12	100Y Freestyle	146	1:07.89
1:05.16	147	13 - 14	100Y Freestyle	148	1:02.19
1:04.89	149	15 & Over	100Y Freestyle	150	58.09
	151	11 - 12	400Y Medley Relay	152	
	153	13 - 14	400Y Medley Relay	154	
	155	15 & Over	400Y Medley Relay	156	
13:44.69	157	11 - 12	1000Y Freestyle	158	13:30.19
13:01.79	159	13 - 14	1000Y Freestyle	160	12:23.89
12:49.99	161	15 & Over	1000Y Freestyle	162	11:57.79



2018 YMCA NORTH CENTRAL REGIONAL SWIM MEET
Saturday March 17 & Sunday March 18, 2018

APPENDIX 2: YMCA SANCTIONED MEET DECLARATION FORM

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

Participating YMCA: _____

YMCA Address: _____

Meet Name: 2018 YMCA North Central Regional Swim Meet

Meet Date(s): Saturday March 18 & Sunday March 19, 2018

Meet Host: Iowa YMCA Competitive Swimming

Meet Location: Wellmark YMCA.

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 2017 YMCA North Central Regional Swim Meet 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 2017 YMCA North Central Regional Swim Meet.

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, Iowa YMCA Competitive Swimming their agents, representatives or assigns, and the University of Iowa for any and all injuries which may be suffered by participants at the 2017 YMCA North Central Regional Swim Meet. Furthermore, we understand that the YMCA of the USA and Iowa YMCA Competitive Swimming 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



2018 YMCA NORTH CENTRAL REGIONAL SWIM MEET
Saturday March 17 & Sunday March 18, 2018

This is the last page of the Meet Announcement