
2018 YMCA Sectional Swim Meet

MEET ANNOUNCEMENT

About the Invitational Meet

Date: Saturday, Feb. 10, 2018

Location: Ankeny Family YMCA

Entry Deadline: Monday, Feb 5, 2018 12 midnight

Hosted by: Ankeny Family YMCA

Meet Director: Bob Bredice, bob.bredice@dmymca.org

Web Site: www.iowaymcaswimming.org

Contents

About The Invitational Meet	2
Web Site	3
Contact Information	3
Notices	4
Eligibility	6
Entry Information	7
Volunteers/Officials/Timers	7
Check-in Procedure	8
Meet Procedures and Operations	9
Awards and Recognition	10
Spectators	11
Liability, Safety and Emergency Procedures	11
APPENDIX 1: Order of Events	13
APPENDIX 2: Sanctioned Meet Declaration Form	14



2018 YMCA SECTIONAL SWIM MEET

SAT FEB 10, 2018

ABOUT THE INVITATIONAL MEET

This meet is a sanctioned, closed, inter-association YMCA Invitational 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.

YMCA Sanction number:
USA-S/IA Approval number:

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: The 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 Invitational meet can be changed.

Participating Teams: Ankeny, Scott County, Wellmark, Rathbun Lake, Ottumwa

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

Meet Timeline

9:30 AM	Facility Opens for participants and spectators
9:45 – 10:00 AM	Warm Ups
10:00 AM	Head Coaches Meeting (Large Conference Room)
10:30 AM	Officials' Meeting (Large Conference Room)
10:35 AM	Timers' Meeting (Pool Breezeway)
10:40 AM	Prayer Service/National Anthem. Meet Begins

Warm Up Schedule

Ankeny:	9:45am-10:10am Lanes 1-8
Wellmark:	10:10am-10:30am Lanes 1 & 2
Rathbun:	10:10am-10:30am Lanes 3 & 4
Scott County:	10:10am-10:30am Lanes 5 & 6
Ottumwa:	10:10am-10:30am Lanes 7 & 8

Starts off the blocks for ALL teams from 10:30-10:40am in all 8 lanes.
(Diving is not permitted during warm ups, except during the scheduled time for starts.)



2018 YMCA SECTIONAL SWIM MEET SAT FEB 10, 2018

INCLEMENT WEATHER/CANCELTATION: Coaches will be notified by 6 AM on Saturday, Feb 10 if the meet is cancelled due to weather. If there is a threat of a possible storm, please make reservations at one of our many hotels in Ankeny. Rescheduled date would be **Saturday, Feb 17**. We ask for each team to give us a coach's cell number in case of cancellation. Please send to (**Bob Bredice, bob.bredice@dmymca.org**)

Location and Facility: **Ankeny Family YMCA**, 1102 N. Ankeny Blvd., Ankeny, IA 50023

Emergency Phone Number: Ankeny Y: (515) 965-8800 Meet Director 515-965-8303, ext. 114

The Ankeny Family YMCA is configured as an 8 lane, 25 yard course with electronic start system & touch pads at both ends of the pool. Water depth at start is 8 ft., 0 in. (minimum 5 feet required) and at turn end is 3 ft. 9 in. Daktronics electronic timing system will be used.

There is no additional warm-up pool available

Seating is available in the bleachers in the pool area. Space is limited; therefore, no coolers, chairs or bags will be allowed in this area. Also, because it is limited, we ask that spectators only use this area when their swimmers are competing.

Each team will be designated a holding area in the basketball gyms to park themselves and their belongings. Coolers, duffle bags, coats, chairs, etc. may be stored in this area. Each team is responsible to keep their area clean. Each team will need to make sure their areas are cleaned before awards will be given to the coaches at the end of the meet.

There is public Wi-Fi available at the facility. There is no password for the Wi-Fi.

Meet results will be outside the men's locker room hallway on the 2nd floor. Final results will be emailed to the head coach & posted to the Iowa YMCA Swimming website by the Wednesday following the meet.

WEB SITE

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

CONTACT INFORMATION

Meet Director: Bob Bredice, bob.bredice@dmymca.org

Entry Chairperson: Bob Bredice, bob.bredice@dmymca.org

Meet Referee: Aric Birchmeier, aric.birchmeier@gmail.com

Administrative Official: Cassie Wiederholt, cassie.wiederholt@dmymca.org



2018 YMCA SECTIONAL SWIM MEET

SAT FEB 10, 2018

NOTICES

USA Swimming Statements:

- The competition course has been certified in accordance with 104.2.2c(4). 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.

Facility Rules and Driving Directions

The 2018 Sectional Swim Meet will be held at the Ankeny Family YMCA
1102 N. Ankeny Blvd., Ankeny, IA 50023
P: (515) 965-8800

From Interstate-35, take the 1st Street Exit & go west on 1st Street. Turn right (go north) on Ankeny Blvd. Then take a left on 11th Street and you will see the Northview Middle School/Ankeny YMCA. Pull into the south parking lot of the middle school and the YMCA main entrance will be in the southwest corner of the building. The pool is located on the second floor of the YMCA.

PARKING:

Parking is available to the south and west of the YMCA building. All parking is free.

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.
- A swimmer must either win their event or swim the cut time or faster to qualify for the state meet.
- Protests may only be handled by the coach and must be presented in writing to the referee or designee at the meet. No video and/or pictures may be used in filing a protest. Championship meet committee decision is final.
- Events will be combined as needed.
- No shaving anywhere on premises.
- Objectionable body markings shall be properly covered or removed. When swimmer refuses to make illegal attire legal when directed by Referee, they may be disqualified.



2018 YMCA SECTIONAL SWIM MEET

SAT FEB 10, 2018

- Any back talking to officials will result in the swimmer(s) being disqualified from the swim meet. This includes volunteers that line swimmers up in the modified clerk of course.
- Swimmers must be under the supervision of their coach whenever they are on the pool deck, in the competition pool, or in the warm-up pool.
- Spectators are permitted on the pool deck and there will be portable bleachers set up for seating.
- 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.

Submitting Your Entries

Entry Fee

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 to have 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 Format:

All entries must be received by midnight on Monday, February 5. Entries should be sent to bob.bredice@dmymca.org. Please include a Hytek readable file and a PDF of your entries. In addition, each team must submit championship fees to the Iowa Rules Committee as outlined below:

Entry Information Entries for the Sectional Championship meet is to be submitted to the Host Site by Monday, February 5, 2018 at midnight. All entries for the State Championship Meet will be sent to the Iowa YMCA to Executive Committee at (iowaswimresults@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 Wednesday, February 7, 2018.

Entry Verification

After entries are received and entered, each team will be sent a file of their entries to be double checked by noon on Thursday, February 10. If you do not receive this email by noon on Feb 10, please contact the entry coordinator at bob.bredice@dmymca.org



2018 YMCA SECTIONAL SWIM MEET

SAT FEB 10, 2018

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 30 days prior to the first day of the meet.

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 must be at least 4 years of age, and not older than twenty-one (21) years of age on the first day Meet.

YMCA Meet Participation: In addition to YMCA membership rules and requirements, all participating swimmers must have competed in at least (3) closed YMCA swimming meets since the beginning of the current Y league season, which in Iowa was Nov 1, 2017. The last meet date eligible to fulfill this requirement will be Sunday, Feb 4, 2018.

Qualifying Times: There are no qualifying time standards for this meet.

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,



2018 YMCA SECTIONAL SWIM MEET SAT FEB 10, 2018

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.

ENTRY INFORMATION

ENTRY LIMITS: Athletes are allowed to enter a maximum of 3 individual events and 2 different relay events. Athletes are NOT permitted to swim in 2 separate relay events of the same make up (ie: 2 different age groups of the same relay).

TIME STANDARDS: Appendix 1 lists the order of events and subsequent qualifying time associated with that event for qualification to the 2018 Iowa YMCA State Meet. In order to qualify for the State Meet, all swimmers must either equal or better the associated time standard for their event OR win the event at the Section Meet they compete in.

TIMES: No Times (NT) entries are allowed. If using an entry time, please use an actual yard time or converted meter to yard time.

VOLUNTEERS/OFFICIALS/TIMERS

Volunteer Responsibility

Your team will be required to provide volunteer timers & officials. A list of volunteers must be submitted to Cassie Wiederholt at cassie.wiederholt@dmymca.org BY THURSDAY, Feb. 8th by NOON.

Volunteer Timers and Officials:

We will need many officials, both Level I and Level II, to properly run this meet. If you have a current YMCA certification, you are strongly encouraged to officiate at this meet.

ALL teams are responsible for providing 2 timers for their lanes for the entire day. You may create your own timers' schedule for your assigned lane. Timers must be at least age 16.



2018 YMCA SECTIONAL SWIM MEET SAT FEB 10, 2018

Assigned Lanes for Timers for each team:

Lane 1: Scott County
Lane 2: Wellmark
Lane 3: Rathbun
Lane 4: Ottumwa
Lanes 5-8: Ankeny

Please email your list of timers and officials to bob.bredice@dmymca.org by THURSDAY, FEB. 8TH BY NOON. Please include name of your timers as well as the name of your swim officials and indicate whether they are Level 1 or 2 officials.

ATTIRE: Officials should wear khaki style pants and a white polo shirt. Please have official's patch with you.

CHECK-IN PROCEDURE

Before you leave for the Meet

- Make certain your swimmers and parents understand that it is their responsibility to conduct themselves in a manner that positively reflects the values of your team and the YMCA.
- Coaches, please remember your deck pass. To be allowed on the pool deck, you must have a deck pass issued by the Regional Representative. This pass must be displayed at all times during the meet.

When you arrive at the Meet

- All Coaches **MUST** check in! Check in will be in the hospitality room which is the (conference room on the first floor of the YMCA). Check in can be done at the beginning of the Coaches Meeting.
- Help orientate your swimmers to the various locations around the YMCA. Holding areas, Clerk of Course, and Concessions will all be marked and easy to locate. Help them understand how and where events will be called so that they are on time for their events. We will run a modified clerk of course to ensure proper pacing of meet and make sure swimmers are where they need to be when they need to be there.

EVENT CHECK-IN: All athletes will report to a modified clerk of course area when called from the athlete holding areas. It is the responsibility of each athlete to report when called. The meet will not be held up to look for athletes not reporting for their events.

COACHES MEETING/SCRATCH MEETING: There will be a coaches/scratch meeting held in the Large Conference Room at 10:00 AM. The Hospitality Room will be the Nursery/Day Care Room located in Northeast corner of the building on the first level.



2018 YMCA SECTIONAL SWIM MEET SAT FEB 10, 2018

OFFICIALS AND TIMERS MEETING: An Officials meeting will be held in the Large Conference Room at 10:30 AM. If you are timing at any time during the meet, please plan on meeting in the pool breezeway at 10:35am for a timers meeting.

MEET PROCEDURES AND OPERATIONS

MEET COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, State Rules Committee Member, a coach, and a swimmer.

RULES: The meet will run under Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA Competitive Sports, Iowa YMCA league rules, and USA-S Technical Rules.

MEET FORMAT: The meet will be swum using a Timed Finals format. Swimmer's age will be determined as of Dec 1, 2017 as outlined in Iowa YMCA league rules.

EVENT SEEDING: Events will be seeded Slowest to Fastest. Events will not be combined at this meet.

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. Athletes will not be allowed to enter a different event "in lieu" of a scratched event.

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.

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.

During designated warm up sessions, athletes may only enter the competition pools in a feet first manner. 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.

MODIFIED CLERK OF COURSE: Athletes will be called to a set up area prior to their scheduled events. They will be lined up for their events and led into the pool area for competition. Please make sure your athletes model YMCA Core Values in the Clerk of Course. Behavioral issues will be brought to the responsible coach's attention. Repeat offenders may be dismissed from the meet at the discretion of the Meet Referee.



2018 YMCA SECTIONAL SWIM MEET

SAT FEB 10, 2018

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. Please follow starter and official prompts.

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted on the wall adjacent to the pool entrance from the swimmer holding areas.

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 Meet 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 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. Please consume food outside of the pool deck area.
- 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.
- Shaving is not permitted in any areas of the facility.
- The upstairs of the Helen G. Nassif YMCA will be off limits to all people, except for meet officials.

AWARDS AND RECOGNITION

SCORING: Events will be scored through 8th place as follows:

Individual Events: 9, 7, 6, 5, 4, 3, 2, 1

Relay Events: 18, 14, 12, 10, 8, 6, 4, 2

AWARDS: Medals will be awarded for places 1 – 3.

Ribbons will be awarded for places 4 – 8. Participation ribbons will also be awarded.



2018 YMCA SECTIONAL SWIM MEET SAT FEB 10, 2018

SPECTATORS

ADMISSION FEE: There is no spectator admission fee for this meet.

HEAT SHEETS/PROGRAMS: Heat Sheets will be available for purchase and will cost \$2.00.

CONCESSION STAND: A concession stand will be available. The concession stand is located across from the main pool entrance on the 2nd floor. Programs will also be sold at the concession stand. Please only bills \$20 and smaller.

SEAT SAVING POLICY: All spectator seating will be on portable bleachers. Please be aware of other spectators and allow others to watch their swimmers compete. Seat saving is not allowed.

HANDICAP SEATING: Areas for observation for handicapped individuals will be available.

LOST AND FOUND: Will be located at the Welcome Center 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.
- No smoking, drugs, or alcohol are permitted in the swimming complex.
- There will be a full concession stand available for swimmers and guests. If you choose to bring food into the YMCA, please remember that all teams are responsible to clean up their assigned team areas at the meet's conclusion. No team will be allowed to pick up their awards or leave the facility until their area has been cleaned.

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 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.
- Participating teams must complete and return the YMCA Sanctioned Meet Declaration Form to the Meet Director by Saturday, Feb 10 at the Coaches Meeting.



2018 YMCA SECTIONAL SWIM MEET

SAT FEB 10, 2018

This form can be found in Appendix 2 of this packet or in the Coaches Corner section of the Iowa YMCA Swimming Web Site: www.iowaymcaswimming.org

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. This policy will be followed at the meet.



2018 YMCA SECTIONAL SWIM MEET

SAT FEB 10, 2018

APPENDIX 1: ORDER OF EVENTS

Iowa YMCA Order of Events and State Qualifying Times

(Times valid through the 2018/2019 Season)

GIRLS Time Standard	#	Age Group	Event	#	BOYS Time Standard
34.00	1	11 - 12	50Y Butterfly	2	37.50
1:13.00	3	12 - 21	100Y Butterfly	4	1:15.00
2:50.00	5	9 - 10	200Y Freestyle	6	2:50.00
2:30.00	7	11 - 12	200Y Freestyle	8	2:30.00
2:20.00	9	13 - 14	200Y Freestyle	10	2:15.00
2:20.00	11	15 - 21	200Y Freestyle	12	2:10.00
1:38.00	13	8 & U	100Y Medley Relay	14	1:50.00
2:46.00	15	9 - 10	200Y Medley Relay	16	2:52.00
2:23.00	17	11 - 12	200Y Medley Relay	18	2:36.00
2:19.00	19	13 - 14	200Y Medley Relay	20	2:28.00
2:19.00	21	15 - 21	200Y Medley Relay	22	2:25.00
18.50	23	8 & U	25Y Freestyle	24	18.25
34.00	25	9 - 10	50Y Freestyle	26	35.00
30.50	27	11 - 12	50Y Freestyle	28	30.75
28.50	29	13 - 14	50Y Freestyle	30	27.00
28.50	31	15 - 21	50Y Freestyle	32	27.25
2:36.00	33	12 - 21	200Y Individual Medley	34	2:36.00
1:52.00	35	8 & U	100Y Individual Medley	36	1:54.00
1:30.00	37	9 - 10	100Y Individual Medley	38	1:30.00
1:17.00	39	11 - 12	100Y Individual Medley	40	1:21.00
5:44.50	41	12 - 21	400Y Individual Medley	42	5:51.00
50.00	43	8 & U	50Y Backstroke	44	50.00
40.50	45	9 - 10	50Y Backstroke	46	41.75
36.25	47	11 - 12	50Y Backstroke	48	37.50
2:39.00	49	12 - 21	200Y Backstroke	50	2:47.00
22.25	51	8 & U	25Y Butterfly	52	24.00
40.50	53	9 - 10	50Y Butterfly	54	43.00
2:41.00	55	12 - 21	200Y Butterfly	56	2:44.00
56.00	57	8 & U	50Y Breaststroke	58	1:01.00
46.25	59	9 - 10	50Y Breaststroke	60	47.50
39.75	61	11 - 12	50Y Breaststroke	62	41.75
3:01.00	63	12 - 21	200Y Breaststroke	64	3:01.00
42.50	65	8 & U	50Y Freestyle	66	42.00
1:20.00	67	9 - 10	100Y Freestyle	68	1:18.75
1:07.00	69	11 - 12	100Y Freestyle	70	1:10.00
1:04.00	71	13 - 14	100Y Freestyle	72	1:00.50
1:03.00	73	15 - 21	100Y Freestyle	74	1:00.00
22.50	75	8 & U	25Y Backstroke	76	22.50
1:30.00	77	9 - 10	100Y Backstroke	78	1:35.00
1:18.00	79	11 - 12	100Y Backstroke	80	1:22.00
1:13.00	81	13 - 14	100Y Backstroke	82	1:13.50
1:15.00	83	15 - 21	100Y Backstroke	84	1:25.00
25.75	85	8 & U	25Y Breaststroke	86	26.50
1:42.00	87	9 - 10	100Y Breaststroke	88	1:45.00
1:27.00	89	11 - 12	100Y Breaststroke	90	1:33.00
1:24.00	91	13 - 14	100Y Breaststroke	92	1:20.00
1:24.00	93	15 - 21	100Y Breaststroke	94	1:30.00
6:19.00	95	12 - 21	500Y Freestyle	96	6:20.00
1:28.00	97	8 & U	100Y Freestyle Relay	98	1:29.00
2:29.50	99	9 - 10	200Y Freestyle Relay	100	2:34.00
2:10.00	101	11 - 12	200Y Freestyle Relay	102	2:16.00
2:03.00	103	13 - 14	200Y Freestyle Relay	104	2:03.00
2:03.00	105	15 - 21	200Y Freestyle Relay	106	2:03.00



2018 YMCA SECTIONAL SWIM MEET SAT FEB 10, 2018

APPENDIX 2: YMCA SANCTIONED 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 [MEET_NAME] _____ 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 [MEET_NAME] _____.

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, [MEET_HOST_ORGANIZATION] _____, their agents, representatives or assigns, and the [MEET_LOCATION] _____ for any and all injuries which may be suffered by participants at the [MEET_NAME] _____. Furthermore, we understand that the YMCA of the USA and [MEET_HOST_ORGANIZATION] _____ 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 SECTIONAL SWIM MEET
SAT FEB 10, 2018

This is the last page of the Meet Announcement