



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HARVEST FEST – MA 2507 AP OCTOBER 5, 2024

HOST	Ridley Area YMCA
MEET DIRECTOR	Erik Nelson enelson@cyedc.org
IN MEMORY	This meet is in memory of Tom Warrick a long time YMCA of the USA Volunteer. He created the YMCA Virtual Meet, his own version of swimmer times for the Penn-Del Swim League and YMCA of the USA. This is the 16 th Anniversary of the YMCA Virtual Meet – times from this meet will be submitted to swimcloud the official hosting site for the YMCA National Virtual Meet.
LOCATION	Ridley High School Pool 901 Morton Avenue Folsom, PA 19033
FACILITY	The Ridley High School pool is 6 lane 25 yard pool with an automatic timing system and non-turbulent lane lines. The water depth at the start end of the pool 12 feet and the water depth at the turn end of the pool is 3 feet 6 inches.
WARM-UP	9AM/1PM – schedule will be posted after all entries are received.
START TIME	Session 1 10:30AM Session 2 2:30PM
OFFICIALS MEETING	Session 1 10AM Session 2 2PM
RULES	In accordance with YMCA & USA Swimming Technical Rules
ENTRY INFORMATION	Each swimmer must be a member of their YMCA swim team. The swimmers age will be their age on September 27, 2024. Each swimmer may enter a max of 4 individual events . Entries need to be received by September 28, 2024.
ENTRY FEES AWARDS	\$10.00 per swimmer There will be no awards for this meet
ADMISSION	No fees will be charged

VOLUNTEERS	Each team will be required to supply timers and officials
RESULTS	Final Results will be available on the RAYS website in a PDF printable format and results will be emailed to each team
SAFETY	Current USA Swimming Safety Rules will be in effect and will be strictly enforced. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Deck changing is prohibited. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.
START PROCEDURE	This Meet will be conducted using the No Recall false start rule. This Meet will also use the whistle command starting procedure. '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
LOCKERS	There is limited locker room space available at the pool. Swimmers are asked to keep their belongings on the pool deck with them. Each team will have a designated space along the pool deck.
REFRESHMENTS	Food will be on sale throughout the meet. NO FOOD will be allowed on the pool deck.
DECK REQUIREMENTS	ONLY Swimmers, Coaches, and Officials are permitted on the pool deck, for the safety of the swimmers. NO SWIMMER IS PERMITTED IN THE STANDS.
PARKING	Parking is available close to the pool.
SMOKING	Is <i>NOT</i> permitted on YMCA/school grounds.

In granting this approval it is understood and agreed that USA Swimming 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.

Due to the use of the electronic starting system, attendees are asked to refrain from using flash cameras at the start of each race.

TECH SUIT POLICY:

The following rule will take effect SEPTEMBER 1, 2020. 102.8 SWIMWEAR .1 Design F. No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

COVID-19:

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

MEET HOST'S ASSUMPTIONS OF RISK DISCLAIMER:

The Community YMCA of Eastern Delaware County has taken enhanced health and safety measures – for all athletes, coaches and volunteers. You must follow all posted instructions while attending Frost Fest. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending Frost Fest, you voluntarily assume all risks related to exposure to COVID-19.

ATHLETE PROTECTION (MAAPP):

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP policy is a condition of participation in the conduct of this competition.

HARVEST FEST

Order of Events

Event Numbers must remain the same for YMCA National Virtual Meet

Session 1: 10:30AM Start

Girls	Boys	Event Name
13-14		
319	320	200 IM
301	302	50 Freestyle
313	314	200 Backstroke
317	318	200 Butterfly
307	308	100 Breaststroke
321	322	500 Freestyle
303	304	100 Freestyle
305	306	100 Backstroke
315	316	200 Breaststroke
309	310	100 Butterfly
311	312	200 Freestyle

Girls	Boys	Event Name
15-18		
419	420	200 IM
401	402	50 Freestyle
413	414	200 Backstroke
417	418	200 Butterfly
407	408	100 Breaststroke
421	422	500 Freestyle
403	404	100 Freestyle
405	406	100 Backstroke
415	416	200 Breaststroke
409	410	100 Butterfly
411	412	200 Freestyle

Girls	Boys	Event Name
19-21		
519	520	200 IM
501	502	50 Freestyle
513	514	200 Backstroke
517	518	200 Butterfly
507	508	100 Breaststroke
521	522	500 Freestyle
503	504	100 Freestyle
505	506	100 Backstroke
515	516	200 Breaststroke
509	510	100 Butterfly
511	512	200 Freestyle

Session 2: 2:30PM Start

Girls	Boys	Event Name
8&Under		
617	618	100 IM
609	610	25 Freestyle
603	604	50 Backstroke
607	608	50 Butterfly
613	614	25 Breaststroke
601	602	50 Freestyle
611	612	25 Backstroke
605	606	50 Breaststroke
615	616	25 Butterfly
619	620	100 Freestyle

Girls	Boys	Event Name
9-10		
121	122	200 IM
101	102	50 Freestyle
111	112	100 Backstroke
115	116	100 Butterfly
105	106	50 Breaststroke
117	118	100 IM
109	110	100 Freestyle
103	104	50 Backstroke
113	114	100 Breaststroke
107	108	50 Butterfly
119	120	200 Freestyle

Girls	Boys	Event Name
11-12		
221	222	200 IM
201	202	50 Freestyle
211	212	100 Backstroke
215	216	100 Butterfly
205	206	50 Breaststroke
217	218	100 IM
209	210	100 Freestyle
203	204	50 Backstroke
213	214	100 Breaststroke
207	208	50 Butterfly
219	220	200 Freestyle