



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JULY JAMBOREE – MA 2447 AP
JULY 16, 2024
ONLY 10&OVER SWIMMERS

HOST

Ridley Area YMCA

**MEET
DIRECTOR**

Erik Nelson
enelson@cyedc.org

LOCATION

Ridley High School Pool
901 Morton Avenue
Folsom, PA 19033

FACILITY

The Ridley High School pool is 6 lane 25 yard pool with 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

3:00PM
schedule will be posted after all entries are received.

USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:

Sprint/Start lanes will be available at the end of each warm-up session.

No diving or backstroke starts will be permitted except in sprint lanes, when designated.

The referee may remove anyone from the warm-up for failure to comply with the warm-up rules.

Note: Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet. Any swimmer observed swimming under or through the Bulkhead by an Official or Safety Monitor at the Meet will be disqualified from that swimmer's next Individual Event or from the remainder of the Meet, as determined by the Meet Referee. This policy will be strictly enforced.

START TIME	4:00PM
OFFICIALS MEETING	3:30PM
RULES	In accordance with YMCA & USA Swimming Technical Rules
SWIMMERS 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
ENTRY INFORMATION	Each swimmer must be a member of their YMCA swim team. The swimmers age will be their age on July 16, 2024. Each swimmer may enter a max of 3 individual events. Entries must be submitted electronically in a format compatible with Hy-Tek meet management software. Entries must be in yard times. Entries need to be received by July 9, 2024. Email entries and entry report to enelson@cyedc.org Any questions email enelson@cyedc.org Notice: As per Middle Atlantic regulations, failure to enter a swimmer's best time could result in suspension from competition for a minimum of 3 months, but not more than one year. Further violation by a coach, parent, or swimmer could result in that person being forbidden to participate in or attend USA Swimming functions.
ENTRY FEES	\$10.00 per individual event Please send ONE check per club, made payable to "Community YMCA"
AWARDS	There will be no awards for this meet
ADMISSION	No fees will be charged
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 *NOT* 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.

**JULY JAMBOREE
Order of Events**

1. Mixed 400 IM
2. Mixed 12&Under 100 IM
3. Mixed 200 Freestyle
4. Mixed 1000 Freestyle
5. Mixed 50 Freestyle
6. Mixed 100 Backstroke
7. Mixed 100 Breaststroke
8. Mixed 50 Butterfly
9. Mixed 200 Butterfly
10. Mixed 500 Freestyle
11. Mixed 100 Freestyle
12. Mixed 50 Backstroke
13. Mixed 200 Backstroke
14. Mixed 50 Breaststroke
15. Mixed 200 Breaststroke
16. Mixed 100 Butterfly
17. Mixed 200 IM
18. Mixed 1650 Freestyle