



Platypi Plunge 2026  
 Richard A. Henson Family YMCA Swim Team  
 January 30 and January 31, 2026  
 Richard A. Henson Family YMCA  
 715 S. Schumaker Drive, Salisbury, MD 21804

Held under the sanction of USA Swimming, Inc. issued by Maryland Swimming, Inc.

Sanction # 25/26-038approved

In granting this sanction it is understood and agreed that USA Swimming and Maryland Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the event.

USA Swimming Article 202.4.10

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP"), and the Maryland Swimming Code of Conduct ([www.mdswim.org](http://www.mdswim.org)) will govern this meet.

THIS MEET IS A CLOSED INVITATIONAL. Any interested teams should contact HFY at email for an invitation.

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
Melissa Williams 410-430-7517 Mel.patch2@outlook.com	Melissa Williams 410-430-7517 Mel.patch2@outlook.com
Meet Referee	USA Swimming Registered Operational Risk Director
Frank Raines 301-641-3700 FRisTCB@aol.com	Jen Seip 443-365-0978 Jsiep@ymcachesapeake.org
Officials Contact	Administrative Official
Pam Lauer 215-300-9394 Map259@hotmail.com	Pam Lauer 215-300-9394 Map259@hotmail.com

Deadline and Meeting Summary		
Sunday, January 18, 2026	6:00 PM	Entry Deadline
Friday, January 30, 2026	4:30 Session I	Official Briefings
Saturday, January 31, 2026	7:30 AM 1:15pm 3:00pm	Officials Briefing Officials Briefing Officials Briefing
Saturday, January 31, 2026	7:40am 3:15pm	Timers' Briefing Back Office

Facility Information	
Facility Address	Henson Family YMCA 715 S. Schumaker Drive Salisbury, MD 2184
Pool Information	<ul style="list-style-type: none"> <li>• Competition Pool: 6 25-yard lanes Competition lanes are a minimum of 8' wide. Water depth is 7 feet deep</li> <li>• The competition course has not been certified in accordance with 104.2.2C(4).</li> <li>• The meet will be swum in a 25-yard course. Lane configurations for competition will be determined upon receipt of entries. Lanes will not be available for continuous warm-up/down.</li> <li>• A Colorado timing system will be used</li> </ul>
Facility Information	<ul style="list-style-type: none"> <li>• All swimmers and meet personnel on deck must have credentials to be on deck.</li> <li>• Locker rooms are located in the hallway adjacent to the pool area and will be clearly marked. No adults will be allowed in these locker rooms. There is a Men's locker room and a Woman's locker room which shall be used by officials and coaches. No Swimmers will be permitted.</li> <li>• Restrooms for spectators and volunteers are located in the pool area next to the competition pool.</li> <li>• Swimmers will be sitting in the back gym, NOT the pool deck.</li> </ul>
Medical Assistance and Supervision	<ul style="list-style-type: none"> <li>• Lifeguards will be on duty during the swim meet.</li> <li>• There are AED devices in the facility.</li> </ul>
Parking	<ul style="list-style-type: none"> <li>• There is ample parking at the facility.</li> </ul>
Hospitality	<ul style="list-style-type: none"> <li>• There will be a hospitality area open to all coaches and officials. It will be located in the chapel of the YMCA.</li> </ul>
Concessions	<ul style="list-style-type: none"> <li>• There will be no concessions sold at the meet.</li> </ul>
Vendor	<ul style="list-style-type: none"> <li>• A vendor will not be on site.</li> </ul>

Meet Fees: Checks payable to HFY	
Athlete Surcharge	\$10.00 per swimmer
Individual Event Fee	\$8.00 per event entry
Relay Event Fee	\$32.00 per relay event entry

Organization Regulations	
Rules	<ul style="list-style-type: none"> <li>• The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to the Meet Referee. The Meet Committee and/or Meet Referee may find it necessary to change some meet procedures and/or timeline to provide the best possible situations and conduct of the meet for the athletes; including, but not limited to start times, breaks, distance event procedures, weather related disruptions, etc.</li> </ul>

	<ul style="list-style-type: none"> <li>• This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated. MDSI Rules shall also apply.</li> <li>• USA Swimming / MDSI Safety Guidelines and warm-up procedures will be in effect for the entire meet.</li> <li>• All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of the participation in the conduct of this competition.</li> <li>• Please note that the timing equipment uses a strobe as part of the starting equipment. Therefore, flash photography is PROHIBITED at the start of all the races.</li> <li>• No one will be allowed on deck unless they are registered with USA Swimming as an athlete, coach or official and/or those who are part of the timing, marshal and administrative staff assisting with the conduct of the meet.</li> <li>• Swimmers entering the meet must be registered with MDSI by the entry deadline date. Per MDSI rules, any club that enters an unregistered athlete will be fined \$100.00 per unregistered athlete. No Deck Registrations will be permitted.</li> <li>• Use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks or in changing areas, rest rooms or locker rooms.</li> <li>• 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.</li> <li>• Videotaping or picture taking on deck, by any meet volunteer, shall not be permitted. Volunteers wishing to video or photograph their swimmer shall do so from the spectator area if available. Any person(s) violating this rule will be subject to discipline by the Meet Director or Referee up to and including removal from the venue for the remainder of the meet. EXCEPTION: The MDSI Certified meet photographer and anyone else specifically given pre-authorization by the Meet Director or Referee.</li> <li>• Deck changes are prohibited. Swimmers participating in deck changing will be in violation of the USA Swimming Code of Conduct/Sportsmanship Policy and could be subject to removal from further competition in the meet.</li> <li>• Tech Suits are banned for all 12 &amp; Under swimmers (USA Swimming Rule 102.8.1.F).</li> <li>• Failure to comply with any rules and/or the request of a Safety Marshall shall be considered a Code of Conduct Violation.</li> </ul>
Safety	<ul style="list-style-type: none"> <li>• The Maryland Swimming, Inc. safety program is in effect for this meet.</li> </ul>

	<ul style="list-style-type: none"> <li>• All USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet.</li> <li>• No running or horseplay will be tolerated.</li> <li>• Upon approval of the facility, swimmers are allowed to use only personal kickboards, pull buoys, and snorkels in non-competition warm-up areas.</li> </ul>
Racing Starts	<ul style="list-style-type: none"> <li>• Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing both a forward racing start and a backstroke start or must start each race from within the water.</li> <li>• When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</li> </ul>
Health Guidelines	<ul style="list-style-type: none"> <li>• All meets in the Maryland Swimming LSC are guided by the Maryland Department of Health and Mental Hygiene. This not only applies to Viral Gastroenteritis but other infectious diseases as well. The Meet Referee has the authority to inform and protect coaches, spectators, volunteers, and swimmers from a potential outbreak of illness.</li> <li>• At the discretion of the Meet Referee, anyone who exhibits symptoms of illness may be asked to withdraw from the competition for a 24-hour period. Swimmers must be cleared, by the Meet Referee, prior to returning to competition.</li> </ul>
Swimmers with Serious Medical Conditions	<ul style="list-style-type: none"> <li>• The swimmer's coach is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodation. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support.</li> <li>• If the swimmer has a history of needing assistance exiting the pool at the completion of the race a coach must be in place to provide that assistance.</li> <li>• This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion.</li> </ul>
Deck Access	<ul style="list-style-type: none"> <li>• There will be a check-in process for all coaches, officials, and approved meet staff.</li> <li>• The check-in table will be located on the pool deck at scorer's table.</li> <li>• Credentials must be presented showing current fully certified USA Swimming membership. Meet staff must be listed on an approved list provided to the host team.</li> <li>• No one without proper clearance may be allowed in the competition areas without approval of the meet host.</li> </ul>

Officials	<ul style="list-style-type: none"> <li>• There will be a need for officials. HFY welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet.</li> <li>• The Maryland Swimming Officials uniform policies, available at <a href="http://www.mdswim.org">www.mdswim.org</a>, shall apply to this meet.</li> <li>• Official briefings will be held where at the date and time listed in the Deadline and Meeting Summary.</li> </ul>
Volunteers	<ul style="list-style-type: none"> <li>• Volunteers will be determined by the meet host and will be communicated to the teams attending the meet prior to meet.</li> </ul>

Meet Information	
Format	<ul style="list-style-type: none"> <li>• Timed Finals</li> <li>• Events will be swum slowest to fastest unless otherwise indicated.</li> <li>• Upon request by the Meet Director, the Technical Planning Chair may split or combine sessions in order to run a more effective meet. The order of events may not be changed.</li> </ul>
Eligibility	<ul style="list-style-type: none"> <li>• This is an approved meet. All swimmers do not need to be registered with USA Swimming, Inc.</li> <li>• Swimmers must be registered prior to the entry deadline.</li> <li>• There will be no on-deck registration available at this meet.</li> <li>• A swimmer's age on the first day of the meet will determine their age for the entire meet.</li> <li>• No times are accepted.</li> </ul>
Swimmers with Disabilities	<ul style="list-style-type: none"> <li>• HFY welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets.</li> <li>• Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Entry Director, Meet Director, and Meet Referee by the entry deadline, including the need for any personal assistants required and/or registered service animals.</li> <li>• Failure to provide advance notice may limit the ability to accommodate all requests.</li> </ul>
Entry Procedures	<ul style="list-style-type: none"> <li>• Sunday, January 18, 2026 at 6:00pm</li> <li>• No Times (NT) will be accepted.</li> <li>• The conforming time standard will be SCY times.</li> <li>• Non-conforming times will not be accepted.</li> </ul>

	<ul style="list-style-type: none"> <li>• Converted times will not be accepted.</li> <li>• A completed and signed entry summary sheet and payment in full must be received by the Meet Entry Coordinator prior to the entry deadline.</li> <li>• The host team's entries shall be processed first, then entries will be processed in the order in which they were received until the timeline limit is reached. Entries thereafter shall be returned immediately.</li> <li>• There will not be deck entries allowed.</li> </ul>
Entry Limitations	<ul style="list-style-type: none"> <li>• Swimmers may enter a maximum of 4 individual events per session and a total of 6 individual events for the meet.</li> </ul>
Entry Verification	<ul style="list-style-type: none"> <li>• An email will be sent to the person submitting the entries confirming receipt of the entry file within 48 hours of receipt.</li> </ul>

Meet Procedures	
Seeding	<ul style="list-style-type: none"> <li>• The conforming time standard for this meet is short course yards.</li> <li>• Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.</li> </ul>
Scoring	<ul style="list-style-type: none"> <li>• There will be no team or individual scores kept for this meet.</li> </ul>
Awards	<ul style="list-style-type: none"> <li>• Ribbons will be awarded from 1st to 8th place.</li> </ul>
Warm-Ups	<ul style="list-style-type: none"> <li>• The meet host will provide a complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants. This information will be distributed in advance of the meet and posted throughout the venue.</li> <li>• ☐ Warm-up procedures may be modified based on the number of swimmers in the meet and other safety and logistical concerns.</li> </ul>
Results	<ul style="list-style-type: none"> <li>• Results will be posted on the Maryland Swimming, Inc. website within 24 hours of the conclusion of the meet.</li> <li>• ☐ Results will be available on Meet Mobile as the meet progresses.</li> </ul>

Order of Event  
January 30, 2026  
Warm up: 4:00pm Meet Starts: 5:00pm  
Session I

Girls/Women	Event	Boys/Men
1	Open 1000 Free	2
3	Open 400 im	4
5	12 and under 200 free	6
7	12 and under 200 im	8

Saturday January 31, 2026  
Warm up 7:00am Meet Starts: 8:30am  
Session II

Girls/Women	Event	Boys/Men
9	9-10 100 yard im	10
11	11-12 100 yard im	12
13	8 and under 25 yard back	14
15	9-10 50 yard back	16
17	11-12 50 yard back	18
19	8 and under 25 yard breast	20
21	9-10 50 yard breast	22
23	11-12 50 yard breast	24
25	8 and under 25 yard fly	26
27	9-10 50 yard fly	28
29	11-12 50 yard fly	30
31	8 and under 25 yard free	32
33	9-10 yard free	34
35	11-12 50 free	36
37	8 and under 100 im	38

Saturday January 31, 2026  
Warm up 12:30pm Meet Starts 1:30pm  
Session III

Girls/Women	Event	Boys/Men
39	1650 freestyle	40

Saturday January 31, 2025  
Warm up 2:30pm Meet Starts 3:30pm  
Session 4

Girls/Women	Events	Boys/Men
41	Open 500 Free	42
43	Open 100 Fly	44
45	Open 50 back	46
47	Open 200 Free	48
49	Open 100 Back	50
51	Open 200 im	52
53	Open 50 breast	54
55	Open 50 free	56
57	Open 100 Breast	58
59	Open 200 Fly	60
61	Open 100 free	62
63	Open 50 fly	64
65	Open 200 Back	66
67	Open 200 Breast	68

Platypi Plunge 2026  
Summary of Fees/Release Form  
Complete and email or mail this form along with entry fees to (checks payable to HFY):  
HFY  
ATTN: Jen Seip  
715 S. Schumacher Drive  
Salisbury, MD 21840  
Email to: mel.patch2@outlook.com

Team Name	
Club Code	
Head Coach	
Head Coach Cell Phone Number	
Head Coach Email Address	
Team Mailing Address	

Item	Total Number	Cost Per	Total
Individual Entries		\$8.00 per event	
Swimmer Surcharge		\$10.00 per swimmer	
Relay Entries		\$0 per relay	
Total Fees Due			

**Waiver, Acknowledgement and Liability Release:**

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Maryland Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. HFY, Richard Henson YMCA, Maryland Swimming, Inc. and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

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**SIGNATURE (Coach or Club Representative)**

**CLUB**

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**TITLE**

**DATE**