
2026 BHSJ Dolphin Dash Invitational

MEET ANNOUNCEMENT

About the Invitational

Date: February 7, 2026

Location: Otsego Aquatic Center • 550 Washington St • Otsego, MI 49078

Entry Deadline: January 28, 2026

Hosted by: Benton Harbor St. Joseph YMCA Dolphins

Meet Director: Kendra Gray; kgray@ymcagm.org

Entry Chairperson: Bri Demarest; otsegoaquatics.entries@gmail.com

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ABOUT THE INVITATIONAL

This meet is a closed, inter-association invitational 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 and Minor Athlete Abuse Prevention Policy (MAAPP) will be followed.

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.

MEET TIMELINE: Warm-up and start times for all sessions are subject to change depending on the size of the meet. A warm-up schedule with lane assignments will be sent prior to the meet.

Saturday February 7th

Warm-ups	9:00 am
Meet Start	10:00 am

INCLEMENT WEATHER/CANCELLATION: If this event is cancelled due to inclement weather or a power outage, fees will not be refunded.

LOCATION AND FACILITY

Location: Otsego Aquatic Center, 550 Washington St., Otsego, MI. 49078

Emergency Phone Number: 269-694-7493

The Otsego Aquatic Center is configured as an 11 lane, 25 yard pool. Water depth at start is 11 feet 6 inches (minimum 5 feet required) and at turn end is 7 feet 6 inches. A Colorado System 7 electronic timing system will be used. The competition course has not been certified in accordance with 104.2.2C (4)

There will be 8 racing lanes with 2 warm up/warm down lanes and a buffer lane in between. Permanent starting blocks and non-turbulent lane markers will be used.

All 11 lanes will be used for warm-up. Warm-up will be broken down into two sessions and teams will be assigned warm-up lanes.

The Otsego Aquatic Center provides spectator seating upstairs from the pool area.

Team seating areas will be assigned by the Meet Director. Areas will be designated by space and number of athletes attending.



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WEB SITE

There is no formal website for this meet. Online meet results will be available on Meet Mobile.

CONTACT INFORMATION

Meet Director: Kendra Gray; kgray@ymcagm.org

Entry Chairperson: Bri Demarest; otsegoaquatics.entries@gmail.com

Meet Referee: Rebekah Westerbeek; RebekahYoder@gmail.com

Administrative Official: Bri Demarest; otsegoaquatics.entries@gmail.com

Officials Coordinator: Rebekah Westerbeek; RebekahYoder@gmail.com

NOTICES

Athletes age 12 and younger may not compete in "technical suits" as defined in the USA Swimming rulebook.

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.

Athlete Protection Training: Athletes age 18 and older must have complete athlete protection training in the past 12 months.

Unattached Athletes: There is no unattached status in YMCA Swimming.

Age: An athlete will compete in the age group according to the athlete's age as of December 1, 2025.

Times: There are no qualifying times for this meet.



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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:

- Safety Training for Swim Coaches
- Basic Life Support (Professional Rescuer CPR)
- First Aid
- Principles of YMCA Competitive Swimming and Diving
- Child/Athlete Protection Training

A list of the acceptable certifications can be found in the CERTIFICATION REQUIREMENTS FOR SWIM COACHES or SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA COMPETITIVE SPORTS

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: Swimmers may enter a maximum of four individual events and one relay event. The host team reserves the right to limit entries if required due to time constraints. Entries will be on a first come, first serve basis.

TIMES: No time (NT) entries are allowed. Submit entry times in SCY.

ENTRY FEES: Entries are \$6.00 per individual event and \$20.00 per relay event. There will be a \$12.00 facility rental charge per swimmer. The facility charge will cover parking, admission, and electronic heat sheets for all swimmers and spectators.

ENTRY DEADLINE: Entries will be accepted until January 28, 2026 at 5:00 pm. Any changes made to entries after this deadline will not be refunded.

ENTRY PROCEDURE: HY-TEK entries are required. They may be emailed to otsegoaquatics.entries@gmail.com. Entries must include swimmer name and age.

PAYMENT: Coaches should bring payment and signed waiver to check-in on the day of the meet. Checks should be written to the YMCA of Greater Michiana.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS and TIMERS: Level I and Level II officials from participating teams are asked to contribute to officiating the meet. Please email Rebekah Westerbeek at RebekahYoder@gmail.com to sign-up. Volunteer timers from other teams are encouraged. Teams may submit the name of volunteer timers to the meet director at kgray@ymcagm.org. All volunteers will be provided with credentials for deck access during their volunteer shift.

ATTIRE: YMCA approved uniform for Officials.

DECK CLEARANCE POLICY: Only registered and current coaches, athletes, officials, and meet personnel are allowed on the pool deck. Access to the pool deck may only be granted to any other individual in the event of an emergency through approval by the Meet Director or Meet Referee. Personal assistants/helpers of athletes with a disability shall be permitted when requested by an athlete with a disability or a coach of an athlete with a disability.

Registered coaches, officials, timers, and meet personnel will be issued a credential to be displayed at all times during the meet. In order to obtain a credential, Coaches and Officials must be current in all certifications through the final day of the meet.



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All access points to the pool deck and locker rooms will either be secured or staffed by a meet worker checking credentials throughout the duration of the meet.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Coaches, Officials, and Meet Volunteers will check-in at the entrance to the pool and receive their credentials to access the pool deck.

EVENT CHECK-IN: There is positive check-in for this meet.

COACHES MEETING/SCRATCH MEETING: A coaches meeting will be held in the hospitality suite immediately following warmups.

OFFICIALS AND TIMERS MEETING: An officials meeting will be held 45 minutes prior to the start of the meet in the hospitality suite. A timers meeting will be held approximately 20 minutes prior to the start of the meet.

INVITATIONAL PROCEDURES AND OPERATIONS

MEET COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, and the Administrative Official.

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

MEET FORMAT: The meet will be swum using a Timed Finals format. Swimmers' age will be determined as of December 1, 2025.

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.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups.

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.



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

READY BENCH: Due to space limitations on deck, marshaling will not be offered for this meet.

STARTS: 'Fly-over' starts will be used during 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. All 25-yard events will start from the turn end of the pool.

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published.

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 access is limited to only registered and approved coaches, swimmers, and working officials.
- Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is 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 is not permitted on deck or in the locker rooms.
- 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.



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- 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.

AWARDS AND RECOGNITION

SCORING: This meet will not be scored.

AWARDS: Heat winner prizes will be awarded to the winner of each heat.

TIME TRIALS AND DECK ENTRIES

There will be no time trials available at this meet. Deck entries to fill open lanes will be accepted until 30 minutes before the start of the meet. New heats will not be added. Deck entries cost \$10.00 per individual event and can be paid in cash or by check (payable to the YMCA of Greater Michiana).

SPECTATORS

ADMISSION FEE: There is no charge for admission. Admission for all spectators is covered by the per swimmer facility charge.

HEAT SHEETS/PROGRAMS: Digital heat sheets will be provided by email to each participating team for free distribution prior to the meet. No printed heat sheets will be available for purchase.

CONCESSION STAND: Concession stand availability is at the discretion of the host facility. A hospitality area will be available for coaches and officials.

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.



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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.

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.



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DRONES: 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.

EVACUATION PROCEDURE: Facility personnel will direct all people in the event of an evacuation.

DIRECTIONS

The pool is located at the following address: Otsego Aquatic Center, 550 Washington Street, Otsego, MI. 49078

LODGING

Participants and guests requiring hotel accommodations may use their preferred travel site to secure reservations.

PARKING

Parking is available on site.



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APPENDIX 1: ORDER OF EVENTS

Women	Saturday February 7, 2026	Men
1	9 & Over 200 Free	2
3	8 & Under 100 Free Relay	4
5	9-10 200 Free Relay	6
7	11-12 200 Free Relay	8
9	13 & Over 200 Free Relay	10
11	8 & Under 25 Free	12
13	9-10 50 Free	14
15	11-12 50 Free	16
17	13-14 50 Free	18
19	15 & Over 50 Free	20
21	8 & Under 100 IM	22
23	9-10 100 IM	24
25	11-12 100 IM	26
27	13-14 200 IM	28
29	15 & Over 200 IM	30
31	8 & Under 25 Back	32
33	9-10 50 Back	34
35	11-12 50 Back	36
37	13-14 100 Back	38
39	15 & Over 100 Back	40
41	8 & Under 25 Fly	42
43	9-10 50 Fly	44
45	11-12 50 Fly	46
47	13-14 100 Fly	48
49	15 & Over 100 Fly	50
51	8 & Under 50 Free	52
53	9-10 100 Free	54
55	11-12 100 Free	56
57	13-14 100 Free	58
59	15 & Over 100 Free	60
61	8 & Under 25 Breast	62
63	9-10 50 Breast	64
65	11-12 50 Breast	66
67	13-14 100 Breast	68
69	15 & Over 100 Breast	70



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APPENDIX 2: QUALIFYING TIMES

There are no qualifying times for this meet.



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APPENDIX 3: YMCA MEET DECLARATION FORM

(Return signed form to the meet director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: 2026 BHSJ Dolphin Dash

Meet Date(s): February 7, 2026

Meet Host: Benton Harbor Saint Joseph YMCA Dolphins (YMCA of Greater Michiana)

Meet Location: Otsego Aquatic Center, 550 Washington Street, Otsego, MI 49078

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of this YMCA and meet all eligibility requirements.

- All swimmers age 18 and older have completed Child/Athlete Protection Training within the past 12 months.

COACHES - All coaches representing the YMCA above have completed the annual YMCA coach registration and hold current certifications in:

- BLS (Professional Rescuer CPR)
- First Aid
- Safety Training for Swim Coaches
- Child/Athlete Protection Training
- Principles of YMCA Competitive Swimming and Diving

INSURANCE - Our Association has insurance coverage for representative(s) including participants, coaches, volunteers and leadership who will be in attendance at the 2026 BHSJ Dolphin Dash for the entire 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 participants, coaches, volunteers and leadership during their participation in the 2026 BHSJ Dolphin Dash.

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, Benton Harbor Saint Joseph YMCA Dolphins (YMCA of Greater Michiana), their agents, representatives or assigns, and the Otsego Aquatic Center for any and all injuries which may be suffered by participants at the 2026 BHSJ Dolphin Dash. Furthermore we understand that the YMCA of the USA and Benton Harbor Saint Joseph YMCA Dolphins (YMCA of Greater Michiana) 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.

Printed Name and Signature of Head Coach

Printed Name and Signature of YMCA CEO or Executive Director



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This is the last page of the Meet Announcement