



Cadillac Area YMCA Currents

Cadillac Area YMCA Winter 2026 Luau

Hosted By: Cadillac Area YMCA Currents

Sunday January 25th, 2026

Location – Cadillac Area YMCA
9845 Campus Dr
Cadillac MI, 49601

Contact Information–

Meet Director– John Leech, johnl@cadillacareaymca.org, 231-775-3369

Meet Referees– Nick Kunnen, Jon Kendall, Melissa Durant, John Leech (AO)

Times – Warmups at 8:30am, Meet starts at 10:00am. Lunch will be before the 1000's

Facilities – The Cadillac Area YMCA Pool is a 6-lane pool. Depth at start is 12 feet and 3 1/2 at turn. Starting blocks and non-turbulent lane markers will be used. There is bleacher and folding chair seating for spectators, but spectators are encouraged to only be on deck during their swimmers race as seating is limited. Lockers are available (provide your own lock). Swimmers will be housed in the north side of the gymnasium during the meet.

COVID Policy– Masks are recommended in the building areas but are not required. Wear at your own discretion

Eligibility – A swimmer's age on December 1, 2024 will determine his/her eligibility for a particular age group.

Meet Format – This is an age group meet. THIS IS NOT A SPLIT MEET

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.



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Times- There are no time standards for this meet. No Times (NT) are allowed. Submit entries in actual time, SCY, LCY. Entered times but be swimmers best during qualifying period.

Payment- Please make checks payable to

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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

Timing System – 6 lane “6 system Colorado Timing Systems” electronic timing system

Entry Limits – A max of 4 are allowed per swimmer. This does not include the 100 Medley Relay at the end.

Electronic Entries – Entries \$4.00 per event, \$12.00 per relay

Entry Procedures - Entries must be submitted by **11:45PM on Sunday January 18, 2026**. Entries should be sent to johnl@cadillacareaymca.org. Entries must be in HY-TEK format.

Marshaling – The CAY Luau will be marshaling all swimmers 10 years old and younger. Older swimmers are responsible for making sure they are in the correct heat and lane. Heat sheets will be posted prior the start of each session.

Meet Programs/Admissions – The admission is **FREE**. Heat sheets will be available for \$2.

Scoring – Individual scoring and team scoring will be kept.

Awards – Awards can be picked up after the meet by the team coach or representative. Place ribbons for 1st through 8th, participant ribbons for 9th through 12th.

Results - Complete official meet results will be posted and emailed to the team representative.

Concessions - Food and beverages will be available at the concession stand. No food or beverage will be allowed on the deck of the pool, in the locker rooms or in the spectator areas.

COACH Required Certifications-

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



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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 prior to the entry deadline. Coaches who are not registered and approved will not be permitted on deck.

Team Registration–Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee prior to the entry deadline.

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.

Lost and Found – Articles may be turned in/picked up at awards table. The Meet Director or a representative will retain articles not picked up by the end of the meet for at least 14 days (any longer period shall be in the sole discretion of the Meet Director).

First Aid – Supplies will be kept in the lifeguard office.

Facility Items –

- (A) No smoking is allowed in the building or on the grounds of the Cadillac Area YMCA of Baker College.
- (B) Pursuant to applicable Michigan law, no glass will be allowed on the deck of the pool or in the locker rooms.



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<u>Event</u>	<u>Gender</u>	<u>Stroke</u>	<u>Gender</u>	<u>Event</u>
1 Girls		8U 100 Medley relay	Boys	2
3 Girls		9-12 200 Medley Relay	Boys	4
5 Girls		13O 200 Medley Relay	Boys	6
5 Min Break for 200 Flyers				
7 Girls		Open 200 Butterfly	Boys	8
9 Girls		8U 25 Butterfly	Boys	10
11 Girls		9-12 50 Butterfly	Boys	12
13 Girls		13O 100 Butterfly	Boys	14
15 Girls		Open 200 Back	Boys	16
17 Girls		8U 25 Back	Boys	18
19 Girls		9-12 50 Back	Boys	20
21 Girls		13O 100 Back	Boys	22
15 min Lunch/1000 Warm up				
23 Girls		1000 Freestyle	Boys	24
25 Girls		8U 25 Breaststroke	Boys	26
27 Girls		9-12 50 Breaststroke	Boys	28
29 Girls		13O 100 Breaststroke	Boys	30
31 Girls		Open 200 Breaststroke	Boys	32
33 Girls		8U 25 Freestyle	Boys	34
35 Girls		9-12 50 Freestyle	Boys	36
37 Girls		13O 100 Freestyle	Boys	38
39 Girls		Open 200 Freestyle	Boys	40
41 Girls		8U 100 Freestyle Relay	Boys	42
43 Girls		9-12 200 Freestyle Relay	Boys	44
45 Girls		13O 400 Freestyle Relay	Boys	46

** 47 and 48 will be Girls and Boys Open 100 yd Medley Relay. The intent is to do an exhibition event within age groups and genders (boys/girls, 9-10, 11-12, etc) to fill any record spots teams may have on boards. This event is Free for all swimmers and teams. Because of this, events 1 and 2 are also free for all swimmers and teams.