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# 2019 Great Lakes Zone YMCA Swimming Championship Meet Announcement

## About the Championship

**Date:** March 15-17,2019

**Location:** McCorkle Aquatic Pavilion, The Ohio State University

**Entry Deadline:** Monday, March 11, 2019, 8:00 PM

**Hosted by:** Lancaster Fairfield YMCA Stingrays

**Meet Directors:** Noelle Tolbert, [noellemt@yahoo.com](mailto:noellemt@yahoo.com) &

Paul Hensley, [PRH@stebledon.com](mailto:PRH@stebledon.com)

**Web Site:** [www.glzyswim.net](http://www.glzyswim.net)





# Great Lakes Zone YMCA Swimming Championship

## March 15-17, 2019

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### **Important Information**

#### **Entry Deadline**

**Monday, March 11, 2019, 8:00 PM**

#### **Entry Website**

Link TBA. Will be online entry through the YMCA competitive swimming platform.

#### **Sanctioned Meet Declaration Form**

This must be turned in when the coach checks in at the meet. See page 17

#### **Individual & Team Eligibility**

All Teams and Swimmers must be eligible under the Rules that Govern YMCA Competitive Sports.

#### **Registration**

The annual team registration must be submitted online by December 1, 2018.

#### **Coaches**

All coaches must register online by December 1, 2018, and must be on the Approved Coach list to be on deck at the meet. Only coaches on the list will receive a deck pass.

Only coaches with current CPR Pro, First Aid, Coaches Safety Training (Safety Training for Swim Coaches or Lifeguard/YASA with successful completion of the Safety Training for Swim Coaches online course) and Principles of YMCA Competitive Swimming and Diving certifications are permitted on deck. All coaches' certifications must be current through the end of the meet. Coaches must submit their Concussion Certification and Lindsay Law Certifications prior to the meet.

#### **Date Summary**

December 1	Online team & coach registrations due
December 2	Fines for late coach registrations begin
January 15	Coaches registration late fee increases from \$25 to \$50
March 11	Entry deadline
March 13	Proof of Time Notification – if requested
March 19	Coaches certifications must be valid through March 19, 2019



# Great Lakes Zone YMCA Swimming Championship

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### About the Championship

This meet is a sanctioned YMCA championship 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 will be followed. The meet is YMCA sanctioned and approved by the Ohio Swimming Inc. LSC of USA Swimming.

YMCA Sanction number: 20181204-4533  
USA-S/OH Approval number: OH-19SC-98AP

### Meet Format Waiver

**RESERVE THE RIGHT TO MAKE CHANGES:** The host organization 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. Changes will be communicated as far in advance as possible. None of the required elements of a sanctioned meet may be changed.

### Location and Facility

The Ohio State University, McCorkle Aquatic Pavilion - [www.OSU.edu](http://www.OSU.edu)  
1847 Neil Ave, Columbus OH 43210  
Emergency Phone Numbers: 614-292-2037 and 614-247-7370

**(Emergencies only please. Do not call with questions about the meet.)**

The OSU Pool is configured as a 10 lane, 25-yard course. Water depth at start is 12 feet (minimum 5 feet required) and at turn end is 12 feet. Colorado electronic timing system will be used. It has been measured and certified in accordance with USA-S section 104.2.2C (4). The copy of such certification is on file with USA Swimming.

Multiple-lane continuous warm-up/warm-down lanes are available outside the competition area.

### Web Site

Meet Information will be at [www.glzyswim.net](http://www.glzyswim.net) on the 2019 Tab.

Online Meet Results: Meet Results will be posted on Meet Mobile. Meet Mobile Results are not official. Official results will be on the website after the meet.

### Contact Information

Meet Directors: Noelle Tolbert, [noellemt@yahoo.com](mailto:noellemt@yahoo.com) & Paul Hensley, [PRH@stebledon.com](mailto:PRH@stebledon.com)  
Volunteers and Entry questions: [zones2019@yahoo.com](mailto:zones2019@yahoo.com)



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### Meet Timeline

Warm-up & Start Times are approximate. A revised schedule of events will be posted on the website no later than 8:00 PM on the Wednesday before the meet. Weather Delays / Information will be announced as needed on the meet website.

#### Friday

**March 15, 2019**

##### **Evening Session:**

- 11-12, 13-14, 15 & Over, Senior
  - 2:30 PM Coaches' Check-In Opens
  - 2:45 PM Swimmers' Check-In Opens
  - 3:00 PM Warm-up
  - 3:50 PM Opening Ceremonies
  - 4:00 PM Competition Starts
  - 7:45 PM Approximate Finish
- 

#### Saturday

**March 16, 2019**

##### **Morning Session:**

- 13-14, 15 & Over, Senior
- 6:45 AM Building Opens
- 7:00 AM Pool deck opens
- 7:05 AM Warm-up
- 8:30 AM Opening Ceremonies
- 8:40 AM Competition Starts
- 12:30 PM Approximate Finish
- 12:35 PM Approximate Time Trials Start

#### Saturday

**March 16, 2019**

##### **Afternoon Session:**

- 10 & Under, 11-12
  - 1:30 PM Warm-up
  - 2:30 PM Opening Ceremonies
  - 2:40 PM Competition Starts
  - 5:30 PM Approximate Finish
- 

#### Sunday

**March 17, 2019**

##### **Morning Session:**

- 13-14, 15 & Over, Senior
- 6:45 AM Building Opens
- 7:00 AM Pool deck opens
- 7:05 AM Warm-up
- 8:30 AM Opening Ceremonies
- 8:40 AM Competition Starts
- 12:30 PM Approximate Finish
- 12:35 PM Approximate Time Trials Start

#### Sunday

**March 17, 2019**

##### **Afternoon Session:**

- 10 & Under, 11-12
  - 1:30 PM Warm-up
  - 2:30 PM Opening Ceremonies
  - 2:40 PM Competition Starts
  - 5:30 PM Approximate Finish
-



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### 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.

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

YMCA Meet Participation: In order to be eligible to compete, each athlete must have competed in a minimum of 3 closed YMCA inter-association meets since September 1 of the current season.

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: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport. **Coaches must submit their Concussion Certificate and Lindsay Law Certification at the time of online entry.**

Coach Registration: Each coach must have completed the annual YMCA on-line team and 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**

A swimmer may enter a total of three individual events (age group & senior) and one age group relay event each day. There is NO limit on Senior Relays entries. There is no limit on the number of entries a team may have in each event provided the time standard has been met.

#### **QUALIFICATION PERIOD**

The qualification period is March 1, 2018 through the entry deadline.

#### **USA-S ID's**

Only USA-S registered athletes should have an ID number in the Meet Entry File.

#### **TIME STANDARDS**

Swimmers/Relays must have equaled or bettered the minimum time standard: Appendix A.

#### **TIMES**

No Times (NT) are not allowed. Submit entry times in Actual times (no conversion), SCY, SCM, LCM. Non-conforming times will be seeded first.

#### **ENTRY FEES**

Individual Events, \$6.00 per entry;  
Relay Events, \$20.00 per entry;  
Zone Committee Surcharge, \$2.00 per swimmer

#### **ENTRY DEADLINE**

Monday, March 11, 2019, 8:00 PM

#### **ENTRY PROCEDURE**

All entries must be submitted through the YMCA competitive swim entry platform.

#### **PAYMENT**

Make all checks payable to: LYST; (465 W. 6<sup>th</sup> St, Lancaster, OH 43130).

Coaches must deliver the check, check request or purchase order during check-in. Do Not mail checks to the host unless you showed a check request/purchase order at check in. Personal checks will be accepted if a YMCA check is not available. **You must have your check or copy of the check request to compete at this meet.**

Checks will be cashed by March 31, 2019. Checks that are returned for non-sufficient funds will be subject to a \$50 returned check fee.

Once your entry has been accepted you are responsible for payment of entry fees – even if you do not attend the meet.

Entry Fees not received by May 1 will be considered overdue. The overdue penalty is a payment of your normal entry fee payable to the Great Lakes Zone Swim committee, and a payment of your full entry fees plus a \$25 penalty payable to the host. Failure to meet this obligation by May 15 has a penalty of a suspension from the Great Lakes Zone Meet the following year.

#### **OVER-SUBSCRIPTION**

Teams who submit entries that violate the above entry limits will have the swimmer automatically disqualified from the extra events. Coaches do not get to enter extra events and scratch swimmers from their least desirable events. Teams who submit entries that violate the above entry limits will be notified that they must make changes. The team has until 8 PM on Tuesday, March 12, 2019 to make changes. If the matter is not addressed, then the swimmer is automatically dropped from the offending event.



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### **Volunteers/Officials/Timers**

#### **OFFICIALS AND TIMERS**

All teams will be assigned worker positions according to last year's entries. Each team must fulfill their assigned worker positions to participate in the meet. Check the website for worker assignments. Assignments will be posted before February 15, 2019.

Names of volunteers must be submitted in advance of the meet to be admitted into the session at no charge. Email volunteer list by March 13<sup>th</sup>, 2019 to [zones2019@yahoo.com](mailto:zones2019@yahoo.com). Volunteers should check-in upon arrival at the meet. Under no circumstances may a parent volunteer bring a child on deck with them while they are working or to any of the other assigned volunteer stations within the facility. All children that are not competing must be in the spectator area with another adult. The volunteer will receive free admission for the day.

The penalty for not fulfilling a worker's position will be \$100 per person. The fee will be assessed to the team and a letter from the Zone Committee will be sent to the executive director of the offending YMCA. If the fee is not paid by the entry deadline the following year the team will not be allowed to enter the zone meet.

If you know prior to the meet that you will not be able to fill the scheduled positions, please email the volunteer coordinator, who will attempt to adjust the assignments as necessary.

### **Check-in Procedure**

#### **MEET CHECK-IN PROCEDURE**

Coaches will check-in at the table in the lobby and receive their team packet with badges and lanyards for all coaches and swimmers on their team. Coaches are responsible for distributing their passes to their team. Swimmers may not enter the deck without a pass. Deck passes must be with you at all times to access the deck. Positive check-in, heat sheets and relay change forms will be available on deck at the start of each session at the scorer's table.

#### **EVENT CHECK-IN**

There will be positive check-in for the 800 Free Relay 1,000 free and 1,650 free events. The check in sheets will be at the scorer's table and check in is required by 9:30 AM each day.

#### **COACHES MEETING/SCRATCH MEETING**

**There will not be a coaches meeting.** Please read the pre-meet information before arriving at the meet for specific details about the meet.

#### **OFFICIALS AND TIMERS MEETING**

Officials and Timers meetings will be scheduled before the start of each session. Details will be announced before the meet on the website.

#### **SWIMMER'S CHECK-IN PROCEDURE**

Swimmers will receive their lanyard/badge from their coach. Coaches should plan to meet their swimmers in the lobby to distribute their badges. Swimmers will not have access to the deck without their badge.





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## Championship Procedures and Operations

### **CHAMPIONSHIP COMMITTEE**

The Committee will consist of the Meet Director, Meet Referee, and members of the YMCA Great Lakes Zone Committee who are present at the meet.

### **RULES**

The meet will run under YMCA Rules that Govern Competitive Sports, Addendum to the YMCA Rules that Govern Competitive Sports, and USA-S Technical Rules.

### **MEET FORMAT**

The meet will be swum using a Timed Finals format. Swimmer's age will be determined as of December 1, 2018

### **EVENT SEEDING**

All events (except the 1000 and 1650 Free, and the 800 Free Relay) will be seeded in advance of the meet. Should a swimmer need special consideration in seeding, please send a note to the meet hosts separate from your entry file.

The 500, 1000 and 1650 Freestyle will be seeded fastest to slowest. We will utilize both pools for these events as well as the 800 Free Relay.

### **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.

### **DECLARED FALSE START**

An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

### **NO SHOW**

There will not be a penalty for an athlete who is seeded in an event and fails to compete (i.e., a "no show"). That event still counts toward the athlete's total number of events for the meet.

### **TIME TRIALS**

Time trials will be offered between sessions on Saturday and Sunday as time permits. Swimmers must be 12 the first day of nationals to compete and entered in an individual event at the 2019 Zone meet. Girls and boys events will be combined and swum as a 'mixed' event. The fee will be \$20.00 per individual event and \$40.00 per relay. Swimmers must be entered in the meet to participate in time trials. Swimmer must be going for YMCA National qualifying time or re-swimming an entered Zone meet event. Swims in Time trials do not count towards the 3 Individual Events limit but only 1 Time Trial swim per day is allowed per swimmer.

### **WARM-UP SAFETY PROCEDURES**

Each team's coach will be responsible for maintaining a safe warm-up for their swimmers. An approved coach must be on deck and observing their swimmers at all times while their swimmers are in the water.

All warm-ups require feet first entry into the pool, except when starts are allowed. Sprint lanes are ONE WAY ONLY. Swimmers must exit at the turn end of the pool. Swimmers may not enter the water from the turn end of the pool.

A specific warm up schedule will be posted on the website the week of the meet and on deck.

### **STARTS**

Depending on the number of entries and the meet schedule, 'Fly-over' starts may be used at this meet. If so, all swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.



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### **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 Championship 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 and volunteers with appropriate wristbands.
- 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.
- There is no shaving permitted on pool premises: this includes locker rooms and restrooms of the Natatorium.
- There is to be no use of oils for swimmer rubdowns.
- Glass containers of any kind are not permitted in the pool area or locker rooms.
- Coolers, noise makers and balloons are not permitted.
- Disorderly conduct will not be tolerated.
- Vandalism of any nature will be just cause for team disqualification.
- Teams are expected to police their team areas at the end of each session.
- All swimmers are required to wear some type of footwear when they leave the pool deck.
- A designated person shall be responsible for the supervision and conduct of their team members.
- Swimmers are not permitted on deck until a certified coach is on deck.
- Bleachers are available on deck for swimmers. No chairs, blankets, sleeping bags, etc. are permitted on deck.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, behind the blocks or locker rooms- in accordance with USA-S Rule 202.4.6e



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### **Spectators**

#### **ADMISSION FEE**

\$5 per person, per day or you may purchase an all weekend pass for \$15 on Friday night only. You will be able to bypass the line Saturday and Sunday for those that have an all weekend pass wristbands by entering through the center doors. The left and right doors will be for general daily admission.

#### **HEAT SHEETS/PROGRAMS**

\$5.00 for each session

#### **CONCESSION STAND**

A concession stand will be available throughout the meet and will be located in the lobby.

#### **ATHLETE APPAREL**

Meet Apparel will be available throughout the meet from Kelly's POCO Loco and they will be setup in the lobby. Look for pre-meet online ordering of meet t-shirts. A pick-up table will be available in the lobby.

#### **SEAT SAVING POLICY**

We expect the spectator seating will be very crowded, especially at the beginning of the afternoon sessions. Please don't save seats.

#### **HANDICAP SEATING**

Swimmers and Spectators with special needs are encouraged to contact the meet director 30 days before the start of the meet if any special needs or accommodations are necessary. Email [zones2019@yahoo.com](mailto:zones2019@yahoo.com) for special arrangements.

#### **CONDUCT AND RESTRICTIONS**

No Flash Photography during the meet

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.

Drones are not permitted for videotaping or photography.

### **National Anthem and Devotions**

If you are interested in offering a devotion or performing the National Anthem prior to the start of each session of the meet, please email [zones2019@yahoo.com](mailto:zones2019@yahoo.com).

### **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.

A tornado event, power outage, or similar situation would require evacuation of the swimming pools into designated safe areas.



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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 travel from their Association to the meet, during the entire period of the meet and return to their Association. Appendix 3 must be signed by each association participating in the meet.

### **LIABILITY LIMITS**

In granting of the USA-S/Ohio Swimming Inc. approval, it is understood and agreed that USA Swimming and Ohio 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.

In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA 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.

### **EMERGENCIES**

The OSU Staff 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 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.

It is suggested that coaches carry medical release forms for any swimmer traveling without their parents. If your team has no certified coach to be on deck with the swimmer(s) please have a waiver indicating a certified coach that will be responsible for your swimmer(s).

Any coach, athlete or official who recognizes an emergency 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.



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### Awards and Recognition

#### AWARDS

Medals will be awarded to the first through eight places; ribbons will be awarded to the ninth through sixteenth places. There will be age group team awards (10 & under; 11 & 12; 13 & 14; 15 & Over) for first place boys and first place girls. There will be place banners, first through third for teams. **Awards will not be mailed. Please pick them up at the end of the meet. Awards will not be available until 30 minutes after the final session on Sunday. Do not leave until you have picked up your awards.**

#### SCORING

Points will be awarded for the first sixteen (16) finishers for each event (age group and senior events) according to the following table.

Place:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Individual Events:	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relays:	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2



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### Parking

**Tentative Parking Information:** All parking information listed below is TENTATIVE and will be confirmed in February 2019. The official parking information will be posted on YMCA website at [www.glzyswim.net](http://www.glzyswim.net) by March 2019.

**Friday Morning** – March 15<sup>th</sup>, 2019 – Parking will be available at an hourly rate at Tuttle Park Place Garage and the Lane Avenue Garage. Visitor parking for the swim meet is NOT permitted at the 12<sup>th</sup> Avenue Garage.

**Friday (after 4:01pm) & All Day Saturday and Sunday** – Parking will be available at the Neil Avenue Garage at either an hourly rate or at a flat rate per entry on the way into the garage. This fee is typically \$5-\$10, but subject to change based on the 2018-2019 CampusParc rates. Please be prepared with exact change in case pre-paid entry is required to keep traffic moving. The amount of the parking fee will be announced closer to the event.

**Your Patience Please** – There will likely be a line formed to exit, so please exercise patience when exiting the garage. Always have your exit card available if you paid in advance. If you did not pay on the way into the garage, please pay at the “Pay on foot” kiosk prior to pulling your car to the exit line. Paying by credit card will allow transactions to occur more efficiently than cash transactions.

Those that wish to avoid the possibility of experiencing a wait to exit the garage, or who would like to pay a flat rate, should park legally in an A, B, or C parking space in the Ohio Stadium lot (unrestricted spaces only) and pay the Pay-n-Display machine by credit card before parking or by registering the license plate of their vehicle as with a visitor pass through the CampusParc website before parking. Parking cards should be displayed as directed for Pay-n-Display. For vehicles whose license plate is registered online no placard will be provided.

Neither the OSU facility nor the YMCA receive any revenue from parking fees. Prices are determined and retained by CampusParc, a third-party provider to OSU. Parking arrangements are subject to change based on the university activities.

#### Garage Addresses

Tuttle Park Place Garage  
2050 Tuttle Park Drive

Lane Avenue Garage  
2105 Neil Avenue & Tuttle Park Place

Neil Avenue Garage (closest garage to McCorkle Aquatic Facility)  
1847 Neil Avenue

**\*Please note that in the parking garage, all parking is head in only. Meaning you will get a ticket if you back into your parking spot. There are signs posted in the garage stating this fact. LYST is not responsible for your ticket if you choose to ignore this warning.**



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### Hotels

Hotel blocks were made for this meet at the following locations. Booking links are below and will be on the website.

#### **Courtyard by Marriott Columbus OSU - 2019 Great Lakes Zone Swim Meet-Lancaster YMCA**

**Start date:** 3/15/19 **End date:** 3/17/19 **Last day to book:** 3/1/19

Marriott hotel(s) offering your special group rate: for 159.00 USD per night

[http://www.marriott.com/meeting-event-hotels/group-corporate-travel/groupCorp.mi?resLinkIdData=2019%20Great%20Lakes%20Zone%20Swim%20Meet-Lancaster%20YMCA%5Ecmhwg%60GLSGLSB%60159.00%60USD%60false%604%603/15/19%603/17/19%603/1/19&app=resvlink&stop\\_mobi=yes](http://www.marriott.com/meeting-event-hotels/group-corporate-travel/groupCorp.mi?resLinkIdData=2019%20Great%20Lakes%20Zone%20Swim%20Meet-Lancaster%20YMCA%5Ecmhwg%60GLSGLSB%60159.00%60USD%60false%604%603/15/19%603/17/19%603/1/19&app=resvlink&stop_mobi=yes)

**Hampton Inn & Suites Columbus OSU** – This block is full

#### **Hilton Garden Inn Columbus University Area -**

<http://hiltongardeninn.hilton.com/en/gi/groups/personalized/C/CMHUAGI-LYST-20190315/index.jhtml>

**Hyatt Place Columbus OSU** – Hyatt Place Columbus/OSU Reservations can be made by calling (888) 492-8847 or via the hotel website at [www.hyattplacecolumbusosu.com](http://www.hyattplacecolumbusosu.com) utilizing the group booking code G-YMCA. There is a 2-night minimum stay requirement and please coordinate your reservation by **February 13, 2019** to receive discounted rates. Booking link is below also.

[https://columbusosu.place.hyatt.com/en/hotel/home.html?corp\\_id=G-YMCA](https://columbusosu.place.hyatt.com/en/hotel/home.html?corp_id=G-YMCA)

#### **Springhill Suites Columbus OSU – 2019 Great Lakes YMCA Zone Meet**

**Start date:** 3/15/19 **End date:** 3/17/19 **Last day to book:** 2/13/19

Marriott hotel(s) offering your special group rate: for 149 USD - 159 USD per night

[http://www.marriott.com/meeting-event-hotels/group-corporate-travel/groupCorp.mi?resLinkIdData=2019%20Great%20Lakes%20YMCA%20Zone%20Meet%5Ecmhos%60lyslsa%7Clyslusb%60149-159%60USD%60false%601%603/15/19%603/17/19%602/13/19&app=resvlink&stop\\_mobi=yes](http://www.marriott.com/meeting-event-hotels/group-corporate-travel/groupCorp.mi?resLinkIdData=2019%20Great%20Lakes%20YMCA%20Zone%20Meet%5Ecmhos%60lyslsa%7Clyslusb%60149-159%60USD%60false%601%603/15/19%603/17/19%602/13/19&app=resvlink&stop_mobi=yes)



# Great Lakes Zone YMCA Swimming Championship

## March 15-17, 2019

### Order of Events

#### Friday Evening

101	11 & Over	400	Ind. Medley ##	102
103	12 & Under	200	Ind. Medley ^ !	104
105	11 & Over	200	Backstroke ##	106
107	11 & Over	200	Breaststroke ##	108
109	11 & Over	500	Freestyle # *	110
111	Senior	800	Freestyle Relay	112

#### Saturday Morning

201	Senior 400 Medley Relay			202
	<i>5 Minute Break</i>			
203	13 – 14 200 Individual Medley			204
205	15 & Over	200	IM	206
207	Senior	50	Breaststroke	208
209	13 – 14	100	Butterfly	210
211	15 & Over	100	Butterfly	212
213	13 – 14	100	Freestyle	214
215	15 & Over	100	Freestyle	216
217	Senior	50	Backstroke	218
219	13 – 14	200	Freestyle Relay	220
221	Senior	400	Freestyle Relay	222
223	11 & Over	1000	Freestyle ## *	224

#### Saturday Afternoon

301	11-12	200	Free Relay	302
303	10 & Under	200	Free Relay	304
305	11-12	100	Backstroke	306
307	10 & Under	100	Backstroke !	308
309	11-12	100	IM	310
311	10 & Under	100	IM	312
313	11-12	100	Freestyle	314
315	10 & Under	100	Freestyle	316
317	11-12	50	Butterfly	318
319	10 & Under	50	Butterfly	320
321	11-12	100	Breaststroke	322
323	10 & Under	100	Breaststroke !	324

#### Sunday Morning

401	Senior	200	Freestyle Relay	402
	<i>5 Minute Break</i>			
403	13-14	200	Freestyle	404
405	15 & Over	200	Freestyle	406
407	Senior	50	Butterfly	408
409	13-14	100	Breaststroke	410
411	15 & Over	100	Breaststroke	412
413	13-14	100	Backstroke	414
415	15 & Over	100	Backstroke	416
417	11 & Over	200	Butterfly ##	418
419	13-14	50	Freestyle	420
421	15 & Over	50	Freestyle	422
423	13-14	200	Medley Relay	424
425	Senior	200	Medley Relay	426
427	11 & Over	1650	Freestyle ## *	428

#### Sunday Afternoon

501	11-12	200	Medley Relay	502
503	10 & Under	200	Medley Relay	504
505	11-12	200	Freestyle	506
507	10 & Under	200	Freestyle	508
509	11-12	50	Breaststroke	510
511	10 & Under	50	Breaststroke	512
513	11-12	50	Freestyle	514
515	10 & Under	50	Freestyle	516
517	11-12	100	Butterfly	518
519	10 & Under	100	Butterfly !	520
521	11-12	50	Backstroke	522
523	10 & Under	50	Backstroke	524

! New 10 & Under Event

# 11 & Over 500. Swum Together. Scored & Awarded Separately. Qualify with 11-12, 13-14, 15 & Over Times.

## 11 & Over Events. Scored & Awarded Together. Qualify with Senior Times.

^ 12 & Under Events. Scored & Awarded Separately. Qualify with 11 - 12, 10 & under times.

\* 500 freestyle, 1000 freestyle and 1650 freestyle will be swum fastest to slowest alternating girls and boys.





Great Lakes Zone YMCA Swimming Championship  
March 15-17, 2019

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**YMCA Sanctioned Meet Declaration Form**

(Return signed form to the meet director)

**Participating YMCA:**

**YMCA Address:**

**Meet Name:** 2019 YMCA GREAT LAKES ZONE MEET

**Meet Date(s):** 3/15/19 - 3/17/19

**Meet Host:** LANCASTER FAIRFIELD YMCA

**Meet Location:** The Ohio State University

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We the undersigned attest to the following:

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

**COACHES** - All coaches representing the YMCA above hold current certifications in CPR Pro, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

**INSURANCE** - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the 2019 YMCA Great Lakes Zone Meet 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 coaches and swimmers during their participation in the 2019 YMCA Great Lakes Zone Meet.

**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, Lancaster Fairfield YMCA, their agents, representatives or assigns, and the The Ohio State University for any and all injuries which may be suffered by participants at the 2019 YMCA Great Lakes Zone Meet. Furthermore, we understand that the YMCA of the USA and Lancaster Fairfield YMCA 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.

\_\_\_\_\_  
*Name and Signature of Head Coach*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Name and Signature of YMCA Executive Director or Designee*



# Great Lakes Zone YMCA Swimming Championship

## March 15-17, 2019

### Qualifying Times

### 2019 Zone Qualifying Times

Accepted May 15, 2018

\* indicates a changed time

Girls			10 & Under				Boys		
50 Meter Course	25 Meter Course	25 Yard Course				25 Yard Course	25 Meter Course	50 Meter Course	
:34.40	:33.73	:30.39	*	50 Free	*	:30.89	:34.28	:34.96	
1:16.29	1:14.80	1:07.39	*	100 Free	*	1:08.19	1:15.69	1:17.20	
2:49.13	2:45.82	2:29.39		200 Free	*	2:33.09	2:49.92	2:53.31	
:40.51	:39.72	:35.79	*	50 Back	*	:36.29	:40.28	:41.08	
1:28.75	1:27.01	1:18.39	*	100 Back	*	1:17.49	1:26.01	1:27.73	
:45.37	:44.49	:40.09	*	50 Breast	*	:41.39	:45.94	:46.85	
1:40.98	1:39.00	1:29.19	*	100 Breast	*	1:29.99	1:39.88	1:41.87	
:38.70	:37.95	:34.19	*	50 Fly	*	:34.89	:38.72	:39.49	
1:30.55	1:28.78	1:19.99	*	100 Fly	*	1:21.59	1:30.56	1:32.37	
1:27.84	1:26.12	1:17.59	*	100 IM	*	1:20.39	1:29.23	1:31.01	
3:09.62	3:05.91	2:47.49	*	200 IM	*	2:48.19	3:06.69	3:10.42	
2:45.28	2:42.04	2:25.99	*	200 M. R.	*	2:31.39	2:48.04	2:51.40	
2:27.05	2:24.17	2:09.89	*	200 F. R	*	2:14.39	2:29.17	2:32.15	

Girls			11 - 12				Boys		
50 Meter Course	25 Meter Course	25 Yard Course				25 Yard Course	25 Meter Course	50 Meter Course	
:30.66	:30.06	:27.09		50 Free		:27.19	:30.18	:30.78	
1:07.46	1:06.14	:59.59		100 Free		:59.59	1:06.14	1:07.46	
2:29.43	2:26.50	2:11.99		200 Free		2:12.59	2:27.17	2:30.11	
5:10.48	5:04.40	5:47.89		500 Free		5:49.29	5:05.62	5:11.73	
:35.64	:34.95	:31.49		50 Back		:32.09	:35.61	:36.32	
1:17.08	1:15.57	1:08.09		100 Back		1:09.59	1:17.24	1:18.78	
:40.51	:39.72	:35.79		50 Breast	*	:35.69	:39.61	:40.40	
1:29.08	1:27.34	1:18.69		100 Breast	*	1:19.69	1:28.45	1:30.21	
:34.05	:33.39	:30.09		50 Fly		:30.39	:33.73	:34.40	
1:18.67	1:17.13	1:09.49		100 Fly		1:10.69	1:18.46	1:20.02	
1:17.76	1:16.24	1:08.69		100 IM		1:09.09	1:16.68	1:18.21	
2:52.18	2:48.81	2:32.09		200 IM		2:32.09	2:48.81	2:52.18	
2:24.78	2:21.95	2:07.89		200 M. R.		2:10.99	2:25.39	2:28.29	
2:09.28	2:06.75	1:54.19		200 F. R		1:55.09	2:07.74	2:10.29	



# Great Lakes Zone YMCA Swimming Championship

## March 15-17, 2019

Girls			13 - 14	Boys		
50 Meter Course	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
:29.52	:28.95	:26.09	50 Free *	:24.19	:26.85	:27.38
1:04.17	1:02.92	:56.69	100 Free *	:52.79	:58.59	:59.76
2:19.58	2:16.85	2:03.29	200 Free *	1:56.09	2:08.85	2:11.42
4:56.65	4:50.84	5:32.39	500 Free	5:15.89	4:36.40	4:41.92
1:12.67	1:11.25	1:04.19	100 Back	1:00.69	1:07.36	1:08.70
1:23.65	1:22.01	1:13.89	100 Breast	1:08.89	1:16.46	1:17.98
1:12.32	1:10.91	1:03.89	100 Fly	:59.49	1:06.03	1:07.35
2:39.05	2:35.94	2:20.49	200 IM	2:11.09	2:25.50	2:28.41
2:17.32	2:14.63	2:01.29	200 M. R.	1:55.89	2:08.63	2:11.20
2:02.25	1:59.86	1:47.99	200 F. R.	1:42.69	1:53.98	1:56.25

Girls			15 & Over	Boys		
50 Meter Course	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
:28.85	:28.29	:25.49 *	50 Free	:22.59	:25.07	:25.57
1:02.25	1:01.03	:54.99 *	100 Free	:49.19	:54.60	:55.69
2:15.61	2:12.96	1:59.79	200 Free	1:48.99	2:00.97	2:03.38
4:52.54	4:46.81	5:27.79	500 Free	5:03.49	4:25.55	4:30.86
1:10.28	1:08.91	1:02.09 *	100 Back	:56.99	1:03.25	1:04.51
1:20.47	1:18.90	1:11.09	100 Breast	1:03.39	1:10.36	1:11.76
1:09.27	1:07.92	1:01.19	100 Fly	:54.89	1:00.92	1:02.13
2:33.73	2:30.72	2:15.79	200 IM	2:03.49	2:17.07	2:19.81

Girls			Senior	Boys		
50 Meter Course	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
10:18.48	10:06.36	11:32.99	1000 Free	10:54.29	9:32.50	9:43.95
19:25.40	19:02.55	19:05.99	1650 Free	18:05.99	18:02.73	18:24.38
:33.16	:32.51	:29.29 *	50 Back	:26.99	:29.95	:30.54
2:32.04	2:29.06	2:14.29	200 Back	2:05.39	2:19.18	2:21.96
:37.45	:36.72	:33.09	50 Breast	:29.89	:33.17	:33.83
2:53.66	2:50.26	2:33.39	200 Breast	2:20.99	2:36.49	2:39.61
:31.91	:31.29	:28.19	50 Fly	:25.59	:28.40	:28.96
2:41.09	2:37.94	2:22.29	200 Fly	2:09.49	2:23.73	2:26.60
5:37.37	5:30.76	4:57.99	400 IM	4:39.99	5:10.78	5:16.99
1:58.52	1:56.20	1:44.69	200 F. R.	1:33.99	1:44.32	1:46.40
4:19.71	4:14.62	3:49.39	400 F. R.	3:28.29	3:51.20	3:55.82
9:30.15	9:18.98	8:23.59	800 F. R.	7:49.59	8:41.24	8:51.66
2:11.77	2:09.19	1:56.39	200 M. R.	1:45.99	1:57.64	1:59.99
4:45.97	4:40.37	4:12.59	400 M. R.	3:50.99	4:16.39	4:21.51



## **Donation Drive**

The Lancaster YMCA will be hosting a Donation Drive for XXX at the 2019 Great Lakes YMCA Zone Meet. In the spirit of Caring, we wish to give back to the community and help those in need during difficult times. More details to follow as to what items will be needed. We encourage all teams to donate. The team with the most donations will receive a banner, thanking them for their generosity. Each individual will also receive a raffle ticket and be entered in a drawing!



**This is the last page of the Meet Announcement**

**Date of Update: December 31, 2018**