

NEO Y SWIM LEAGUE

DIVISION 1 CHAMPIONSHIP MEET

MEET INFORMATION

About the Championship

Date: February 4, 2024

Location: Youngstown State University

Entry Deadline: Friday, January 26, 2024

Hosted by: Youngstown YMCA Swim Team

Meet Director: Michael Bleggi ymcaneptunes@gmail.com

Approval #LE 24040 SA

Risk of Exposure to 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.

YMCA Swimming, USA Swimming, INC., and the Youngstown YMCA Neptunes Swim Team, cannot prevent you (or your child (ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in meets. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in the meet, you may be exposing yourself to and/or increasing your risk of contraction or spreading COVID-19.

By attending or participating in this competition, you voluntarily assume all risks associated with the exposure to COVID-19. And forever release and hold harmless YMCA swimming, USA Swimming, the Youngstown YMCA Neptunes Swim Team, 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.

ABOUT THE CHAMPIONSHIP

This meet is a closed, inter-association championship 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 will be followed. This meet is approved by the Lake Erie Swimming, Inc. of USA swimming. Only swimmers with their USA Swimming membership number include with the entry will have times uploaded to SWIMS. USA Swimming Approval number:

This meet is a qualifying meet for the Northeast Ohio YMCA Swim League Championship meet which will be held on March 1-2, 2024.



NEO Y SWIM LEAGUE DIVISION 1 CHAMPIONSHIP MEET

FEBRUARY 4, 2024

MEET FORMAT WAIVER

This is a timed final meet.

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

Location: Beeghly Center Natatorium, Youngstown State University, 224 West Spring Street, Youngstown, OH 44502

50 meter x 25 yard pool, 8 lane short-course competition area with continuous warm-up/warm-down area in non-competitive end of the pool. Colorado timing system and 8 lane digital readout score board with ample locker room space. The depth of the competition pool is 16 feet. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

CONTACT INFORMATION

Meet Director: Michael Bleggi ymcaneptunes@gmail.com

WEB SITE

Meet Information can be found at: www.neoswim.org
Online Meet Results: Meet Mobile will be available.

MEET TIMELINE:

NOTE: The facility will not open until 7:30am

Session 1: 8 & under and 9-10 age groups

Warm up: Group 1 from 8:00-8:30am. Last 10 minutes 1-way starts
Group 2 from 8:30am-9:00am. Last 10 minutes 1-way starts

Meet start time is 9:15am.

MEETING TIMES:

Session 1: Coaches Meeting: 9:00am in the Hospitality room
Officials Meeting: 8:30am in the Hospitality room
Timers Meeting: 8:45am outside the Hospitality room

Session 2: 11-12, 13-14, 15 & Up age groups

A timeline and lane assignments for the afternoon warm-ups will be emailed out to the coaches by Tuesday, January 30th. PM Warmups will not begin before 12pm

Tentative Warm up: Group 1 from 12:15-12:45pm. Last 10 minutes 1-way starts
Group 2 from 12:45-1:15pm. Last 10 minutes 1-way starts

Meet start time is 1:30pm.

MEETING TIMES:

Session 2: TBA



NEO Y SWIM LEAGUE DIVISION 1 CHAMPIONSHIP MEET

FEBRUARY 4, 2024

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.

Required Meets: Swimmers must have participated in three (3) YMCA Closed competitions—2 dual meets + 1 YMCA invitational OR 3 dual meets during the 2023-2024 season to be eligible.

Age: Per NEO Y Swimming bylaws—age as of December 1, 2023.

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.

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.

TEAM

Team Registration: Each team must have completed the annual YMCA of the USA on-line team registration and paid the annual registration fee.

Insurance: Each team that participates in the meet must have a current Certificate of Liability Insurance, in effect through the last day of the meet.

ENTRY INFORMATION

ENTRY LIMITS: Each swimmer may enter and compete in a maximum of two (2) individual events and two (2) relay events. If a team has fewer than four swimmers entering in an age group, then the swimmers can enter in three (3) individual events. Teams have no limit on the number of entries for each event.

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

ENTRY FEES: Individual events are \$5.00 Relay events are \$16.00 per relay team.

ENTRY DEADLINE: The due date for entries is Friday, January 26, 2024.

ENTRY PROCEDURE: Email entries to: Michael Bleggi: ymcaneptunes@gmail.com



NEO Y SWIM LEAGUE DIVISION 1 CHAMPIONSHIP MEET FEBRUARY 4, 2024

PAYMENT: Make checks payable to Y Neptunes. There is an additional fee of \$10.00 per swimmer for entries not received electronically. Please bring your payment to the meet.

DECK ENTRIES: No deck entries will be accepted.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Coaches will check into the Pool Entrance in the hallway to pick up their meet packet and deck credentials for qualified coaches.

VOLUNTEERS INFORMATION

REQUIRED OF EACH TEAM: Each team is required to supply:

- 2 Officials each session. If your team can supply more or less than required, please contact Michael Bleggi at ymcaneptunes@gmail.com
- 3 timers each session
- Age Group coordinators who will get their team swimmers to the Clerk of Course or to the Blocks for their events. **It will be each team's responsibility to get their swimmers to Clerk of Course (All swimmers will have to go through Clerk of Course).**

SEND VOLUNTEER INFORMATION: Please submit a list of your volunteers via email to Michael Bleggi at ymcaneptunes@gmail.com with "Division Meet Volunteers Sheet" (attached) by **January 26, 2024**.

All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.

POOL DECK ACCESS: All coaches and volunteers must wear a wristband to be admitted onto the pool deck. Coaches and designated volunteers MUST check-in at the table outside of the pool entrance prior to entering the deck. **PARENTS WHO ARE NOT VOLUNTEERING TO WORK THE MEET WILL NOT BE PERMITTED ON POOL DECK.**

CHAMPIONSHIP PROCEDURES AND OPERATIONS

RULES: The meet will run under YMCA Rules that Govern Competitive Sports, Addendum to the YMCA Rules that Govern Competitive Sports, NEO Y Swim League Bylaws, USA-S Technical Rules.

EVENT SEEDING: The Meet Director/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.

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.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups (will be provided in coaches packet). During designated warm up sessions, athletes may only enter the competition pool



NEO Y SWIM LEAGUE DIVISION 1 CHAMPIONSHIP MEET FEBRUARY 4, 2024

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.

Coaches must maintain contact with their swimmers during warm-up. There is no diving during warm-up, except in designated sprint lanes.

Swimmers are to sprint one way and climb out at the far end of the pool. Swimmers may be removed from warm-up for violating safety rules.

CLERK OF COURSE:

- There will be a clerk of course for all swimmers.
- We recommend writing your swimmer events on his/her hand/arm.

TEAM/SWIMMERS AREA: Each team will have available space in the gym.

STARTS: 'Fly-over' starts may be used at this meet at the discretion of the meet. Should fly-over starts be used, all swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

PROTEST PROCEDURE: 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.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- 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 permit in any areas of the facility.
- **CAMERA ZONES:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Additionally, under NO CIRCUMSTANCES WILL Camera Zones include the area immediately behind the starting blocks at either end of the racing course (s) while they are in use for the race starts during competition and warm-up. Those failing to abide by this rule may be removed from the venue.

AWARDS AND RECOGNITION

SCORING: Relays = 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2



NEO Y SWIM LEAGUE DIVISION 1 CHAMPIONSHIP MEET FEBRUARY 4, 2024

Individual = 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1

AWARDS: Heat Winner Ribbons
Ribbons for 1st – 16th place for relay and individual events
Team banner awards for 1st – 3rd place

SPECTATORS

ADMISSION FEE: General Admission: \$10; Under 5 is Free.

HEAT SHEETS/PROGRAMS: Heat sheets will be available online. You are encouraged to print your own heat sheet from online. There **will be limited** for sale on the day of the meet.

APPAREL/50/50 Raffle: We will have a vendor onsite making custom meet apparel. We also will be selling 50/50 Raffle tickets.

CONCESSION STAND: Concessions will be available for both sessions. NO GLASS CONTAINERS permitted!

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- 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.
- All COVID policies must be followed.

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.

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. The YMCA CHAMPIONSHIP MEET DECLARATION FORM by each team, must be signed and emailed back to ymcaneptunes@gmail.com

LIABILITY LIMITS: In granting of the USA-S/LESI approval, it is understood and agreed that USA Swimming and LESI shall be free and held harmless from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

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/ RETURN TO PLAY LAW:



NEO Y SWIM LEAGUE DIVISION 1 CHAMPIONSHIP MEET FEBRUARY 4, 2024

Under the Ohio Return to Play Law governing concussions, all coaches, and officials (in state or out of state) are required to have proof of training in concussion signs and symptoms. This training is available for free and can be found at http://www.nfhslern.com/self_courses. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

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.

SPECTATOR EVALCUATION PLAN: In the event of an alarm or emergency evacuation, remain calm, walk to the nearest exit, and leave the building. Do not use the elevators. Do not attempt to go on the deck or into the locker rooms.

DECK EMERGENCY EVACUATION PLAN: Swimmers will be directed by their coaches or meet workers to exit via the doors on the south side of the pool deck near the 1-meter diving board or at the shallow end of the warmup pool. Meet personnel will also exit through these doors.

PARKING

YSU charges for event parking (est. \$5 per day). Parking will be available in the M24 Lot located on the West side of 5th Ave. 333 Grant St. Youngstown, OH 44502.

HOSPITALITY/OUTSIDE FOOD: A *coach's* hospitality room will be available during the meet for working coaches, officials, and designated volunteers with an appropriate deck pass wristband. Please be respectful and limit the number of coaches utilizing the hospitality room to a reasonable amount based on the athletes you have participating. Please indicate the number of coaches on the meet entry form. All coaches must display the deck pass (wristband is required to be worn by all coaches) issued by the meet host to have access to the hospitality room.

REQUIRED FORMS & CERTIFICATIONS: Per Y-USA and NEO Y Swim League policies.

1. A Meet Declaration form must be on file for every team prior to the start of the meet. Please email these to Michael Bleggi at ymcaneptunes@gmail.com by Friday, January 26, 2024. Teams failing to submit this required paperwork and coach certifications may not be permitted to compete.
2. Each coach must have completed all coaches' requirements and submitted all proof to the YMCA of the USA. The NEO coaches list of certified coaches will be at the meet for meet director to verify coaches if a question arises about certification.



NEO Y SWIM LEAGUE DIVISION 1 CHAMPIONSHIP MEET

FEBRUARY 4, 2024

Order of Events — There are no cut off times. No max entries per team

Events # 1 – 32 are Sunday AM Session

Events # 33 – 90 are Sunday PM Session

1. Girls 10 and under 200 Medley Relay
2. Boys 10 and under 200 Medley Relay
3. Girls 8 & under 100 Medley Relay
4. Boys 8 & under 100 Medley Relay
5. Girls 10 & under 200 Freestyle
6. Boys 10 & under 200 Freestyle
7. Girls 10 & under 100 IM
8. Boys 10 & under 100 IM
9. Girls 10 & under 50 Freestyle
10. Boys 10 & under 50 Freestyle
11. Girls 8 & under 25 Freestyle
12. Boys 8 & under 25 Freestyle
13. Girls 10 & under 50 Butterfly
14. Boys 10 & under 50 Butterfly
15. Girls 8 & under 25 Butterfly
16. Boys 8 & under 25 Butterfly
17. Girls 10 & under 100 Freestyle
18. Boys 10 & under 100 Freestyle
19. Girls 8 & Under 50 Freestyle
20. Boys 8 & Under 50 Freestyle
21. Girls 10 & under 50 Backstroke
22. Boys 10 & under 50 Backstroke
23. Girls 8 & under 25 Backstroke
24. Boys 8 & under 25 Backstroke
25. Girls 10 & under 50 Breaststroke
26. Boys 10 & under 50 Breaststroke
27. Girls 8 & under 25 Breaststroke
28. Boys 8 & under 25 Breaststroke
29. Girls 10 & under 200 Free Relay
30. Boys 10 & under 200 Free Relay
31. Girls 8 & Under 100 Free Relay
32. Boys 8 & Under 100 Free Relay
33. Girls 15 & over 200 Medley Relay
34. Boys 15 & over 200 Medley Relay
35. Girls 13-14 200 Medley Relay
36. Boys 13-14 200 Medley Relay
37. Girls 11-12 200 Medley Relay
38. Boys 11-12 200 Medley Relay
39. Girls 15 & over 200 Freestyle
40. Boys 15 & over 200 Freestyle
41. Girls 13-14 200 Freestyle
42. Boys 13-14 200 Freestyle
43. Girls 11-12 200 Freestyle
44. Boys 11-12 200 Freestyle
45. Girls 15 & over 200 IM
46. Boys 15 & over 200 IM
47. Girls 13-14 200 IM
48. Boys 13-14 200 IM
49. Girls 11-12 100 IM
50. Boys 11-12 100 IM
51. Girls 15 & over 50 Freestyle
52. Boys 15 & over 50 Freestyle
53. Girls 13-14 50 Freestyle
54. Boys 13-14 50 Freestyle
55. Girls 11-12 50 Freestyle
56. Boys 11-12 50 Freestyle
57. Girls 15 & over 100 Butterfly
58. Boys 15 & over 100 Butterfly
59. Girls 13-14 100 Butterfly
60. Boys 13-14 100 Butterfly
61. Girls 11-12 50 Butterfly
62. Boys 11-12 50 Butterfly
63. Girls 15 & over 100 Freestyle
64. Boys 15 & over 100 Freestyle
65. Girls 13-14 100 Freestyle
66. Boys 13-14 100 Freestyle
67. Girls 11-12 100 Freestyle
68. Boys 11-12 100 Freestyle
69. Girls 15 & over 500 Freestyle
70. Boys 15 & over 500 Freestyle
71. Girls 13-14 500 Freestyle
72. Boys 13-14 500 Freestyle
73. Girls 15 & over 100 Backstroke
74. Boys 15 & over 100 Backstroke
75. Girls 13-14 100 Backstroke
76. Boys 13-14 100 Backstroke
77. Girls 11-12 50 Backstroke
78. Boys 11-12 50 Backstroke
79. Girls 15 & over 100 Breaststroke
80. Boys 15 & over 100 Breaststroke
81. Girls 13-14 100 Breaststroke
82. Boys 13-14 100 Breaststroke
83. Girls 11-12 50 Breaststroke
84. Boys 11-12 50 Breaststroke
85. Girls 15 & over 200 Freestyle Relay
86. Boys 15 & over 200 Freestyle Relay
87. Girls 13-14 200 Freestyle Relay
88. Boys 13-14 200 Freestyle Relay
89. Girls 11-12 200 Freestyle Relay
90. Boys 11-12 200 Freestyle Relay



**NEO Y SWIM LEAGUE DIVISION 1 CHAMPIONSHIP MEET
FEBRUARY 4, 2024**

YMCA Sanctioned Championship Meet Declaration Form

Return signed form to the meet director (ymcaneptunes@gmail.com) by January 26, 2024. Teams failing to do so will not be permitted to participate in this meet.

Participating YMCA: _____

YMCA Address: _____

Meet Name: NEO Y SWIM LEAGUE DIVISION 1 CHAMPIONSHIP MEET

Meet Date(s): February 4, 2024

Meet Host: Youngstown YMCA

Meet Location: Youngstown State University

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. Additionally per Ohio law, coaches must have completed Concussion and Lindsay’s Law training.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the NEO Y SWIM LEAGUE DIVISION 1 CHAMPIONSHIP MEET for the period of travel from our Association to the meet, during the entire period of the meet and return to our Association. 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 travel to and from and during their participation in the NEO Y SWIM LEAGUE DIVISION 1 CHAMPIONSHIP 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, YMCA of Youngstown Ohio, their agents, representatives or assigns, and Youngstown State University for any and all injuries which may be suffered by participants at the NEO Y SWIM LEAGUE DIVISION 1 CHAMPIONSHIP MEET. Furthermore, we understand that the YMCA of the USA and YMCA of Youngstown Ohio 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

Name and Signature of YMCA Executive Director or Designee



**NEO Y SWIM LEAGUE DIVISION 1 CHAMPIONSHIP MEET
FEBRUARY 4, 2024**

VOLUNTEER FORM

Return completed form by email to Michael Bleggi at ymcaneptunes@gmail.com by January 26, 2024. Teams failing to do so will not be permitted to participate in this meet.

TEAM: _____

Contact name and email: _____

TIMERS (Each team MUST provide 3 timers per session. Contact Michael if you cannot fill requirement)

AM SESSION _____

PM SESSION _____

OFFICIALS (Each team MUST provide 2 Officials per session. Contact Michael if you cannot fill requirement)

AM SESSION _____

Certification Level _____

Certification Level _____

PM SESSION _____

Certification Level _____

Certification Level _____

AGE GROUP COORDINATORS: Each team may designate up to 4 parent volunteers, if needed, to assist their swimmers.
