



NYS YMCA SWIM CHAMPIONSHIPS

March 15-17, 2024

New York State

YMCA Swimming Championship

MEET ANNOUNCEMENT

About the Championship

Date: March 15-17, 2024

Location: Nassau County Aquatic Center, Eisenhower Park, East Meadow, NY

Entry Deadline: February 27, 2024

Hosted by: Cross Island, Flushing, Huntington YMCA

Meet Director: Eve Brown, Kelly Donlevy,
Richard Finkelstein

State Commissioner: -Rich Bleichfeld

Web Site: www.yswimmingnewyork.org

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About The Championship

This meet is a sanctioned, 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, and NYS Y Swimming and Diving Championship Rules for 2023-24. The meet is YMCA sanctioned and approved by the MRLSC of USA Swimming.

YMCA Sanction number: **CAQ2023NY12298230**

USA-S Approval number: **240370-AP**
240371-APT

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

Location: Nassau County Aquatic Center, East Meadow, NY 11554

Emergency Phone Number: 516- 571-0701

The competition pool is configured as a 25-yard course. Water depth at start is 8+feet deep and at turn end is 8+ feet. Colorado electronic timing system will be used. The competition course has not been certified in accordance with 104.2.2C (4). The facility provides spectator gallery seating for approximately 1,500 and swimmers will be housed on deck.

Web Site

Meet Information can be found at:

<https://www.gomotionapp.com/team/nyssc/page/home>

Online Meet Results: Meet Mobile

Contact Information

Meet Directors: Eve Brown, Kelly Donlevy, Richard Finkelstein eabswim@aol.com, kelydnlvy@yahoo.com, finkfly33@aol.com

Entry Chairperson: Kris Tilas kristilas@hotmail.com

Meet Referee: Dan Collins, bpsc041@aol.com, Anne Fosteris, apfosteris@gmail.com

Administrative Official: Kris Tilas, Kris.Tilas@hotmail.com

Officials Coordinator: Anne Fosteris apfosteris@gmail.com

MEET TIMELINE

Warm-up and start times for all sessions are subject to change depending on the size of the meet

Class C, B, A

Friday Warm-up 3:30 p.m. Start 5:00 p.m.

Saturday Warm-up 6:30 a.m. Start 8:00 a.m.

Sunday Warm-up 7:30 a.m. Start 9:00 a.m.

Finals: Saturday Warm-up 4:30 p.m. Start 6:00 p.m.

Sunday Warm-up 4:00 p.m. Start 5:00 p.m.

Class E, D

Saturday Warm-up 12:30 p.m. Start 1:30 p.m.

Sunday Warm-up 12:45 p.m. Start 1:45 p.m.

Warm-up will be split into two sessions to permit access to both warm-up and competition pools. The Meet Director reserves the right to adjust warm-up and start times after all entries and accurate timelines can be determined.

(1) Senior Recognition will be prior to the start of Saturday Evening Finals Session.

Incident Weather/Cancelation: Weather and safety cancellations will be at the discretion of the State Committee.



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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. This meet is only open to YMCA teams that compete in a NYS Y swim league.

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.

Age: An athlete must not be older than nineteen (19) years of age. Age is determined as of 12-1-23.

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.

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of March 1, 2023 until Meet Entry Deadline other than a bonus event.

Athletes with a Disability: Swimmers with a disability are encouraged to enter and participate in 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.

Any athlete turning 18 on or prior to the last day of the meet must take the on line course, Athlete Protection Training

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 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 team 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.

Entry Information

ENTRY LIMITS:

1. USA-S Technical rules will be followed.

2. An individual may enter no more than 5 individual scoring events total. Time trials do not count towards the event limit of 5 but you can only swim three individual events per day including time trials. An individual can only swim two time trials total in the meet.

3. Teams may enter "B" relays but they will not score points and will be placed after all "A" relays for awards.

4. Scoring will be as follows: 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

5. Swimmers will not be allowed in the stands with only their suits on. Swimmers must wear footwear above the first floor.

6. Deck changes are prohibited.

7. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind any starting areas.

8. Swim ups are limited to relays only in each age group **and you can only swim up one age group.**

9. Bonus events – See next page.



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QUALIFICATION PERIOD: The qualification period is March 1, 2023 through the meet entry deadline of February 27, 2024.

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

TIME STANDARDS: Swimmers must have equaled or bettered the minimum time standard: Appendix 1.

APT: Any athlete turning 18 prior to and including the last day of the meet must complete Athlete Protection training on the USA Swimming web site. This is a free, mandatory course.

TIMES: No Times (NT) are not allowed. Submit entry times in actual time. We will accept SCM and LCM times that, when converted to SCY per USA-S conversion factors, meet the SCY qualification times. Entered times must be the swimmer's BEST time achieved during the qualifying period.

BONUS EVENT RULE:

Swimmers making only one qualifying time will be permitted to enter one bonus event to bring their total events for the meet to two. The bonus event will be limited to the following:

| <u>8 & UNDER (Group E)</u> | <u>9-10 (Group D)</u> | <u>11-12 (Group C)</u> | <u>13-19 (Group B/A)</u> |
|--------------------------------|-----------------------|------------------------|--------------------------|
| 25 Butterfly | 50 Butterfly | 50 Butterfly | 100 Butterfly |
| 25 Backstroke | 50 Backstroke | 50 Backstroke | 100 Backstroke |
| 25 Breaststroke | 50 Breaststroke | 50 Breaststroke | 100 Breaststroke |
| 25 Freestyle | 50 Freestyle | 50 Freestyle | 50 Freestyle |
| 50 Freestyle | 100 Freestyle | 100 Freestyle | 100 Freestyle |

ENTRY FEES:

\$6.00 per individual entry, \$24.00 per relay, and \$20 per swimmer surcharge. Surcharge includes \$5 per swimmer towards funding the YMCA Senior scholarships

Entries and proof of times must be submitted as a Team Manager/Team Unify file via email to Richard Finkelstein, finkfly33@aol.com AND Kris Tilas, kristilas@hotmail.com. Proof of all times also must be sent to Commissioner Rich Bleichfeld, richbleichfeld@gmail.com. When you print out your entry report from Team Manager, (Team Unify should be similar) go to reports, then meet reports, then meet entries, then on the top right under other options check off "include proof of times". If it says "custom time" you have to send a copy of the meet result (**such as a high school meet**) for that event unless it is a bonus event or a relay. **Any times not proven by the entry deadline will be deleted from the meet.** Contact the Meet Director if there are questions on this. You will receive a report from Meet Manager for confirmation of the import via email, within 48 hours of receipt of your entry export file.

ALL Entries must be received by Tuesday, February 26, 2024.

ENTRY PROCEDURE: Entries must be submitted as a Team Manager/Team Unify file.

PAYMENT: Appropriate fees or a copy of a check request and paperwork are to be mailed to Richard Finkelstein, Flushing YMCA, 138-46 Northern Blvd. Flushing, NY 11354. All entries must be received by Tuesday, February 27, 2024.

Volunteers/Officials/Timers

OFFICIALS AND TIMERS: Officials will be coordinated and provided through by Annie Fosteris. Teams may be asked to provide up to (2) timers per morning and afternoon sessions for timing assignments. Your team will be contacted by March 1st, 2024 if assignments are necessary. Assignments must be covered for the entire session.

DECK CLEARANCE POLICY: Only registered coaches with current certs with Y-National will be allowed on deck. All other volunteers on deck shall be cleared by the Meet Director and host team volunteer coordinators.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Coaches, Teams and Officials must check-in. Signage will be on site to assist in where to go.

COACHES MEETING: There may be a mandatory coaches meeting prior to the start of the first session. A representative from each team must be present. Coaches' packets will be available in room 106 or on deck. **OFFICIALS AND TIMERS MEETING:** Officials (room 119) and Timers (diving well) meetings shall take place before the start of each session.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, State Commissioner and a nominated/selected coach, per the Commissioner, at the beginning of 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.



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MEET FORMAT: The meet will be swum using a Timed finals, Prelims and Finals format. Swimmer's age will be determined as of December 1, 2023.

EVENT SEEDING: Events will be seeded Slowest to Fastest, except where noted. The Meet Referee/Administrative Official reserves the right to combine heats.

NO SCRATCHES: A swimmer who elects not to swim an event will take a DFS and the event will be counted against the total number of events he/she can swim.

DECLARED FALSE START: An athlete may also withdraw from a prelim 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: An athlete who is seeded in an event and fails to compete (i.e., a "no show") is a no show with no further penalty unless it is an individual event at finals on Saturday or Sunday.

SCRATCHING FROM FINALS or Intent to Scratch: An athlete initially qualifying for an A or B final or their coach has 30 minutes from the time the results have been announced to notify the scratch table of their intent to scratch or to scratch from that event. If there have been scratches from an evening event the coach of any affected swimmer will be notified.

Failure to compete in a Finals Event from which the athlete has not scratched (finals "no show") shall disqualify the athlete from the remainder of the meet. However, no penalties shall apply for failure to compete in Finals if the referee is notified in the event of injury or illness and accepts the proof thereof, or it is determined by the referee that failure to compete is caused by circumstances beyond the control of the athlete.

For an intent to scratch the athlete (or their coach) must declare their final intentions within 30 minutes following their last individual prelim event. If the athlete (or their coach) does not declare their final intention, it will be assumed the athlete has chosen not to scratch from the Finals of the original event. If the athlete then fails to compete in this Finals Event, they shall be barred from further competition for the remainder of the meet.

TIME TRIALS: There will be individual and relay time trials following sessions as time allows. Time trial entry fee is \$6.00 per individual event and \$24 per relay. **Time trials will be offered all 3 days as time permits.** The intent of time trials is to provide swimmers that are close to Y National QT's another opportunity to qualify.

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. Warm-up schedules will be sent to each head coach.

Swimmers in the pool during warm-ups will be limited to those participants for each individual session. (i.e. Session 1 swimmers shall only consist of A, B, and C swimmers and those participating in the Open events for Session 1). Diving well will not be open during 10 & under competition. Coaches must supervise their swimmers during warm up.

READY BENCH: E swimmers, for 25 yards, must report to the designated bull-pen area on the pool deck for seeding prior to their events (this will be decided prior to the start of the meet). From there they will be escorted to the blocks. A, B, C and D swimmers will report directly to the blocks. It is the swimmer's responsibility to be on the start end and ready to "step-up" when his/her event is ready to swim.

STARTS: 'Fly-over' starts will be used at this meet with the exception of final heats on Saturday and Sunday evenings **and 25 yard events.** All swimmers should follow the direction of the referee for exiting the pool. All backstroke and relay events should exit the pool upon completion. **25 yard events will be from the bulkhead with no starting blocks.**

SWIM-OFFS: In the event a swim-off is necessary, the meet referee will set a time for the swim-off which will not be any later than 45 minutes after the last heat of any event in which any of the swimmers in the swim-off is competing. (USA Swimming Rule 102.5.2)

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.
- 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



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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 containers are not permitted on deck. All garbage is the responsibility of each individual team. The team areas shall be cleaned after each session by the team utilizing the area.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Massage tables are not permitted.
- 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.
- Swimmers are not allowed to be barefoot other than on the pool deck or in the locker rooms.
- Shaving is not permitted in any areas of the facility.
- Food and beverages for coaches and officials will be available in the designated area. A concession stand in the lobby outside of the pool may provide food and drinks for swimmers and spectators.

AWARDS AND RECOGNITION

SCORING: Scoring places 1-16, as follows: 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

AWARDS: Medals for places 1-8 and ribbons for places 9-16. Appropriate awards will be given to the 1st, 2nd and 3rd place girls and boys team in each age group. 1st, 2nd and 3rd place overall team awards. Open **relays** are given awards, but are not scored.

RECOGNITIONS: Senior Recognition will take place on Saturday evening before the start of the finals session. Each NYS Senior shall be recognized and introduced. A photographer will be on site for pictures.

SPECTATORS

ADMISSION FEES & PROGRAMS:

Admission passes and programs will be available for sale in advance on-line beginning February 1, 2024. If available, additional admissions and programs can be purchased at the door beginning approximately one hour before each session warm-up begins.

Advance Purchase: Admission link will be at [Eventbrite.com](https://www.eventbrite.com) and will be available Feb 1st through coaches and the State web site.

ALL Sessions Meet Pass \$25.00* Admission link includes heat sheets for both prelims and finals!

Class ABC Multi Session Meet Pass \$20.00*

Class DE Multi Session Meet Pass \$15.00*

Single Session Pass \$12.00

Meet Program \$TBD

At the door Purchase

All Session Meet Pass \$30.00*

Class ABC Multi Session

Meet Pass \$25

Class DE Multi Session Meet

Pass \$20

Single Session Pass \$12.00

Meet Program \$TBD

Parking at Eisenhower Park is free in designated areas.

CONCESSION STAND: Concessions may be provided on site. Host teams have no control over concessions.

ATHLETE APPAREL: Apparel will be available for purchase on site from Metro Swim Shop.

SEAT SAVING POLICY: There is no seat saving. The viewing areas will be cleared between each session.

HANDICAP SEATING: Handicap seating is available at the venue.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.



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- No personal chairs are allowed in the spectator area unless for handicap accessibility
- 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.

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 entire period of the meet. Appendix 2 must be signed by each association participating in the meet.

LIABILITY LIMITS:

- In granting of the USA-S LSC- MR approval, it is understood and agreed that USA Swimming and YMCA of Greater NY and Long Island 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 and YMCA of Greater NY and Long Island 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 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 are 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.

EVACUATION PROCEDURE: If evacuation is deemed necessary, all persons shall evacuate the venue via the procedures posted on site at the facility and announced at the venue.

DIRECTIONS

The swim meet is located in Eisenhower Park, Merrick Ave. East Meadow, NY 11554.

LODGING

Hotel Listing available at

<https://www.gomotionapp.com/team/nyssc/page/home>

PARKING

Parking is free at the venue. Parking any place other than designated areas may subject you to a fine and or towing.



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| | Girls Event # | Boys Event # | Class | Event |
|---------------------------------|---------------|--------------|------------------------|-------------------------------|
| Friday, March 15, 2024 | 1 | 2 | A | 200 yd IM |
| Warm-up 3:30 pm | 3 | 4 | B | 200 yd IM |
| Start: 5:00 pm | 5 | 6 | C | 200 yd IM |
| | 7 | 8 | Open | 200 Free Relay (fast to slow) |
| | 9 | 10 | B | 500 yd Free |
| | 11 | 12 | A | 500 yd Free |
| | 101 | | Open | 200 Mixed Medley Relay |
| ----- | | | | |
| Saturday, March 16, 2024 | 13 | 14 | Open | 200 yd Med Rel (fast to slow) |
| Warm-up: 6:30 am | 15 | 16 | C | 50 yd Free |
| Start: 8:00 am | 17 | 18 | B | 50 yd Free |
| | 19 | 20 | A | 50 yd Free |
| | 21 | 22 | C | 50 yd Back |
| | 23 | 24 | B | 100 yd Back |
| | 25 | 26 | A | 100 yd Back |
| | 27 | 28 | C | 200 yd Free |
| | 29 | 30 | B | 200 yd Free |
| | 31 | 32 | A | 200 yd Free (fast to slow) |
| | | | 10 Minute Break | |
| | 33 | 34 | Open | 400 Medley Relay |
| SWIMMING (| 35 | 36 | C | 200 yd Med Relay |
| AT (| 37 | 38 | B | 200 yd Med Relay |
| NIGHT (| 39 | 40 | A | 200 yd Med Relay |
| Saturday, March 16, 2024 | 41 | 42 | E | 100 yd IM |
| Warm-up: 12:30 pm | 43 | 44 | D | 100 yd IM |
| Start: 1:30 pm | 45 | 46 | E | 50 yd Free |
| | 47 | 48 | D | 100 yd Free |
| | 49 | 50 | E | 25 yd Back |
| | 51 | 52 | D | 50 yd Back |
| | 53 | 54 | E | 100 yd Free |
| | 55 | 56 | D | 200 yd Medley Relay |
| | 57 | 58 | E | 100 yd Medley Relay |
| Sunday, March 17, 2024 | 59 | 60 | C | 100 yd Free |
| Warm-up 7:30 am | 61 | 62 | B | 100 yd Free |
| Start: 9:00 am | 63 | 64 | A | 100 yd Free |
| | 65 | 66 | C | 50 yd Fly |
| | 67 | 68 | B | 100 yd Fly |
| | 69 | 70 | A | 100 yd Fly |
| | 71 | 72 | C | 50 yd Breast |
| | 73 | 74 | B | 100 yd Breast |
| | 75 | 76 | A | 100 yd Breast |
| | 77 | 78 | C | 200 yd Free Relay |
| | 79 | 80 | B | 200 yd Free Relay |
| | 81 | 82 | A | 400 yd Free Relay |
| Sunday, March 17, 2024 | 83 | 84 | D | 50 yd Free |
| Warm-up: 12:45 pm | 85 | 86 | E | 25 yd Free |
| Start: 1:45 pm | 87 | 88 | D | 50 yd Fly |
| | 89 | 90 | E | 25 yd Fly |
| | 91 | 92 | D | 50 yd Breast |
| | 93 | 94 | E | 25 yd Breast |
| | 95 | 96 | D | 200 yd Free |
| | 97 | 98 | E | 100 yd Free Relay |
| | 99 | 100 | D | 200 yd Free Relay |

Note: Events 7-14, 33-58, 77-101 are Timed Finals (Class C,B,A relays - Sat. ALL IN FINALS, Sun - all relays swim in AM session) Events 1-6, 15-32, 35-40 finals on Saturday pm; Events 59-76, finals on Sunday pm. Event order Sat finals 5, 6, 3, 4, 1, 2, 15-32, 35-40.



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APPENDIX 1: QUALIFYING TIMES

| Girls | Event | Boys |
|---------|--------------------------------|---------|
| | 8 & Under - Class E | |
| 2:06.50 | 100 IM | 2:06.50 |
| 25.18 | 25 Back | 25.18 |
| 46.64 | 50 Free | 46.64 |
| 20.12 | 25 Free | 20.12 |
| 27.78 | 25 Fly | 27.78 |
| 30.79 | 25 Breast | 30.79 |
| 1:50.00 | 100 Free | 1:50.00 |
| | 9 & 10 - Class D | |
| 1:38.99 | 100 IM | 1:38.09 |
| 45.09 | 50 Back | 45.09 |
| 1:25.79 | 100 Free | 1:25.79 |
| 39.34 | 50 Free | 39.34 |
| 45.09 | 50 Fly | 45.09 |
| 51.14 | 50 Breast | 51.14 |
| 3:12.50 | 200 Free | 3:12.50 |
| | 11 & 12 - Class C | |
| 3:04.00 | 200 IM | 3:10.84 |
| 38.50 | 50 Back | 39.38 |
| 1:12.71 | 100 Free | 1:13.70 |
| 32.45 | 50 Free | 32.45 |
| 37.08 | 50 Fly | 39.48 |
| 2:41.13 | 200 Free | 2:41.70 |
| 43.56 | 50 Breast | 45.10 |
| | 13 & 14 - Class B | |
| 6:58.00 | 500 Free | 7:03.50 |
| 2:52.70 | 200 IM | 2:54.89 |
| 1:20.08 | 100 Back | 1:20.96 |
| 1:07.47 | 100 Free | 1:06.00 |
| 31.10 | 50 Free | 29.78 |
| 1:22.49 | 100 Fly | 1:22.49 |
| 2:30.70 | 200 Free | 2:30.70 |
| 1:31.30 | 100 Breast | 1:29.10 |
| | 15-19 - Class A | |
| 6:44.80 | 500 Free | 6:11.80 |
| 2:49.40 | 200 IM | 2:36.19 |
| 1:17.55 | 100 Back | 1:13.04 |
| 1:06.00 | 100 Free | 59.51 |
| 30.82 | 50 Free | 26.95 |
| 1:19.20 | 100 Fly | 1:10.29 |
| 2:28.50 | 200 Free | 2:12.11 |
| 1:28.55 | 100 Breast | 1:21.40 |



NYS YMCA SWIM CHAMPIONSHIPS

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APPENDIX 2: YMCA SANCTIONED MEET DECLARATION FORM

(Note: Return signed Declaration form to the meet director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: 2024 New York State YMCA Swimming

Championships Meet Date(s): March 15-17, 2024

Meet Host: Cross Island, Flushing, Huntington YMCA

Meet Location: Nassau County Aquatic Center

We the undersigned attest to the following:

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

COACHES - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

INSURANCE - Our Association has insurance coverage for representative(s) including leadership and participants who will be in attendance at the New York State YMCA Swimming Championships for the 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 New York State YMCA Swimming Championships With this registration, the YMCA will provide a Certificate of Insurance naming the YMCA of Greater New York and Long Island as an additional insured as it relates to this meet.

RELEASE and INDEMNITY - In consideration of your accepting this entry, the Participating YMCA listed above, WAIVES and RELEASES any and all right to or claim for damages the Participating YMCA may have against the YMCA of the USA and YMCA of Greater NY and Long Island, their employees, agents or representatives, for any and all injuries or losses which may be suffered by staff, participants, volunteers and invitees of the Participating YMCA at the New York State YMCA Swimming Championships. In addition the Participating YMCA assumes responsibility for any claims, lawsuits or other causes of action arising as a result of any injuries or damages incurred by staff, volunteers, members, participants or invitees of the Participating YMCA that occur during the swim meet, unless caused by the sole negligence of the YMCA of Greater NY or Long Island or YMCA of the USA. The Participating YMCA further agrees to HOLD HARMLESS and INDEMNIFY the YMCA of Greater NY and Long Island and YMCA of the USA for any such claims, lawsuits, or causes of action that arise as a result of any injuries or damages incurred by staff, volunteers, members, participants or invitees of the Participating YMCA that occur during the swim meet, unless caused by the sole negligence of the YMCA of Greater NY or Long Island or YMCA of the USA. Furthermore, we understand that the YMCA of the USA and YMCA of Greater NY and Long Island 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 of Head Coach

Signature of Head Coach

Date

Name of YMCA CEO or Designee

Signature of YMCA CEO or Designee

Date



NYS YMCA SWIM CHAMPIONSHIPS

March 15-17, 2024

ENTRY SUMMARY SHEET

Team Name: _____ Club Code: _____

Head Coach Name: _____ Cell # _____

Email address: _____

| | # Girls | # Boys | # Total Entries | X Fee | Amount Due |
|---|---------|--------|-----------------|----------------|------------|
| # of Individual Entries | | | | X \$6.00 each | \$ |
| Per swimmer surcharge | | | | X \$20.00 each | \$ |
| # of Relay Team Entries | | | | X \$24.00 each | \$ |
| Relay only swimmers (name must be listed on a relay) | | | | X \$20.00 each | \$ |
| TOTAL ENTRY FEE | | | | → | \$ |

The following certified coaches will be attending the meet:

| | | | | | |
|-------------------|--------|----------------------|--------------|--------------------|--------------|
| Print Name: _____ | Friday | Saturday Breakfast / | Lunch | Sunday Breakfast / | Lunch |
| | | Yes/No _____ | Yes/No _____ | Yes/No _____ | Yes/No _____ |
| _____ | | | | | |
| _____ | | | | | |
| _____ | | | | | |
| _____ | | | | | |

Head Coach's Signature: _____

All entries must be received **NO LATER THAN TUESDAY, FEBRUARY 27, 2024** :

Email your entries and paperwork including proof of times to the following listed below to:

richbleichfeld@gmail.com, finkfly33@aol.com **AND** Kristilas@hotmail.com .

- Hard copy of submitted entries with proof of times
- Entry Summary Sheet
- Copy of check request
- Release Declaration

Mail : Check payable to "Flushing YMCA" for Total Entry Fee to:

Richard Finkelstein - Swim Coach

Flushing YMCA 138-46 Northern Blvd. Flushing, New York 11354 or bring to the meet. If you can't get the check in time a copy of the check request will suffice



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2024 YMCA State Swim Meet

Checklist

_____ Team Rosters submitted by December 14

_____ Senior recognition form Due Feb 1st

_____ Team Sponsor Ads due by February 1st

_____ Entries due February 27th

(Include all the following with your entries)

_____ Print out of individual entries with proof of time (team manager/team unify summary) and relays

_____ Meet summary sheet

_____ YMCA Release form/Championship Declaration form

_____ Final update for new qualifiers after February 27th (will be in first heat or any open lane) due March 5th via e mail.

**All coaches must be current East Field registered and approved to receive a deck pass.
Registration must be completed before the first day of the meet.**