
Minnesota YMCA State Championship

MEET ANNOUNCEMENT

About the Championship

Date: February 23, 2025

Location: Jean K. Freeman Aquatic Center
University of Minnesota

Entry Deadline: February 4, 2025

Hosted by: Shoreview YMCA Marlins
and White Bear Lake Area YMCA Mariners

Meet Director: PJ Ahler; minnesotayswimming@gmail.com

Web Site: <https://www.gomotionapp.com/team/recmycs1/page/events/2025-sate-meet>

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MINNESOTA YMCA STATE CHAMPIONSHIP

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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. The meet is YMCA sanctioned.

YMCA Sanction number: CAQ-2025-MN01148981.

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: The Championship Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Championship can be changed.

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

In compliance with the University of Minnesota policy, only the host team will be allowed to enter the facility early. This is a liability issue for the University and there will be no exceptions.

Session 1: 10 & under Girls & Boys General Timeline (subject to change):

- 9:00 am: Aquatic Center doors open
- 9:15 am: Session 1 Warm-up **BEGINS**
- 9:45 am: Session 1 Warm-up **ENDS** clear both pools
- 9:50 am: Teams for relay events 1-4 report to staging area
- 9:55 am: Announcements & National Anthem
- 10:05 am: Meet begins
- 1:00 pm: Approximate Session End Time

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Session 2: 11 & over Girls

Session 3: 11 & over Boys General Timeline (subject to change):

- 1:15 pm: Session 2 & 3 Warm-up **BEGINS**
- 1:45 pm: Session 2 & 3 Warm-up **ENDS** clear both pools
- 1:50 pm: Events 37-40 report to starting blocks
- 1:55 pm: Announcements & National Anthem
- 2:00 pm: Session begins
- 6:30 pm: Meet Ends (Approximate)

INCLEMENT WEATHER/CANCELTATION: In the event of inclement weather, the meet director will contact teams and let them know of cancellations or changes to the meet timeline.



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LOCATION AND FACILITY

Location: University of Minnesota Jean K. Freeman Aquatics Center
1910 University Ave SE, Minneapolis, MN 55455

Emergency Phone Number: (612) 625-5000

The University of Minnesota is configured as two 8 lane, 25 yard courses. Water depth at start is 7 feet (minimum 5 feet required) and at turn end is 7.5 feet. Electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C (4)

Warm ups will take place in both pools. There will assigned lanes for each team. These will be provided to teams prior to the meet. The diving well will be available for supervised lap swimming during the meet.

Seating for spectators: There is seating available for families in the balcony bleacher area. Families will not be allowed on the pool deck unless they are volunteering for the current session. This will make the deck area more easily accessible for our swimmers, coaches, and volunteers. Camping and outside chairs will be allowed in designated areas only. **ALL stairways and walkways must be kept clear.**

Seating for swimmers: Each team will have a designated area for seating on the pool deck. It is encouraged that swimmers use this area while waiting for their events. Only swimmers participating in the current session should be on deck. Swimmers participating in the current session are discouraged from sitting in the gallery area

Wi-Fi: There is Wi-Fi available, at no charge, under the name "UofM Guest."

WEB SITE

Meet Information can be found at:

<https://www.gomotionapp.com/team/recmycsf/page/events/2025-sate-meet>

Online Meet Results: Meet Mobile: Minnesota YMCA State Championship 2025



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CONTACT INFORMATION

Meet Director: PJ Ahler; minnesotayswimming@gmail.com

Entry Chairperson: PJ Ahler; minnesotayswimming@gmail.com

Meet Referee: Stefan Pagnucci; spagnucci@superiorymca.org

Administrative Officials: Megan Balach; MBalach@blymca.org

Officials Coordinator: Stefan Pagnucci; spagnucci@superiorymca.org

Safety Director:

NOTICES

University of Minnesota's Visitor Mask Policy: Jean K. Freeman Aquatic Center

Effective March 21, 2022, masks are no longer required indoors in University Recreation and Wellness facilities.

Individuals may continue to wear masks at any time, and in any location, as a matter of personal protection. The RecWell community will continue to respect and honor the choices of all individuals who feel more comfortable wearing a mask, are immunocompromised, or who are taking additional steps to protect their families or others.

USA Swimming Statements

- MSI Sanction: (Not Sanctioned) Held under the Approved Meet sanction of USA Swimming & Minnesota Swimming Inc. (MSI)
- The competition course has been certified in accordance with 104.2.2c(4). A copy of such certification is on file with USA Swimming.
- Water depth of the pool ranges from 10 feet 8 Inches to 7 feet.
- Deck changes are prohibited
- Use of audio or visual recording devices, including cell phones, is not permitted at any time in changing areas, restrooms, or locker rooms.



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- Swimmers ages twelve years and younger are prohibited from wearing "Tech" suits, even when swimming in Senior or Open events or time trials. A list of suits that are considered "Tech" suits is posted on the MSI website.
- 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.
- In granting this approval, it is understood and agreed that USA Swimming and MSI shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during conduct of the event.
- USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID19.

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.

Age: An athlete must be at least five (5) years of age, and not older than twenty-one (21) years of age. The determining date for age is December 1, 2024. All swimmers age 18 and older must have completed Child/Athlete Protection Training within the past 12 months.



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YMCA Meet Participation: In order to be eligible to compete, each athlete must have competed in a minimum of three (3) closed YMCA inter-association meets since September 1 of the current season and participate in their team's Section meet.

Times: An athlete must achieve the minimum qualifying place or time standard for each event in which he/she enters during the Section Swim Meets conducted during the period of February 1 to February 2, 2025.

Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

COACH

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential:

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

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

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process prior to the entry deadline. 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.



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TEAM

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

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

ENTRY INFORMATION

ENTRIES: To be entered in the State Meet, a swimmer or relay must have competed at their Section Swim Meet. From the results of the Section Meets, swimmers or relays that placed 1st, 2nd, or 3rd in each event automatically qualify. Up to four (or more) at-large (alternate) qualifiers are selected from the swimmers or relays that placed 4th or lower. At-large positions are selected based on the fastest finals times ranked state-wide. In the event of a tie for 1st, 2nd, or 3rd place, both swimmers or relays will advance and one less alternate is seated. If a swimmer withdraws after the results have been submitted, an additional ranked alternate is selected. In the event of a tie among alternates, if both cannot be seated, then neither will be unless one concedes the place. A maximum of 16 swimmers or relays is allowed per event.

ENTRY LIMITS:

- a. A swimmer may swim no more than 3 individual events for which they have qualified and no more than 2 relay events
- b. Time trial events are not offered.
- c. Swimmers are allowed to be entered into individual swim up events only if the event is not offered in their age group. When entering a swim up event, a swimmer must enter the youngest age group in which the event is offered, and may not age-up more than two (2) age groups. Swimmers may not age-up more than two (2) age groups for relays.
- d. Relays with age-up swimmers must have at least one swimmer from the age group in which the relay is entered.
- e. Swimmers may age-up between sessions.

QUALIFICATION PERIOD: An athlete must achieve the minimum qualifying time standard or finish place for each event in which he/she enters at the Section Swim Meets conducted during the period of February 1 to February 2, 2025.



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

TIME STANDARDS: There are no time standards for this meet.

TIMES: No Times (NT) are not allowed. Submit entry times in Actual time (no conversion), SCY. Entered times must be the swimmer's time achieved at their Section Meet.

ENTRY FEES: The Sectional and State entry fee combined is \$20/swimmer.

ENTRY DEADLINE: February 4th, 2025

ENTRY PROCEDURE: Entries are forwarded to the meet director from the hosting sectional sites.

PAYMENT: Payments are to be made to the meet director after being invoiced at the end of the meet.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: Each team will be required to provide timers and officials, and other volunteers position as needed. We would like to have 10 officials for each pool. Please encourage all of the officials from your team to come and help for at least half of the meet, even if their child is not swimming. The number of timers and other volunteer positions will be based on the number of swimmers a team is bringing to the meet. Volunteers will be asked to sign up in advance so the lists can be ready for the day of the meet. Teams will also be asked to provide their own stopwatches.

SIGN-UP PROCEDURE: Volunteer names and positions should be submitted to the meet host at least one week prior to the meet. See the meet web site for more information. Volunteer check in will begin at 9:00 am at the bottom of the North staircase.

BACKGROUND CHECK POLICY: All background checks are to be provided by the teams as directed by their association. Deck access will be limited to coaches with current desk pass, volunteers with deck passes and Officials with current certification. Two Special Deck Volunteer wrist bands will be issued to each team for team volunteer helpers to use during pre-meet activity only. Meet Operation Volunteer (timers, runners, etc.) deck passes will be provided by the host team at check in.



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ATTIRE: Officials should wear Y-USA recommended attire. Other volunteers are encouraged to wear their team's spirit wear as appropriate.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Swimmers are to check in with their coaches in their team's designated pool area. Coaches should check in to the Meet Operations Office to receive their team packet.

EVENT CHECK-IN:

- **Individual swimmers** should report to the starting blocks of their respective pools no more than 2-3 heats before their scheduled swim.
- **Relays** should report as a team to the Relay Staging Area for their respective pool two events before their scheduled swim. **Relays should not report directly to the starting blocks.**

COACHES MEETING/SCRATCH MEETING: Coach's meeting will be held in the hospitality room at 9:10 am. Scratches can be made at that time. An abbreviated meeting for the afternoon sessions will be at 1:25 pm.

OFFICIALS AND TIMERS MEETING: Officials will meet in the hospitality room at 9:30am. An abbreviated meeting for the afternoon sessions will be at 1:40 pm.

Session 1 timers will meet at the score table for instructions at 9:45 am. Afternoon session timers will meet at their respective pool scorer's table at 1:45 pm.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, and the meet hosts.

RULES: The meet will run under Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA Competitive Sports, the Minnesota League Rules, 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 1st, 2024. Swimmers born on or before December 1st shall be considered one year younger than swimmers born after that date.



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EVENT SEEDING: Events will be seeded slowest to fastest. The Meet Referee/Administrative Official reserve the right to combine heats.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet. All known scratches are to be made during the coach's meetings at 9:10 am and 1:25 pm.

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: An athlete who is seeded in an event and fails to compete (i.e., a "no show") will be listed as a no show in the results. A no show does count toward the number of events for that individual. However, a no show with good cause will be accommodated if open lanes are available.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups. Teams will need to share lane space and work cooperatively in reflection of the YMCA values and sportsmanship.

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.

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

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

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)



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RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted outside the Meet Operations Office, on the wall under the scoreboard, and near the gallery entry to the north stairway

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 beyond the scope of the Meet Referee, 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, working officials, and volunteers.
- Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Glass, Food, and Chairs are not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
- Photographs are not allowed to be taken behind the block during competition.
- Massage tables are not permitted.
- 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.
- No items may be handed over the railing from the gallery to pool deck.
- Swimmers are not permitted in the spectator stands. Camping will not be allowed in stairways or in the gallery.
- Shaving is not permitted in any areas of the facility.



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- All teams will have assigned bleacher space on deck and swimmers should keep all their belongings confined to that space.
- Coaches are responsible for the conduct of their swimmers on deck, in the locker rooms, and in the warm-up pool. Swimmers acting in an unsafe manner may be removed from the meet.
- 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 compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

SPECIAL PROCEDURES AND STAGING: In an attempt to reduce crowding, we will be restricting the number of swimmers allowed behind the blocks. No more than two (2) heats of individual swimmers should be waiting in the start area (one heat in the water and two heats waiting), and only one (1) heat of relays will be allowed to enter the start area (one heat racing and one heat waiting). Individual event swimmers should wait at their team bench until appropriate, and relays will be pre-staged. More information will be available at the Coaches meeting on the day of the meet.

AWARDS AND RECOGNITION

SCORING: Points are awarded for places 1-16 as 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 for individuals, and are doubled for relays.

AWARDS: Medals are awarded to individuals for places 1-8 and ribbons for places 9-16 for each event. Team trophies are awarded for the top three point scoring teams, as well as top age-group points for boys and girls, and highest points per capita. Individual awards will be given to the team's coach at the end of the meet. Trophies will be awarded to the teams after all events have been completed and scored. Unclaimed awards or awards not presented will be mailed to the teams.

RECOGNITIONS: Team trophies presented at the end of the meet.

SPECTATORS

Spectators are permitted in the gallery area only.

ADMISSION FEE: There is no charge for admission.



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HEAT SHEETS/PROGRAMS: Meet programs are available for purchase the day of the meet.

CONCESSION STAND: A concession stand may be provided by the University of Minnesota and would have a number of items available for purchase.

ATHLETE MEET APPAREL: State Championship t-shirt sales will be available for purchase the day of the meet.

SEAT SAVING POLICY: Please be mindful of the number of spectators at an event of this size. Seat saving is discouraged, and sitting on the stairs is not allowed by fire code.

HANDICAP SEATING: Handicap seating is available. Non-handicap spectators will be required to move if they are occupying a needed marked handicap viewing area.

LOST AND FOUND: Contact the Meet Director for lost and found

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- No personal chairs are allowed only in certain areas of the spectator area
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Spectators are not permitted on deck.
- No smoking, drugs, or alcohol are permitted in the swimming complex.
- Outside food will only be allowed in the lobby area only.
- No food or beverage coolers will be allowed in the facility.
- Horseplay and camping in the stairways are not allowed

LIVE STREAMING: Unknown at this time.

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. The Declaration Form must be signed by each YMCA participating in the meet



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LIABILITY LIMITS:

- 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.
- In granting access, it is understood and agreed that the University of Minnesota 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 will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.



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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.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

EVACUATION PROCEDURE: In the event of an evacuation, please look for direction from the meet director, the lifeguarding staff and University of Minnesota staff.

DIRECTIONS

From Interstate Highway 35W, exit at University Ave. Head east approximately 1.5 miles. The aquatic facility and adjacent parking garage are on the right.

PARKING

Parking is at the discretion of the swimmers. There are a number of parking ramps available near the natatorium for a fee. Most nearby parking is owned and operated by the University of Minnesota.



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APPENDIX 1: ORDER OF EVENTS

The meet run all 114 events in the YMCA event schedule in a modified order.

Session 1 is 10 & under events, boys and girls, and will be competed in the main completion pool.

- | | |
|--|--|
| 1 Girls 8 & Under 100 Medley Relay | 19 Girls 9-10 200 Freestyle Relay |
| 2 Boys 8 & Under 100 Medley Relay | 20 Boys 9-10 200 Freestyle Relay |
| 3 Girls 9-10 200 Medley Relay | 21 Girls 8 & Under 25 Butterfly |
| 4 Boys 9-10 200 Medley Relay | 22 Boys 8 & Under 25 Butterfly |
| 5 Girls 8 & Under 25 Freestyle | 23 Girls 9-10 50 Butterfly |
| 6 Boys 8 & Under 25 Freestyle | 24 Boys 9-10 50 Butterfly |
| 7 Girls 9-10 50 Freestyle | 25 Girls 8 & Under 50 Freestyle |
| 8 Boys 9-10 50 Freestyle | 26 Boys 8 & Under 50 Freestyle |
| 9 Girls 8 & Under 100 IM | 27 Girls 9-10 100 Freestyle |
| 10 Boys 8 & Under 100 IM | 28 Boys 9-10 100 Freestyle |
| 11 Girls 9-10 100 IM | 29 Girls 8 & Under 25 Breaststroke |
| 12 Boys 9-10 100 IM | 30 Boys 8 & Under 25 Breaststroke |
| 13 Girls 8 & Under 25 Backstroke | 31 Girls 9-10 50 Breaststroke |
| 14 Boys 8 & Under 25 Backstroke | 32 Boys 9-10 50 Breaststroke |
| 15 Girls 9-10 50 Backstroke | 33 Girls 8 & Under 200 Freestyle Relay |
| 16 Boys 9-10 50 Backstroke | 34 Boys 8 & Under 200 Freestyle Relay |
| 17 Girls 8 & Under 100 Freestyle Relay | 35 Girls 9-10 400 Freestyle Relay |
| 18 Boys 8 & Under 100 Freestyle Relay | 36 Boys 9-10 400 Freestyle Relay |



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Session 2 & 3 will be competed simultaneously in the afternoon. Session 2 Girls 11 & over is odd numbered events 37-115 and conducted in the main competition pool. Session 3 Boys 11 & over is even numbered events 38-116 and conducted in the scoreboard Pool.

Session 2: Girls 11 & Over

37 Girls 11-12 200 Freestyle
39 Girls 13-14 200 Freestyle
41 Girls 15 & Over 200 Freestyle
43 Girls 11-12 200 Medley Relay
45 Girls 13-14 200 Medley Relay
47 Girls 15 & Over 200 Medley Relay
49 Girls 11-12 50 Freestyle
51 Girls 13-14 50 Freestyle
53 Girls 15 & Over 50 Freestyle
55 Girls 15 & Over 400 IM
57 Girls 15 & Over 100 IM
59 Girls 11-12 100 IM
61 Girls 13-14 200 IM
63 Girls 15 & Over 200 IM
65 Girls 15 & Over 200 Backstroke
67 Girls 11-12 50 Backstroke
69 Girls 13-14 100 Backstroke
71 Girls 15 & Over 100 Backstroke
73 Girls 11-12 500 Freestyle
75 Girls 13-14 500 Freestyle
77 Girls 15 & Over 500 Freestyle
79 Girls 11-12 200 Freestyle Relay
81 Girls 13-14 200 Freestyle Relay
83 Girls 15 & Over 200 Freestyle Relay
85 Girls 15 & Over 200 Butterfly
87 Girls 11-12 50 Butterfly
89 Girls 13-14 100 Butterfly
91 Girls 15 & Over 100 Butterfly
93 Girls 11-12 100 Freestyle
95 Girls 13-14 100 Freestyle
97 Girls 15 & Over 100 Freestyle
99 Girls 15 & Over 200 Breaststroke
101 Girls 11-12 50 Breaststroke
103 Girls 13-14 100 Breaststroke
105 Girls 15 & Over 100 Breaststroke
107 Girls 11-12 400 Freestyle Relay
109 Girls 13-14 400 Freestyle Relay
111 Girls 15 & Over 400 Freestyle Relay
113 Girls 15 & Over 1000 Freestyle
115 Girls 15 & Over 400 Medley Relay

Session 3: Boys 11 & Over

38 Boys 11-12 200 Freestyle
40 Boys 13-14 200 Freestyle
42 Boys 15 & Over 200 Freestyle
44 Boys 11-12 200 Medley Relay
46 Boys 13-14 200 Medley Relay
48 Boys 15 & Over 200 Medley Relay
50 Boys 11-12 50 Freestyle
52 Boys 13-14 50 Freestyle
54 Boys 15 & Over 50 Freestyle
56 Boys 15 & Over 400 IM
58 Boys 15 & Over 100 IM
60 Boys 11-12 100 IM
62 Boys 13-14 200 IM
64 Boys 15 & Over 200 IM
66 Boys 15 & Over 200 Backstroke
68 Boys 11-12 50 Backstroke
70 Boys 13-14 100 Backstroke
72 Boys 15 & Over 100 Backstroke
74 Boys 11-12 500 Freestyle
76 Boys 13-14 500 Freestyle
78 Boys 15 & Over 500 Freestyle
80 Boys 11-12 200 Freestyle Relay
82 Boys 13-14 200 Freestyle Relay
84 Boys 15 & Over 200 Freestyle Relay
86 Boys 15 & Over 200 Butterfly
88 Boys 11-12 50 Butterfly
90 Boys 13-14 100 Butterfly
92 Boys 15 & Over 100 Butterfly
94 Boys 11-12 100 Freestyle
96 Boys 13-14 100 Freestyle
98 Boys 15 & Over 100 Freestyle
100 Boys 15 & Over 200 Breaststroke
102 Boys 11-12 50 Breaststroke
104 Boys 13-14 100 Breaststroke
106 Boys 15 & Over 100 Breaststroke
108 Boys 11-12 400 Freestyle Relay
110 Boys 13-14 400 Freestyle Relay
112 Boys 15 & Over 400 Freestyle Relay
114 Boys 15 & Over 1000 Freestyle
116 Boys 15 & Over 400 Medley Relay



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APPENDIX 2: GENERAL TIMELINE

Session 1: 10 & under Girls & Boys General Timeline (subject to change):

- 8:40 am: Coaches and Special Deck Volunteers admitted
- 9:00 am: Aquatic Center doors open
- 9:10 am: **Coaches Meeting**/Scratch Meeting in Hospitality Room
- 9:15 am: Session 1 warm-up **BEGINS**
- 9:30 am: **Officials Meeting** in Hospitality Room
- 9:45 am: Session 1 warm-up **ENDS**
- 9:45 pm: **Timers Meet** for instructions at the scoring tables
- 9:50 am: Relay Teams 1-4 report to the **STAGING AREA**
- 9:55 am: Announcements & National Anthem
- 10:05 am: Meet begins
- 1:00 pm: Session End (approximate)

Session 2: 11 & over Girls

Session 3: 11 & over Boys General Timeline (subject to change):

- 1:15 pm: Session 2 & 3 warm-up **BEGINS**
- 1:25 pm: **Coaches Meeting**/Scratch Meeting in Hospitality Room
- 1:40 pm: **Officials Meeting** in Hospitality Room
- 1:45 pm: Session 2 & 3 warm-up **ENDS**
- 1:45 pm: **Timers Meet** for instructions at assigned pool scoring tables
- 1:50 pm: Events 37-40 report to the **STARTING BLOCKS**
- 1:55 pm: Announcements & National Anthem
- 2:00 pm: Session begins.
- 6:30 pm: Meet Ends (Approximate)

Team awards to follow



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APPENDIX 3: YMCA SANCTIONED CHAMPIONSHIP MEET DECLARATION FORM

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

Participating YMCA: _____

YMCA Address: _____

Meet Name: 2025 Minnesota YMCA State Swim Championship

Meet Date(s): February 23rd, 2025

Meet Host: Shoreview YMCA Marlins, White Bear Lake Area YMCA Mariners, and MYCSL

Meet Location: University of Minnesota, Minneapolis MN

We the undersigned attest to the following:

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

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

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

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

INSURANCE - Our Association has insurance coverage for representative(s) including participants, coaches, volunteers and leadership who will be in attendance at the 2025 MN YMCA State Swim Championship for the entire period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our participants, coaches, volunteers and leadership during their participation in the 2025 MN YMCA State Swim Championship.

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, Shoreview YMCA Marlins, and Minnesota YMCA Competitive Swim League (MYCSL) their agents, representatives or assigns, and the University of Minnesota for any and all injuries which may be suffered by participants at the 2025 MN YMCA State Swim Championship. Furthermore we understand that the YMCA of the USA, Shoreview YMCA Marlins, and Minnesota YMCA Competitive Swim League (MYCSL) 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 CEO, Executive Director, or Designee



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This is the last page of the Meet Announcement