
2026 Heartland Area Central Regional Championships

MEET ANNOUNCEMENT

About the Championship

Date: March 6-8, 20026
Location: St. Charles County Family YMCA
Entry Deadline: February 25, 2026
Hosted by: SCCY Stingrays
Meet Director: Donald Hockmeyer
Web Site: <https://www.sccystingrays.com>

Contents

About the Championship	2
Location and Facility	4
Web Site	5
Contact Information	5
Notices	5
Eligibility	6
Entry Information	8
Volunteers/Officials/Timers	10
Check-in Procedure	11
Championship Procedures and Operations	12
Awards and Recognition	17
Time Trials	17
Spectators	18
Liability, Safety and Emergency Procedures	19
Parking	21
APPENDIX 1: Order of Events and Qualifying Times	22
APPENDIX 2: Officials Request Form	25
APPENDIX 3: YMCA Sanctioned Meet Declaration Form	26
APPENDIX 4: Entry Fee Summary/Liability Release	27
APPENDIX 5: Coaches Authorization Form	28



2026 Central Regional Championships

March 6-8, 2026

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. The meet is YMCA sanctioned and approved by the OZ of USA Swimming.

USA-S/OZ Approval number: pending

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 Championship and USA-S Approved meet can be changed.

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

Friday, March 6, 2026 TIMED FINALS (Session 1)

5:00-5:30 PM Mandatory Coaches Meeting
5:30-6:15 PM Warm-ups
5:30 PM Scratch Sheets Due
5:30 PM Officials Meeting
6:00 PM Timers Briefing
6:15 PM 1st Event Called
6:30 PM Meet Begins

Saturday, March 7, 2026 AM (Session 2)

7:00-7:50 AM Warm-ups
7:00 AM Officials Meeting
7:00 AM Relay Cards/Scratch Sheets Due
7:30 AM Timers Briefing
7:50 AM 1st Event Called
8:00 AM Meet Begins

Saturday, March 7, 2026 PM (Session 3)

1:00-1:45 PM Warm-ups
1:00 PM Officials Meeting
1:15 PM Relay Cards/Scratch Sheets Due
1:30 PM Timers Briefing



2026 Central Regional Championships

March 6-8, 2026

1:45 PM 1st Event Called
2:00 PM Meet begins

Sunday, March 8, 2026 AM (Session 4)

7:00-7:50 AM Warm-ups
7:00 AM Officials Meeting
7:00 AM Relay Cards/Scratch Sheets Due
7:30 AM Timers Briefing
7:50 AM 1st Event Called
8:00 AM Meet Begins

Sunday, March 8, 2026 PM (Session 5)

1:00-1:45 PM Warm-ups
1:00 PM Officials Meeting
1:15 PM Relay Cards/Scratch Sheets Due
1:30 PM Timers Briefing
1:45 PM 1st Event Called
2:00 PM Meet Begins

INCLEMENT WEATHER/CANCELLATION: The Meet Referee, Meet Director, and Heartland Area Executive Committee will address all necessary procedures as they arise. Fees will not be refunded for cancelled events.

LOCATION AND FACILITY

Location: St. Charles County Family YMCA, 3900 Shady Springs Lane, St. Peters, MO 63376

Emergency Phone Number: (636)928-1928

The St. Charles Family YMCA pool is configured as a 6 lane, 25 meter pool with paragon starting blocks, competitive non-turbulent lane markers, and a wireless Colorado Dolphin timing system. Water depth at start is 6 feet (minimum 5 feet required) and at turn end is 4 feet. The competition course has not been certified in accordance with 104.2.2C (4). The fact that the pool is not certified in accordance with 104.2.2C (4) does not impact the validity of the times achieved in this pool.

There is no entry fee into the St. Charles Family YMCA. Spectator seating is located on the pool deck with additional viewing windows available adjacent to the



2026 Central Regional Championships

March 6-8, 2026

front lobby. As a courtesy to all attending the meet, spectators are asked to exit the viewing areas after observing their swimmer's event.

Parents and swimmers will not be allowed to set up a crash area in the spectators' area, in walkways, in any designated exit areas, or other unauthorized areas as designated by the St. Charles County YMCA staff. Each team will be assigned a designated spectator crash area within the gym based upon the number of athletes participating in the meet. The spacing of the designated area will be marked and may not be altered. Lawn chairs are allowed, but NO cots or tents will be allowed in either crash area.

WEB SITE

Meet Information can be found at: www.sccystingrays.com

Online Meet Results: Meet Mobile will be available. Daily event results will be posted in the hallway outside of the gym crash area.

CONTACT INFORMATION

Meet Director/Safety Director: Donald Hockmeyer, dhockmeyer@gmail.com, (314)960-4092

Meet Referee/Officials Coordinator: Patty Draves, 3littlefishies@hughes.net, (314)570-6805

Administrative Official/Entry Chairperson: Donald Hockmeyer, sccyswimstingrays@gmail.com

NOTICES

IMPORTANT DATES:

Wednesday, February 25, 2026--Entries by 11:59 PM

Friday, February 27, 2026--Deadline to request corrections/changes by 11:59 PM

Monday, March 2, 2026--Psych Sheet posted online by 10 PM

Wednesday, March 4, 2026--Warm-up and Timer Assignments posted online by 10 PM

ELIGIBILITY

ATHLETE



2026 Central Regional Championships

March 6-8, 2026

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 5 years of age, and not older than twenty-one (21) years of age on the first day meet. A swimmer's age as of March 6, 2026 will determine his or her age for the entire meet.

Athletes age 12 and under may not compete in Technical Suits, as defined in the USA Swimming Rulebook (rule 102.8.1F)

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

Adult (18 and Older) Athlete Requirement: In compliance with the U.S. Center for Safe Sport's standards, YMCA athletes age 18 and older will be required to complete Athlete Protection Training (APT). Proof of completion between the dates of March 23, 2025 and March 1, 2026 must be submitted to the Meet Referee prior to competing. Failure to do so will result in removal from the meet.

OTHER: A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. This includes, without limitation, individuals listed on the U.S. Center for SafeSport's Disciplinary Database, USA Swimming's List of Individuals Permanently Suspended or Ineligible for Membership, USA Swimming's List of Individuals Suspended or Ineligible-Specific Date, and all



2026 Central Regional Championships

March 6-8, 2026

adult members (defined by the SafeSport Code for the Olympic and Paralympic Movement as 18 years and over) of USA Swimming who have not completed athlete protection education as required by the U.S. Center for SafeSport.

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
- 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. 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 prior to warm-ups on the first day of competition.

Teams without a coach present at the meet will need to complete the Coach Authorization Form which will designate the certified and credentialed Coach who will be responsible to supervise the affected athletes (see Appendix 5.)

Teams that have not submitted the Coach Authorization form prior to warm-ups on the first day of competition will have a certified and credentialed coach assigned to them by the Meet Referee. This assignment supersedes all verbal agreements between coaches and teams.

TEAM

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



2026 Central Regional Championships

March 6-8, 2026

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.

The Meet Declaration Form (see Appendix 3) verifying team registration and insurance must be completed and submitted as part of a team's entry protocol.

ENTRY INFORMATION

ENTRY LIMITS:

As set forth in the Heartland Area Bylaws and Rules, swimmers may compete in up to seven (7) total individual events for the entire meet. 8 and Under and 9-10 swimmers may compete in no more than 4 individual events and 2 relay events per day. 11 and Older swimmers may compete in no more than three (3) individual events and two (2) relay events per day.

Exhibition swimming is prohibited. In individual events, a swimmer may only swim in one competitive age group. In the case of 12 year old, they may swim in the 15-21 events that are not being held in their age group. In relay events, a swimmer may swim up one age group (or two (2) age groups for 11-12's only.) The 8 & under and 9-10 age groups cannot swim up two (2) age groups.

NO DECK ENTRIES PERMITTED

Time trial events count toward the daily limitation on the number of events a swimmer can swim. (USA-S rules 102.2.2 and 102.2.7)

- a. A swimmer may swim no more than 3 individual events per day in a prelims/finals meet and no more than 6 individual events per day in a timed final meet
- b. Time trial events must count as a part of this daily total.

QUALIFYING PERIOD: The qualification period is September 1, 2025 through February 22, 2026.

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

TIMES: No Times (NT) are allowed. SCY and SCM times will be accepted. Hy-tek conversions will be used as is the case with Y Nationals. No LCM times will be accepted.



2026 Central Regional Championships

March 6-8, 2026

ENTRY FEES: \$8.00 per individual event and \$32 per relay. There is an additional \$10.00 swimmer surcharge. Time trial fees are \$20.00 per individual event and \$80.00 per relay.

ENTRY DEADLINE: Wednesday, February 25, 2026 by 11:59 PM

*Any discrepancies or changes will be considered but must be submitted by Friday, February 27, 2026 at midnight. There will be NO EXCEPTIONS since this is a pre-seeded meet.

ENTRY PROCEDURE: Entries are to be submitted in Hy-tek compatible format. All entries are to be sent via email to sccyswimstingrays@gmail.com No entries will be accepted via postal mail. If submitting a written entry, please type a Word file. All entries must include swimmer's complete name and birth date.

Entry protocol requires submission of Officials Request Form (Appendix 2), YMCA Sanctioned Meet Declaration Form (Appendix 3), Entry Fee Summary (Appendix 4), and Coaches Authorization Form (Appendix 5), if applicable. Copies of completed forms can be emailed to sccyswimstingrays@gmail.com.

PAYMENT: Fees must be turned in before the Friday, March 6, 2026 session begins or before the first session your swimmers compete in. Make checks payable to SCCY Swim Team. Teams submitting payment via journal entry, must send a copy of the Journal request to Donald at dhockmeyer@gmail.com.

Send the check payments to:
St. Charles Family YMCA
Attn: Stingrays Swim Team
3900 Shady Springs Lane
St. Peters, MO 63376

Journal entry forms to account: 05-015-99-9105-910201
Include team abbreviation in comments field to facilitate payment tracking.

OVER-SUBSCRIPTION: In the event that an athlete has been entered in events in excess of the daily limits and/or the meet total limits, the swimmer will be scratched from their last event of the day until they meet their entry limit.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS: Each team is required to supply certified officials. The Official request form (see Appendix 2) must be emailed to the Officials Coordinator at 3littlefishies@hughes.net no later than Wednesday, February 25, 2026.



2026 Central Regional Championships

March 6-8, 2026

Officials check-in and meetings will be held in the hospitality room prior to each session (see Meet Timeline.)

Officials' assignments will be issued by the Meet Referee and Pool Referees.

Officials are asked to work as many sessions as possible, with a minimum of 2 sessions.

TIMERS: Timing responsibilities will be shared by all participating teams based upon their percentage of entrants. Each team's timer assignments will be issued by the host team. Each team is responsible for fulfilling their timer assignments. All timers are required to attend the timers' meeting prior to their assigned session regardless of their timing experience or event block assignment (see Meet Timeline.)

Timers must be 16 years of age or older with experience timing at a YMCA meet.

ATTIRE:

OFFICIALS

Men

white collared shirt with sleeves
navy blue slacks or shorts
white shoes (no sandals)

Women

white collared shirt with or without sleeves
navy blue slacks, shorts, skirts/skorts
white shoes (no sandals)

All volunteers, regardless of assignment, are prohibited from wearing items that advertise alcohol, nicotine, cannabinoids, tobacco, tobacco related products, or convey lewd or political statements. Volunteers wearing prohibited articles of clothing will be asked to replace the article of clothing with an approved garment. Failure to do so will result in dismissal from their volunteer position, and their team will be responsible for providing an alternate volunteer.

OTHER VOLUNTEERS: All teams will be required to provide support staff. They will be assigned by the host team and include (but are not limited to) the jobs of timers, runners, safety marshals, awards distributors, officials, announcers, and console operators.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Athletes check in with their respective coaches on deck.

Coaches check in with the Meet Referee at the coaches' meeting prior to Friday's warm-ups. Only coaches with current, validated credentials will be permitted on



2026 Central Regional Championships

March 6-8, 2026

deck. Coaches without current, validated credentials will be required to remain in the lobby.

EVENT CHECK-IN: All events are pre-seeded. There is no positive check in.

COACHES MEETING/SCRATCH MEETING: There is a mandatory coaches' meeting prior to Friday night's warm-ups (see Meet Timeline.) A minimum of one (1) verified coach per team MUST attend the meeting. Any coach expecting to be late is asked to call or text the Meet Referee to relay their anticipated arrival time.

Coaches will receive lanyards granting deck privileges at the coaches' meeting. Absent coaches must check in with the Meet Referee at the Administrative Desk in order to gain pool access.

OFFICIALS AND TIMERS MEETING: Refer to the meet timeline for Officials' and Timers' meeting times. Timer meetings will also be announced.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, YMCA Regional Representative, and the Heartland Executive Committee.

RULES: The meet will run under the current Heartland Area YMCA Swimming Bylaws and Rules, Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA Competitive Sports, and USA-S Technical Rules.

Failure to follow the following rules will result in immediate removal from the YMCA and denial of re-entry:

No flash or lighted cameras, smart phones, tablets, or other devices may be used at any time during the meet.

No shaving allowed on premises.

No recording devices or cameras, including cell phones of any type, are allowed in the locker rooms or behind the blocks.

Smoking is prohibited anywhere on YMCA property.

No swim bags or swimmers in spectator area.

MEET FORMAT: Swimmer's age will be determined as of the first day of the meet.

The meet will be swum using a timed finals format.



2026 Central Regional Championships

March 6-8, 2026

All events will be timed finals and swam slowest to fastest with the exception of the 400 Freestyle, the 800 Freestyle, and the 1500 Freestyle. **Swimmers in the 400, 800, and 1500 are required to provide their own lap counters. Only one (1) lap counter is permitted per swimmer.**

Timers will be provided in the 400 and 800. Swimmers competing in the 1500 will be required to provide two (2) timers. Timers must be 16 years of age or older with experience timing at a YMCA meet.

EVENT SEEDING: Events will be seeded slowest to fastest, except for the following events: the 400 Freestyle, the 800 Freestyle and the 1500 Freestyle.

The Meet Referee/Administrative Official reserves the right to combine heats and/or events.

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.

Official scratch sheets will be provided at the meet and must be turned in regardless of whether or not a team has scratches for that session. Scratch sheets must be turned in to the Administrative Referee one (1) hour prior to the start of each session.

DECLARED FALSE START: An athlete may 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: In the event of an empty lane, the swimmer's name and lane will be announced once. Once the official starting procedure for a heat begins, the late swimmer or relay immediately becomes a "no show" and will be barred from swimming that event.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups. Warm-up assignments will be posted online at www.sccystingrays.com. 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



2026 Central Regional Championships

March 6-8, 2026

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.

All unaccompanied swimmers must report to the Meet Referee prior to warming up for the first session in which they are swimming. The Meet Referee shall instruct the swimmers in meet safety and assign them to warm-up lanes.

Lifeguards will be present at all times.

READY BENCH/BULLPEN: All swimmers MUST report to the bullpen.

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.

Any swimmer entered into the meet must be certified by a YMCA Swimming coach as being proficient in performing a racing start or must start from within the water without the use of a backstroke ledge. When unaccompanied by a coach, it is the responsibility of the swimmer to ensure compliance with the requirement.

SWIMS (USA-S): This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry. Please DO NOT build an ID in Team Manager if a swimmer is not registered with USA Swimming as this will delay the process of getting times submitted into SWIMS.

RESULTS: Any results displayed on the scoreboard and/or noted in Meet Mobile are unofficial until final results are published. Results will be posted outside the crash area during the meet and online at www.sccystingrays.com after completion of the meet. All teams will receive one (1) copy of completed meet results following the completion of all events, including time trials, and finalization of scoring. Teams may bring one (1) disk/thumb drive for computer results to pick up Sunday with awards. Please label your device.

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. All decisions made by the Championship Committee will be final.

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).



2026 Central Regional Championships

March 6-8, 2026

CONDUCT AND RESTRICTIONS: The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct

- No flash photography.
- Athletes age 12 and under may not compete in Technical Suits. (USA_S rule 102.8.1F)
- 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.
- Glass bottles/containers are prohibited.
- 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.
- No chairs or coolers are allowed in the spectator seating area.
- 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.
- All swimmers must remain in authorized areas during the meet.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- Swimmers are not permitted in the spectator stands.
- No swim bags or coolers in the spectator area.
- Shaving is not permitted in any areas of the facility.
- Smoking, vaping and alcohol is prohibited on YMCA property.
- Exit doors and aisles should not be blocked.
- All trash should be disposed of properly.

Failure to follow the established rules will result in immediate removal from the St. Charles County Family YMCA and denial of reentry.



2026 Central Regional Championships

March 6-8, 2026

AWARDS AND RECOGNITION

SCORING: Points and awards will be rewarded to the top 16 finishers in each event.

Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

AWARDS:

Individual Awards: 1st-3rd place—Championship medals, 4th-16th place—Special Ribbons

Relay Awards: 1st-3rd place—Championship medals, 4th-16th place—Special Ribbons

Team Awards: 1st-3rd place—Team trophies for both large and small teams with boys and girls combined. *Large and small team divisions will be determined by the teams' rosters.

All team trophies will be presented after the conclusion of time trials on Sunday. Only coaches or a pre-designated parent may pick up individual awards following the completion of finals.

TIME TRIALS

FORMAT AND FEE: Time Trials are open only to athletes entered in the Championship meet.

An athlete may only swim the stroke being contested in a Time Trials event, e.g. an athlete may not swim backstroke in a breaststroke event in Time Trials.

Time trial fees are \$20 per splash for individual events and \$80 per relay. Time trial fees are non-refundable.

Swimmers must provide two (2) timers, age 16 or older with timing experience, and lap counters if applicable.

TIME TRIAL LIMITS:

Note: USA-S rules limit the total number of individual event swims (USA-S rule 102.2.2 and 102.2.7.



2026 Central Regional Championships

March 6-8, 2026

- A swimmer may swim no more than 3 individual events per day in a prelims/finals meet
- Time trial events must count as a part of this daily total.

TIME TRIAL ENTRIES: Time trial requests and payments must be turned in to the Administrative Referee by the start of event 106 on Friday and by the start of the final relays on Saturday and Sunday. NO EXCEPTIONS!

Time trial forms require a coach's signature authorizing the submission. Forms without a coach's signature will not be accepted.

TIME TRIAL PROCEDURE: Time trial events will be held at the completion of each day's competition for all events 400 meters and down.

Time Trial entries may be limited so the sessions will be completed by 8:00 PM each day. The Time Trial Referee reserves the right to terminate the sessions at 8:15 PM.

SPECTATORS

ADMISSION: All athletes or spectators 18 years of age or older must be YMCA members -OR- present a valid photo ID upon arrival in order to gain access to the facility.

There is no admission fee to the St. Charles County Family YMCA.

HEAT SHEETS/PROGRAMS: A limited number of heat sheets will be sold at concessions for \$5.00 the entire weekend.

CONCESSION STAND: Full concessions will be available during the meet.

ATHLETE APPAREL: Regional Championship apparel will be available on-site.

SEAT SAVING POLICY: Saving seats is prohibited.

HANDICAP SEATING: Handicapped seating is available. DO NOT BLOCK ACCESS to handicapped seating. Handicapped seating is RESERVED for those who require it. Anyone found blocking handicapped seating will be asked to move.

LOST AND FOUND: The Heartland Area Committee, Ozark Swimming, the YMCA Gateway Association, the St. Charles County Family YMCA, and all respective volunteers and staff are not responsible for any lost or stolen property. Please secure any and all valuables. Lost and found items will be located by Administrative Desk



2026 Central Regional Championships

March 6-8, 2026

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. Appendix 3 must be signed by each association participating in the meet.

LIABILITY LIMITS:

- In granting of the USA-S/OZ approval, it is understood and agreed that USA Swimming and Ozark Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- The Gateway YMCA Association, the St. Charles County Family YMCA, Ozark Swimming, and the Heartland Area Swim Committee do not assume any responsibility for injury or lost and stolen articles.

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) (see Appendix 5). Teams that have not submitted the Coach Authorization form prior to warm-ups on the first day of competition will have a certified and credentialed coach assigned to them by the Meet Referee. This assignment supersedes all verbal agreements between coaches and teams.

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



2026 Central Regional Championships

March 6-8, 2026

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.

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 a fire, everyone will be evacuated to the St. Charles County Family YMCA parking lot.

PARKING

Free parking is located in the St. Charles County Family YMCA parking lot.



2026 Central Regional Championships

March 6-8, 2026

APPENDIX 1: ORDER OF EVENTS AND QUALIFYING TIMES

Friday PM Session 1

Girls	SCM	SCY	Event	SCY	SCM	Boys
101	3:42.70	3:20.63	11-12 200 Individual Medley	3:17.58	3:39.32	102
103	6:47.65	6:07.26	13-14 400 Individual Medley	5:43.54	6:21.33	104
105	6:38.40	5:58.92	15-21 400 Individual Medley	5:17.84	5:52.80	106
107	3:31.29	3:10.26	9-10 200 Freestyle	3:17.66	3:39.40	108
109	6:32.68	7:28.77	11-12 400 Freestyle	7:16.51	6:21.95	110
111	6:07.39	6:59.88	13-14 400 Freestyle	6:32.95	5:43.84	112
113	5:44.84	6:34.10	15-21 400 Freestyle	6:08.84	5:22.74	114

Saturday AM Session 2

201			8 & Under 100 Freestyle Relay			202
203			13-14 200 Freestyle Relay			204
205			15-21 200 Freestyle Relay			206
207	2:54.63	2:37.32	13-14 200 Freestyle	2:27.01	2:43.18	208
209	2:41.25	2:37.32	15-21 200 Freestyle	2:17.35	2:32.46	210
211	3:43.72	3:21.55	13-14 200 Breaststroke	3:07.12	3:27.71	212
213	3:31.66	3:10.38	15-21 200 Breaststroke	2:51.32	3:10.17	214
215	28.55	25.72	8 & Under 25 Backstroke	27.94	31.01	216
217	1:31.39	1:22.33	13-14 100 Backstroke	1:24.03	1:33.28	218
219	1:25.88	1:17.37	15-21 100 Backstroke	1:11.28	1:19.12	220
221	31.48	28.36	8 & Under 25 Butterfly	29.95	33.24	222
223	1:40.99	1:30.98	13-14 100 Butterfly	1:21.65	1:30.63	224
225	1:26.11	1:17.58	15-21 100 Butterfly	1:10.40	1:18.14	226
227	58.36	52.58	8 & Under 50 Freestyle	54.83	1:00.86	228
229	34.24	30.85	13-14 50 Freestyle	30.56	33.92	230
231	33.11	30.78	15-21 50 Freestyle	26.42	29.64	232
233			13-14 400 Medley Relay			234
235			15-21 400 Medley Relay			236
237	12:44.19	14:33.36	13-14 800 Freestyle	13:47.67	12:04.21	238
239	12:12.67	13:57.34	15-21 800 Freestyle	13:31.17	11:49.77	240



2026 Central Regional Championships

March 6-8, 2026

Saturday PM Session 3

Girls	SCM	SCY	Event	SCY	SCM	Boys
243			9-10 200 Freestyle Relay			244
245			11-12 200 Freestyle Relay			246
247	3:07.30	2:48.74	11-12 200 Freestyle	3:02.94	3:23.07	248
249	1:00.42	54.44	9-10 50 Breaststroke	55.81	1:01.95	250
251	53.47	48.17	11-12 50 Breaststroke	51.30	56.94	252
253	45.74	45.74	9-10 50 Backstroke	49.54	54.99	254
255	44.69	40.26	11-12 50 Backstroke	42.15	46.79	256
257	2:07.25	1:54.64	9-10 100 Butterfly	1:46.00	1:57.50	258
259	1:49.28	1:38.45	11-12 100 Butterfly	1:38.43	1:49.26	260
261	43.00	45:36.00	9-10 50 Freestyle	39.62	43.98	262
263	38.16	34.38	11-12 50 Freestyle	34.61	38.42	264

Sunday AM Session 4

Girls	SCM	SCY	Event	SCY	SCM	Boys
301			8 & Under 100 Medley Relay			302
303			13-14 200 Medley Relay			304
305			15-21 200 Medley Relay			306
307	2:02.94	1:49.86	8 & Under 100 Free	1:55.35	2:00.04	308
309	1:16.78	1:09.17	13-14 100 Freestyle	1:10.01	1:17.72	310
311	1:12.91	1:05.68	15-21 100 Freestyle	19:12.00	16:48.00	312
313	37.33	33.63	8 & Under 25 Breaststroke	33.73	37.47	314
315	1:44.03	1:33.72	13-14 100 Breaststroke	1:35.78	1:46.31	316
317	1:39.01	1:29.20	15-21 100 Breaststroke	1:19.57	1:28.33	318
319	24.45	22.03	8 & Under 25 Freestyle	23.61	26.21	320
321	3:14.48	2:55.21	13-14 200 Backstroke	2:52.74	3:11.75	322
323	3:00.84	2:42.92	15-21 200 Backstroke	2:31.51	2:48.18	324
325	2:19.10	2:05.29	8 & Under 100 Individual Medley	2:11.33	2:25.78	326
327	3:43.89	3:03.68	13-14 200 Individual Medley	2:50.87	3:09.67	328
329	3:06.37	2:47.90	15-21 200 Individual Medley	2:32.15	2:49.89	330
331	3:22.64	3:02.56	13-14 200 Butterfly	2:56.89	3:16.35	332
333	3:36.31	3:14.87	15-21 200 Butterfly	2:47.21	3:05.60	334
335			13-14 400 Freestyle Relay			336
337			15-21 400 Freestyle Relay			338
339	24:01.12	23:56.39	13-14 1500 Freestyle	23:01.43	22:57.28	340
341	23:39.55	23:43.82	15-21 1500 Freestyle	22:23.33	22:19.30	342



2026 Central Regional Championships

March 6-8, 2026

Sunday PM Session 5

Girls	SCM	SCY	Event	SCY	SCM	Boys
343			9-10 200 Medley Relay			344
345			11-12 200 Medley Relay			346
347	1:38.50	01:28.8	9-10 100 Freestyle	1:33.81	01:44.1	348
349	1:25.67	1:17.88	11-12 100 Freestyle	1:22.18	1:31.22	350
351	1:00.42	54.44	9-10 50 Breaststroke	55.81	1:01.95	352
353	1:59.69	1:47.83	11-12 100 Breaststroke	1:47.56	1:59.39	354
355	1:56.57	1:45.02	9-10 100 Backstroke	1:43.76	1:55.17	356
357	1:45.26	1:34.83	11-12 100 Backstroke	1:35.11	1:45.58	358
359	54.65	49.23	9-10 50 Butterfly	49.53	54.98	360
361	44.92	40.47	11-12 50 Butterfly	48.28	53.59	362
363	1:55.73	1:44.26	9-10 100 Individual Medley	1:45.04	1:56.59	364



2026 Central Regional Championships

March 6-8, 2026

APPENDIX 2: OFFICIALS REQUEST FORM

Heartland Area Swimming Championships

Officials for 2026 Area Championships

Each team is **required** to supply certified officials for the Heartland Area Swimming Championships. This completed form is part of your team's entry process. **Without this form, your team is not considered entered into the Area Championships.**

Team: _____

Officials' Names	Certification Level 1 or 2	Friday Session Availability	Saturday Session Availability	Sunday Session Availability
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Please return this form to:

Patty Draves

3littlefishies@hughes.net

This form must be received by February 25, 2026 at 11:59 p.m.

E-MAIL SUBMISSIONS ARE REQUIRED.



2026 Central Regional Championships

March 6-8, 2026

APPENDIX 3: YMCA SANCTIONED MEET DECLARATION FORM

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

Participating YMCA: _____

YMCA Address: _____

Meet Name: _____

Meet Date(s): _____

Meet Host: _____

Meet Location: _____

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

COACHES - All coaches representing the YMCA above hold current certifications in BLS/Professional Rescue CPR, First Aid, Safety Training for Swim Coaches Online and In-water training (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content) , Child/Athlete Protection 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 Heartland Area Swimming Championships 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, leadership and swimmers during their participation in the Heartland Area Swimming Championships.

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, the Heartland Area Swimming Committee, the Gateway YMCA Association, their agents, representatives or assigns, and the St. Charles County Family YMCA for any and all injuries which may be suffered by participants at the Heartland Area Swimming Championships. Furthermore, we understand that the YMCA of the USA, the Heartland Area Swimming Committee, and the Gateway YMCA Association 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



2026 Central Regional Championships

March 6-8, 2026

APPENDIX 4: ENTRY FEE SUMMARY/LIABILITY RELEASE

Complete this form and mail in along with your meet fees to:

St. Charles Family YMCA
attn: Stingrays Swim Team
3900 Shady Springs Lane
St. Peters, MO 63376

Checks are made payable to Stingrays Swim Team
Journal Entries are sent to account: 05-015-99-9105-91021. *Please note the team name.

Summary of Fees:

# Individual Entries	_____ X \$8.00	=	_____
# Relay Entries	_____ X \$32.00	=	_____
# Swimmers	_____ X \$10.00	=	_____

Total: _____

Name of Team: _____

Code: _____

Head Coach: _____

Phone: _____

Email Contact: _____

Certified Coaches Attending the Meet:

1. _____
2. _____
3. _____
4. _____

In consideration of this entry and its acceptance, I am intending to be legally bound, hereby cosign, waive, and release any and all rights and claims for damages which may occur against the Heartland Area Swim Committee, the Gateway YMCA Association, the St. Charles County Family YMCA, and their representatives, employees, volunteers, or successors for any and all injuries suffered by me or any contestants or spectators or representatives in said meet, as any representative of my club and/or association.

Executive Director

Date

Head Coach

Date



2026 Central Regional Championships

March 6-8, 2026

APPENDIX 5: COACHES AUTHORIZATION FORM



Heartland Area Championship Coaches Authorization

This procedure has been established to provide for the safety of all participants and to ensure that certified coaches are present with all athletes at the meet. Please complete this form if your team is to be represented by another coach for part or all of the meet. The representing coach needs to bring the signed form to Check-In. Do not send this form to the Meet Director.

YMCA Association #: _____

YMCA Name: _____

YMCA Address: _____

The [YMCA NAME]: _____ swim team does not have a certified and registered coach attending part or all of the meet. We authorize _____

_____, coach of the [YMCA NAME] _____ swim team, to represent and supervise our participants on the pool deck on the following dates and sessions: _____
_____.
_____.

(CEO / Executive Director)

(Date)

Representing YMCA Coach

I agree to represent [YMCA NAME]: _____ participants at the 2026 Central Regional Championship Meet. I will be present during their events and see that they are supervised while on deck. This procedure involves safety considerations. I will file relay cards and deposit scratch cards at the designated times and supervise warm-ups. In the event of injury, I will assume responsibility for administering immediate first aid and determining if an emergency squad is needed if further treatment is warranted.

(Certified Coach)

(Date)

(YMCA Name)

(YMCA Association #)