



2024 Heartland Area Championships

March 15-17, 2024

2024 HEARTLAND AREA YMCA CHAMPIONSHIPS

MEET ANNOUNCEMENT

About the Championship

Date: MARCH 15-17,2024

Location: PLATTE COUNTY COMMUNITY CENTER NORTH YMCA; PLATTE CITY, MO

Entry Deadline: MARCH 8,2024

Hosted by: HEARTLAND AREA SWIM COMMITTEE

Meet Director: Dana M LeVasseur

Web Site: <https://rb.gy/422akq>

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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. The meet is YMCA sanctioned and approved by the Missouri Valley LSC of USA Swimming. This meet is open only to member teams of the Heartland Area Swim Committee in good standing.

YMCA Sanction number: CAQ-2024-MO02279727

USA-S/MV 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 Sanctioned 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 15, 2024 – TIMED FINALS

ALL AGE GROUPS

4:30-5:50 PM Open Warm-ups

5:00 PM Officials Meeting

5:00 PM Scratch Sheets Due

5:45 PM 1st Event Called

6:00 PM Meet Begins

Immediately following the last event – Time Trials

Immediately following Time Trials – Mandatory Coaches Meeting

Saturday, March 16, 2024 – AM PRELIMINARIES

11 & Older

6:30-7:50 AM Warm-ups

7:00 AM Officials Meeting

7:00 AM Relay Cards / Scratch Sheets Due

7:50 AM 1st Event Called

8:00 AM Meet Begins

Saturday, March 16, 2024 – AFTERNOON TIMED FINALS

10 & Under

Not Before 11:00 AM Open Warm-ups - :45 once started

11:15 AM Officials Meeting

11:30 AM Relay Cards / Scratch Sheets Due

11:45 AM 1st Event Called

12:00 PM Meet Begins



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Saturday, March 16, 2024 – PM FINALS

11 & Older

Not Before 4:00 PM Open Warm-ups - :45 once started

4:15 PM Officials Meeting

4:45 PM 1st Event Called

5:00 PM Meet Begins

Immediately following the last event – Time Trials

Sunday, March 17, 2024 – AM PRELIMINARIES

11 & Older

6:30-7:50 AM Warm-ups

7:00 AM Officials Meeting

7:00 AM Relay Cards / Scratch Sheets Due

7:50 AM 1st Event Called

8:00 AM Meet Begins

Sunday, March 17, 2024 – AFTERNOON TIMED FINALS

10 & Under

Not Before 11:00 AM Open Warm-ups - :45 once started

11:15 AM Officials Meeting

11:30 AM Relay Cards / Scratch Sheets Due

11:45 AM 1st Event Called

12:00 PM Meet Begins

Sunday, March 17, 2024 – PM FINALS

11 & Older

Not Before 4:00 PM Open Warm-ups - :45 once started

4:15 PM Officials Meeting

4:45 PM 1st Event Called

5:00 PM Meet Begins

Immediately following the last event – Time Trials

INCLEMENT WEATHER/CANCELTATION: The Meet Referee, Meet Director, and Heartland Area Executive Committee will address all necessary procedures and communicate them through teams if a meet session must be cancelled due to inclement weather. Fees will not be refunded for cancelled events.

LOCATION AND FACILITY

Location: Platte County Community Center North YMCA
3101 Running Horse Rd, Platte City, MO 64079

Emergency Phone Number: 816.858.0114

The pool will be configured as a 8 lane, 25 yard course with competitive non-turbulent lane markers. Water depth at start is 12 feet and at turn end is 5 feet. A Colorado electronic timing system with an 8 line scoreboard will be used. The competition course has not been certified in accordance with 104.2.2C (4)



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Spectator seating will be provided on the pool deck in the spectator seating area. Reserved handicapped seating is available on the pool deck. Swimmers and their belongings are not permitted in the spectator seating area. No Crashing will be allowed in the spectator seating area, in walkways, in any designated exit areas, or other unauthorized areas as designated by the facility.

The Crash Area will be located on the basketball court. Each team will be assigned a designated area based upon the number of athletes participating in the meet. The spacing of the designated area will be marked with signage and should not be altered. Lawn chairs may be brought into each team's designated area, but no cots, coolers with ice or tents will be allowed in the crash area.

There is no entry fee into the Aquatic Center. Wi Fi services will be available, but may be limited.

WEB SITE

Meet Information: Meet information can be found at BWST Hosted meet

Online Meet Results: Following the meet, the results will be sent to the Regional Representative, Alie Morgan , and USA Swim Entry Chair, Nick Cox. Results will be posted on the Heartland Area Team Unify Website as well as swimcloud.com.

Teams may bring one (1) disk/thumb drive for computer results of the meet. Disk/thumb drives must be labeled and turned over to the Administrative Official by the start of Sunday's sessions. Disk/thumb drives can be picked up Sunday after the completion of the meet. During the meet, results for each event will be posted for public viewing.

CONTACT INFORMATION

Meet Director: Dana LeVasseur - dnalver_swim@hotmail.com – 804.986.9591

Entry Chairperson: Dana LeVasseur - dnalver_swim@hotmail.com - 804.986.9591

Meet Referee: Patty Draves - 3littlefishies@hughes.net – 314.570.6805

Administrative Official: Dana LeVasseur - dnalver_swim@hotmail.com – 804.986.9591

Officials Coordinator: Patty Draves - 3littlefishies@hughes.net – 314.570.6805

Safety Director: Doug Telford - dougtelford806@yahoo.com - 618.267.6384

Regional Rep: Alie Morgan – 618.334.7961

Facility Contact: Brent Graham – 260.413.0358

NOTICES

IMPORTANT DATES:

Wednesday, March 6, 2024 - Entries Due by 11:59pm

Friday, March 8, 2024 - Deadline to request corrections/changes by 11:59pm

Monday, March 11, 2024 - Psych Sheet posted online by 10 PM

Wednesday, March 13, 2024 - Warm-ups posted online by 10 PM



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Hospitality & Concessions: Will be provide by Heartland Area Swim Committee and the facility

T-shirts: T-Shirts has been coordinated by YOSI and will be sold on site by Northwest Designs Ink.

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's age as of the first day of the meet determines the age group for the entire meet. Athletes 18 and over on the first day of the meet must complete Athlete Protection Training.

YMCA Meet Participation: In order to be eligible to compete, each athlete must have competed in a minimum of 1 closed YMCA inter-association meets since September 1, 2023. Swimmers must also meet all the Heartland Area YMCA Swimming and "The Rules that Govern Competitive Sports" eligibility requirements.

Times: An athlete is not required to achieve a minimum qualifying time standard for any event in which he/she enters.

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; Online & In Water
- 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. Coaches should be prepared to show their deck pass or proof of certifications and registration at the meet.



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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. Coaches inquiring into their approval status can check with Alie Morgan, alie.morgan@gwymca.org

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. If arrangements have not been made beforehand, the Meet Referee will assign the team to a coach on deck.

TEAM

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

Team Eligibility: The executive director of each participating YMCA must sign an acknowledgement that all swimmers and coaches representing his/her YMCA satisfy the eligibility requirements (see Appendix 3).

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: As set forth in the Heartland Area YMCA Swimming Bylaws & Rules, swimmers competing in a championship meet may compete in seven (7) total individual events, including bonus swims, during the meet. A swimmer is limited to three (3) individual events on Saturday, three (3) individual events on Sunday and two (2) relay events per day.

Swimmers with at least one meet qualifying time will be granted one bonus swim.

Exhibition swimming is prohibited. In individual events, a swimmer may only swim in one competitive age group. In the case of 12 year olds, 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 age groups for 11-12's only.) The 8& under and 9-10 age groups cannot swim up 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 rule reference 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 5 individual events per day in a timed final meet
- b) Time trial events must count as a part of this daily total.

QUALIFICATION PERIOD: The qualification period is March 1, 2023 through the last day of the 2024 Heartland Regional Championship Meets.

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



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TIME STANDARDS: Swimmers must have equaled or bettered the minimum qualifying time standard in each event as listed in Appendix 1.

Bonus swims are exempt from the qualifying time standards.

Coaches must be able to show proof of time via Hy-tek meet results when asked.

TIMES: No Times (NT) are not allowed. SCM times will be accepted, but they must be submitted as SCM times. Hy-tek conversion factors will be used as is the case with Y Nationals. SCM times will be seeded after SCY times. No LCM times will be accepted.

Entered times must be the swimmer's BEST time achieved during the qualifying period.

ENTRY FEES: \$8.00 per individual event and \$32.00 per relay. There is an additional \$18.00 swimmer surcharge. Time trial fees are \$15.00 per splash and \$60.00 per relay.

There is no entry fee into the facility.

ENTRY DEADLINE: Wednesday, March 6, 2024 by 11:59 PM

*Any discrepancies or changes will be considered by the Area Committee but must be submitted by Friday, March 8, 2023 at midnight. There will be NO EXCEPTIONS since this is a pre-seeded meet. Meet information and TM Events can be found at <https://rb.gy/422akq>

ENTRY PROCEDURE: Entries are to be submitted in Hy-Tek compatible format. All entries are to be sent via email to dnalver_swim@hotmail.com. No entries will be accepted via postal mail. If submitting a written entry, please type a Word file. All entries must include swimmers' complete names and birthdates.

PAYMENT: Fees must be turned in before the Friday, March 15, 2024 session begins or before the first session your swimmers compete in. Make checks payable to Heartland YMCA Area Committee and send the payments to:

Doug Telford
3421 Red Stripe Road
Salem, IL 62881

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

Officials: Each team is required to supply a list of certified Officials. The Officials Request form (see Appendix 2) must be emailed to the officials coordinator Patty Draves at 3littlefishies@hughes.net no later than Monday, March 11, 2024. The meet Referee will specify the officials' attire.

Volunteers: Timers will be required from all teams. The number required from participating teams will be based on the number of swimmers attending per team. Volunteers must not use cell phones, smart phones, tablets, cameras, or other electronic or computer devices behind the blocks.

Swimmers competing in the 500 freestyle events will need to provide their own lap counters.

Swimmers competing in the 1000/1650 freestyle events will need to provide two (2) timers and their own lap counters.



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Runners and Deck Marshalls may be required from teams. The number and teams required to provide these volunteers will be based on the number of swimmers attending per team.

Timers & Runners will report to the pool deck 15 minutes before the first event is scheduled to begin each day. Marshalls will report to the pool deck 15 minutes before the first warm-ups.

Conduct: Volunteers must dress appropriately and must not use cell phones, smart phones, tablets, cameras, or other electronic or computer devices behind the blocks.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Athletes check in with their respective coaches on deck. Coaches check in with the Meet Director. Officials check in with the Meet Referee in the hospitality room. Volunteers check in at the volunteer station in the lobby.

COACHES MEETING/SCRATCH MEETING: A MANDATORY coaches meeting will be held on Friday night following time trials.

OFFICIALS AND TIMERS MEETING: Refer to the meet timeline for officials meeting times. Timers meetings will be announced and posted.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

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

RULES: The meet will run under current Heartland Area YMCA Bylaws & Rules, "Rules That Govern YMCA Competitive Sports", Swimming Addendum to the Rules That Govern YMCA Competitive Sports, and the current USA-S Technical Rules. Technical Suit may not be worn by any 12 & Under athlete as defined by USA Swimming.

Failure to follow the following rules will result in immediate removal from the Aquatic Center and denial of reentry:

No flash or lighted cameras, smartphones, 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, bathrooms, or behind the blocks.

Smoking is PROHIBITED ANYWHERE on YMCA property.

No swim bags or swimmers in spectator area.

MEET FORMAT: The meet will be using both timed finals and prelims and finals format.

All Friday night events will be timed finals and swam fastest to slowest. Saturday and Sunday morning events will be swum as prelim/finals with the exception of all relays, the 1000 Freestyle, the 1650 Freestyle, the 200 Butterfly, the 200 Backstroke and the 200 Breaststroke events which will be swum as timed finals. All 8 & Under and 9-10 events will be swum as timed finals.



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Swimmers who place in the top 16 of each prelim event on Saturday and Sunday will qualify for finals to be swum that evening of prelims. Two alternates (the next two swimmers after 16th place) will be assigned to each event. Once a prelim event has completed, the top 16 swimmers and the 2 alternates will be announced.

Swimmers in the 500, 1000, and 1650 are required to provide their own lap counters.

EVENT SEEDING: Events will be seeded Slowest to Fastest, except for the following events: Friday Evening's 200 Free, 500 Free, 200 IM and 400 IM; Saturday's 1650 Free; Sunday's 1000 Free.

The order for seeding is Short Course Yards (SCY) then Short Course Meters (SCM).

The Meet Referee and 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.

Swimmers chosen for finals, consolation finals, or as alternates have 30 minutes to scratch once announcements have been made. If necessary, additional swimmers will be chosen and announced. Any swimmer, other than an alternate, who qualifies for finals or consolation finals, who does not scratch and does not participate in the finals event, will be removed from the remainder of the meet.

Official scratch sheets will be provided at the meet and must be turned in regardless of whether a team has scratches for that session. Scratch sheets must be turned in to the Administrative Official one (1) hour prior to the start of the session.

DECLARED FALSE STARTS: An athlete may withdraw from a prelim, timed final or swim-off event by electing to take a declared false start. Declared false starts cannot be used for final or consolation final events. 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: A no show in prelims or a timed finals event only removes that swimmer from that event. A no show in a finals event will remove that swimmer from the remainder of the meet. Failure to declare a false start, scratch or swim the event will count as a no show. In the event there is a no show for finals, swimmers from consolation finals will be moved into finals, and alternates will be moved into the consolation finals. Alternates who are not present will not be penalized for a no show if called upon to participate in finals.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for all sessions not designated as open warm-ups. Warm-up assignments will be posted online at <https://rb.gy/422akq>. Teams will need to share lane space and work cooperatively in reflection of the YMCA's core values and principles of sportsmanship.

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.

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.



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

Lifeguards will be present at all times.

BULLPEN: All swimmers in 10 and Under events MUST report to the bullpen. Swimmers are REQUIRED to report to the ready area during finals. There will be no bullpen during prelims. Swimmers will report to the blocks when the event is called.

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.

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 or posted to meet mobile are unofficial until final results are published. Final Results will be posted for public viewing in Lobby, on deck, and in the hospitality room during the meet, pushed to Meet Mobile, as well as being posted online on the Heartland Area Website under the Area tab after the 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.

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: In accordance with the recommendations of USA Swimming and YMCA Swimming, this meet will operate under the guidance of a Safety Marshall.

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 & volunteers. Deck passes will be issued to approved coaches and officials and must be displayed at all times while on deck.
- 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 is 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.



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- 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.
- Swimmers, swim bags or coolers are not permitted in the spectator stands.
- Shaving is not permitted in any areas of the facility.
- Smoking is PROHIBITED on YMCA property.
- All walkways and doors must remain clear at all times, per the Fire Marshal's order. Failure to follow the established rules will result in immediate removal from the Aquatic Center and denial of reentry.

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-8th place—Championship Medals, 9th-16th place—Special Ribbons

Relay Awards: 1st-3rd place—Championship Medals, 4th-8th 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.

Sportsmanship Trophy

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.

RECOGNITIONS: A senior recognition ceremony and the John E. Lynch Scholarship presentations will take place prior to Saturday evening finals.

TIME TRIALS

FORMAT AND FEE: Time Trials are open only to athletes entered in the Championship meet. Time trial events will be held immediately following the final sessions of competition on all three (3) days.

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.

Swimmers will need to provide two (2) timers and lap counters if applicable.

Timer trial fees are \$15 per individual event and \$48 per relay.

TIME TRIAL LIMITS: USA-S rules limit the total number of individual event swims (Rule reference 102.2.2 and 102.2.7).

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

Events will be limited to 500 yards and down.



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TIME TRIAL PROCEDURE: Forms for time trials can be picked up at the computer desk. Completed time trial forms and payments must be submitted by a coach no later than the conclusion of the 400 IM events on Friday, the 25 Free events on Saturday and the 50 Back events on Sunday.

SPECTATORS

HEAT SHEETS/PROGRAMS: Heat sheets will be sold for \$20.00 for the entire weekend. This will include heat sheets for any returning swimmers for finals.

On-site vendors over the weekend:
SwimQuik — Swim Equipment and Apparel
Northeast Design Ink — Area Championship Apparel

CONCESSION STAND: Will be provide by the facility. Menu and Price lists will be posted in the facility and online at <https://rb.gy/422akq>

SEAT SAVING POLICY: Saving seats is prohibited.

HANDICAP SEATING: Handicapped seating is available at the turn end of the pool deck. 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, Missouri Valley Swimming, YMCA of Greater Kansas City, and Platte County Community Center North and all respective staff are not responsible for any lost or stolen property. Please secure any and all valuables. Lost and found items will be located in the Lobby. If, after the conclusion of the meet you need any further assistance, please contact Platte County Community Center North YMCA at 816.858.0114.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility or be left unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the blocks.
- Spectators are not permitted on deck.
- No smoking, drugs, or alcohol are permitted anywhere on YMCA property.
- All walkways and doors must remain clear at all times, per the Fire Marshal's order.

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/MV approval, it is understood and agreed that USA Swimming and Missouri Valley 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.



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- The YMCA of Greater Kansas City, BWST Swim Team and the Heartland Area Swim Committee shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries or lost or 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).

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 YMCA of Greater Kansas City for the safety of all participants will close the aquatic center while lightning is within 5 miles of the facility.

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 an emergency, alarms will sound for Tornados or fire. In the event of a fire, everyone will be calmly directed to the nearest emergency exits by YMCA staff. In the event of a tornado, everyone will be directed to the Locker Rooms and sheltered in place.

DIRECTIONS

Travel Directions from Kansas City: From I-29, take exit 18 onto 92 West. Follow State Route 92 west to the first light after the interchange at Running Horse Rd. Turn left onto Running Horse Rd. Follow Running Horse Rd for about half a mile and turn left onto Williamsburg Terrace. Entry into the facility lot will be available on the left. Parking is available behind the building. See parking instructions for full details.



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LODGING

Super 8 – Platte City	(816) 858-2888	KCI Lodge – Kansas City	(816) 464-5082
Ramada – Platte City	(816) 219-1286	Hampton Inn – Kansas City	(816) 464-5454
Suburban Studios – Platte City	(816) 256-4777	Hilton – Kansas City	(816) 891-8900
Travel Lodge – Platte City	(816) 858-4588	Best Western Plus – Kansas City	(816) 891-9111
Creekside Hotel - Parkville	(816) 648-1200	Days Inn – Kansas City	(816) 787-1206
Holiday Inn Express - Parkville	(816) 648-1200	Hilton Garden Inn – Kansas City	(816) 321-1900
Airport Marriott – Kansas City	(816) 464-2200	Residence Inn – Kansas City	(816) 741-2300
Four Points Sheraton – Kansas City	(816) 464-2345	Homewood Suites – Kansas City	(816) 880-9880
Super 8 – Kansas City	(816) 470-0155	Embassy Suites – Kansas City	(816) 891-7788
Microtel Inn & Suites – Kansas City	(816) 270-1200	Drury Inn & Suites– Kansas City	(816) 880-9700
Orangewood Inn & Suites – Kansas City	(816) 464-2423	Sonesta Select – Kansas City	(816) 891-7500
Fairfield Inn & Suites – Kansas City	(816) 464-2424	Home2 Suites – Kansas City	(816) 800-5500
Towne Place Suites – Kansas City	(816) 464-0525	Holiday Inn Express – Kansas City	(816) 923-4100
Holiday Inn – Kansas City	(816) 801-8400	Extended Stay – Tiffany Springs	(816) 891-8500
Extended Stay – Kansas City	(816) 270-7829	All hotels are within 10 miles of the pool	

PARKING

Parking is available in the back of the YMCA, the shared lot between the YMCA and Library and at designated surrounding businesses. STREET PARKING IS PROHIBITED. Parking Maps and instructions will be sent to participating teams with Timer Assignments and posted to the <https://rb.gy/422akq>.



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APPENDIX 1: ORDER OF EVENTS & QUALIFYING TIMES

FRIDAY PM – ALL AGES

Girls	Event	Boys
1	11-12 200 IM	2
3	13-14 400 IM	4
5	15-21 400 IM	6
7	8&Under 100 Free	8
9	9-10 200 Free	10
11	11-12 200 Free	12
13	13-14 500 Free	14
15	15-21 500 Free	16
17	11-12 500 Free	18

SATURDAY PRELIMS – 11&OVER

Girls	Event	Boys
19	11-12 200 Free Relay	20
21	13-13 200 Free Relay	22
23	15-21 200 Free Relay	24
25	13-14 200 Free	26
27	15-21 200 Free	28
29	11-12 100 Breast	30
31	13-14 200 Breast	32
33	15-21 200 Breast	34
35	11-12 50 Back	36
37	13-14 100 Back	38
39	15-21 100 Back	40
41	11-12 100 Fly	42
43	13-14 100 Fly	44
45	15-21 100 Fly	46
47	11-12 50 Free	48
49	13-14 50 Free	50
51	15-21 50 Free	52
53	13-14 400 Medley Relay	54
55	15-21 400 Medley Relay	56
57	13-14 1000 Free	58
59	15-21 1000 Free	60

SATURDAY TIMED FINALS – 10&UNDER

Girls	Event	Boys
103	8&Under 100 Free Relay	104
105	9-10 200 Free Relay	106
107	9-10 100 Breast	108
109	8 & Under 25 Back	110
111	9-10 50 Back	112
113	8 & Under 25 Fly	114

115	9-10 100 Fly	116
117	8 & Under 50 Free	118
119	9-10 50 Free	120

SUNDAY PRELIMS – 11&OVER

Girls	Event	Boys
61	11-12 200 Medley Relay	62
63	13-14 200 Medley Relay	64
65	15-21 200 Medley Relay	66
67	11-12 100 Free	68
69	13-14 100 Free	70
71	15-21 100 Free	72
73	11-12 50 Breast	74
75	13-14 100 Breast	76
77	15-21 100 Breast	78
79	11-12 100 Back	80
81	13-14 200 Back	82
83	15-21 200 Back	84
85	13-14 200 IM	86
87	15-21 200 IM	88
89	11-12 50 Fly	90
91	13-14 200 Fly	92
93	15-21 200 Fly	94
95	13-14 400 Free Relay	96
97	15-21 400 Free Relay	98
99	13-14 1650 Free	100
101	15-21 1650 Free	102

SUNDAY TIMED FINALS – 10&UNDER

Girls	Event	Boys
121	8&Under 100 Medley Relay	122
123	9-10 Medley Relay	124
125	9-10 50 Fly	126
127	8 & Under 100 IM	128
129	9-10 100 IM	130
131	8 & Under 25 Free	132
133	9-10 100 Free	134
135	8 & Under 25 Breast	136
137	9-10 50 Breast	138
139	9-10 100 Back	140



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HEARTLAND AREA 2023-24 QUALIFYING TIMES

GIRLS				BOYS		
SCM	YDS	2022/23 YDS	8 & Under Age Group	2022/23 YDS	YDS	SCM
25.01	22.53	23.37	8 & U 25 Freestyle	25.89	25.89	28.74
1:02.02	55.87	57.09	8 & U 50 Freestyle	58.03	58.03	1:04.41
2:13.18	1:59.98	1:59.98	8 & U 100 Freestyle	2:08.62	2:08.62	2:22.77
33.94	30.58	31.02	8 & U 25 Butterfly	38.04	38.04	42.22
29.02	26.15	26.89	8 & U 25 Backstroke	28.19	28.19	31.29
37.73	33.99	38.78	8 & U 25 Breaststroke	40.38	40.38	44.82
2:41.30	2:25.32	2:26.02	8 & U 100 Individual Medley	2:12.36	2:12.36	2:26.92

GIRLS				BOYS		
SCM	YDS	2022/23 YDS	9-10 Age Group	2022/23 YDS	YDS	SCM
45.10	40.63	40.63	9-10 50 Freestyle	41.80	41.21	45.74
1:54.33	1:43.09	1:47.30	9-10 100 Freestyle	1:43.09	1:38.77	1:49.63
3:58.99	3:35.31	3:35.31	9-10 200 Freestyle	3:55.89	3:55.89	4:21.84
57.46	51.77	51.77	9 -10 50 Butterfly	59.03	59.03	1:05.52
2:23.86	2:09.60	2:09.60	9-10 100 Butterfly	2:14.56	2:14.56	2:29.36
51.65	46.53	46.53	9-10 50 Backstroke	50.06	49.17	54.58
1:56.99	1:45.40	1:45.40	9-10 100 Backstroke	2:02.87	2:02.87	2:16.39
59.88	53.95	53.95	9-10 50 Breaststroke	1:01.68	1:01.68	1:08.46
2:09.70	1:56.85	1:56.85	9-10 100 Breaststroke	2:11.54	2:11.54	2:26.01
1:57.49	1:45.85	1:45.85	9-10 100 Individual Medley	1:48.09	1:48.09	1:59.98

GIRLS				BOYS		
SCM	YDS	2022/23 YDS	11-12 Age Group	2022/23 YDS	YDS	SCM
37.72	33.98	33.98	11-12 50 Freestyle	35.89	35.58	39.27
1:26.87	1:18.26	1:20.51	11-12 100 Freestyle	1:26.08	1:22.73	1:31.83
3:15.43	2:56.06	2:56.06	11-12 200 Freestyle	3:04.89	3:04.89	3:25.23
6:10.14	7:01.89	7:01.89	11-12 500 Freestyle	7:53.49	7:53.49	6:56.19
46.46	41.86	42.73	11-12 50 Butterfly	50.14	49.23	54.64
2:01.26	1:49.24	1:49.24	11-12 100 Butterfly	1:43.28	1:43.28	1:54.64
46.16	41.59	42.06	11-12 50 Backstroke	45.91	43.80	48.61
1:42.45	1:32.30	1:32.30	11-12 100 Backstroke	1:44.06	1:39.64	1:50.60
53.16	47.89	48.09	11-12 50 Breaststroke	51.68	51.68	57.36
1:54.95	1:43.56	1:43.56	11-12 100 Breast	1:56.04	1:56.04	2:08.80
3:38.80	3:17.12	3:17.12	11-12 200 Individual Medley	3:29.60	3:29.60	3:52.66



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GIRLS				BOYS		
SCM	YDS	2022/23 YDS	13-14 Age Group	2022/23 YDS	YDS	SCM
34.25	30.86	31.19	13-14 50 Freestyle	30.98	30.74	34.12
1:15.46	1:07.98	1:07.98	13-14 100 Freestyle	1:11.89	1:08.47	1:16.00
2:51.19	2:34.89	2:34.89	13-14 200 Freestyle	2:43.99	2:43.99	3:02.03
6:12.64	7:04.69	7:04.69	13-14 500 Freestyle	6:48.54	6:48.54	5:58.22
12:19.52	14:02.94	14:02.94	13-14 1000 Freestyle	14:46.64	14:46.64	12:58.53
24:01.12	23:56.39	23:56.39	13-14 1650 Freestyle	24:36.64	24:36.64	24:42.17
1:33.27	1:24.03	1:24.03	13-14 100 Butterfly	1:52.09	1:44.28	1:55.75
3:22.64	3:02.56	3:02.56	13-14 200 Butterfly	2:58.54	2:58.54	3:18.18
1:25.01	1:16.59	1:16.59	13-14 100 Backstroke	1:21.99	1:21.99	1:31.01
3:16.45	2:56.98	2:56.98	13-14 200 Backstroke	3:03.67	3:03.67	3:23.87
1:38.72	1:28.94	1:28.94	13-14 100 Breaststroke	1:40.12	1:38.56	1:49.40
3:47.57	3:25.04	3:25.04	13-14 200 Breaststroke	3:26.70	3:26.70	3:49.44
3:14.17	2:54.93	2:54.93	13-14 200 Individual Medley	3:10.09	3:08.71	3:29.47
6:45.86	6:05.64	6:05.64	13-14 400 Individual Medley	6:04.69	6:04.69	6:44.81

GIRLS				BOYS		
SCM	YDS	2022/23 YDS	15 & Over Age Group	2022/23 YDS	YDS	SCM
34.16	30.78	30.94	15-21 50 Freestyle	27.03	27.03	30.00
1:13.52	1:06.23	1:06.23	15-21 100 Freestyle	1:02.39	1:02.39	1:09.25
2:36.39	2:20.89	2:20.89	15-21 200 Freestyle	2:36.84	2:36.84	2:54.09
5:41.38	6:29.67	6:29.67	15-21 500 Freestyle	6:48.54	6:48.54	5:58.22
13:48.45	15:42.58	15:42.58	15-21 1000 Freestyle	14:46.64	14:46.64	12:58.53
24:01.12	23:56.39	23:56.39	15-21 1650 Freestyle	22:39.04	22:39.04	22:42.22
1:28.66	1:19.87	1:19.87	15-21 100 Butterfly	1:20.84	1:20.84	1:29.73
3:36.31	3:14.87	3:14.87	15-21 200 Butterfly	2:38.67	2:38.67	2:56.12
1:25.35	1:16.89	1:16.89	15-21 100 Backstroke	1:13.05	1:13.05	1:21.09
2:58.19	2:40.53	2:40.53	15-21 200 Backstroke	2:45.08	2:45.08	3:03.24
1:42.44	1:32.29	1:32.29	15-21 100 Breaststroke	1:33.08	1:33.08	1:43.32
3:55.90	3:32.52	3:32.52	15-21 200 Breaststroke	2:59.54	2:59.54	3:19.29
3:10.56	2:51.68	2:51.68	15-21 200 Individual Medley	2:34.31	2:34.31	2:51.28
6:47.25	6:06.89	6:06.89	15-21 400 Individual Medley	5:48.36	5:48.36	6:26.68



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APPENDIX 2: OFFICIALS REQUEST FORM

Officials for 2024 Heartland 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 Regional 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:

Dana LeVasseur

dnalver@hotmail.com

This form must be received by February 15, 2023 at 8:00 PM.

E-MAIL SUBMISSIONS ARE REQUIRED.



2024 Heartland Area Championships

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APPENDIX 3: YMCA SANCTIONED MEET DECLARATION FORM

(RETURN SIGNED FORM TO THE MEET DIRECTOR)

Participating YMCA: _____

YMCA Address: _____

Meet Name: 2024 Heartland Area Swimming Championship

Meet Date(s): March 15, 2024 – March 17, 2024

Meet Hosts: Heartland Area Swim Committee & YMCA of Greater Kansas City

Meet Location: Platte County Community Center North YMCA; 3101 Running Horse Rd; Platte City, MO 64079

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 2024 Heartland Area Swimming 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 2024 Heartland Area Swimming 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, Heartland Area Swim Committee, the YMCA of Greater Kansas City, their agents, representatives or assigns, and the Platte County Community Center North YMCA for any and all injuries which may be suffered by participants at the 2024 Heartland Area Swimming Championship. Furthermore we understand that the YMCA of the USA, the Heartland Area Swim Committee, and the YMCA of Greater Kansas City 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.

Printed Name and Signature of Head Coach

Printed Name and Signature of YMCA CEO or Executive Director



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APPENDIX 4: ENTRY FEE SUMMARY/LIABILITY RELEASE

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

Heartland Area YMCA Committee

Checks are made payable to Heartland Area YMCA Committee

Summary of Fees:

# Individual Entries	_____	X \$8.00	=	_____
# Relay Entries	_____	X \$32.00	=	_____
# Swimmers	_____	X \$18.00	=	_____
			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, YMCA of Greater Kansas City, Blue Wave Swim Team, 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



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This is the last page of the Meet Announcement