

Piedmont YMCA Swimming Association Short Course Championship Meet

MEET ANNOUNCEMENT

About the Championship

Date: March 7-8, 2026

Location: Salem Family YMCA

Entry Deadline: February 25, 2026

Hosted by: Piedmont YMCA Swimming Association (PYSA)

Meet Director: Shannon Hoopes

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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. YMCA Approval number: CAQ-2026-VA01025075

This meet is a USA Swimming Approved meet #VS-26-086A and VS-26-086ATT. In granting this approval it is understood and agreed that Virginia Swimming, USA Swimming, YMCA of Blue Ridge Mountains (VABR) and Salem Family YMCA 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 event.

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: The Championship Meet organizers reserve 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.

Saturday, March 7

7:00 - 8:15 AM	Warm-up (11 and older)
8:30 AM	Prelims

Not before 11:30 PM	10 and under Warm-up
Not before 12:30 PM	Timed Finals

Not before 4:00 PM	Finals Warm-up
Not before 5:00 PM	11 and up Finals

Sunday, March 8

7:00 - 8:15 AM	Warm-up (11 and older)
8:30 AM	Prelims

Not before 11:30PM	10 and under Warm-up
Not before 12:30 PM	Timed Finals



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Not before 4:00 PM Finals Warm-up
Not before 5:00 PM 11 and up Finals

Exact times will be emailed after all entries have been received. No later than March 3, 2026.

Location AND FACILITY

Location: Salem Family YMCA

1126 Kime LN
Salem, VA 24153

Emergency Phone Number: 540-387-9622

The Salem Family YMCA is configured as an 8 lane, 25-yard course. Water depth at start is 9 feet and at turn end is 4 feet. An electronic timing system and scoreboard will be used. Limited bench spectator seating is available for parents and spectators. Spectators will be restricted from coaches' and swimmers' areas during competition. Swimmers and families will be housed in the YMCA's gym.

The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.

WEB SITE

Meet Information can be found at: <https://www.teamunify.com/team/ymca-6796/page/home>

Meet Results: <https://www.teamunify.com/team/ymca-6796/page/home>

Contact Information

Meet Director: Shannon Hoopes, shoop@ymcavbr.org

Entry Chairperson: Shannon Hoopes, shoop@ymcavbr.org

Meet Referee: Shelley Archer, sarcher@ymcavbr.org

Officials Coordinator: Shelley Archer, sarcher@ymcavbr.org

Meet Safety Officer: Deidre Wilkes, dwilkes@ymcavbr.org



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ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.

Adult (18 and Older) Athlete Requirement: In compliance with the U.S. Center for SafeSport's standards, YMCA athletes age 18 and older complete Athlete Protection Training every 12 months

Swim Suit Requirement: Swimmers, age 12 and under, may not compete in Technical Suits, as defined in the USA Swimming Rulebook.

Age: Age on March 7, 2026, will determine the age for the entire meet.

YMCA Meet Participation: To be eligible to compete, each athlete must have competed in a minimum of 3 closed YMCA inter-association meets 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.

ATHLETES WITH A SERIOUS MEDICAL CONDITION:

- The swimmer (or the swimmer's coach) is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodations. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support.
- This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion.
- The swimmer/coach shall provide a Personal Assistant(s) as needed.



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COACHES

Required Certifications: Coaches must hold current certifications in the following courses 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. 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.

TEAM

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

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

ENTRY INFORMATION

ENTRY LIMITS: Swimmers ages 11 and up will be allowed to compete in a maximum of **6 individual events with no more than 3 per day -- and 4 relay events with no more than 2 per day.** Swimmers that are 10 and under, swimming timed finals, may swim a total of **8 individual events with not more than 4 events per day.**



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RELAY TEAMS: Teams shall be limited to only one scoring relay team for each relay event. Teams may enter unlimited relay teams in a relay event, but only the highest placing team will score points.

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

TIMES: No time entries will be accepted.

ENTRY DEADLINE: Wednesday, February 25th is the absolute deadline for entries! Late entries will not be accepted.

ENTRY PROCEDURE: 1) Entries MUST be submitted by HYTEK Team Manager. No exceptions. If your team does not use Hy-Tek team manager, you can use TM Lite for free. Go to: www.hy-tekltd.com/swim/tmII/index.html and you can download TM Lite for free!! SHOW AGE OF SWIMMER AS OF March 7, 2025. .

Bag Tags: All swimmers participating will receive a bag tag as part of their entry fee.

ENTRY FEES:

Make checks payable to: YMCA of Virginia's Blue Ridge; All fees are non-refundable.

Cost per swimmer (includes PYSA Champs bag tag; electronic heat sheets):

If swimming 1-4 events: \$45

If swimming 5 or more Events: \$70

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS: The Salem Family YMCA Swim Team welcomes the participation of volunteers who are current USAS and/or YMCA certified officials. If officials are willing to help, please contact Shelley Archer at sarcher@ymcavbr.org.

TIMERS: Each team is expected to supply timers for each session of the meet. The number of timers assigned per team will be determined once all entries are received and posted no later than Friday, February 27, 2026.



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Swimmers will be required to provide their own timer and counter for the 500 Free.

SIGN-UP PROCEDURE: Volunteer assignments will be sent out to teams no later than Friday, February 27, 2026. Coaches and team representatives should send volunteers names via email to sarcher@ymcavbr.org and shoopes@ymcavbr.org.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURES:

Coaches: Pick up your team's packet upon arrival at the volunteer table.

All officials and volunteers: Check in at the volunteer table upon arrival.

Swimmers: Check in with coaching staff in the assigned team location.

COACHES MEETING: A coaches' meeting will be held each day on the pool deck approximately 30 minutes prior to the start of the meet (8:00 AM on Saturday; 8:00AM on Sunday).

OFFICIALS AND TIMERS MEETING: Officials will meet 1 hour prior to the start of each session in the hospitality room. A timers meeting will be held approximately 30 minutes prior to the start of the meet by the family pool.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

RULES: The meet will run under Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA Competitive Sports, PYSA Rules, USA-S Technical Rules including the Minor Athlete Abuse Prevention Policy (MAAPP). All 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 MAAPP is a condition of participation in the conduct of this competition.

11 and up Preliminary/Final Sessions:

- Individual events, EXCEPT the 500 Yard Freestyle, will be swum as prelims and finals. The 500 freestyle will be swum slowest to fastest as a timed final event during the preliminary session.



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Finals Sessions:

- The top 8 qualifiers in the preliminaries of each event will compete in each day's final session. Final swimmers will report to the ready room and be marched out with music, their names and team affiliation announced prior to the start of the race.

- Relay events: All relay events will be timed finals

10 and under Sessions:

Events will be swum using a timed finals format.

EVENT SEEDING: Timed Final Events will be seeded slowest to fastest. The Meet Referee/Administrative Official reserves the right to combine heats. The preliminary heats for the 11 and over swimmers will be circle seeded.

EVENT CHECK-IN: Positive check-in is required for the 500 free:

Saturday 11 and up session: prior to start of 50 Breast

Saturday 10 and under session: prior to start of 100 Fly

SCRATCH PROCEDURES: Failure to compete in an event that has been positively checked-in will result in the swimmer being scratched from his/her next individual 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. There will be no penalty for scratching pre-seeded preliminary events at the block.

SCRATCHES for FINALS (Championship heats): Scratches must be done at the Scratch table. Athletes will have 30 minutes to declare their intentions following the announcement of the preliminary results. Any swimmer initially announced as qualifying for an event in finals who fails scratch from the event and fails to compete in the event at finals will be barred from competing in any additional events in that session. Additionally, the athlete will be barred from competing in his/her next individual event in a subsequent session. Alternates will be announced along with final qualifiers but shall not be penalized if unavailable to compete in the finals. Rule 207.11.6.E 1-3, Exceptions for Failure to Compete, will be followed.

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



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During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to enter the pool feet first. 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.

CLERK OF COURSE: The clerk of course will be held in the family pool for all swimmers 10 and under. Swimmers should enter through the girls, boys or family locker rooms when reporting to the clerk of course. All other swimmers should report to their assigned lanes behind the blocks before the start of their event.

STARTS: 'Dive-over' starts will be used at this meet for swimmers 9 years old and over. 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.

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted outside the pool when available.

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. All concerns should be brought directly to the Meet Referee for consideration. Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final USA-S Rule 102.23).

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

- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- Except where the venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit



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(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.
- 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.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Shaving is not permitted in any areas of the facility.

AWARDS AND RECOGNITION

SCORING:

Individuals: 11-9-8-7-6-5-4-3-2-1 1st – 10th

***All open individual events will be scored 13-14 and 15 & over**

Relays: 22-18-16-14-12-10-8-6-4-2 1st – 10th

AWARDS:

Teams: 1st-3rd Plaques

Individuals: 1st-3rd Medals
 4th-10th Ribbons

High Point in Age Groups: Trophies

Relays: 1st-3rd Medals
 4th-5th Ribbons



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TIME TRIALS

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. The cost of time trials is **\$10 per time trial**.

TIME TRIAL LIMITS: Swimmers cannot swim more than 1 time trial per day.

TIME TRIAL ENTRIES: Swimmers have 1 hour after the start of their session to declare their intent to swim in a time trial. Swimmers can sign up for time trials at the computer table on the pool deck. Time Trials will count against the daily total entry limit but NOT count toward the total meet individual entry limits stated in the Entry Limits section above.

TIME TRIAL PROCEDURE: Time trials will be run at the end of each preliminary and time final session daily. There will not be time trials offered after finals each evening.

SPECTATORS

HEAT SHEETS/PROGRAMS: Will be posted on site and available online.

CONCESSION STAND: Concessions will be available during the meet.

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 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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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 healthcare 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 healthcare 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.

LODGING

Fairfield Inn and Suites
1886 Electric Rd.
Salem, VA 24153

Hampton Inn-Salem East Electric Road
121 Sheraton Dr.
Salem, VA 24153

Comfort Suites Inn at Ridgewood
2898 Keagy Road
Salem, VA 24153



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APPENDIX 1: ORDER OF EVENTS

Sat Prelims 11 & older	Sun Prelims 11 & older
11-14 200 Free Relay B/G/Mixed (timed final) 15&up 200 Free Relay B/G/Mixed (timed final) 50 Back 11-12 B/G 50 Back 13&up B/G 200 Free 11&up B/G 100 Fly 11-12 B/G 100 Fly 13&up B/G 200 Fly 11&up B/G 50 Breast 11-12 B/G 50 Breast 13&up B/G 100 Free 11-12 B/G 100 Free 13&up B/G 100 IM 11-12 B/G 200 Back 11&up B/G 500 Free 11&up B/G (timed final)	11-14 200 Medley Relay B/G/Mixed (timed final) 15&up 200 Medley Relay B/G/Mixed (timed final) 50 Fly 11-12 B/G 50 Fly 13&up B/G 200 IM 11&up B/G 100 Breast 11-12 B/G 100 Breast 13&up B/G 50 Free 11-12 B/G 50 Free 13&up B/G 100 Back 11-12 B/G 100 Back 13&up B/G 200 Breast 11&up B/G
Sat Timed Finals 10 & under	Sun Timed Finals 10 & under
8&under 100 Free Relay B/G/Mixed 10&under 200 Free Relay B/G/Mixed 10&under 100 Free B/G 8&under 25 Back B/G 9-10 50 Back B/G 8&under 50 Back B/G 10&under 100 Fly B/G 8&under 25 Breast B/G 9-10 50 Breast B/G 8&under 50 Breast B/G 10&under 500 Free B/G	8&under 100 Medley Relay B/G/Mixed 10&under 200 Medley Relay B/G/Mixed 10&under 100 Breast B/G 8&under 25 Free B/G 9-10 50 Free B/G 8&under 50 Free B/G 10&under 100 Back B/G 8&under 25 Fly B/G 9-10 50 Fly B/G 8&under 50 Fly B/G 10&under 100 IM B/G 10&under 200 Free B/G
Sat Finals 11 & older (top 8)	Sun Finals 11 & older (top 8)
50 Back 11-12 B/G 50 Back 13-14 B/G	50 Fly 11-12 B/G 50 Fly 13-14 B/G



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50 Back 15&up B/G	50 Fly 15&up B/G
200 Free 11-12 B/G	200 IM 11-12 B/G
200 Free 13-14 B/G	200 IM 13-14 B/G
200 Free 15&up B/G	200 IM 15&up B/G
100 Fly 11-12 B/G	100 Breast 11-12 B/G
100 Fly 13-14 B/G	100 Breast 13-14 B/G
100 Fly 15&up B/G	100 Breast 15&up B/G
200 Fly 11-12 B/G	50 Free 11-12 B/G
200 Fly 13-14 B/G	50 Free 13-14 B/G
200 Fly 15&up B/G	50 Free 15&up B/G
50 Breast 11-12 B/G	100 Back 11-12 B/G
50 Breast 13-14 B/G	100 Back 13-14 B/G
50 Breast 15&up B/G	100 Back 15&up B/G
100 Free 11-12 B/G	200 Breast 11-12 B/G
100 Free 13-14 B/G	200 Breast 13-14 B/G
100 Free 15&up B/G	200 Breast 15&up B/G
100 IM 11-12 B/G	
200 Back 11-12 B/G	
200 Back 13-14 B/G	
200 Back 15&up B/G	

APPENDIX 2: QUALIFYING TIMES

There are no qualifying times to participate in the swim meet. Swimmers must have participated in 3 YMCA meets to participate.



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APPENDIX 3: YMCA Sanctioned Meet Declaration Form

YMCA Sanctioned Meet Declaration Form

(Return signed form to the meet director)

Participating YMCA: [YMCA_NAME]

YMCA Address: [YMCA_ADDRESS]

Meet Name: Piedmont YMCA Swimming Association Championship Meet

Meet Date(s): March 7-8, 2026

Meet Host: YMCA of Virginia's Blue Ridge

Meet Location: Salem Family YMCA

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet all eligibility requirements. All swimmers age 18 and older have completed Child/Athlete Protection Training within the past 12 months.

COACHES - All coaches representing the YMCA above hold current certifications in BLS (Professional Rescuer CPR), First Aid, Safety Training for Swim Coaches, Child/Athlete Protection Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

INSURANCE - Our Association now has insurance coverage for representative(s) including participants, coaches, volunteers and leadership who will be in attendance at the PYSA Championship Swim Meet 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 PYSA Championship Swim Meet.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, YMCA of Virginia's Blue Ridge, their agents, representatives or assigns, and the Salem Family YMCA for any and all injuries which may be suffered by participants at the PYSA Championship Swim Meet. Furthermore, we understand that the YMCA of the USA and YMCA of Virginia's Blue Ridge 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



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This is the last page of the Meet Announcement