



**2024 Upper Southeast Regional YMCA
Short Course Championship Meet
March 14-17, 2024
YMCA of the USA SANCTION NO.
USA Swimming/VSI APPROVAL NO. VS-24-10A**



SANCTION:	<ul style="list-style-type: none"> • Held under the approval of USA Swimming/Virginia Swimming, Inc., APPROVAL NO: VS-24-10A. Sanctioned by YMCA of the USA, Sanction No. _____ • USA Swimming, Inc., Virginia Swimming, Inc., the YMCA of Central Virginia, the Lynchburg YMCA Swim Team, YMCA of the USA, and Liberty University shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. • In applying for this sanction, the Host, Lynchburg YMCA Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia, and Campbell County. • The meet will be sanctioned by the YMCA of the USA as a Championship Level competition.
LOCATION:	Liberty University Natatorium, 1521 Liberty Mountain Drive, Lynchburg, VA 24502
FACILITY:	<ul style="list-style-type: none"> • The Liberty University facility provides two indoor 25-yard competition courses with moveable bulkhead and supporting amenities including hospitality and concession stand. • Racing courses with 7 ft. continuous depth; overflow gutters with non-turbulent lane markers. • Paddock starting blocks with track plates, Colorado backstroke wedges, and Omega/Swiss timing system. • Spectator wrap-around three-sided seating for 1,400. • Two video boards allow for two simultaneous course displays plus the ability to scroll preliminary results. • The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. • Liberty University lifeguards will be on duty at all times. The facility has AEDs. • In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.
MEET DIRECTOR:	Ryan Woodruff Phone: (919) 943-6420 E-mail: LYMEETENTRIES@GMAIL.COM
ELIGIBILITY:	<ul style="list-style-type: none"> • All swimmers must have a full privilege membership at their local YMCA and must have represented only that YMCA for a period of 90 days prior to the first day of the meet (high school competition excepted) to be eligible. • Each swimmer must have competed in at least three (3) inter-association (closed YMCA) meets since Sept. 1, 2023. • Swimmers age 18 and older must have completed Athlete Protection Training within the past 12 months. Coaches will provide proof with team entry. • Each swimmer must have met the minimum time standard requirement in each event entered (except bonus events) and meet all other eligibility requirements prior to the meet entry deadline as noted under Classification. Teams outside the Upper Southeast Region may request entry to the meet through the USRY Meet Committee. • Swimmers from out of the region may compete in the meet but must have the "out-of-region" time standard in each event entered and must meet all other eligibility requirements. • Swimmers will compete their age as of March 14, 2024. The age groups for competition will be: 10 & Under, 11/12, 13/14, and Senior. • Teams: All teams must have completed the annual YMCA team registration prior to March 1, 2024 • Coaches: All coaches must be registered and approved in the YMCA annual team and coach registration system and hold current certifications in: BLS or Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (coaches with a valid Lifeguard certification may use that

	certification in combination with the Red Cross Safety Training for Swim Coaches online content), Principles of YMCA Competitive Swimming and Diving, Athlete Protection Training. Coaches not meeting these requirements will not be permitted on deck.																																						
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition. 																																						
ATHLETES WITHA SERIOUS MEDICAL CONDITION:	<ul style="list-style-type: none"> 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. 																																						
FORMAT:	<ul style="list-style-type: none"> There will be 2 competition courses at the meet. One with 9 lanes, one with 10 lanes. Thursday's distance events will be timed finals conducted in 1 or 2 courses depending on entries. Friday, Saturday, and Sunday morning's 13 & over preliminary sessions will be conducted in 2 competition courses. Friday, Saturday, and Sunday afternoon's 12 & under timed final sessions will be conducted in 1 or 2 competition courses, depending on entries. Friday, Saturday, and Sunday finals sessions will be conducted in two competition courses. At finals, both competition courses will be 9 lanes. 																																						
SCHEDULE:	<table border="1"> <thead> <tr> <th><u>Day</u></th> <th><u>Session</u></th> <th><u>Warmup Start</u></th> <th><u>Meet Start</u></th> </tr> </thead> <tbody> <tr> <td>Thursday, March 14</td> <td>All – Timed finals</td> <td>4:00pm</td> <td>5:00pm</td> </tr> <tr> <td rowspan="3">Friday, March 15</td> <td>13 & Over Prelims</td> <td>6:30am</td> <td>8:30am</td> </tr> <tr> <td>12 & Under Timed Finals</td> <td>Not before 11:00am</td> <td>Not before 12:00pm</td> </tr> <tr> <td>13 & Over Finals</td> <td>5:00pm</td> <td>6:00pm</td> </tr> <tr> <td rowspan="3">Saturday, March 16</td> <td>13 & Over Prelims</td> <td>6:30am</td> <td>8:30am</td> </tr> <tr> <td>12 & Under Timed Finals</td> <td>Not before 11:00am</td> <td>Not before 12:00pm</td> </tr> <tr> <td>13 & Over Finals</td> <td>5:00pm</td> <td>5:00pm</td> </tr> <tr> <td rowspan="3">Sunday, March 17</td> <td>13 & Over Prelims</td> <td>6:30am</td> <td>8:30am</td> </tr> <tr> <td>12 & Under Timed Finals</td> <td>Not before 11:00am</td> <td>Not before 12:00pm</td> </tr> <tr> <td>13 & Over Finals</td> <td>No later than 4:00pm</td> <td>1 hour after the start of warm-up</td> </tr> </tbody> </table> <p>**Times and sessions may be adjusted in order to accommodate meet size.** **If changes are made, teams will be notified by March 7, 2024.**</p>	<u>Day</u>	<u>Session</u>	<u>Warmup Start</u>	<u>Meet Start</u>	Thursday, March 14	All – Timed finals	4:00pm	5:00pm	Friday, March 15	13 & Over Prelims	6:30am	8:30am	12 & Under Timed Finals	Not before 11:00am	Not before 12:00pm	13 & Over Finals	5:00pm	6:00pm	Saturday, March 16	13 & Over Prelims	6:30am	8:30am	12 & Under Timed Finals	Not before 11:00am	Not before 12:00pm	13 & Over Finals	5:00pm	5:00pm	Sunday, March 17	13 & Over Prelims	6:30am	8:30am	12 & Under Timed Finals	Not before 11:00am	Not before 12:00pm	13 & Over Finals	No later than 4:00pm	1 hour after the start of warm-up
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ENTRY LIMITS:	<ul style="list-style-type: none"> 13-14 and Senior Swimmers will be allowed to compete in a maximum of eight (8) individual events and four (4) relay events during the meet with a limit of a maximum of 3 individual events in one day. 12 & Under swimmers will be allowed to compete in a maximum of nine (9) individual events for the meet with a limit of a maximum of 4 individual events in one day. Any swimmer who is 12 & Under and chooses to compete in a Senior event must meet the Senior time standard for the event and will be permitted to compete in a maximum of three (3) individual events on any day in which they compete in a Senior event. <p>Bonus events: any qualified swimmer, who has qualified in less than the maximum number of events for the meet, may enter up to two (2) bonus events. When you submit your entries, they'll be checked for the maximum number of events for the meet. If they don't exceed the max, and if any individual swimmer has two or less events that don't meet the time standards, those two events or less will be accepted.</p>																																						
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Monday, March 4, 2024</p> <ul style="list-style-type: none"> Entries must be submitted in short course yards times using Commlink-2 software. 																																						

	<ul style="list-style-type: none"> • Teams submit entries via email. • A printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries. • Late initial qualifiers will be considered for times achieved after March 3, 2024. These times must be received no later than 5:00 pm on March 11, 2024 to be considered. • “No Time” (NT) entries will not be accepted. • Only USAS registered swimmers should have their USAS ID in the entry file. • Coaches will provide proof that each swimmer age 18&older has completed Athlete Protection Training in the past 12 months. • Each team will include their signed Declaration Form with entry. • Email entries to: Ryan Woodruff, LYMEENTRIES@gmail.com. • No deck entries will be accepted.
FEES:	<ul style="list-style-type: none"> • Individual events: \$8.00 • Relay events: \$14.00 • Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) • Checks should be made payable to: YMCA of Central Virginia. • Individual Time Trial: \$10.00 • Relay Time Trial: \$20.00 • Mail payment to: Ryan Woodruff, 105 Fox Hollow Rd, Lynchburg, VA 24503 • Payment must be received by the first day of the meet. It is acceptable to bring a check in person to the meet. • No refunds will be given. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
SEEDING:	<ul style="list-style-type: none"> • Swimmers will report directly to the blocks for all events. • All events will be pre-seeded except the 400 IM, 500 Free, 1000 Free, and 1650 Free which will require a positive check-in. • Positive check-in deadlines: <ul style="list-style-type: none"> ○ Thursday <ul style="list-style-type: none"> ▪ Events 1-2 Senior 1,000 Free: 4:15pm ▪ Events 3-4 12 & under 500 Free: 4:30pm ○ Friday <ul style="list-style-type: none"> ▪ Events 17-18 13 & over 500 Free: 8:00am ▪ Events 37-38 11-12 400 IM: 30 minutes before the start of the afternoon session ○ Saturday <ul style="list-style-type: none"> ▪ Events 53-54 13 & over 400 IM: 8:00am ○ Sunday <ul style="list-style-type: none"> ▪ Events 87-88 13 & over 1650 Free: 8:00am • Events 1 & 2 (1,000 Free) and 3 & 4 (500 Free) will be swum fastest to slowest. Events 17 & 18 (500 Free) and 53 & 54 (400 IM) will be swum with the fastest 4 heats slowest to fastest followed by remaining heats fastest to slowest. Events 87 & 88 (1,650 Free) will be swum fastest to slowest with the top 9 swimmers opting for the PM session swimming at finals.
TIME TRIALS:	<ul style="list-style-type: none"> • Time Trials may be offered at the conclusion of any session at the discretion of the meet referee. • Time Trial participants must be entered in the meet. • 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 fees are listed above in the Entry Fee section. • All USA Swimming rules will apply to Time Trials. • Time trial participants must provide their own timer.

WARM-UP:	<ul style="list-style-type: none"> • Lane assignment and warm-up times for individual clubs will be posted on the LY Swimming website no later than Monday, March 11, 2024 and will also be emailed to the contact person of the participating clubs. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends. • The diving well will be open for warm-up and warm-down at all times during the meet.
AWARDS:	<ul style="list-style-type: none"> • Teams: Top Five (5) Overall Teams • Individuals: 1st – 3rd Medals, 4th – 9th Ribbons • Relays: 1st – 3rd Medals
SCORING:	<ul style="list-style-type: none"> • Individual Events: 1st-18th 22-19-18-17-16-15-14-13-12-10-8-7-6-5-4-3-2-1 • Relay Events: 1st-18th 44-38-36-34-32-30-28-26-24-20-16-14-12-10-8-6-4-2
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention Policy will govern this meet. • 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. • 12 and under swimmers may not compete in technical suits (USA Swimming rule 102.8) • 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 without written USA Swimming approval. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED. • In accordance with Virginia Swimming Best Practices, all athletes should shower before entering the pool. • An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. • Coaches with expired or non-current credentials will be required to leave the deck area. • The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to both heats (final and consolation), of all 13 & over events, excluding timed final events.
IMAGE RELEASE:	<ul style="list-style-type: none"> • By attending or participating in this competition, you agree to be filmed and photographed by the host club approved photographer(s) and videographer(s) and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club, USRY, or Virginia Swimming website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the start of the meet.
OFFICIALS:	<p>Meet Referees: Kris Sennett Email: kbsennett@gmail.com Phone: 434-841-1214</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Kris Sennett at kbsennett@gmail.com no later than Monday, March 11, 2024. • Officials meetings will be communicated by the meet referee.
SAFETY:	MEET SAFETY OFFICER: Ryan Woodruff

	<p>Email: ryanwoodruff@ymcacva.org</p> <p>Phone: 919-943-6420</p> <ul style="list-style-type: none"> • Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted on LYSWIMMING.ORG no later than Monday, March 11 and will also be emailed to the contact person of each of the individual clubs. • Athletes are responsible for providing their own timer and counter for events 400 yards and longer.
GENERAL:	<p>Hospitality for coaches & officials will be available for breakfast, lunch, and dinner each day. Liberty University may operate a concession stand during the meet. There may be a swim gear vendor on site.</p>
FACILITY RULES:	<ul style="list-style-type: none"> • Each club is responsible for supervising the conduct of its swimmers/spectators. Swimmers are not permitted in any room of the building not directly associated with the swim meet. • No glass containers of any kind are permitted in the facility. • Lawn/deck chairs are not permitted in the grandstand. • No spectators/parents will be allowed on deck unless working the meet. • No smoking is allowed on the campus. • No flash photography.
	<ul style="list-style-type: none"> •



**2024 Upper Southeast Regional YMCA
Short Course Championship Meet
ORDER OF EVENTS**



Thursday, March 14, 2024

Warmup: 4:00pm

Timed Finals: 5:00pm

<u>Girls Event</u>	<u>Event Description</u>	<u>Boys Event</u>
1	Senior 1,000 Freestyle	2
3	12 & Under 500 Freestyle	4

Friday, March 15, 2024

13 & Over Preliminaries Warmup: 6:30am

13 & Over Preliminaries: 8:30am

<u>Girls Event</u>	<u>Event Description</u>	<u>Boys Event</u>
5	*13-14 200 Freestyle Relay	6
7	*Senior 200 Freestyle Relay	8
5-minute Break		
9	50 Freestyle	10
11	200 Butterfly	12
13	100 Backstroke	14
15	200 Breaststroke	16
5-minute Break		
17	500 Freestyle	18

**All relays will be held during preliminaries as timed finals*

***13-14 and senior swimmers will swim together during preliminaries but will compete and score separately in Finals*

Friday, March 15, 2024

12 & Under Timed Finals Warmup: Not before 11:00am

12 & Under Timed Finals: Not before 12:00pm

<u>Girls Event</u>	<u>Event Description</u>	<u>Boys Event</u>
19	11-12 200 Medley Relay	20
21	10 & Under 200 Medley Relay	22
5-minute Break		
23	11-12 200 Butterfly	24
25	11-12 50 Breaststroke	26
27	10 & Under 50 Breaststroke	28
29	11-12 100 Freestyle	30
31	10 & under 100 Freestyle	32
33	11-12 100 Backstroke	34
35	10 & under 100 Backstroke	36
37	11-12 400 Individual Medley	38

Friday, March 15, 2024

13 & Over Finals Warmup: 5:00pm

13 & Over Finals: 6:00pm

<u>Girls Event</u>	<u>Event Description</u>	<u>Boys Event</u>
17	13-14 500 Freestyle	18
17	Senior 500 Freestyle	18
5-minute Break		
9	13-14 50 Freestyle	10
9	Senior 50 Freestyle	9
11	13-14 200 Butterfly	12
11	Senior 200 Butterfly	12
13	13-14 100 Backstroke	14
13	Senior 100 Backstroke	14
15	13-14 200 Breaststroke	16
15	Senior 200 Breaststroke	16



2024 Upper Southeast Regional YMCA Short Course Championship Meet ORDER OF EVENTS



Saturday, March 16, 2024
13 & Over Preliminaries Warmup: 6:30am
13 & Over Preliminaries: 8:30am

<u>Girls Event</u>	<u>Event Description</u>	<u>Boys Event</u>
39	*13-14 200 Medley Relay	40
41	*Senior 200 Medley Relay	42
5-minute Break		
43	200 Freestyle	44
45	100 Breaststroke	46
47	100 Butterfly	48
49	*13-14 400 Freestyle Relay	50
51	*Senior 400 Freestyle Relay	52
5-minute Break		
53	400 Individual Medley	54

**All relays will be held during preliminaries as timed finals*

***13-14 and senior swimmers will swim together during preliminaries but will compete and score separately in Finals*

Saturday, March 16, 2024
12 & Under Timed Finals Warmup: Not before 11:00am
12 & Under Timed Finals: Not before 12:00pm

<u>Girls Event</u>	<u>Event Description</u>	<u>Boys Event</u>
55	11-12 50 Backstroke	56
57	10 & under 50 Backstroke	58
59	11-12 200 Individual Medley	60
61	10 & under 200 Individual Medley	62
63	11-12 100 Butterfly	64
65	10 & under 100 Butterfly	66
67	11-12 100 Breaststroke	68
69	10 & under 100 Breaststroke	70
71	11-12 200 Freestyle	72
5-minute Break		
73	10 & under 200 Freestyle Relay	74
75	11-12 200 Freestyle Relay	76

Saturday, March 16, 2024
13 & Over Finals Warmup: 5:00pm
13 & Over Finals: 6:00pm

<u>Girls Event</u>	<u>Event Description</u>	<u>Boys Event</u>
43	13-14 200 Freestyle	44
43	Senior 200 Freestyle	44
45	13-14 100 Breaststroke	46
45	Senior 100 Breaststroke	46
47	13-14 100 Butterfly	48
47	Senior 100 Butterfly	48
5-minute Break		
53	13-14 400 Individual Medley	54
53	Senior 400 Individual Medley	54



**2024 Upper Southeast Regional YMCA
Short Course Championship Meet
ORDER OF EVENTS**



**Sunday, March 17, 2024
13 & Over Preliminaries Warmup: 6:30am
13 & Over Preliminaries: 8:30am**

<u>Girls Event</u>	<u>Event Description</u>	<u>Boys Event</u>
77	200 Backstroke	78
79	100 Freestyle	80
81	200 Individual Medley	82
83	*13-14 400 Medley Relay	84
85	*Senior 400 Medley Relay	86
87	**1,650 Freestyle	88

**All relays will be held during preliminaries as timed finals*

***Top 9 swimmers of each gender declaring the PM option will swim at finals (combined 13-14 and Senior)*

**Sunday, March 17, 2024
12 & Under Timed Finals Warmup: Not before 11:00am
12 & Under Timed Finals: Not before 12:00pm**

<u>Girls Event</u>	<u>Event Description</u>	<u>Boys Event</u>
89	11-12 100 Individual Medley	90
91	10 & under Individual Medley	92
93	11-12 200 Backstroke	94
95	10 & under 50 Freestyle	96
97	11-12 50 Freestyle	98
99	11-12 200 Breaststroke	100
101	10 & under 50 Butterfly	102
103	11-12 50 Butterfly	104
105	10 & under 200 Freestyle	106

**Sunday, March 17, 2024
13 & Over Finals Warmup: 4:00pm
13 & Over Finals: 1 hour after the start of warmup**

<u>Girls Event</u>	<u>Event Description</u>	<u>Boys Event</u>
87	Senior 1,650 Freestyle	88
77	13-14 200 Backstroke	78
77	Senior 200 Backstroke	78
79	13-14 100 Freestyle	80
79	Senior 100 Freestyle	80
81	13-14 200 Individual Medley	82
81	Senior 200 Individual Medley	82



2024 Upper Southeast Regional YMCA Short Course Championship Meet QUALIFYING TIMES



USRY REGIONAL MEMBERS QUALIFYING TIMES: Virginia, South Carolina, North Carolina, and Tennessee teams

Open Girls	13-14 Girls	11-12 Girls	10 & un Girls	EVENT	10 & un Boys	11-12 Boys	13-14 Boys	Open Boys
27.89	29.29	31.09	35.69	50 Free	34.99	30.69	27.39	25.09
1:00.19	1:02.89	1:08.09	1:19.79	100 Free	1:19.39	1:06.69	59.49	54.49
2:10.59	2:17.29	2:29.69	2:54.39	200 Free	2:50.19	2:25.99	2:06.59	1:59.39
5:41.49	5:56.19	6:38.59	7:39.49	500 Free	7:32.59	6:32.79	5:39.39	5:15.79
11:51.79	11:51.79			1,000 Free			11:16.69	11:16.69
19:42.39	19:42.39			1,650 Free			18:54.59	18:54.59
		36.09	42.59	50 Back	43.19	36.09		
1:10.19	1:14.19	1:19.29	1:33.29	100 Back	1:30.79	1:17.49	1:10.29	1:03.29
1:26.29	2:32.89	2:46.69		200 Back		2:42.79	2:24.99	2:12.99
		40.29	46.49	50 Breast	47.49	40.29		
1:19.39	1:24.29	1:28.69	1:43.09	100 Breast	1:41.99	1:28.29	1:19.79	1:11.79
2:45.19	2:53.99	3:11.09		200 Breast		3:05.99	2:45.59	2:33.99
		34.59	42.39	50 Fly	41.39	34.69		
1:07.99	1:12.79	1:19.39	1:40.39	100 Fly	1:39.39	1:17.59	1:08.09	1:01.09
2:26.99	2:31.79	2:49.39		200 Fly		2:45.39	2:24.99	2:16.99
		1:17.19	1:31.79	100 IM	1:30.39	1:17.89		
2:26.99	2:33.19	2:49.39	3:17.29	200 IM	3:16.29	2:47.39	2:21.39	2:15.69
5:04.99	5:20.19	6:00.89		400 IM		5:52.99	5:03.39	4:39.39

**Out-of-Region Time Standards are "A" Standards for 12 & under events.
Below are the 13 & over Out-of-Region Qualifying Time Standards**

Open Girls	13-14 Girls	EVENT	13-14 Boys	Open Boys
27.39	28.69	50 Free	26.29	24.59
59.99	1:01.89	100 Free	57.39	53.89
2:09.39	2:13.79	200 Free	2:05.29	1:57.39
5:36.49	5:52.99	500 Free	5:35.19	5:10.79
11:46.79	11:46.79	1,000 Free	11:07.19	11:07.19
19:42.39	19:42.39	1,650 Free	18:54.59	18:47.99
1:06.59	1:08.49	100 Back	1:04.19	1:01.09
2:23.89	2:27.29	200 Back	2:18.19	2:10.99
1:15.69	1:17.59	100 Breast	1:12.09	1:08.89
2:42.79	2:46.79	200 Breast	2:36.29	2:30.09
1:06.29	1:07.79	100 Fly	1:02.89	1:00.09
2:24.19	2:28.59	200 Fly	2:20.29	2:11.19
2:24.99	2:30.49	200 IM	2:19.89	2:14.09
5:00.89	5:12.79	400 IM	4:56.49	4:37.49



YMCA Sanctioned Meet Declaration Form

(Return signed form to the meet director)



Participating YMCA: _____

YMCA Address: _____

Meet Name: Upper Southeast Regional YMCA 2024 Short Course Championships

Meet Date(s): March 14-17, 2024

Meet Host: Lynchburg YMCA Swim Team

Meet Location: Liberty University, Lynchburg, Virginia

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 Short Course Upper Southeast Regional YMCA 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 and leadership during their participation in the 2024 Short Course Upper Southeast Regional YMCA 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 YMCA of Central Virginia, their agents, representatives or assigns, and Liberty University for any and all injuries which may be suffered by participants at the 2024 Short Course Upper Southeastern Regional YMCA Championships. Furthermore we understand that the YMCA of the USA and the YMCA of Central Virginia 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