

GREEN BAY YMCA "Sprint or Treat"

Date: Saturday, October 18th, 2025

Sponsored By: The Green Bay YMCA

Location: Ashwaubenon Community Pool 2391 S. Ridge Road Green Bay, WI 54304

GBY website <https://www.teamunify.com/team/wigbymca/page/home>

All information regarding meet to include heat sheets, warm-up assignments, and all final results will appear on the website only (under GBY hosted meets tab). All Heat Sheets will be posted Wednesday night, October 15, 2025.

Eligibility & Rules: USA Technical Rules. Meet is open to all Teams. YMCA, USA & other Teams. Age as of October 18, 2025.

Meet Referee(s): TBA Age Division: 8&Under, 10&under, 11-12, 13-14, and Open.

Entry Information: Cost per event is \$6.00 for individual events, and \$12.00 for relays, plus a \$8.00 facility fee. Checks should be made out to The Green Bay YMCA. Fees are due at the coaches meeting and are not refundable. Entries should be done on HyTek or Team Unify. Check and waiver should be hand delivered to Coach Kayla at the coaches meeting. E-mail an Entry file of your entries to kayla.wiltzius@greenbayymca.org Entries are due Friday October 10th by 8:00 pm; updates through Tuesday October 14th at 6:00 pm. Heat Sheets posted Wednesday night. THE MEET WILL BE LIMITED TO THE FIRST (300) SWIMMERS. Contact Coach Kayla TO HOLD SPOTS IN MEET, E-mail is above.

Scratches: This meet will be pre-seeded. Do not show up if you wish to be scratched.

Facility: Eight (8) lane competition pool, 25 yd., backstroke flags, non-turbulence lane dividers, 12'6" in deep end, 4' in shallow end. Temperature of Competition pool is 78°- 80°. Paragon starting blocks on all lanes w/ track start feature, with sided hand grips as well as vertical & horizontal backstroke bars and side step. Colorado Champion Series Start System with speaker located under each starting block. Colorado System 6 Timing Console and touchpads (aquagrip). Two back-up stopwatches per lane.

Meet Director: Kayla Wiltzius kayla.wiltzius@greenbayymca.org

Schedule: Saturday: Warm-ups 8:00a.m.-9:00a.m., Coaches Meeting 9:00a.m., Meet starts at 9:10a.m.

Warm-up Procedure: Warm-up assignments will be posted on our website by Wednesday night, October 15th. Absolutely no diving (3 point entries only) during warm-up, except during sprints when supervised by a coach.

Awards: Ribbons 1st-3rd place Halloween medals, 4th-16th ribbons.

Admission: Heat sheets will be posted on our website on Wednesday, October 15th. All families should print their own.

Final Results: Final results, meet back-up will be posted on our website the Friday following the meet.

Miscellaneous: Limited lockers are available. Swimmers are responsible for their own belongings. The Green Bay YMCA assumes no responsibility for lost articles.

Coaches Notes: Swimmers will have separate bleachers/ seating available on the pool deck. There is a large viewing deck for spectators, with elevator or stairs access. All teams please keep all areas as clean as possible, and clean them when the meet concludes. No Food or Drink allowed on the pool deck. All Teams should refer to the GBY Team Unify website for all information regarding the meet. All entry lists, heat sheets, warm-up assignments, etc will be posted on the site. Please use only the areas designated for the swim meet. We also ask that swimmers not loiter in the locker rooms and showers. Flyover Starts will be used. I have made a 10&under Age Group for those 8&unders who may want to swim 50's of the strokes, as well as Open for any swimmer that may wish to compete in the Open category. All awards will be bagged up by team, and the coach or team representative must pick up their awards before they leave the meet. No awards will be mailed. Only Coaches, swimmers and meet workers are allowed on the pool deck.

GREEN BAY YMCA

235 N. JEFFERSON STREET GREEN BAY, WISCONSIN 54301-5126 (920) 436-9624 GREEN BAY

YMCA "Sprint or Treat" MEET ENTRY SUMMARY

This form must be completed and returned with your entry fees to Kayla Wiltzius at the meet.

Team _____ Coaches _____
attending meet:

Entry Fee Summary

of individual events x \$6.00 = \$ _____ # of _____

Relays _____ x \$12.00 _____ \$ _____

of swimmers (Facility Fee) x \$8.00 = _____ \$ _____

Total Entry Fee \$ _____

PERSON RESPONSIBLE FOR THESE ENTRIES:

WAIVER: In consideration of your accepting this entry, I, intending to be legally bound, hereby for myself, successors, and assigns, release, waive and forever discharge the Green Bay YMCA, and their officers, agents, employees, members and anyone in any way connected with the Green Bay YMCA, from any and all liabilities, claims, demands, actions, or causes of actions of whatever kind of character arising out of or in connection with said event. Signed this _____ day of _____ month, _____ year.

_____ Signature of Coach or Club Official Green
Bay YMCA "Sprint or Treat"

“Sprint or Treat” Order of events

Session 1

<i>Girls</i>		<i>Boys</i>
1	10& U 50 butterfly	2
3	11-12 50 butterfly	4
5	13-14 50 butterfly	6
7	Open 50 Butterfly	8
9	10 & U 50 backstroke	10
11	11-12 50 backstroke	12
13	13-14 50 backstroke	14
15	Open 50 backstroke	16
17	10 & U 50 Breaststroke	18
19	11-12 50 breaststroke	20
21	13-14 50 breaststroke	22
23	Open 50 breaststroke	24
25	10 & U 50 freestyle	26
27	11-12 50 freestyle	28
29	13-14 50 freestyle	30
31	Open 50 freestyle	32

- 20 min in water break

Session 2

<i>Girls</i>		<i>Boys</i>
33	10 & U 200 Medley Relay	34
35	11-12 200 Medley Relay	36
37	13-14 200 Medley Relay	38
39	Open 200 Medley Relay	40
41	10 & U 100 Butterfly	42
43	11-12 100 Butterfly	44
45	13-14 100 Butterfly	46
47	Open 100 Butterfly	48
49	10 & U 100 backstroke	50
51	11-12 100 backstroke	52
53	13-14 100 backstroke	54
55	Open 100 backstroke	56
57	10 & U 100 Breaststroke	58
59	11-12 100 breaststroke	60
61	13-14 100 breaststroke	62
63	Open 100 breaststroke	64
65	10 & U 100 freestyle	66
67	11-12 100 freestyle	68
69	13-14 100 freestyle	70
71	Open 100 freestyle	72

