



YMCA Oregon State Championships A/B/C Meet

Hosted by

Roseburg Y Swim Team

Held under the sanction of USA Swimming

Sanctioned by Oregon Swimming

Approval #: 24-019

January 20-21, 2024

LOCATION:	Warren H. Daugherty Aquatic Center 1440 S. 8th Street Cottage Grove, OR 97424
FACILITY:	Warren H. Daugherty Aquatic Center 1. Indoor, 25 yards, 8 lanes, 7 feet per lane. 2. Starting blocks at the deep end of the pool only (12 .6 ft). Shallow end is 3.6 feet. 3. Indoor, 15 yards, 2 lanes (3 ft to 5 ft) deep warmup/ cool down. 4. Automatic timing system, with touch pads and backup buttons. 5. 8 lane Daktronics scoreboard. 6. Spectator seating on deck. 7. Parking available, Additional parking available on the street and at Harrison Elementary School. 8. Swim venue includes: Men's and women's locker rooms with access onto the pool deck and is only available to swimmers. Open pool deck areas available. 9. Facility is accessible to adaptive swimmers. 10. The competition course has not been certified in accordance with 104.2.2C4.
MEET DIRECTOR:	Christy Todd , (541) 580-5476 Email: momof5todds@yahoo.com Please direct all questions to the Meet Director.
MEET REFEREE:	Mike Shaw mshaw@grantspassymca.net
ADMIN OFFICIAL:	Mike Reed mostmeetdirector@gmail.com
OFFICIALS:	If you will be attending this meet, please notify Mike Shaw, at mshaw@grantspassymca.net . All referees, starters, administrative officials, electronic timing officials, and stroke and turn judges, serving in an official capacity in this sanctioned event, must be members of USA Swimming. The officials uniform for this meet will be white shirts, black shorts/pants/skirt with black shoes.



ABOUT THE CHAMPIONSHIP:	<p>The 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.</p> <p>All events will be swum slow to fast unless specified otherwise like in the distance events section.</p>
ELIGIBILITY:	<p>Swimmers must be currently registered with USA Swimming. No on deck meet registration shall be permitted. Swimmers must be within the listed age brackets as of Jan 20th.</p> <p>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 his/her YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.</p>
NO COACH PRESENT:	<p>For unattached swimmers, or swimmers whose coach is not attending the meet, it is the swimmer's responsibility to arrange for a certified coach to be responsible for the swimmer. This must be done before the swimmer may enter the water for warm-ups or competition. Please see the Meet Director or Meet Referee if assistance is needed upon arrival at the meet.</p>
SWIMMERS WITH DISABILITIES	<p>Swimmers with disabilities 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.</p>
RECORDING BAN	<p>The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. No cameras or other recording devices are allowed behind the blocks.</p>
DECK CHANGE PROHIBITED	<p>Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.</p>
ENTRY LIMITS:	<p>Meet Director may add sessions, shift an event, limit the number of entries, eliminate certain events and/or heats, and any other reasonable modification to the meet format in order to complete sessions within the four (4) hour session limit. Notice will be provided promptly to swimmers and teams concerning modifications to the meet or changes to any entries/events/heats. Entry fees will be refunded to teams/swimmers whose entries have been rejected or who are unable to compete due to limitations. Swimmers may compete in a maximum of FOUR (4) individual events per DAY, plus up to ONE Relay per day. The Meet Director reserves the right to limit entries in any event in order to stay within a reasonable time limit.</p>
CHECK-IN:	<p>All events 200 yards or less will be pre-seeded. For events longer than 200 yards, coaches are responsible for positive check in with the meet office. Check in will close fifteen (15) minutes after the start of warm-ups. Scratch Rules shall be in effect.</p> <p>Individual Scratch Rule –</p> <ol style="list-style-type: none"> 1. Pre-Seeded Event - Each swimmer shall report promptly prior to the start of each race in which they are entered. Any swimmer not reporting



	<p>for or competing in an individual timed final event, or a preliminary heat when finals are scheduled, shall not be penalized.</p> <p>2. Deck Seeded Events - Positive check-in is required for all swimmers swimming in deck seeded events.</p> <p>3. After the Deck Seeded events have been seeded, <u>any swimmer who fails to compete in an individual event in which swimmer entered and has not been scratched in accordance with paragraph 4 below will be barred from his/her next individual event.</u></p> <p>4. Exceptions for failure to compete - No penalty shall apply for failure to withdraw or compete in an individual event if:</p> <p>A. A scratch was declared prior to the scratch deadline which is 15 minutes after the start of warm-ups for the respective day of the meet.</p> <p>B. The Referee is notified in the event of illness or injury and accepts the proof thereof.</p> <p>C. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.</p>
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WARM-UP:	<p>USA Swimming and Oregon Swimming safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:</p> <ul style="list-style-type: none"> • The warm-up sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules below are estimates and the final schedule will be posted on the website prior to the meet and will be made available to coaches at the meet. • Sprint/Start lanes will be available at the end of each warm-up session. • No diving or backstroke starts will be permitted except in sprint lanes, when designated. • The referee may remove anyone from the warm-up for failure to comply with the warm-up rules. <p>Note: Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet.</p>
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START TIMES:	Session	Warm Up	Meet Starts
	Saturday and Sunday	9:30-10:45 AM	11:00 AM

MEETINGS:	Coaches meetings will be held 15 minutes prior to the start of the meet. Officials meetings will be held 30 minutes prior to the start of each session.
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ENTRIES:	Final Entry deadline is January 9th
SEND ENTRIES TO:	<p>Email entries to: Momof5todds@yahoo.com</p> <p>Mail Checks to: YMCA of Douglas County 1151 NW Stewart Parkway Roseburg, OR 97471</p>
ENTRY FEES:	<p>\$5.00 per Individual Event \$12 per Relay Event Fee \$15.00 Swimmer Surcharge \$3.00 Oregon Swimming surcharge per swimmer</p> <p>Please send ONE check per club, made payable to "YMCA of Douglas County" to above address.</p>
RESTRICTIONS:	Tobacco, non-tobacco, vapor products of any kind, alcoholic beverages, and glass containers are not allowed in the swimming venue. NO SHAVING PERMITTED. Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. Deck changing is prohibited ("deck" is defined as the cement and grass areas of the pool property, which includes personal tents. Please change in designated changing areas or locker rooms only). Photography is not allowed behind the blocks at any time during the meet. Operations of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
AWARDS AND SCORING:	<p>Individual awards per age group and gender for timed finals/finals: 8&U, 9-10, 11-12, 13-14, 15 & Over 1st -3rd medals, 4th-6th ribbons Relays: 1st-3rd place relay medals</p> <p>SCORING: Scoring will be based on twelve individual places (16-13-12-11-10-9-7-5-4-3-2-1) in each of the following age groups: 8 & under, 9-10, 11-12, 13-14, 15 & over, for each event and six places (14-10-8-6-4-2) in relay events.</p>
SAFETY:	Oregon Swimming Safety Rules and Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.
Medical:	Medical supervision will be provided by facility lifeguards
MAAPP:	All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.
HOSPITALITY:	There will be food and drinks available at all sessions for officials and coaches.
TIMERS:	Volunteer Timers will be needed for this meet. Online sign up will be available ahead of time at the TEAM website.



Heat Sheets	Will be emailed to coaches prior to the meet.
RULES:	Current USA Swimming and Oregon Swimming, Inc. rules will govern this meet. All walkways around the pool and life guard stations must be kept clear. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet and the loss of any points accumulated toward team standings by the individual.
DISTANCE EVENTS:	Will be swum as fastest two heats of girls, then fastest two heats of boys; followed by alternating heats girls and boys, fastest to slowest. Swimmers must provide their own counters and timers.

ORDER OF EVENTS:

SESSION #1 January 20th 2024 – Warm-up 9:30-10:45 AM, Meet Starts at 11:00AM

Girls	Event Description	Boys
1	Open 100 FREESTYLE	2
3	8 & U 25 BREASTSTROKE	4
5	9 & Over 100 BREASTSTROKE	6
7	Open 50 BUTTERFLY	8
9	9 & Over 100 BUTTERFLY	10
11	11 & Over 200 BACKSTROKE	12
13	12 & U 50 FREESTYLE	14
15	8 & U 100 MEDLEY RELAY	16
17	12 & U 200 MEDLEY RELAY	18
19	13 & Over 200 MEDLEY RELAY	20
21	8 & U 25 BACKSTROKE	22
23	Open 50 BACKSTROKE	24
25	11 & Over 200 FLY	26
27	11 & Over 500 FREE	28

SESSION #2 SUNDAY JANUARY 21ST, 2024 Warm-up 9:30-10:45 AM, Meet Starts at 11:00AM

Girls	Event Description	Boys
29	8 & U 25 FREESTYLE	30
31	13 & Over 50 FREESTYLE	32
33	12 & U 100 INDIVIDUAL MEDLEY	34
35	9 & Over 200 INDIVIDUAL MEDLEY	36



37		8 & U 100 FREE RELAY		38
39		12 & U 200 FREE RELAY		40
41		13 & Over 200 FREE RELAY		42
43		9 & Over 100 BACKSTROKE		44
45		8 & U 25 FLY		46
47		Open 50 BREASTSTROKE		48
49		9 & Over 200 FREESTYLE		50
51		11 & Over 200 BREASTSTROKE		52
53		13 & Over 1650 FREESTYLE		54

