

2024 Iowa YMCA State Championships Short Course Swim Meet

MEET ANNOUNCEMENT

Date: Sat/Sun March 2/3, 2024

Location: Marshalltown YMCA

Entry Deadline: February 20, 2024

Hosted by: Iowa YMCA Swimming

Meet Director: Shelley Lechnir

shelley.lechnir@ymca-ywca.org

Web Site: www.iowaymcaswimming.org

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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 IA-LSC of USA Swimming.

YMCA Sanction number: (Awaiting Number)

USA-S/IA Approval number: (Awaiting Number)

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.

COVID CONSIDERATIONS

The Marshalltown YMCA have taken enhanced health and safety measures – for you, our other guests, volunteers, and our athletes. You must follow all posted instructions while attending the 2024 YMCA State Championship Swim Meet. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending the 2024 State YMCA Championships, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19 team protocols may be in place for this meet including but not limited to: social distancing, face masks, personal space on the pool deck & holding areas, and designated lane & starting positions for warm-ups.



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MEET TIMELINE: Warm-up and start times for all sessions are subject to change depending on the size of the meet.

SATURDAY MARCH 2, 2024 – BOYS COMPETITION

SUNDAY MARCH 3, 2024 – GIRLS COMPETITION

Doors Open: 7:00am

Warmups: 7:30-9:50am

Coaches meeting: 8:15am

Officials Meeting: 8:45am

Timers Meeting: 9:15am

Parade of Athletes: 10:00am

Meet Begins: 10:20am

INCLEMENT WEATHER/CANCELATION: The safety of all participants is our number one priority. In the event of dangerous weather the committee will convene to determine a course of action for the meet. This information will be communicated to coaches via email and posted on the Regional YMCA website.



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LOCATION AND FACILITY

Location: Linda Bloom Natatorium, Marshalltown YMCA-YWCA

Emergency Phone Number: 641-752-8658

THE FACILITY

The Linda Bloom Natatorium boasts eight 7' lap lanes with an extra 2' on the outside of lanes 1 and 8. All lanes are lined with 6" lane ropes. 4'-5' waters in the shallow end of the pool, 12.5' waters in the deep end. Water temperature is 80 degrees. The system was conceived, engineered, designed, specified, partially funded and installed by the Blue Wave swim team parent group. Daktronics electronic timing systems will be used in all configurations. Pool configurations and the number of courses will be determined once entries have been received. The 2-3 lane 20-yard program pool will be made available for warm-up and cooldown when running two pools. The competition courses have been certified in accordance with 104.2.2C (4) of USA

Swimming Rules and Regulations. A copy of the certification is on file with USA Swimming.

Spectators are comfortable in one of the 1700 well lit, humidity and temperature controlled bleacher seats. Portable bleachers add 100 seats on deck. Every seat in the house is equivalent to a pool side view with a 22 foot video projection system including live cameras that capture the race.

Free wi-fi is available throughout the natatorium.

WEB SITE

Meet Information can be found at: www.iowaymcaswimming.org

Online Meet Results: Meet Mobile results will be posted throughout the meet.



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CONTACT INFORMATION

YUSA Regional Rep.	Donald Pirrie	iowayswimming@gmail.com
Meet Director:	Shelley Lechnir	shelley.lechnir@ymca-ywca.org
Entry Chairperson:	Lydia Ahrold	iowayswimresults@gmail.com
Meet Referee:	Dee Norton	dee.norton@mchsi.com
Meet Referee:	Jack VerHelst	jvhswimmail@yahoo.com
Admin Official:	Shelley Lechnir	shelley.lechnir@ymca-ywca.org
Officials Coordinator:	Dee Norton	dee.norton@mchsi.com
Safety Director:	Tariq Martin	tariq.martin@ymca-ywca.org

IOWA YMCA EXECUTIVE COMMITTEE

Donald Pirrie	Helen G. Nassif YMCA
Dee Norton	Marshalltown YMCA-YWCA
Lydia Ahrold	Des Moines YMCA
Kathy Steirman	Dubuque YMCA
Sandy Holck	Spencer YMCA
Shelley Lechnir	Marshalltown YMCA-YWCA
Megan Fuqua	North Scott YMCA
Jocelyn Paxton	Muscatine YMCA
Lynnae Grandin	Nishna Valley YMCA



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NOTICES

USA Swimming Statements:

- ISI Sanction: (TBD) Held under the Approved Meet sanction of USA Swimming & Iowa Swimming Inc. (ISI)
- The competition course has been certified in accordance with 104.2.2c(4). A copy of such certification is on file with USA Swimming.
- Water depth of the pool ranges from 10 feet 8 Inches to 7 feet.
- Deck changes are prohibited
- Use of audio or visual recording devices, including cell phones, is not permitted at any time in changing areas, restrooms, or locker rooms.
- Swimmers ages twelve years and younger are prohibited from wearing "Tech" suits, even when swimming in Senior or Open events or time trials. A list of suits that are considered "Tech" suits is posted on the ISI website.
- 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.
- In granting this approval, it is understood and agreed that USA Swimming and ISI shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during conduct of the event.
- USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.



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 must not be older than twenty-one (21) years of age. The determining date for age is December 1, 2023. All swimmers age 18 and older have completed Child/Athlete Protection Training within the past 12 months.

YMCA Meet Participation: In order to be eligible to compete, each athlete must have competed in a minimum of 3 closed YMCA inter-association meets since September 1 of the current season.

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of March 1, 2023 through the entry deadline.

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.



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COACH

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content), APT Training and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

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 on-line 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: Each swimmer may enter a total maximum of three individual events and two relay events **or** two individual events and three relays.

NON-QUALIFYING RELAYS (NQR): Teams without a qualifying relay time in a particular age group may enter one NQR providing they have one or more individual state qualifiers. This swimmer must be assigned to that relay. Only one NQR will be permitted per event/age group/gender.

*Teams with a qualifying relay in a particular age group/gender are prohibited from entering additional relays using swimmers that are not entered in the meet or not able to meet the relay qualifying time. A swimmer without an individual qualifying time may still swim in a relay providing the combined 4 individual swimmers times meet the relay qualifying standard.

QUALIFICATION PERIOD: The qualification period is March 1, 2023 through the entry deadline.

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

TIME STANDARDS: Swimmers/Relays must have equaled or bettered the minimum time standard: Appendix 1.

TIMES: No Times (NT) are not allowed. Entered times must be the swimmer's BEST time achieved during the qualifying period.

ENTRY FEES: There is a flat fee of \$10 per swimmer to enter the meet. There are no per-event fees. Payment should be in the form of a check made out to "Iowa YMCA Swimming"

Note: If your payment has not been received by the deadline, your swimmers will be removed from the meet.

All coaches are expected to model the YMCA Core Values in all aspects of the meet, including team registration, submission of entries, and the meet itself. Anyone found having falsified information about the eligibility of a swimmer, or to have altered any official document (including meet results), may along with their team, be subject to severe disciplinary action. The offending team's Executive Director will be notified promptly and asked to help resolve such issues.



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ENTRY DEADLINE: Entries must be submitted by February 20, 2024.

ENTRY PROCEDURE: To submit your entries using HY-TEK Team Manager, go to the Regional YMCA Swimming Website to, download the event file, and import it into Team Manager.

Once you have imported this file, **DO NOT MODIFY THE EVENTS IN ANY WAY!** Doing so may cause your entries to be rejected.

Complete your entries, export them, and send the exported file to **iowaswimresults@gmail.com**

Note: A time standard file is also available on the web site. You can import this file into both Team Manager and Meet Manager so that qualifying times can be automatically flagged when you print reports.

If you do not have Team Manager, you may submit your entries in readable form as a document attached to an email.

For each swimmer, be sure to provide their name, gender, date of birth, event numbers, and qualifying times. Note that a handling fee of \$10 per swimmer will be assessed.

Your entries must be accompanied by your Team Registration Form, found at the end of this handbook. Send your entries and the form to the Entry Coordinator, using the address or email address above

PAYMENT: Once a team's entries have been accepted by the meet host, the team is considered entered into the meet. A team entering the meet is responsible for entry fees for all swimmers entered into the meet. Changes or scratches in a team's entries prior to or after the meet entry deadline do not relieve a team of their responsibility to pay for confirmed entries.

Payment must be received by February 25, 2024. Payment should be made out to Iowa YMCA Swimming and mailed to Donald Pirrie, 1614 West Mount Vernon Road, Mount Vernon, IA 52314



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VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: We will need many officials, both Level 1 and Level 2 to properly run a meet of this size. If you have a current YMCA certification, you are strongly encouraged to officiate at this meet.

In order to ensure consistent officiating please work as many sessions as possible – at least two over the course of the weekend will be the expectation.

SIGN-UP PROCEDURE: Please contact Dee Norton at dee.norton@mchsi.com to sign-up to officiate at this meet.

ATTIRE: Please bring your white shirts and navy shorts or pants and your Officials patch. You will not be allowed on the pool deck without your patch.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: All coaches and deck officials must check in. Check in will be in the board room. After checking in the Head Coach will receive their team packet, Championship Deck Pass and scratch sheet at the check-in table. Deck passes must be worn and visible at all times when on deck.

COACHES MEETING/SCRATCH MEETING: The coaches meeting will be held in the wet classroom on the pool deck at 8:15am on SAT AM. If needed, a Sunday AM coaches meeting will also be held.

OFFICIALS AND TIMERS MEETING: Officials meeting will be held in the board room at 8:45am, with the timers meeting following at 9:15am also in the board room.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, Regional Rep and a coach from two separate teams.

RULES: The meet will run under YMCA Rules that Govern Competitive Sports, Swimming Addendum to the YMCA Rules that Govern Competitive Sports, USA-S Technical Rules.

MEET FORMAT: The meet will be swum using a timed finals format. Swimmer's age will be determined as of December 1 of the current season.



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EVENT SEEDING: Events will be seeded Slowest to Fastest. The Meet Referee/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.

DECLARED FALSE START: An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. 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: An athlete who is seeded in an event and fails to compete (i.e., a "no show") shall not compete in any further individual or relay events unless the athlete and/or coach declares an intent to swim to the Administrative Referee prior to the next scheduled event for the athlete.

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

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.

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

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.

SWIM-OFFS: In the event a swim-off is necessary, the meet referee will set a time for the swim-off which will not be any later than 45 minutes after the last heat of any event in which any of the swimmers in the swim-off is competing. (USA Swimming Rule 102.5.2)



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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 in the hall leading to spectator seating and poolside on the wall under the scoreboard.

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

- Deck Changes are 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.
- Swimmers ages 12 years and younger shall not compete while wearing a 'tech suit', even when swimming in an open/senior event.
- Glass, Food, and Chairs are not permitted on deck.
- Deck access is limited to swimmers, certified coaches, officials, meet personal and volunteers only.
- 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. No flash photography allowed at the start of each event.
- 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.
- 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

AWARDS AND RECOGNITION

SCORING: All events will be scored to 8 places as follows:

Individual events: 9-7-6-5-4-3-2-1

Relay events: 18-14-12-10-8-6-4-2

Teams may enter up to 4 relays per gender/age bracket. Only 1 relay per age bracket can score. Teams without a qualifying relay may enter one relay per age group/gender (medley and freestyle) provided that at least one swimmer in the same age group/gender has made a qualifying time and is available to swim on the relay.

AWARDS: Medals will be awarded to the top three swimmers in each event, including relays. Ribbons will be awarded to the remaining swimmers through 8th place.

TEAM AWARDS: Team banners will be awarded to the team with the most points in the following divisions:

Division 4 – up to 45 entries

Division 3 – 46 to 100 entries

Division 2 – 100 to 150 entries

Division 1 – 150 + entries

Adjustments made to the division breakdown may be considered after all entries have been submitted for the meet.



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SPECTATORS

ADMISSION FEE: Admission to the meet is free for spectators

HEAT SHEETS/PROGRAMS: Available in the Linda Bloom Natatorium lobby for \$5 each day

CONCESSION STAND: A concession stand provided by the facility staff/volunteers will be available during the meet. The hours of operation will be controlled by the Marshalltown YMCA-YWCA but the stand will be open for the duration of the meet.

ATHLETE APPAREL: Elmore Swim Shop will be located in the party room right off the recreational pool and will have a variety of swimwear and accessories for sale. Fine Designs will be located in the holding area in the gym with a selection of Meet Apparel for sale.

SEAT SAVING POLICY: The saving of seats is not permitted in the natatorium. Please be courteous of all spectators keeping in mind the core values of the YMCA

CONDUCT AND RESTRICTIONS:

- No personal chairs are allowed in the holding area(gym), all camp chairs may be placed in the hallways.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Spectators are not permitted on deck.
- No smoking, drugs, or alcohol are permitted in the swimming complex.
- Glass containers of any kind are not permitted on the pool deck at any time.

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/IA approval, it is understood and agreed that USA Swimming and IA-LSC 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.

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.



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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 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.

EVACUATION PROCEDURE: Facility personnel will direct swimmers, coaches, and spectators to the appropriate locations in the event of a facility evacuation.

DIRECTIONS

Marshalltown YMCA-YWCA, Linda Bloom Swim Natatorium

108 Washington Street, Marshalltown, IA 50158

The address is 108 Washington Street; however, the building is located directly behind the previous Y facility that has an address of 705 Center Street. The Marshalltown YMCA-YWCA is due west of the Center Street viaduct.

From the North

Enter Marshalltown on Highway 14. Once in Marshalltown, the highway is also called 3rd Avenue. Cross the Iowa River Bridge, and continue traveling South on 14/3rd Ave to Church Street (4th set of stop lights after entering town). Turn right (west) on Church Street and continue 3 blocks to Center Street. Turn Left (South) on Center Street. Continue over the Viaduct over the railroad tracks. At the South side of the viaduct, exit right off of the viaduct (please note that South bound traffic must exit right only). This resembles an off ramp. Turn left onto Washington Street. The YMCA-YWCA is visible at this point.

From the South

Enter Marshalltown on Highway 14. Once in Marshalltown, the highway is also called Center Street. Travel North through town on 14/Center Street. After traveling through intersection of 14/Center and Anson St, (Hy-Vee) turn right onto the exit ramp just before the viaduct (please note that all North bound traffic must



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exit right). This off ramp curves under the viaduct and becomes Washington Street. The YMCA-YWCA is visible at this point.

From the West

Enter Marshalltown on Highway 30. While traveling East, take the exit marked Highway 14 and Marshalltown Community College. Turn left onto Highway 14/Center St. Travel North through town on 14/Center Street. After traveling through intersection of 14/Center and Anson St, (Hy-Vee) turn right onto the exit ramp just before the viaduct (please note that all North bound traffic must exit right). This off ramp curves under the viaduct and becomes Washington Street. The YMCA-YWCA is visible at this point.

From the East

Enter Marshalltown on Highway 30. While traveling west, take the exit marked Highway 14 and Marshalltown Community College. Turn right onto Highway 14/Center St. Travel North through town on 14/Center Street. After traveling through intersection of 14/Center and Anson St, (Hy-Vee) turn right onto the exit ramp just before the viaduct (please note that all North bound traffic must exit right). This off ramp curves under the viaduct and becomes Washington Street. The YMCA-YWCA is visible at this point.



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LODGING

[HTTPS://BUSINESS.MARSHALLTOWN.ORG/DIRECTORY/SEARCH/HOTELS-MOTELS-161268](https://business.marshalltown.org/directory/search/hotels-motels-161268)

Hampton Inn & Suites	<p>Hampton Inn & Suites</p> <p> 20 Iowa Avenue West, Marshalltown, IA 50158</p> <p> (641) 753-6795</p> <p> Visit Website</p> <p>HOTELS & MOTELS</p>
Holiday Inn Express & Suites - Marshalltown	<p>Holiday Inn Express & Suites - Marshalltown</p> <p> 102 Iowa Avenue West, Marshalltown, IA 50158</p> <p> (641) 854-2900</p> <p> Send Email</p> <p> Visit Website</p> <p>HOTELS & MOTELS</p>
Best Western Regency Inn	<p>Best Western Regency Inn</p> <p> 3303 South Center Street, Marshalltown, IA 50158</p> <p> (641) 752-6321</p> <p> Send Email</p> <p> Visit Website</p> <p>HOTELS & MOTELS</p>



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PARKING

Parking Entrance

FREE Parking and entrance to the Natatorium is located on the North side of the YMCA-YWCA building. Enter through the doors marked "Linda Bloom Natatorium". Front building entrance is for community members using the facility for regular purposes. Swim meet attendees may use parking throughout the Y campus. Additional parking is located under the viaduct behind the Marshalltown Family Aquatic Center. DO NOT park on private property adjacent to the Marshalltown YMCA-YWCA. Any illegally parked vehicle will be towed at the owner's expense.



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APPENDIX 1: ORDER OF EVENTS & QUALIFYING TIMES

Iowa YMCA Swimming Qualification Times & Order of Events

(VALID THROUGH THE 2023/2024 SEASON)

GIRLS STANDARD	#	AGE GROUP	EVENT DESCRIPTION	#	BOYS STANDARD
5:48.00	1	11 - 12	400Y Individual Medley	2	5:54:00
5:44.50	3	13 - 21	400Y Individual Medley	4	5:51.00
31.00	5	13 - 21	50Y Butterfly	6	29.00
2:55.00	7	9 - 10	200Y Freestyle	8	2:55.00
2:30.00	9	11 - 12	200Y Freestyle	10	2:32.00
2:20.00	11	13 - 14	200Y Freestyle	12	2:16.00
2:19.00	13	15 - 21	200Y Freestyle	14	2:10.00
1:40.00	15	8 U	100Y Medley Relay	16	1:51.00
2:47.00	17	9 - 10	200Y Medley Relay	18	2:52.00
2:26.00	19	11 - 12	200Y Medley Relay	20	2:36.00
2:19.00	21	13 - 14	200Y Medley Relay	22	2:28.00
2:18.00	23	15 - 21	200Y Medley Relay	25	2:25.00
18.75	25	8 U	25Y Freestyle	26	18.75
35.00	27	9 - 10	50Y Freestyle	28	35.00
30.50	29	11 - 12	50Y Freestyle	30	30.75
28.50	31	13 - 14	50Y Freestyle	32	27.00
28.50	33	15 - 21	50Y Freestyle	34	27.00
1:54.00	35	8 U	100Y Individual Medley	36	1:55.00
1:30.00	37	9 - 10	100Y Individual Medley	38	1:30.00
1:17.00	39	11 - 12	100Y Individual Medley	40	1:21.00
50.00	41	8 U	50Y Backstroke	42	51.00
1:31.00	43	9 - 10	100Y Backstroke	44	1:35.00
1:18.50	45	11 - 12	100Y Backstroke	46	1:22.00
1:13.50	47	13 - 14	100Y Backstroke	48	1:13.50
1:13.00	49	15 - 21	100Y Backstroke	50	1:13.00
3:11.25	51	11 - 12	200Y Breaststroke	52	3:13.00
3:01.00	53	13 - 21	200Y Breaststroke	54	2:59.00
23.25	55	8 U	25Y Butterfly	56	24.25
40.50	57	9 - 10	50Y Butterfly	58	43.50
34.50	59	11 - 12	50Y Butterfly	60	37.50
4:20.00	61	12 - 21	400Y Freestyle Relay	62	4:12.00



2024 YMCA STATE CHAMPIONSHIP SWIM MEET

Saturday March 2 & Sunday March 3, 2024

Iowa YMCA Swimming Qualification Times & Order of Events

(VALID THROUGH THE 2023/2024 SEASON)

GIRLS STANDARD	#	AGE GROUP	EVENT DESCRIPTION	#	BOYS STANDARD
1:21.00	63	11 - 12	100Y Butterfly	64	1:20.00
1:13.00	65	13 - 21	100Y Butterfly	66	1:11.00
2:52.00	67	11 - 12	200 Backstroke	68	2:52.00
2:39.00	69	13 - 21	200Y Backstroke	70	2:42.00
26.50	71	8 U	25Y Breaststroke	72	27.25
46.50	73	9 - 10	50Y Breaststroke	74	47.50
39.75	75	11 - 12	50Y Breaststroke	76	41.75
37.00	77	13 - 21	50Y Breaststroke	78	36.00
43.00	79	8 U	50Y Freestyle	80	43.00
1:20.00	81	9 - 10	100Y Freestyle	82	1:18.75
1:07.00	83	11 - 12	100Y Freestyle	84	1:10.00
1:04.00	85	13 - 14	100Y Freestyle	86	1:00.50
1:03.00	87	15 - 21	100Y Freestyle	88	1:00.00
2:51.00	89	11 - 12	200Y Individual Medley	90	2:52.00
2:38.00	91	13 - 21	200Y Individual Medley	92	2:39.00
58.50	93	8 U	50Y Breaststroke	94	1:01.50
1:42.00	95	9 - 10	100Y Breaststroke	96	1:45.00
1:28.00	97	11 - 12	100Y Breaststroke	98	1:33.00
1:25.00	99	13 - 14	100Y Breaststroke	100	1:20.00
1:24.00	101	15 - 21	100Y Breaststroke	102	1:19.00
2:58.00	103	11 - 12	200Y Butterfly	104	2:50.00
2:41.00	105	13 - 21	200Y Butterfly	106	2:41.00
22.75	107	8 U	25Y Backstroke	108	22.75
41.00	109	9 - 10	50Y Backstroke	110	42.00
36.25	111	11 - 12	50Y Backstroke	112	37.50
32.00	113	13 - 21	50Y Backstroke	114	30.00
6:41.00	115	11 - 12	500Y Freestyle	116	6:36.50
6:20.00	117	13 - 21	500Y Freestyle	118	6:20.00
1:30.00	119	8 U	100Y Freestyle Relay	120	1:30.00
2:30.00	121	9 - 10	200Y Freestyle Relay	122	2:34.50
2:10.00	123	11 - 12	200Y Freestyle Relay	124	2:16.00
2:03.00	125	13 - 14	200Y Freestyle Relay	126	2:03.00
2:02.00	127	15 - 21	200Y Freestyle Relay	128	2:02.00



2024 YMCA STATE CHAMPIONSHIP SWIM MEET
Saturday March 2 & Sunday March 3, 2024

APPENDIX 2: YMCA SANCTIONED MEET DECLARATION FORM

(Note: Return signed Declaration form to the meet director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: 2024 YMCA State Championship Swim Meet
Meet Date(s): Saturday, March 2 & Sunday, March 3, 2024
Meet Host: Iowa YMCA Competitive Swimming & Marshalltown YMCA-YWCA
Meet Location: Marshalltown, IA

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 2024 Iowa YMCA State 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 2024 Iowa YMCA State 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, the Iowa YMCA Swimming League, their agents, representatives or assigns, and the Marshalltown YMCA/YWCA for any and all injuries which may be suffered by participants at the 2024 Iowa YMCA State Championship Swim Meet. Furthermore we understand that the YMCA of the USA and the Iowa YMCA Swimming League 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



2024 YMCA STATE CHAMPIONSHIP SWIM MEET
Saturday March 2 & Sunday March 3, 2024

This is the last page of the Meet Announcement