



Great Lakes Zone YMCA Swimming Championship  
March 20-22, 2020

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**2020 Great Lakes Zone  
YMCA Swimming Championship  
Meet Announcement**

**About the Championship**

<b>Date:</b>	March 20-22, 2020
<b>Location:</b>	Canton McKinley High School C.T. Branin Natatorium 2323 17 <sup>th</sup> Street NW Canton, Ohio 44708
<b>Entry Deadline:</b>	Monday, March 16, 2020, 8:00 PM
<b>Hosted by:</b>	Blue Ash YMCA & Powel Crosley Jr. YMCA
<b>Meet Director:</b>	Jon Saxton <a href="mailto:jsaxton@rendigs.com">jsaxton@rendigs.com</a>
<b>Meet Referee:</b>	Steven Connock <a href="mailto:sconnock3@gmail.com">sconnock3@gmail.com</a>
<b>Meet Hosts:</b>	Bill Whatley <a href="mailto:bwhatley@myy.org">bwhatley@myy.org</a> Mike Leonard <a href="mailto:MLeonard@myy.org">MLeonard@myy.org</a>
<b>Web Site:</b>	<a href="http://www.glzyswim.net">www.glzyswim.net</a>

**New This Year:**

- 1- New Safe Sport requirements for adults and 18 and over swimmers
- 2- ALL Coaches require Concussion, Sudden Cardiac Arrest and Safe Sport certifications.
- 3- Insurance – all Y's must submit their insurance by Wednesday, March 11
- 4- Meet Declaration Form deadline is Wednesday, March 18
- 5- The new Safe Sport federal legislation has expanded requirements around preventing all forms of abuse for organizations that arrange amateur athletic competitions for minors. Thank you in advance for helping us embrace Safe Sports steps to continue to protect our athletes during this year's Great Lakes Zones YMCA Championship. Please take a few minutes to familiarize yourself with our Safe Sport policies & procedures listed in the 2020 Zone Meet Information Conduct and Restrictions section page 11-13. Among these is the requirement for all athletes that are 18 years of age or older to complete the three part Athlete Protection Training through USA [Swimming.org](http://Swimming.org) (instructions can be found in the Conduct and Restrictions section page 11-13). If you would like to learn more about Safe Sport, click on the following link:  
<https://www.teamunify.com/SubTabGeneric.jsp?team=ymcaswosl&sta-bid=202353>



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## Important Information

### Entry Deadline

**Monday, March 16, 2020, 8:00 PM**

### Entry Website

**All entries must be online. The link is below.**

<http://ymca.ymcacompetitiveswim.org/YMCANatsEntry.asp?M=GreatLakesZone>

### Sanctioned Meet Declaration Form

This must be sent to Jon Saxton by Wednesday March 18, by 5:00 PM.

You will also receive a printed form when you submit your entries. Be sure to have the form signed by your executive director. Another copy is at the end of the meet announcement.

### Individual & Team Eligibility

All Teams and Swimmers must be eligible under the Rules that Govern YMCA Competitive Sports.

### Insurance

All Y's must submit their insurance by Wednesday, March 11 to Jon Saxton.

### Registration

The annual team registration must be submitted online by December 1, 2019.

### Coaches

All coaches must register online by December 1, 2019, and must be on the Approved Coach list to be on deck at the meet. Only coaches on the list will receive a deck pass. Detail below.

### Date Summary

December 1	Online team & coach registrations due
December 2	Fines for late coach registrations begin \$25
January 15	Coaches registration late fee increases from \$25 to \$50
March 16	Entry deadline – 8:00 PM –sharp!
March 17	Entry Corrections deadline – 5 PM
March 18	Proof of Time Notification – if requested, Insurance forms due.
March 23	Coaches certifications must be valid through March 23, 2020



## Great Lakes Zone YMCA Swimming Championship March 20-22, 2020

### About the Championship

This meet is a sanctioned YMCA championship 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 Ohio Swimming Inc. LSC of USA Swimming.

YMCA Sanction number:

USA-S/Lake Erie Approval number:

### Meet Format Waiver

**RESERVE THE RIGHT TO MAKE CHANGES:** The host organization 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. Changes will be communicated as far in advance as possible. None of the required elements of a sanctioned meet may be changed.

### Location and Facility

C.T. Branin Natatorium ~ McKinley High School ~ 2323 17th Street Northwest ~ Canton, OH ~  
Emergency Phone Numbers: 330-438-2738

**(Emergencies only please. Do not call with questions about the meet.)**

The CT Branin Pool is configured as an 8 lane, 25-yard course. Water depth at start is 8 feet (minimum 5 feet required) and at turn end is 7 feet. Colorado electronic timing system will be used. It has been measured and certified in accordance with USA-S section 104.2.2C (4). The copy of such certification is on file with USA Swimming.

Multiple-lane continuous warm-up/warm-down lanes are available outside the competition area.

### Web Site

Meet Information will be at [www.glzyswim.net](http://www.glzyswim.net) on the 2020 Tab.

Online Meet Results: Meet Results will be posted on Meet Mobile. Meet Mobile Results should not be considered official until final results are posted on the website after the meet.

### Contact Information

Meet Director: Jon Saxton  
Meet Referee: Steven Connock  
Meet Hosts:  
Bill Whatley  
Mike Leonard

[jsaxton@rendigs.com](mailto:jsaxton@rendigs.com)  
[sconnock3@gmail.com](mailto:sconnock3@gmail.com)  
[bwhatley@myy.org](mailto:bwhatley@myy.org)  
[MLeonard@myy.org](mailto:MLeonard@myy.org)

Volunteers Questions – Andrea Menchhofer [araynor@fuse.net](mailto:araynor@fuse.net)

Entry Questions – Claudia Multer [claudia.multer@gmail.com](mailto:claudia.multer@gmail.com)



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## Meet Timeline

Warm-up & Start Times are approximate. A revised schedule of events will be posted on the website no later than 8:00 PM on the Wednesday before the meet. Weather Delays / Information will be announced as needed on the meet website.

### Friday

**March 20, 2020**

#### **Evening Session:**

11-12, 13-14, 15 & Over, Senior

2:00 PM Coaches' Check-In Opens

2:30 PM Swimmers' Check-In Opens, Pool Deck Opens

2:45 PM Warm-up begins

4:00 PM Opening Ceremonies

4:10 PM Competition Starts

9:00 PM Approximate Finish

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### Saturday

**March 21, 2020**

#### **Morning Session:**

13-14, 15 & Over, Senior

6:45 AM Building Opens

7:00 AM Pool deck opens,

Assigned warm ups

8:30 AM Opening Ceremonies

8:40 AM Competition Starts

12:30 PM Approximate Finish

12:35 PM Approximate Time Trials Start

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### Saturday

**March 22, 2020**

#### **Afternoon Session:**

10 & Under, 11-12

1:30 PM Assigned Warm-ups

2:30 PM Opening Ceremonies

2:40 PM Competition Starts

5:30 PM Approximate Finish

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### Sunday

**March 22, 2020**

#### **Morning Session:**

13-14, 15 & Over, Senior

6:45 AM Building Opens

7:00 AM Pool deck opens, warm ups

Assigned warm ups

8:30 AM Opening Ceremonies

8:40 AM Competition Starts

12:30 PM Approximate Finish

12:35 PM Approximate Time Trials Start

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### Sunday

**March 22, 2020**

#### **Afternoon Session:**

10 & Under, 11-12

1:30 PM Assigned Warm-ups

2:30 PM Opening Ceremonies

2:40 PM Competition Starts

5:30 PM Approximate Finish



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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.

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.

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.

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.

#### 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) and Principles of YMCA Competitive Swimming and Diving and new this year all SafeSport training must be completed. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport. **Coaches must complete their Concussion Certificate and Lindsay Law Certification.** All coaches that will be on deck, must have these courses completed.

#### RETURN TO PLAY LAW

Under the Ohio Return to Play Law governing concussions, all coaches and officials (in state or out of state) are required to have proof of training in concussion signs and symptoms. This training is available for free and can be found at [http://www.NFHSLearn.com/self\\_courses](http://www.NFHSLearn.com/self_courses). All coaches are required to take this training. It is your responsibility to take care of this requirement. Also, they are required to have Sudden Cardiac training.

Coach Registration: Each coach must have completed the annual YMCA on-line team and coach registration process. Coaches who are not registered and approved will not be permitted on deck. Coaches will need to sign in at check-in to receive their deck pass. You may only pick-up your deck pass, not that of other coaches.



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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. This must be sent to the Meet Director one week before the meet starts.

## Entry Information

**ENTRY LIMITS:** A swimmer may enter a maximum of three (3) individual events (age group & senior) and one age group relay event each day. Daily event limits exclude time trials. There is NO limit on Senior Relay entries. There is no limit on the number of entries a team may have in each event provided the time standard has been met. Entries in excess of the limit will be deleted in event number order. The oversubscribed events will be deleted. Coaches will be notified before the correction deadline. NO Deck Entries nor Standbys will be accepted for this meet.

**QUALIFICATION PERIOD:** The qualification period is March 1, 2019 through the entry deadline.

**USA-S ID's:** USA-S registered athletes should have an ID number in the Meet Entry File if they want their times loaded in the USA Swimming database.

**TIME STANDARDS:** Swimmers/Relays must have equaled or bettered the minimum time standard listed in this meet information.

**TIMES:** No Times (NT) are not allowed. Submit entry times in Actual times (no conversion), SCY, SCM, LCM. Non-conforming times will be seeded first.

### ENTRY FEES

Individual Events, \$5.00 per entry; Relay Events, \$20.00 per entry;  
Zone Committee Surcharge, \$2.00 per swimmer

**ENTRY DEADLINE:** Monday, March 16, 2020, 8:00 PM

**ENTRY PROCEDURE:** All entries must be submitted through the YMCA competitive swim entry platform.

A team summary is sent immediately after entries are submitted- this is your confirmation. Mistakes can be corrected by immediately (before the entry deadline) submitting a corrected entry through the entry platform.

Deadline for entry corrections (without penalty) is Tues 8 PM. Psych sheets will be posted by noon Wednesday. Once the psych sheets have been posted, no additional changes or additions will be made.



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### SENIOR EVENTS

A Swimmer who can swim Senior Events is one who is 11 by 3-30-2020 and have a qualifying time. The events are 400 IM, 200 Back, 200 Breast, 200 Fly, 1650 Free, and 1000 Free.

Swimmers who can swim the Senior 50 events (50 Fly, 50 Back, 50 Breast) must be 13 and over, since there are 11-12 events for the 50 Fly, 50 Back and 50 Breast.

### Swim Ups

Swimmers may swim up 1 age group for relay swims, if the qualifying time is achieved, with that swimmer's time.

### PAYMENT:

Make all checks payable to Blue Ash YMCA Swim Team, 5000 YMCA Dr. Cincinnati, OH 45242. Coaches must deliver the check, check request or purchase order during check-in. Do Not mail checks to the host unless you showed a check request/purchase order at check in. Personal checks will be accepted if a YMCA check is not available. **You must have your check or copy of the check request to compete at this meet.**

Checks will be cashed by March 31, 2020. Checks that are returned for non-sufficient funds will be subject to a \$50 returned check fee.

Once your entry has been accepted you are responsible for payment of entry fees – even if you do not attend the meet.

Entry Fees not received by May 1 will be considered overdue. The overdue penalty is a payment of your normal entry fee payable to the Great Lakes Zone Swim committee, and a payment of your full entry fees plus a \$25 penalty payable to the host. Failure to meet this obligation by May 15 has a penalty of a suspension from the Great Lakes Zone Meet the following year.

### Exceeding Entry Limits

Teams who submit entries that violate the above entry limits will see this mistake in their confirmation email after submitting entries. Coaches do not get to enter extra events and scratch swimmers from their least desirable events. Teams who submit entries that violate the above entry limits will be notified that they must make changes. The team has until 8 PM on Tuesday, March 17, 2020 to make changes. If the matter is not addressed, then the swimmer is automatically dropped from the offending event.





## Great Lakes Zone YMCA Swimming Championship March 20-22, 2020

### Volunteers/Officials/Timers

#### **TIMERS**

All teams will be assigned worker positions according to last year's entries. Each team must fulfill their assigned worker positions to participate in the meet. Check the website for worker assignments. Assignments will be posted before February 20, 2020.

Names of volunteers must be submitted in advance of the meet to be admitted into the session at no charge. Email volunteer list by March 13<sup>th</sup>, 2020 to Andrea Menchhofer. Please send this in a spreadsheet, not typed out in an email or screen shots from TeamUnify. Volunteers should check-in upon arrival at the meet. TIMER will not be allowed to Split their Timing session, this is due to the new Safe Sport requirements for volunteers. Under no circumstances may a parent volunteer bring a child on deck with them while they are working or to any of the other assigned volunteer stations within the facility. All children that are not competing must be in the spectator area with another adult. The volunteer will receive free admission for the day. Please enter through door, designated for Coaches, Athletes and Volunteers and proceed to the Volunteer Check-in table.

The penalty for not fulfilling a worker's position will be \$100 per person. The fee will be assessed to the team and a letter from the Zone Committee will be sent to the executive director of the offending YMCA. If the fee is not paid by the entry deadline the following year the team will not be allowed to enter the zone meet.

If you know prior to the meet that you will not be able to fill the scheduled positions, please email the Jon Saxton – [jsaxton@rendigs.com](mailto:jsaxton@rendigs.com) who will attempt to adjust the assignments as necessary.

#### **Meet Officials**

All YMCA and/or USA Swimming Certified Officials willing to volunteer should fill out and submit the 2020 Great Lakes YMCA Zone Championship Application to Officiate. The 2020 Great Lakes YMCA Zone Championship Application to Officiate will be available on the Great Lakes YMCA Zone Championship Meet website ([www.glzyswim.net](http://www.glzyswim.net)) on November 22, 2019.

Official's uniform will be white polo shirt over navy shorts/long pants (men or women) or modest length skirts (women) for all sessions. White covered toes athletic or deck shoes for all sessions.

Please contact Steve Connock, Meet Referee, for any questions ([sconnock3@gmail.com](mailto:sconnock3@gmail.com)). Officials Meeting times and locations will be available on the Great Lakes YMCA Zone Championship Meet website ([www.glzyswim.net](http://www.glzyswim.net)) early March.



## Great Lakes Zone YMCA Swimming Championship March 20-22, 2020

### Check-in Procedures:

#### **MEET CHECK-IN PROCEDURE**

Coaches will check-in at the table in the lobby and receive their team packet with bag tags and lanyards for their swimmers. Coaches are responsible for distributing their bag tags to their team. Swimmers may not enter the deck without a bag tag starting Saturday morning. We will allow swimmers access to the deck on Friday without their passes, so they can get those from their coach. Deck passes must be with you at all times to access the deck. Positive check-in, heat sheets and relay change forms will be available on deck at the start of each session at the scorer's table. Teams need to set up a meeting place in the gym to distribute the bag tags to swimmers.

#### **EVENT CHECK-IN**

There will be positive check-in for the 500 Free, 1000 Free, 1650 Free and 800 Free Relay events (Relays are checked in through the relay sheets). The check in sheets will be at the scorer's table and check in is required by 30 minutes before the start of the session. Swimmers who do not check-in and then show up for the event will be allowed to swim only if space is available. New heats will not be created after the positive check-in time has passed.

#### **RELAY CHECK-IN PROCEDURE**

Relay forms will be in the coach's packets. Please check for accuracy, make changes on that form and turn into the scorer's table before the start of the sessions with a coach's signature on the form. All forms need turned in with a signature even if changes are not being made.

#### **COACHES MEETING/SCRATCH MEETING**

**There only will be a "virtual" coaches meeting.** Please read the pre-meet information before arriving at the meet for specific details about the meet.

#### **OFFICIALS AND TIMERS MEETING**

Officials and Timers meetings will be scheduled before the start of each session. Details will be announced before the meet on the website.

#### **SWIMMER'S CHECK-IN PROCEDURE**

Swimmers will receive their lanyard/badge from their coach. Coaches should plan to distribute the badges on Friday. Swimmers will not have access to the deck beginning Saturday AM without their badge.

### Championship Procedures and Operations

#### **CHAMPIONSHIP COMMITTEE**

The Committee will consist of the Meet Director, Meet Referee, and members of the YMCA Great Lakes Zone Committee who are present at the meet.

#### **RULES**

The meet will run under YMCA Rules that Govern Competitive Sports, Addendum to the YMCA Rules that Govern Competitive Sports, and current 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, 2019.

#### **EVENT SEEDING**

Events will be pre-seeded, except the 500/1000/1650 Free and 800 Free Relay, which will be positive check-in and deck seeded. Should a swimmer need special consideration in seeding, please send a note to the meet hosts separate from your entry file. Seeding order is Short Course Yards (Y), then Long Course Meters (L) then Short Course Meters (S). Events will be seeded Slowest to Fastest except the 500/1000/1650 Freestyle and 800 Free Relay events which will be seeded Fastest to Slowest.



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### **DECLARED FALSE START**

An athlete may also withdraw from a heat by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat 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**

There will not be a penalty for an athlete who is seeded in an event and fails to compete (i.e., a "no show"). That event still counts toward the athlete's total number of events for the meet.

### **TIME TRIALS**

Time Trials will be offered 15 minutes after each MORNING session on Saturday and Sunday as time permits. Eligible swimmers must be 12 the first day of 2020 YMCA Nationals and a 2020 YMCA Zone Meet participant to enter time trials. The fee will be \$20.00 per individual event and \$40.00 per relay. Swimmer must be attempting **to achieve a** YMCA National qualifying time. Swims in Time Trials do not count towards the daily 3 Individual Events limit but only 1 Time Trial event is allowed per swimmer per day. Swimmers must supply 2 timers for time trials.

### **WARM-UP SAFETY PROCEDURES**

Each team's coach will be responsible for maintaining a safe warm-up for their swimmers. An approved coach must be on deck and observing their swimmers at all times while their swimmers are in the water.

All warm-ups require feet first entry into the pool, except when starts are allowed. Sprint lanes are ONE WAY ONLY. Swimmers must exit at the turn end of the pool. Swimmers may not enter the water from the turn end of the pool.

A specific warm up schedule will be posted on the website the week of the meet and on deck.

### **STARTS**

Depending on the number of entries and the meet schedule, 'Fly-over' starts **will** be used at this meet at the discretion of the Meet Referee. If so, all swimmers (except for Backstroke starts) should remain in the water **close to wall near lane line** at the completion of their race until the next heat has begun.

### **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:**

To provide a safe and fun swimming environment for athletes, coaches, volunteers, and spectators, your 2020 Great Lakes Zone YMCA Swimming Championship hosts have embraced **Safe Sport**. The February 14, 2018 passing of Public Law 115-126 Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017 identifies additional policies & procedures that will allow us to continue to strengthen our ability to protect our athletes from all forms of abuse.

We thank you in advance for familiarizing your team athletes, coaches and volunteers with the following policies & procedures:



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**Deck Access** is limited to only registered and approved coaches, swimmers, and working officials and volunteers. Spectators are not permitted on deck.

Swimmers are not permitted on deck until a certified coach is on deck.

**No cameras** (including cell phone cameras) or other recording devices are allowed behind the blocks at any time. Exception: a credentialed, official Meet Photographer identified by the Meet Director, stated in the Meet Announcement and available to all athletes is allowed behind the blocks after the start. No cameras or recording devices are permitted in the locker rooms, changing areas, showers, or bathrooms. **Spectators, please, no flash photography during the meet.**

**Good sportsmanship is expected at all times.** Bullying or taunting is prohibited at all times on deck. Bullying is defined as any severe word, act or gesture directed at someone that a reasonable person believes has the effect of causing harm, the fear of harm or a hostile environment. Disorderly conduct will not be tolerated. Vandalism of any nature will be just cause for team disqualification. A designated person shall be responsible for the supervision and conduct of their team members and to safely maintain their team areas until the end of each session.

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

**Deck Changing is prohibited** at all times on deck. 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 (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.

**Adults are not to use the designated Athlete Restrooms.**

Please remember when you're in the **locker rooms** to be respectful towards others and responsible for your belongings. Remember, no cameras in the locker rooms. There is **no shaving** on pool premises: this includes locker rooms and restrooms.

**Rubdowns and massages** are not allowed except by a Licensed Massage Therapist or other certified professional who is not a coach. Inappropriate touching between an athlete and an adult is prohibited.

**Glass containers of any kind are not permitted** in the pool area or locker rooms. Coolers, noise makers and balloons are not permitted.

Swimmers are not allowed to sit on the laps of any coach or other non-athlete member that is not part of their family (parents/siblings).

Bleachers are available on deck for swimmers. No chairs, blankets, sleeping bags, etc. are permitted on deck or in Spectator Areas.



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Parents are responsible for the conduct of their children.  
Children are not allowed to roam the facility unattended.

**Volunteer Timers** are not to use cell phones or text during the meet. No cameras, cell phones, or other recording devices are permitted behind the blocks at anytime.

**Safe Sport training, for athletes, 18 or older, must be completed.** Please be sure your swimmers complete this training.

**Below are the specific steps for 18 years of age or older athletes to access the Athlete Protection Training. You will need to create a USA Swimming Account first, as noted below:**

1. Go to <https://www.usaswimming.org/learn>.
2. Sign in by using your first name, last name, and date of birth. Signing in with this information automatically connects you to your USA Swimming account and will allow all of your trainings to be tracked.
3. Your name and YMCA should pop up. If it does not, try typing in another name you go by.
4. Click "Continue"
5. Once you hit continue, you will be taken to your main page.
6. Scroll down until you see the "Athlete Protection Training" section
7. If you are under 18 you will need to check the box that says you have parental consent to take the course.
8. Hit "Start"
9. If you have not made a USA Swimming Account, you will need to do so by entering your email, your LSC (Ohio Swimming) and your club (YMCA).
10. After creating an account, go back to the "Athlete Protection Training" section and hit "Start."
11. After hitting start, it will say you do not have any courses. Hit the "Courses" button
12. Scroll down to "Safe Sport for Athletes" and hit "Add to Cart." This is a free course so it will not cost your parents anything.
13. Enter in all of your information. Again, this is a FREE course. You will not need to pay for anything.
14. After you enter in all your information, you are able to begin the course. You are able to take the course over multiple days and the website should save your progress.
15. After you complete the training take a picture or screenshot of your certificate and email it to your Coach.

**Please report any suspicious behavior or misconduct** to the Meet Marshals, Meet Referee, or Meet Director.

Drugs, alcohol, smoking (including vaping) are not permitted.

Drones: 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.

Please direct any **Safe Sport questions/concerns** to the Meet Director or Meet Referee.

**THANK YOU for helping us create a SAFE Great Lakes YMCA Zone Championship for ALL.**



## Great Lakes Zone YMCA Swimming Championship March 20-22, 2020

### Spectators

#### **ADMISSION FEE**

\$5 per person, per session or you may purchase an all weekend pass for \$15 on Friday night only. You will be able to bypass the line Saturday and Sunday for those that have an all weekend pass wristbands by entering through the Admission doors. Please bring smaller bills, \$1's and \$5's.

**HEAT SHEETS/PROGRAMS:** \$5.00 for each session

**CONCESSION STAND:** A concession stand will be available throughout the meet and will be located on the pool deck for swimmers and top of the spectators seating area for spectators.

#### **ATHLETE APPAREL AND PHOTOGRAPHY**

Meet Apparel will be available throughout the meet from SwimVille, Inc. and they will be setup in the GYM.

Look for pre-meet online ordering of meet t-shirts from Fine Designs.

ProSwim Visuals will be providing action photography - **by reservation only** - throughout the competition, one swimmer per heat, first-come, first-served. Reservations are \$40 and include two heats of coverage (individual or relay) and a \$20 credit for use when proofs are posted online after the meet's conclusion. Additional heats may be reserved for \$10 each. Click here to get started: <https://www.proswimvisuals.com/reserve>

Click here to learn more: <https://www.proswimvisuals.com/pages/how-does-this-work>

#### **SEAT SAVING POLICY**

We expect the spectator seating will be very crowded, especially at the beginning of the afternoon sessions. Please don't save seats.

#### **HANDICAP SEATING**

Swimmers and Spectators with special needs are encouraged to contact the meet director 30 days before the start of the meet if any special needs or accommodations are necessary.

Email Jon Saxton, Meet Director, [jsaxton@rendigs.com](mailto:jsaxton@rendigs.com) for special arrangements.

### National Anthem and Devotions

If you are interested in offering a devotion or performing the National Anthem prior to the start of each session of the meet, please email Meet Director

Jon Saxton- [jsaxton@rendigs.com](mailto:jsaxton@rendigs.com)

#### **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.

A tornado event, power outage, or similar situation would require evacuation of the swimming pools into designated safe areas.



Great Lakes Zone YMCA Swimming Championship  
March 20-22, 2020

## **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 travel from their Association to the meet, during the entire period of the meet and return to their Association. This should be sent to:

Jon Saxton – jsaxton@rendigs.com

This is in addition to the Meet Declaration Form in this meet book must also be signed by each association participating in the meet. Sample insurance form attached.

### **LIABILITY LIMITS**

In granting of the USA-S/Lake Erie Swimming Inc. approval, it is understood and agreed that USA Swimming and Lake Erie Swimming 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 C.T. Branin Natatorium Staff 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 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.

It is suggested that coaches carry medical release forms for any swimmer traveling without their parents. If your team has no certified coach to be on deck with the swimmer(s) please have a waiver indicating a certified coach that will be responsible for your swimmer(s).

Any coach, athlete or official who recognizes an emergency 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).





## Great Lakes Zone YMCA Swimming Championship March 20-22, 2020

### 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.
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.
- 5.

### Awards and Recognition

#### AWARDS

Medals will be awarded to the first through eight places; ribbons will be awarded to the ninth through sixteenth places. There will be age group team awards (10 & under; 11 & 12; 13 & 14; 15 & Over) for first place boys and first place girls. There will be place banners, first through third for teams.

**Awards will not be mailed. Please pick them up at the end of the meet. Awards will be available until 30 minutes after the final session on Sunday. Do not leave until you have picked up your awards.**

#### SCORING

Points will be awarded for the first sixteen (16) finishers for each event (age group and senior events) according to the following table.

	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Individual	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relays	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

### Parking

**Tentative Parking Information** Canton City Schools have plenty of free parking at the site.

### Hotels

Hotel blocks were made for this meet at the following locations. Booking links are below and will be on the website.





# Great Lakes Zone YMCA Swimming Championship

## March 20-22, 2020

### Order of Events

#### Friday Evening

101	11 & Over	400	Ind. Medley ##	102
103	12 & Under	200	Ind. Medley ^	104
105	11 & Over	200	Backstroke ##	106
107	11 & Over	200	Breaststroke ##	108
109	11 & Over	500	Freestyle # *	110
111	Senior	800	Freestyle Relay	112

#### Saturday Morning

201	Senior 400 Medley Relay	202
<i>5 Minute Break</i>		
203	13 - 14 200 Individual Medley	204
205	15 & Over 200 IM	206
207	Senior 50 Breaststroke	208
209	13 - 14 100 Butterfly	210
211	15 & Over 100 Butterfly	212
213	13 - 14 100 Freestyle	214
215	15 & Over 100 Freestyle	216
217	Senior 50 Backstroke	218
219	13 - 14 200 Freestyle Relay	220
221	Senior 400 Freestyle Relay	222
223	11 & Over 1000 Freestyle ## *	224

#### Saturday Afternoon

251	11-12	200	Free Relay	252
253	10 & Under	200	Free Relay	254
255	11-12	100	Backstroke	256
257	10 & Under	100	Backstroke	258
259	11-12	100	IM	260
261	10 & Under	100	IM	262
263	11-12	100	Freestyle	264
265	10 & Under	100	Freestyle	266
267	11-12	50	Butterfly	268
269	10 & Under	50	Butterfly	270
271	11-12	100	Breaststroke	272
273	10 & Under	100	Breaststroke	274

#### Sunday Morning

301	Senior	200	Freestyle Relay	302
<i>5 Minute Break</i>				
303	13-14	200	Freestyle	304
305	15 & Over	200	Freestyle	306
307	Senior	50	Butterfly	308
309	13-14	100	Breaststroke	310
311	15 & Over	100	Breaststroke	312
313	13-14	100	Backstroke	314
315	15 & Over	100	Backstroke	316
317	11 & Over	200	Butterfly ##	318
319	13-14	50	Freestyle	320
321	15 & Over	50	Freestyle	322
323	13-14	200	Medley Relay	324
325	Senior	200	Medley Relay	326
327	11 & Over	1650	Freestyle ## *	328

#### Sunday Afternoon

351	11-12	200	Medley Relay	352
353	10 & Under	200	Medley Relay	354
355	11-12	200	Freestyle	356
357	10 & Under	200	Freestyle	368
359	11-12	50	Breaststroke	360
361	10 & Under	50	Breaststroke	362
363	11-12	50	Freestyle	364
365	10 & Under	50	Freestyle	366
367	11-12	100	Butterfly	368
369	10 & Under	100	Butterfly	370
371	11-12	50	Backstroke	372
373	10 & Under	50	Backstroke	374

- # 11 & Over 500. Swum Together. Scored & Awarded Separately. Qualify with 11-12, 13-14, 15 & Over
- ## 11 & Over Events. Scored & Awarded Together. Qualify with Senior Times.
- ^ 12 & Under Events. Scored & Awarded Separately. Qualify with 11 - 12, 10 & under times.
- \* 500 freestyle, 1000 freestyle and 1650 freestyle will be swum fastest to slowest alternating girls and boys.



Great Lakes Zone YMCA Swimming Championship  
March 20-22, 2020

YMCA Sanctioned Meet Declaration Form

(Return signed form to the meet director)

**Participating YMCA:**

**YMCA Address:**

**Meet Name:** 2020 YMCA GREAT LAKES ZONE MEET

**Meet Date(s):** March 20-21-22, 2020

**Meet Host:** Blue Ash YMCA and Powel Crosley, Jr. YMCA

**Meet Location:** C.T. Branin Natatorium, Canton, OH

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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.

**COACHES** - All coaches representing the YMCA above hold current certifications in CPR Pro, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online. Completed Concussion Training and Sudden Cardia Arrest Training prior to the swim meet.

**INSURANCE** - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the 2020 YMCA Great Lakes Zone 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 coaches and swimmers during their participation in the 2020 YMCA Great Lakes Zone 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 YMCA of Greater Cincinnati, Zone meet management, volunteers and the Canton City School District, their agents, representatives or assigns, for any and all injuries which may be suffered by participants at the 2020 YMCA Great Lakes Zone Meet. Furthermore, we understand that the YMCA of the USA and the YMCA of Greater Cincinnati, and Canton City School District are not responsible for any 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*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Name and Signature of YMCA Executive Director or Designee*



Great Lakes Zone YMCA Swimming Championship  
March 20-22, 2020

Qualifying Times

## 2020 Zone Qualifying Times

Accepted May 7, 2019

\* indicates a changed time

Girls			10 & Under	Boys		
50 Meter Course	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
:34.40	:33.73	:30.39	50 Free *	:30.69	:34.06	:34.74
1:16.63	1:15.13	1:07.69 *	100 Free	1:08.19	1:15.69	1:17.20
2:49.92	2:46.59	2:30.09 *	200 Free *	2:31.09	2:47.70	2:51.05
:40.51	:39.72	:35.79	50 Back	:36.29	:40.28	:41.08
1:28.75	1:27.01	1:18.39	100 Back *	1:19.49	1:28.23	1:29.99
:45.61	:44.72	:40.29 *	50 Breast	:42.29	:46.94	:47.87
1:41.20	1:39.22	1:29.39 *	100 Breast *	1:30.59	1:40.55	1:42.56
:38.93	:38.17	:34.39 *	50 Fly *	:35.19	:39.06	:39.84
1:31.23	1:29.45	1:20.59 *	100 Fly *	1:23.59	1:32.78	1:34.63
1:27.84	1:26.12	1:17.59	100 IM *	1:19.09	1:27.78	1:29.53
3:10.42	3:06.69	2:48.19 *	200 IM *	2:49.99	3:08.68	3:12.45
2:45.28	2:42.04	2:25.99	200 M. R.	2:31.39	2:48.04	2:51.40
2:27.05	2:24.17	2:09.89	200 F. R	2:14.39	2:29.17	2:32.15

Girls			11 - 12	Boys		
50 Meter Course	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
:30.66	:30.06	:27.09	50 Free *	:26.99	:29.95	:30.54
1:07.46	1:06.14	:59.59	100 Free	:59.59	1:06.14	1:07.46
2:28.86	2:25.95	2:11.49 *	200 Free	2:12.59	2:27.17	2:30.11
5:12.36	5:06.24	5:49.99 *	500 Free	5:49.29	5:05.62	5:11.73
:35.64	:34.95	:31.49	50 Back *	:31.89	:35.39	:36.09
1:17.08	1:15.57	1:08.09	100 Back *	1:08.69	1:16.24	1:17.76
:40.51	:39.72	:35.79	50 Breast	:35.69	:39.61	:40.40
1:29.08	1:27.34	1:18.69	100 Breast	1:19.69	1:28.45	1:30.21
:34.05	:33.39	:30.09	50 Fly *	:30.29	:33.62	:34.29
1:18.67	1:17.13	1:09.49	100 Fly *	1:09.99	1:17.68	1:19.23
1:17.76	1:16.24	1:08.69	100 IM *	1:08.59	1:16.13	1:17.65
2:50.15	2:46.82	2:30.29 *	200 IM	2:32.09	2:48.81	2:52.18
2:24.78	2:21.95	2:07.89	200 M. R.	2:10.99	2:25.39	2:28.29
2:09.28	2:06.75	1:54.19	200 F. R	1:55.09	2:07.74	2:10.29

Girls			13 - 14	Boys		
50 Meter Course	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
:29.41	:28.84	:25.99 *	50 Free	:24.19	:26.85	:27.38
1:03.49	1:02.25	:56.09 *	100 Free	:52.79	:58.59	:59.76
2:19.58	2:16.85	2:03.29	200 Free	1:56.09	2:08.85	2:11.42
4:56.65	4:50.84	5:32.39	500 Free	5:15.89	4:36.40	4:41.92
1:11.87	1:10.47	1:03.49 *	100 Back	1:00.69	1:07.36	1:08.70
1:22.29	1:20.68	1:12.69 *	100 Breast	1:08.89	1:16.46	1:17.98
1:12.32	1:10.91	1:03.89	100 Fly	:59.49	1:06.03	1:07.35
2:39.05	2:35.94	2:20.49	200 IM	2:11.09	2:25.50	2:28.41
2:16.52	2:13.85	2:00.59 *	200 M. R.	1:55.89	2:08.63	2:11.20
2:01.92	1:59.53	1:47.69 *	200 F. R	1:42.69	1:53.98	1:56.25

## 2020 Zone Qualifying Times

Accepted May 7, 2019

\* indicates a changed time

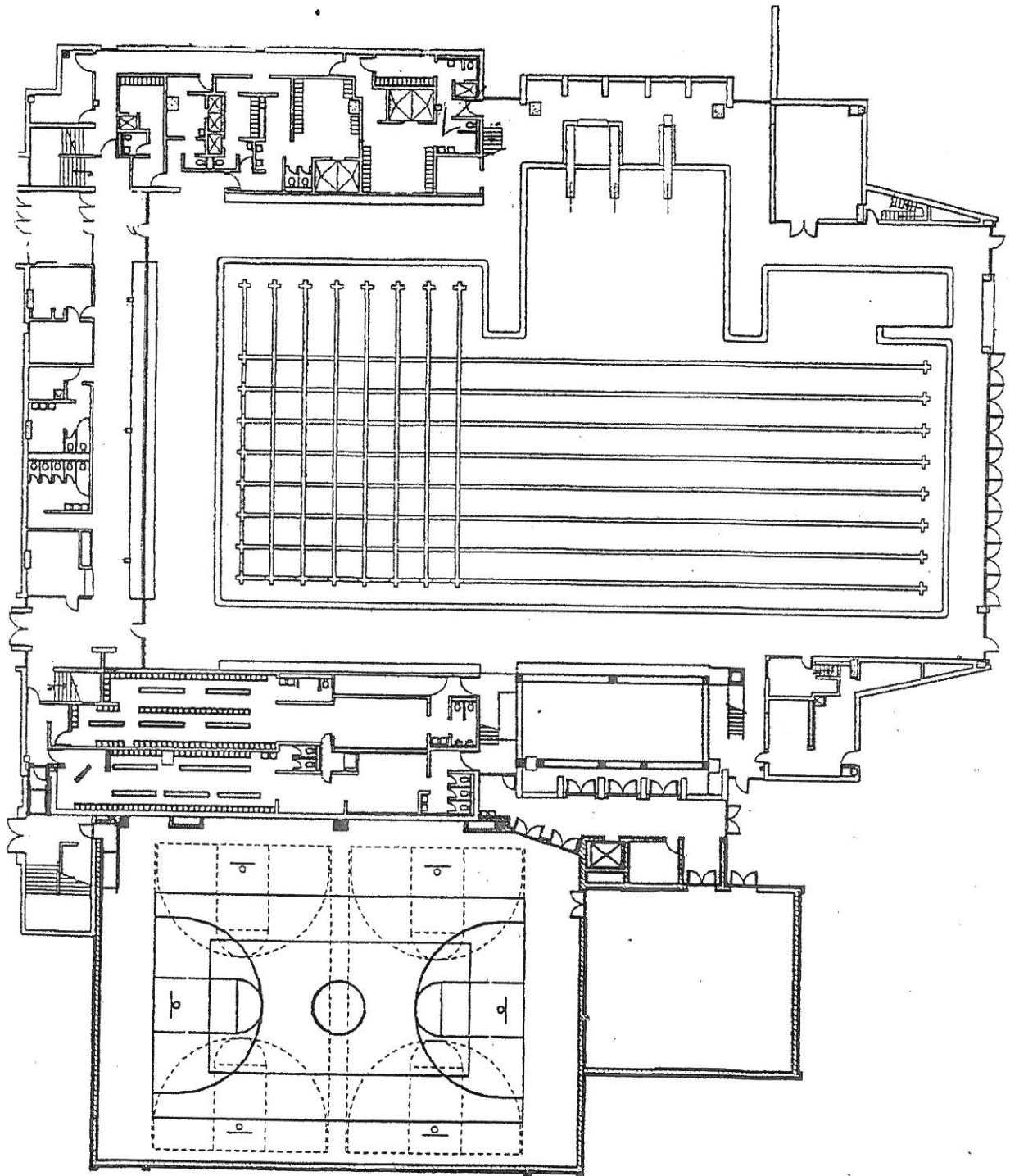
Girls			15 & Over	Boys		
50 Meter Course	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
:28.85	:28.29	:25.49	50 Free	:22.59	:25.07	:25.57
1:02.48	1:01.26	:55.19 *	100 Free	:49.19	:54.60	:55.69
2:15.61	2:12.96	1:59.79	200 Free	1:48.99	2:00.97	2:03.38
4:52.54	4:46.81	5:27.79	500 Free	5:03.49	4:25.55	4:30.86
1:10.74	1:09.36	1:02.49 *	100 Back	:56.99	1:03.25	1:04.51
1:20.47	1:18.90	1:11.09	100 Breast	1:03.39	1:10.36	1:11.76
1:09.27	1:07.92	1:01.19	100 Fly *	:55.09	1:01.14	1:02.36
2:34.07	2:31.05	2:16.09 *	200 IM	2:03.49	2:17.07	2:19.81

Girls			Senior	Boys		
50 Meter Course	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
10:18.48	10:06.36	11:32.99	1000 Free	10:54.29	9:32.50	9:43.95
19:25.40	19:02.55	19:05.99	1650 Free *	17:59.99	17:56.75	18:18.28
:33.16	:32.51	:29.29	50 Back	:26.99	:29.95	:30.54
2:32.04	2:29.06	2:14.29	200 Back	2:05.39	2:19.18	2:21.96
:37.45	:36.72	:33.09	50 Breast	:29.89	:33.17	:33.83
2:53.66	2:50.26	2:33.39	200 Breast	2:20.99	2:36.49	2:39.61
:31.91	:31.29	:28.19	50 Fly	:25.59	:28.40	:28.96
2:38.83	2:35.72	2:20.29 *	200 Fly *	2:08.99	2:23.17	2:26.03
5:37.37	5:30.76	4:57.99	400 IM *	4:35.99	5:06.34	5:12.46
1:58.52	1:56.20	1:44.69	200 F. R. *	1:33.49	1:43.77	1:45.84
4:19.71	4:14.62	3:49.39	400 F. R.	3:28.29	3:51.20	3:55.82
9:30.15	9:18.98	8:23.59	800 F. R.	7:49.59	8:41.24	8:51.66
2:11.77	2:09.19	1:56.39	200 M. R.	1:45.99	1:57.64	1:59.99
4:45.97	4:40.37	4:12.59	400 M. R.	3:50.99	4:16.39	4:21.51

Qualifying Period for the 2020 Zone Meet is March 1, 2019 through the entry deadline.

### Conversions from Hy-tek

1.11	SC Meters to/from Yards
2%	SC Meters to/from LC Meters
0.875	400/500 and 800/1000 Meters to Yards
0.997	1500 Meters to/from 1650 Yards



# **LINK TO OFFICIATE AT 2020 ZONE CHAMPIONSHIPS**

<https://fs27.formsite.com/7McKTF/ikbowvfkos/index.html>

