

Presented by:

Rapids Area Y Swimmers
Saturday, February 29 & Sunday, March 1, 2020
Zeeland West High School

- Sanction:** The meet is sanctioned by the National YMCA Competitive Swimming & Diving committee as a Championship Event: **Sanction number CAQ-2018-XXXX**
- Rules:** The meet will be swum in accordance with YMCA/NCAA rules and YMCA/NCAA safety and warm-up procedures. NO GLASS ON DECK OR IN THE LOCKER ROOMS.
- Hosted By:** Rapids Area Y Swimmers
- Location:** Zeeland Natatorium
Zeeland West High School
3390 100th Ave.
Zeeland, Michigan 49464
- Dates/Times:** **Saturday, February 29th, 2020**
13 & 14 Boys & Girls and 15 & Over Boys & Girls
Warm-ups: 7:30 – 8:20 AM
Events: 8:30 PM – 12:30 PM (approximate)
- 9-10 and 11-12 Boys and Girls
Warm-ups: 12:30 – 1:20 PM
Events: 1:30 – 4:30 PM (approximate)
- Sunday, March 1st, 2020**
13 & 14 Boys & Girls and 15 & Over Boys & Girls
Warm-ups: 7:30 – 8:20 AM
Events: 8:30 PM – 12:30 PM (approximate)
- 9-10 and 11-12 Boys and Girls
Warm-ups: 12:30 – 1:20 PM
Events: 1:30 – 4:30 PM (approximate)
- Time Trials:** Time trials will only run if the meet time line allows. This will be determined by the meet director; once the meet has closed and a projected time frame is provided. Communication will be provided to coaches no later than Saturday morning at the coaches meeting.
- Facilities:** The Zeeland West Natatorium will be set up with ten 25 yard lanes for competition and 4 additional lanes for warm up / cool down.

Team

Responsibilities: Each team participating will need to provide 2 timers for all 4 sessions. Timers will be asked to check in at the volunteer sign in table.

Each team participating needs to provide one official. Please confirm that official with Brigit O'Grady via email at brigitjane@gmail.com by Monday, February 18th. Those teams unable to provide an official should have the head coach email Brigit directly.

Eligibility:

Only certified associations are eligible to compete in this event. An association is a YMCA unit 1) that is certified by the National Board, 2) that holds an association, branch or unit number, and 3) that is eligible for separate listing in the YMCA Directory. A branch, department or center of a Metropolitan Association is considered an association for the purposes of this event.

The swimmer must be a member in good standing of his/her YMCA for 90 days prior to representing that YMCA in a district, regional, state or national championship meet and must have represented only that YMCA in any open competition that he/she participated in during the current season, September 1, 2019 through April 30, 2020. A swimmer may not represent more than one YMCA in competitive sports.

A swimmer must have competed for the same team in three (3) YMCA inter-association meets held on separate dates during the current season.

The age of a swimmer is determined by his/her age as of December 1, 2019. Each swimmer must swim in his/her age group for all individual events, but may swim in an older age group for relay events.

Age Groups are:

10 & Under

11 & 12

13 & 14

15 & Over (provided the swimmer has not swum on a college team)

Qualifying:

Individual Events: A swimmer who has met or surpassed the 2019-2020 state qualifying time is eligible to swim in this meet if he/she also meets the above eligibility requirements. Swimmers who have a single qualifying time are permitted two bonus swims. Swimmers who have two qualifying times are permitted one bonus swim. Bonus swims may score. There are no bonus time standards, but coaches should use prudence when selecting bonus swims. There is no limitation on the number of entries a team may have in an event.

Relay Events: A relay team that has met or surpassed the 2019-2020 state qualifying time is eligible to swim in this meet if all swimmers also meet the above eligibility requirements. There is no limit to the number of relays a team may enter as long as qualifying times have been achieved (composite times may be used). Teams without a qualifying relay in an event may enter one non-qualifying relay. Relays must be designated "A", "B", "C", etc if more than one relay is entered. Swimmers names must be entered on relay sheets no later than 30 minutes after warm-up begins.

Proof of Time:

There is no proof of time procedure prior to this meet. Coaches and entry chairs are expected to uphold the YMCA values of honesty, respect, responsibility and caring. Coaches should be able to provide proof for any time that may be questioned.

Errors and Omissions:

Any errors or omissions in the program will be documented and signed by the Meet Referee and available for review by the coaches at the meet.

Meet Director:

Emily McAlpine, Phone 616-255-6389 (text or call)

Head Coach:

Josh Fox, Phone 616-644-9442, grrayscoach@gmail.com

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Entry Limits: Each swimmer may enter a maximum of three individual events a day and two relays – pending qualifications.

Bonus swims are awarded for the entire meet, not per a day. They will be awarded as follows:

Qualifying Swims	Bonus Swims Total for the Meet	Total Swims Per the Meet
Relay Only	1 – on the day of the relay	2
1	2	3
2	1	3
3	0	3
4	0	4
5	0	5
6	0	6

Notes: Meet manager will limit swimmers to three swims per a day, but cannot limit the selection of bonus swims. Coaches are responsible for monitoring the bonus structure. In the event that a swimmer signs up for more then their awarded swims. The AO / Meet Director will remove them from swimming the additional events. Events will be canceled based on their last event moving sequentially backwards. Swimmers will not be added back in to those events. Please monitor swimmers bonus swims with caution.

Deck Entries: Deck entries will **not** be accepted for this event.

Meet Format: The 2019-2020 Michigan YMCA 9 & Over State Championship Swim Meet is an age group meet. All events are timed finals. All events are swum slowest to fastest, except for the 500 and 1000 Freestyles, which are swum fastest to slowest, alternating girls/boys.

Seeding: This meet will be pre-seeded. All events will be seeded slowest to fastest and swum as timed finals.

Scratches: There is no penalty for scratching an event during the meet.

Time Trials: In the event that time trials are offered, they will be offered after the session. Cost of the time trial will be \$7.00 per individual event and \$25 per relay.

Marshaling: Swimmers and their coaches will be responsible for self marshalling. Swimmers will be self-marshaled by using the posted heat sheets. Relay sheets will be provided to coaches at the beginning of each session. They must be returned to the Meet Scorer with swimmers' names and swim order 30 minutes prior to the start of the session.

Warm-up Procedures: Controlled, supervised warm-up sessions will be utilized in accordance with the warm-up procedures suggested by YMCA swimming. Warm-up lanes will be assigned in order to balance the number of swimmers per lane.

During the final 20 minutes of warm-up, lanes 1-4 will be dedicated as one-way sprint lanes, with diving or backstroke start, one length swim, and then exit at the other end of the pool. Additional sprint lanes will be assigned if required at the direction of the Meet Referee.

Awards: Awards will be given for places 1-12 in individual events and places 1-6 in relays. Custom medals will be awarded for first through sixth place and ribbons will be awarded for places 7-12. Team trophies will be awarded to the top two teams at the end of Sunday's session. High point awards for the top scoring girl and boy in each age group will be awarded at the end the respective sessions. The top 3 relays and top 6

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individual places will be acknowledged in a short award ceremony. Award ceremonies times will be posted and reviewed at the coaches meeting. Please note the head coach of the 1st place winner will distribute the awards.

Team Scoring:

Team points will be awarded based on the top twelve finishes as follows:

Place	1	2	3	4	5	6	7	8	9	10	11	12
Individual	16	13	12	11	10	9	7	5	4	3	2	1
Relay	32	26	24	22	20	18	14	10	8	6	4	2

Deck

Personnel:

Only swimmers, coaches, meet workers are allowed on deck. All coaches must be currently registered through the YMCA Online Team Registration system and must demonstrate current certifications in the following safety courses in order to be permitted on deck at a YMCA Sanctioned Championship Meet:

First Aid

CPR Pro

Safety Training for Swim Coaches *OR* Lifeguard *OR* YASA*

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*If a Lifeguard or YASA certification is used, the coach must also pass the online Red Cross Safety Training for Swim Coaches test and show proof.

Coaches may show their current YMCA coach credential (issued by their Y-USA group representative) or current USA Swimming coach credential with the Y stamp.

Admission:

\$5.00 per day for adults and children 13-and-over (swimmers not included). Children 12-and-under are no charge.

Program:

Each session will have it's own meet program; sold for \$3.00 each.

Concessions:

Food and beverages will be available behind the spectator seating.

Results:

Computerized scoring system results will be posted near the spectator viewing. Final results will be sent to each team's head coach following the meet's completion.

Swimming Safety:

Michigan Swimming warm up rules will be followed. To protect all swimmers during warm-ups, swimmers are required to enter the pool feet first at all times except when sprint lanes have been designated. No jumping or diving. The same rules will apply with respect to the warm-down pool and diving well. Penalties for violating these rules will be in the sole discretion of the Meet Referee which may include ejection from the meet.

**Deck Personnel/
Locker Rooms/
Credentialing:**

Only registered and current coaches, athletes, officials and meet personnel are allowed on the deck or in locker rooms. Personal assistants/helpers of athletes with a disability shall be permitted when requested by an athlete with a disability or his/her coach.

All access points to the pool deck and locker rooms will either be secured or staffed by a meet worker checking credentials throughout the duration of the meet.

**Swimmers with
Disabilities:**

All swimmers are encouraged to participate. Please indicate any special needs or requests on the Entry summary form and advise the Meet Director or Referee during warm-up.

First Aid:

Available at the announcer's table, located on deck

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Lost and Found:

Please check at the entrance table. Any items leftover will be held for two weeks. Contact the Meet Director.

General:

Smoking is not allowed in the Zeeland Natatorium. No glass is permitted on deck. Body oil or rubdown substances are prohibited.

Host Hotel:

WAYS Hotel Recommendations: Not available currently.

Facility Items:

- (A) No smoking is allowed in the building or on the grounds at the Holland Aquatics Center.
- (B) Pursuant to applicable Michigan law, no glass will be allowed on the deck of the pool or in the locker rooms.
- (C) No bare feet allowed outside of the pool area. Swimmers need to have shoes to go into the hallway (to go anywhere other than the pool deck and locker rooms).
- (D) An Emergency Action Plan has been submitted by the Host Club to the Safety Chair and the Program Operations Chair of Michigan Swimming prior to sanction of this meet and is available for review and inspection in the office.