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# **2017 Great Lakes Zone YMCA Swimming Championship Meet Announcement**

## **About the Championship**

Date: March 17-19, 2017

Location: Bowling Green State University  
Student Rec Center

Entry Deadline: Monday, March 13, 2017, 8:00 PM

Hosted by: Toledo YMCA Swimming / YMCA of Greater Toledo

Meet Director: Dave Stannert, dstannert@ymcatoledo.org

Web Site: <https://www.teamunify.com/Home.jsp?tabid=0&team=ymcaec>

Web Site: <https://www.teamunify.com/Home.jsp?tabid=0&team=ymcame>



## Great Lakes Zone YMCA Swimming Championship

March 17-19, 2017

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## Contents

Important Information	3
About The Championship	4
Meet Format Waiver	4
Location and Facility	4
Web Site	4
Contact Information	4
Meet Timeline	5
Eligibility	6
Entry Information	7
Volunteers/Officials/Timers	8
Check-in Procedure	8
Championship Procedures and Operations	8
Awards and Recognition	10
Spectators	11
Liability, Safety and Emergency Procedures	12
Meet Location	13
Lodging	13
Parking	13
National Anthem and Devotions	13
APPENDIX A: Order of Events	14
APPENDIX B: Qualifying Times	14
APPENDIX C: YMCA Sanctioned Meet Declaration Form	16



# Great Lakes Zone YMCA Swimming Championship

March 17-19, 2017

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## Important Information

### Entry Deadline

Monday, March 13, 2017, 8:00 PM

### Entry Website

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

### Sanctioned Meet Declaration Form

This must be turned in when the coach checks in at the meet. (Appendix C)

### Individual & Team Eligibility

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

### Registration

The annual team registration must be submitted online by December 1, 2016.

### Coaches

All coaches must register online by December 1, 2016, 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.

Only coaches with current CPR Pro, First Aid, Coaches Safety Training (Safety Training for Swim Coaches or Lifeguard/YASA with successful completion of the Safety Training for Swim Coaches online course) and Principles of YMCA Competitive Swimming and Diving certifications are permitted on deck. All coaches' certifications must be current through the end of the meet.

### Date Summary

December 1	Online team & coach registrations due
December 2	Fines for late coach registrations begin
January 15	Coaches registration late fee increases from \$25 to \$50
March 13	Entry deadline
March 15	Proof of Time Notification – if requested
March 19	Coaches certifications must be valid through March 19



# Great Lakes Zone YMCA Swimming Championship

March 17-19, 2017

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## 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: CAQ-2017-OH XXXXX  
USA-S/OH Approval number # OH-17SC-XXXXX

## 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

Bowling Green State University – [www.bgsu.edu](http://www.bgsu.edu)  
Samuel Cooper Natatorium, Student Recreation Center  
1411 Ridge Road, Bowling Green, OH 43403

Emergency Phone Number: 419-372-2000  
(Emergencies only please. Do not call with questions about the meet.)

The BGSU Cooper Pool is configured as a 10 lane, 25 yard course. Water depth at start is 12 feet (minimum 5 feet required) and at turn end is 12 feet. Colorado electronic timing system will be used. It has been measured and certified in accordance with USAS 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 can be found at your region's website.

Mid-Eastern Region or East Central Region

[https://www.teamunify.com/Home.jsp?\\_tabid\\_=0&team=ymcame](https://www.teamunify.com/Home.jsp?_tabid_=0&team=ymcame)  
[https://www.teamunify.com/Home.jsp?\\_tabid\\_=0&team=ymcaec](https://www.teamunify.com/Home.jsp?_tabid_=0&team=ymcaec)

Online Meet Results: Meet Results will be posted on Meet Mobile. Meet Mobile Results are not official. Official results will be on the website at the end of each session.

## Contact Information

Meet Director: Dave Stannert / [dstannert@ymcatoledo.org](mailto:dstannert@ymcatoledo.org) / 419-691-3523.



# Great Lakes Zone YMCA Swimming Championship

March 17-19, 2017

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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 17, 2017**

#### Evening Session:

11-12, 13-14, 15 & Over, Senior  
2:30 PM Coaches' Check-In Opens  
3:00 PM Swimmers' Check-In Opens  
3:30 PM Pool deck opens  
3:45 PM Warm-up  
4:50 PM Opening Ceremonies  
5:00 PM Competition Starts  
8:45 PM Approximate Finish

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### Saturday

**March 18, 2017**

#### Morning Session:

13-14, 15 & Over, Senior  
6:45 AM Building Opens  
7:00 AM Pool deck opens  
7:05 AM Warm-up  
8:30 AM Opening Ceremonies  
8:40 AM Competition Starts  
12:30 PM Approximate Finish  
12:35 PM Approximate Time Trials Start

### Saturday

**March 18, 2017**

#### Afternoon Session:

10 & Under, 11-12  
1:30 PM Warm-up  
2:30 PM Opening Ceremonies  
2:40 PM Competition Starts  
5:30 PM Approximate Finish

### Sunday

**March 19, 2017**

#### Morning Session:

13-14, 15 & Over, Senior  
6:45 AM Building Opens  
7:00 AM Pool deck opens  
7:05 AM Warm-up  
8:30 AM Opening Ceremonies  
8:40 AM Competition Starts  
12:30 PM Approximate Finish  
12:35 PM Approximate Time Trials Start

### Sunday

**March 19, 2017**

#### Afternoon Session:

10 & Under, 11-12  
1:30 PM Warm-up  
2:30 PM Opening Ceremonies  
2:40 PM Competition Starts  
5:30 PM Approximate Finish



## Great Lakes Zone YMCA Swimming Championship

March 17-19, 2017

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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. 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 team and 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.



# Great Lakes Zone YMCA Swimming Championship

March 17-19, 2017

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## Entry Information

### ENTRY LIMITS

A swimmer may enter a total of three individual events (age group & senior) and one age group relay event each day. There is NO limit on Senior Relays entries. There is no limit on the number of entries a team may have in each event provided the time standard has been met.

### QUALIFICATION PERIOD

The qualification period is March 1, 2016 through the entry deadline.

### USA-S ID's

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 A.

### 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, \$4.00 per entry;

Relay Events, \$16.00 per entry;

Zone Committee Surcharge, \$2.00 per swimmer

### ENTRY DEADLINE

Monday, March 13, 2017, 8:00 PM

### ENTRY PROCEDURE

All entries must be submitted through this website.

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

### PAYMENT

Make all checks payable to: Toledo YMCA Swimming; (2960 Pickle Road, Oregon, OH 43616).

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.

Checks will be cashed by March 31, 2017. 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.

### OVER-SUBSCRIPTION

Teams who submit entries that violate the above entry limits will have the swimmer automatically disqualified from the extra events. 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 14, 2017 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 17-19, 2017

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## Volunteers/Officials/Timers

### OFFICIALS AND TIMERS

All teams will be assigned worker positions according to last year's entries. Each team must supply their assigned worker positions in order to participate in the meet. As a general standard, teams will provide one worker for every five swimmers entered in a session. Check the website for worker assignments. Assignments will be posted before January 1, 2017.

Names of volunteers must be submitted in advance of the meet in order to be admitted into the meet at no charge. Volunteers should check-in upon arrival at the meet.

The penalty for not fulfilling a workers 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 volunteer coordinator, who will adjust the assignments as necessary. Penalties will not be enforced for teams that notify the meet hosts by the meet entry deadline.

## Check-in Procedure

### MEET CHECK-IN PROCEDURE

Coaches will check-in in the coaches hospitality room. Coaches will receive a team packet with all of the deck passes for their team's swimmers. Coaches should distribute deck passes to swimmers.

### EVENT CHECK-IN

There will be positive check-in for the 1,000 free and 1,650 free events. The check in sheets will be near the scorer's table and check in is required by 9:30 AM each day.

### COACHES MEETING/SCRATCH MEETING

**There will not be a 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.

## 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 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, 2016.



# Great Lakes Zone YMCA Swimming Championship

March 17-19, 2017

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## EVENT SEEDING

All events (except the 1000 and 1650 Free, and the 800 Free Relay) will be seeded in advance of the meet. Should a swimmer need special consideration in seeding, please send a note to the meet hosts separate from your entry file.

The 500, 1000 and 1650 Freestyle will be seeded fastest to slowest and alternate heat of girls and boys, the meet referee may combine heats of the distance events when possible.

## 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

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 between sessions on Saturday and Sunday as time permits. Swimmers must be 12 the first day of nationals to compete and entered in an individual event at the 2017 Zone meet. We will offer the national meet order of events (excluding the 1650). Time trials will be swum in the following order: 50 yard events, 100 yard events, 200 yard events, 200 yard relays. In the event that more than one heat is needed we will swim free, back, fly and breast – in that order. Girls and boys events will be combined and swum as a 'mixed' event. The fee will be \$10.00 per individual event and \$20.00 per relay. Swimmers must be entered in the meet to participate in time trials. Swimmer must be going for YMCA National qualifying time or re-swimming an entered Zone meet event. Swims in Time trials do not count towards the 3 Individual Events limit but only 1 Time Trial swim per day is allowed per swimmer.

## 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.

## STARTS

Depending on the number of entries and the meet schedule, 'Fly-over' starts may be used at this meet. If so, all swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.



# Great Lakes Zone YMCA Swimming Championship

March 17-19, 2017

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## 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 access is limited to only registered and approved coaches, swimmers, and working officials.
- 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.
- There is no shaving permitted on pool premises: this includes locker rooms and restrooms of the Natatorium.
- There is to be no use of oils for swimmer rubdowns.
- Glass containers of any kind are not permitted in the pool area or locker rooms.
- Coolers, noise makers and balloons are not permitted.
- Disorderly conduct will not be tolerated.
- Vandalism of any nature will be just cause for team disqualification.
- Teams are expected to police their team areas at the end of each session.
- All swimmers are required to wear some type of footwear when they leave the pool deck.
- A designated person shall be responsible for the supervision and conduct of their team members.
- Swimmers are not permitted on deck until a certified coach is on deck.
- Bleachers are available on deck for swimmers. No chairs, blankets, sleeping bags, etc. are permitted on deck.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms- in accordance with USA Swimming Rule 202.4.6e

## Awards and Recognition

### SCORING

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

Place:	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Individual Events:	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



## Great Lakes Zone YMCA Swimming Championship

March 17-19, 2017

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### **AWARDS**

Medals will be awarded to the first through eighth places; ribbons will be awarded to the ninth through twentieth places. Ribbons will be awarded for all senior events. There will be age group team awards (10 & under; 11 & 12; 13 & 14; 15 & Over) for first place boys and first place girls. There also will be an overall team trophy. Awards will not be mailed. Please pick them up at the conclusion of the meet.

### **Spectators**

#### **ADMISSION FEE**

\$5 per person, per session. A Full weekend wristband will be available at a discounted rate.

#### **HEAT SHEETS/PROGRAMS**

\$5.00 per Session.

Morning Session heat sheets will include Friday Night, and Saturday and Sunday mornings. Afternoon Session heat sheets will include Saturday and Sunday afternoons.

#### **CONCESSION STAND**

A complete concession stand will be available throughout the meet and will be located behind the tall bleachers.

#### **ATHLETE APPAREL**

Meet Apparel will be available throughout the meet. Look for pre-meet online ordering.

#### **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 [dstannert@ymcatoledo.org](mailto:dstannert@ymcatoledo.org) to make arrangements.

#### **CONDUCT AND RESTRICTIONS**

- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator area.
- 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.



## Great Lakes Zone YMCA Swimming Championship

March 17-19, 2017

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## 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. Appendix 3 must be signed by each association participating in the meet.

### LIABILITY LIMITS

- In granting of the USA-S/Ohio Swimming Inc. approval, it is understood and agreed that USA Swimming and Ohio 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 BGSU 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 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.

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 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.
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.



## Great Lakes Zone YMCA Swimming Championship

March 17-19, 2017

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### **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.

### **Meet Location**

Address for GPS: 1411 Ridge Road, Bowling Green, OH 43403  
Samuel Cooper Natatorium, Student Recreation Center  
Bowling Green State University - [www.bgsu.edu](http://www.bgsu.edu)

### **Lodging**

Use your favorite online booking site for convenient hotel locations.

### **Parking**

Free Parking will be available for the entire meet with a parking pass only in approved BGSU Lots. A Parking Pass and specific Lot Numbers will be posted on the website.

### **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 [dstannert@ymcatoledo.org](mailto:dstannert@ymcatoledo.org).



# Great Lakes Zone YMCA Swimming Championship

March 17-19, 2017

## APPENDIX A: Order of Events

### Friday, March 17, 2017 Evening

101-102	Senior	400	Ind. Medley
103-104	Senior	200	Backstroke
105-106	Senior	200	Breaststroke
107-108	11 -Over	500	Freestyle #*
109-110	Senior	800	Freestyle Relay

### ALL EVENTS ARE TIMED FINALS

### Saturday, March 18, 2017 Morning

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

### Saturday, March 18, 2017 Afternoon

301-302	11-12	200	Freestyle Relay
303-304	10 & U	200	Freestyle Relay
305-306	11-12	200	Freestyle
307-308	10 & U	200	Freestyle
309-310	11-12	100	Breaststroke
311-312	10 & U	50	Backstroke
313-314	11-12	50	Backstroke
315-316	10 & U	100	Ind. Medley
317-318	11-12	100	Ind. Medley
319-320	10 & U	50	Freestyle
321-322	11-12	50	Freestyle
10 minute break			
323-324	11-12	100	Butterfly

### Sunday, March 19, 2017 Morning

401-402	Senior	200	Freestyle Relay
5 Minute Break			
403-404	13 - 14	200	Freestyle
405-406	15 & Over	200	Freestyle
407-408	Senior	50	Butterfly
409-410	13 - 14	100	Breaststroke
411-412	15 & Over	100	Breaststroke
413-414	13 - 14	100	Backstroke
415-416	15 & Over	100	Backstroke
417-418	Senior	200	Butterfly
419-420	13 - 14	50	Freestyle
421-422	15 & Over	50	Freestyle
423-424	13 - 14	200	Medley Relay
425-426	Senior	200	Medley Relay
427-428	Senior	1650	Freestyle *

### Sunday, March 19, 2017 Afternoon

501-502	11-12	200	Medley Relay
503-504	10 & U	200	Medley Relay
505-506	11-12	200	Ind. Medley
507-508	10 & U	100	Freestyle
509-510	11-12	100	Freestyle
511-512	10 & U	50	Butterfly
513-514	11-12	50	Butterfly
515-516	10 & U	50	Breaststroke
517-518	11-12	50	Breaststroke
10 Minute Break			
519-520	11-12	100	Backstroke

# 11 and Over 500 Freestyle will swim together, but will be scored and awarded separately as 11-12, 13-14, 15 & over. They will swim Fast to Slow, alternating Girl and Boy.

\* 500 freestyle, 1000 freestyle and 1650 freestyle will be swum fast to slow.



# Great Lakes Zone YMCA Swimming Championship

March 17-19, 2017

## APPENDIX B:

### Qualifying Times

Girls			Boys				
50 Meter Course	25 Meter Course	25 Yard Course	10 & Under		25 Yard Course	25 Meter Course	50 Meter Course
:33.94	:33.28	:29.99	*	50 Free	:30.39	:33.73	:34.40
1:15.38	1:13.91	1:06.59		100 Free	*	1:07.49	1:14.91
2:49.13	2:45.82	2:29.39		200 Free		2:29.89	2:46.37
:39.49	:38.72	:34.89	*	50 Back	*	:35.99	:39.94
:45.04	:44.16	:39.79		50 Breast	*	:40.99	:45.49
:38.36	:37.61	:33.89		50 Fly	*	:34.39	:38.17
1:27.04	1:25.34	1:16.89		100 IM	*	1:18.49	1:27.12
2:45.28	2:42.04	2:25.99	*	200 M. R.		2:29.09	2:45.48
2:27.05	2:24.17	2:09.89	*	200 F. R.		2:10.89	2:25.28
							2:28.18

Girls			Boys				
50 Meter Course	25 Meter Course	25 Yard Course	11 - 12		25 Yard Course	25 Meter Course	50 Meter Course
:30.78	:30.18	:27.19		50 Free	:27.19	:30.18	:30.78
1:07.46	1:06.14	:59.59		100 Free	:59.69	1:06.25	1:07.57
2:29.43	2:26.50	2:11.99	*	200 Free	2:12.59	2:27.17	2:30.11
5:10.48	5:04.40	5:47.89		500 Free	5:49.29	5:05.62	5:11.73
:35.64	:34.95	:31.49	*	50 Back	*	:31.99	:35.50
1:17.08	1:15.57	1:08.09	*	100 Back		1:09.49	1:17.13
:40.51	:39.72	:35.79		50 Breast	*	:35.69	:39.61
1:29.08	1:27.34	1:18.69	*	100 Breast	*	1:19.19	1:27.90
:34.05	:33.39	:30.09		50 Fly		:30.39	:33.73
1:18.67	1:17.13	1:09.49		100 Fly		1:10.69	1:18.46
1:17.76	1:16.24	1:08.69		100 IM	*	1:09.09	1:16.68
2:50.38	2:47.04	2:30.49		200 IM		2:32.09	2:48.81
2:24.90	2:22.06	2:07.99		200 M. R.		2:10.99	2:25.39
2:09.28	2:06.75	1:54.19		200 F. R.		1:55.09	2:07.74
							2:10.29

Girls			Boys				
50 Meter	25 Meter	25 Yard	13 - 14		25 Yard	25 Meter	50 Meter
Course	Course	Course			Course	Course	Course
:29.52	:28.95	:26.09	50 Free	*	:24.09	:26.73	:27.26
1:04.17	1:02.92	:56.69	100 Free	*	:52.59	:58.37	:59.53
2:20.26	2:17.51	2:03.89	200 Free		1:55.29	2:07.97	2:10.52
4:58.35	4:52.50	5:34.29	500 Free		5:15.89	4:36.40	4:41.92
1:12.67	1:11.25	1:04.19	100 Back		1:00.69	1:07.36	1:08.70
1:23.65	1:22.01	1:13.89	*	100 Breast	*	1:08.89	1:16.46
1:12.32	1:10.91	1:03.89		100 Fly		:59.49	1:06.03
2:39.05	2:35.94	2:20.49		200 IM		2:11.09	2:25.50
2:17.32	2:14.63	2:01.29		200 M. R.		1:55.89	2:08.63
2:02.25	1:59.86	1:47.99		200 F. R.		1:42.69	1:53.98
							1:56.25

Girls			Boys				
50 Meter	25 Meter	25 Yard	15 & Over		25 Yard	25 Meter	50 Meter
Course	Course	Course			Course	Course	Course
:28.74	:28.18	:25.39	*	50 Free		:22.59	:25.07
1:02.13	1:00.92	:54.89	*	100 Free	*	:49.19	:54.60
2:15.61	2:12.96	1:59.79	*	200 Free	*	1:49.19	2:01.20
4:52.54	4:46.81	5:27.79	*	500 Free	*	5:04.19	4:26.16
1:10.06	1:08.69	1:01.89	*	100 Back		:56.99	1:03.25
1:20.47	1:18.90	1:11.09	*	100 Breast	*	1:03.69	1:10.69
1:09.27	1:07.92	1:01.19	*	100 Fly	*	:54.89	1:00.92
2:33.73	2:30.72	2:15.79	*	200 IM		2:04.09	2:17.73
							2:20.48

Girls			Boys				
50 Meter	25 Meter	25 Yard	Senior		25 Yard	25 Meter	50 Meter
Course	Course	Course			Course	Course	Course
10:18.48	10:06.36	11:32.99		1000 Free		10:54.29	9:32.50
19:25.40	19:02.55	19:05.99		1650 Free		18:11.09	18:07.81
:33.04	:32.40	:29.19	*	50 Back		:26.99	:29.95
2:33.28	2:30.28	2:15.39		200 Back		2:05.39	2:19.18
:37.45	:36.72	:33.09	*	50 Breast		:29.89	:33.17
2:53.66	2:50.26	2:33.39	*	200 Breast		2:20.99	2:36.49
:31.91	:31.29	:28.19	*	50 Fly		:25.69	:28.51
2:41.09	2:37.94	2:22.29		200 Fly		2:09.49	2:23.73
5:37.37	5:30.76	4:57.99	*	400 IM		4:41.09	5:12.00
1:58.52	1:56.20	1:44.69	*	200 F. R.		1:34.39	1:44.77
4:19.71	4:14.62	3:49.39		400 F. R.		3:28.29	3:51.20
9:30.15	9:18.98	8:23.59		800 F. R.		7:49.59	8:41.24
2:11.77	2:09.19	1:56.39	*	200 M. R.		1:46.99	1:58.75
4:45.97	4:40.37	4:12.59	*	400 M. R.		3:51.29	4:16.73

Qualifying Period for the 2017 Zone Meet is March 1, 2016 through the entry deadline.



## Great Lakes Zone YMCA Swimming Championship

March 17-19, 2017

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### APPENDIX C: YMCA Sanctioned Meet Declaration Form

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

**Participating YMCA:** \_\_\_\_\_

**YMCA Address:** \_\_\_\_\_

**Meet Name:** Great Lakes Zone YMCA Swimming Championship Meet

**Meet Date(s):** March 17-19, 2017

**Meet Host:** Toledo YMCA Swimming / YMCA of Greater Toledo

**Meet Location:** Bowling Green State University

We the undersigned attest to the following:

**SWIMMERS** - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

**COACHES** - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

**INSURANCE** - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the Great Lakes Zone YMCA Swimming Championship Meet for the period of travel from our Association to the meet, during the entire period of the meet and return to our Association. (We suggest you investigate trip insurance). 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 travel to and from and during their participation in the Great Lakes Zone YMCA Swimming Championship Meet. The YMCA of the USA must be named the Certificate Holder and also names the YMCA of the USA as an additional insured as it relates to this 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 Toledo, their agents, representatives or assigns, and the Bowling Green State University for any and all injuries which may be suffered by participants at the Great Lakes Zone YMCA Swimming Championship Meet. Furthermore, we understand that the YMCA of the USA and The YMCA of Greater Toledo 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.

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Head Coach Name

Signature of Head Coach & Date

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Executive Director Name

Signature of YMCA Executive Director & Date



**Great Lakes Zone YMCA Swimming Championship**

**March 17-19, 2017**

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**This is the last page of the Meet Announcement**

**Date of Template: March 2016**