



**This is the meet packet for the
2009 Great Lakes Zone Swim Championship**

**The meet is March 20-22, 2009
Oakland University, Rochester, Michigan**

**Do not wait until a swimmer qualifies for this meet to register.
Register NOW.
Registration is FREE NOW.**

Here are some key dates to keep in mind

Submit by	Coaches Certifications	Team Registration
January 12	Free	Free
February 12	\$25	Free
March 14	\$50	\$40
After March 14	\$50	\$100

2009 Great Lakes Zone YMCA Swimming Championships
March 20-22, 2009
Oakland University, Rochester, MI

Meet Web site: <http://www.glzyswim.org> and click on 2009 Zones

Important Information

Coaches' Certifications

- All coaches' certifications are due to your league representative by January 12, 2009.
- Between January 13 and February 12, certifications must be sent to Toby Boedeker with a \$25 late fee. Contact Toby tboedeker@woh.rr.com.
- After February 12, certifications must be sent to Toby Boedeker with a \$50 late fee.
- Required Certifications (current through March 22, 2009)
 1. Principles of Competitive Swimming and Diving
 2. Lifeguarding (American Red Cross or YMCA), or Red Cross Safety Training for Swim Coaches or YASA, YISA)
 3. CPR and First Aid
 - a. The YMCA recognizes certifications for CPR/AED, First Aid and Oxygen Administration from the following organizations: American Red Cross, American Heart Association, American Safety and Health Institute, National Safety Council.
 - b. The YMCA does not currently recognize Ellis certificates.

Team Registration

- No Cost Registration - You must submit the forms on pages 2 and 3 by February 12, 2009 to register at no cost.
- Registrations submitted between February 13 and March 14 will be charged a \$40 late registration fee.
- Registrations received after March 14 will be charged a \$100 late fee.

Entries

- Entries will be processed online, cut off is 2 PM on March 16, 2009. E-mail, paper and Fax entries will not be accepted. Your entry file must be submitted to the on-line link and the entries are validated and processed to the meet hosts.
- Swimmers will not be permitted to register until a certified coach has checked in. If your coach is not able to attend the meet, please send in the attached coach's authorization form with your team registration to designate a certified coach for your swimmers.
- **A certified coach must accompany every swimmer on the deck.**
- There are bleachers surrounding the deck of the pool. This should provide sufficient seating for swimmers and coaches during the meet.
- Handicap Accessibility - The Oakland University Aquatic Center is fully handicap accessible.
- **Devotions and Anthem - Each cluster has been given an assignment for devotions and anthem. If you are interested in participating, contact your representative.**

2009 Great Lakes Zone Championships, March 20–22, 2009

YMCA Name: _____

Abbreviation: _____ YMCA Association Number: _____

Team Name (If different than Official YMCA name): _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

Coach's Name: _____

Coach's Address: _____

City: _____ State: _____ Zip: _____

Coach's Phone: Home (_____) _____ Work (_____) _____

E-mail Address _____

Great Lakes Zone YMCA Swimming Championships Rules of Conduct

Considering the level of competition and the YMCA Philosophy, it is expected that swimmers, parents and coaches comply with and help enforce the following rules:

1. There is no shaving permitted on pool premise; this includes locker rooms and restroom of the Natatorium **PENALTY --- EJECTION FROM THE MEET**
2. There is to be no use of oils for swimmer rubdowns. This is a safety hazard on deck as well as being a problem with proper pool maintenance.
3. Glass containers of any kind are not permitted in the pool area or locker rooms.
4. Coolers, noise makers and balloons are not permitted.
5. Disorderly conduct will not be tolerated.
6. Vandalism of any nature will be just cause for team disqualification.
7. Teams are expected to police the areas they occupy between events.
8. All swimmers are required to wear some type of footwear when they leave the pool deck.
9. A designated person shall be responsible for the supervision and conduct of their team members.
10. Swimmers are not permitted on deck until a certified coach is on deck
11. Deck changing is not permitted, and is cause for ejection from the meet.

Depending on the severity of the infraction, and violation or disregard for these rules may result in disqualification of the swimmer or entire team from meet participation.

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

This form must be returned in order for your entry form to be processed.

Return this portion by **February 12, 2009** with the coach's signature to verify that team members are aware of these rules and that the team and coach agree to abide by these rules.

Coach's Signature: _____

Executive Director Signature: _____

Mail forms to:

Ken Posten, 2009 Zone Swim Meet, 2430 Marlene Dr., Swartz Creek, MI 48473

**Great Lakes Zone
YMCA Swimming Championships
Rules of Time Standard Verification and Waiver**

***NEW For the 2009 Great Lakes zone meet we are relying on the integrity of the coaches and we will not ask for a blanket proof of time. If any times are in question you will be informed and you must bring proof of time to the meet. If you are not informed, you do not need to bring meet results.

1. If you are notified that you must prove times the following are acceptable:
 - a. **Original, good carbon, or Xeroxed copy signed by the referee head scorer and both coaches**, Signatures are only necessary on hand written results. Computer generated results do not need to be signed. Either the referee or the scorer must be a YMCA certified official.
 - b. **Official results from invitational meets or championship meet and YMCA, USA Swimming or High School competitions.**
 - c. The referee or head scorer and both coaches must sign high school dual meet result sheets. The referee or head scorer must hold some type of certification and that must be indicated on the result sheet.
 - d. Newspaper results are NOT acceptable.
 - e. Any entry will be scratched if the seed time cannot be verified prior to the start of the individual's session.
 - f. Coaches who are unable to prove a sufficient number of times will be banned from next year's Zone Meet, and a letter will be sent to the Executive Director explaining the action.
 - g. **A Team Manager Top Times Report is not acceptable at the proof of time table.**
 - h. **A printout from USA-swimming SWIMS is acceptable**

In order that all coaches understand the rules, please read and sign the statement below, along with your Executive director, and return with by February 12 for free registration.

Release: In consideration of acceptance of this entry, I/We hereby, for ourselves, our heirs, administrators and assigns, waive and release any and all claims against Oakland University and YMCA of Greater Flint for injuries, losses, and expenses incurred by me/us at said swim meet, or on the road to and from the meet. I/We are bonifide amateur athletes and eligible to compete in all events entered.

The _____ YMCA has read and understand the Rules of Verification adopted by the Great Lakes Competitive Swimming Committee on August 24, 1989, and the Release as printed below. These rules supersede all previous rules on verification by the Zone.

Coach (Print) _____ Signed _____

Executive
Director (Print) _____ Signed _____

Date _____

Mail forms to:

Ken Posten, 2009 Zone Swim Meet, 2430 Marlene Dr. , Swartz Creek, MI 48473

2009 Great Lake Zone YMCA Swimming Championships

March 20-22, 2009

Oakland University

Student Athletic-Recreation Center

Rochester, MI 48309-4401

Friday, March 20

Timed Finals Session

13-14, 15 & Over, Senior

Coaches' Check-In and Proof of Times Opens	2:00 PM
Swimmers' Check-In Opens	3:00 PM
Pool deck opens	3:30 PM
Warm-up	4:00 PM
Opening Ceremonies	4:50 PM
Competition Begins	5:00 PM
Competition Complete	(approx) 8:30 PM

Check the web

www.glzyswim.org

On Tuesday, March 17 for PM session times

Saturday, March 21

Timed Finals Session Morning Session

13-14, 15 & Over, Senior

Pool deck opens	7:00 AM
Warm-up	7:30 AM
Opening Ceremonies	8:30 AM
Competition	8:40 AM
Time Trials	(approx) 12:45 PM

Timed Finals Session Afternoon Session

10 & Under, 11-12

Warm-up	TBA
Opening Ceremonies	TBA
Competition	TBA
Competition Complete	(approx) 6:00 PM

Sunday, March 22

Time Finals Session Morning Session

13-14, 15 & Over, Senior

Pool deck opens	7:00 AM
Warm-up	7:30 AM
Opening Ceremonies	8:30 AM
Competition	8:40 AM
Time Trials	(approx) 1:10 PM

Timed Finals Session Afternoon Session

10 & Under, 11-12

Warm-up	TBA
Opening Ceremonies	TBA
Competition	TBA
Competition Complete	(approx) 6:00 PM

Site: Oakland University, Student Athletic-Recreation Center

Host: Greater Flint YMCA

Questions:

Bill Guttrich (Meet Director), bill.guttrich@delphi.com; Ken Posten (Entry Chair) kposten@aol.com; Adam Cooper (Flint YMCA Coach) acooper2006@comcast.net

Except for rule changes listed in this information packet, the 2008 USA Swimming and Diving rules will govern the meet. This meet will be conducted in accordance with the **"RULES THAT GOVERN YMCA COMPETITIVE SPORTS."**

Entry Times:

All entry times must be actual times (yards or short course meter) in hundredths of seconds. Times must be achieved from March 1, 2008 up to the entry deadline.

Please note we are allowing HY-TEK to make the conversion and swimmers will be seeded accordingly. **Do not convert short course meter times.** For short course meter time for 500 free -- use the 400 meter free, not a 500 meter free time.

Entries:

Only Hy-Tek Team Manager (or equivalent) entries will be accepted via the web link. The entry file submission must represent the entire set of entries for a team, as web entry process does NOT process additions – the entire entry file is replaced.

Team Manger Lite is a free entry software tool, which can be obtained if you do not have Team Manager. Contact Hy-Tek at www.hy-tek.com for a copy of Team Manager Lite. Deck Entries or changes to the entries after the entry deadline will not be accepted.

Exception:

A swimmer, who has not been properly entered or incorrectly entered by fault of the Flint Falcon meet entry chairperson, may be properly placed in the appropriate events

Exception:

A swimmer, otherwise qualified, who was mistakenly not entered by his/her entry chairperson, may be deck entered up to 48 hours before the beginning of the MEET, provided he/she pay the appropriate entry fee plus a \$50.00 processing charge to the meet host. The swimmer will be entered in an open lane, if available. The event will not be reseeded.

Relay teams must be designated TEAM A, TEAM B, etc.

A swimmer may enter a total of three (3) individual events (age group & senior) and one (1) age group relay event each day. Senior Relays are unlimited. There is no limit on the number of entries a team may have in each event provided the time standard has been met.

All swimmers must be entered on the Team Manager file, including relay only swimmers. You can either enter them in the relays they will swim as one of the 4 or as an alternate. You can also enter them in event 109 or 110, which are set up to accept relay only swimmers. A \$10 fee will be charge to register a relay only swimmer at the meet. **PLEASE NOTE THAT RELAY ONLY SWIMMERS MUST BE ENTERED ON A RELAY OR ENTERED INTO EVENTS 109 & 110.** NOTE: Right clicking and designating them as relay only does not carry over with the online entry system.

Entry Fees:

Per Entry Fee -	\$4.00 per individual entry	\$16.00 per relay entry
Swimmer surcharge-	\$2.00 per swimmer	

Make all checks payable to Flint YMCA Falcons. Your team's coach must deliver the check, check request or purchase order during Check-In. Checks will be cashed immediately following the meet. Checks that are returned for non-sufficient funds will be subject to a \$50 returned check fee.

***NEW:** Checks for the purchase order or check request not received by May 1 will be considered overdue.

Overdue penalty is a payment of twice your normal entry fee payable to the Great Lakes Zone Swim committee plus a payment for your 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.

Entry Deadline:

Team manager entries – Due Monday, March 16, 2009 (2 PM).

Admissions:

Spectator admission fee is \$3 per day. Athletes, coaches and pre-registered volunteers will not have to pay an admission.

Heat Sheets:

\$5.00 per Morning (13 & Over/Senior) Session (Friday night included with Saturday am)
\$5.00 per Afternoon (12 & Under) Session

Final Results:

Posted results will be provided in the Natatorium area. All results will be considered final thirty (30) minutes after posting. Real-time results will be available at www.glzyswim.org/zones_9

Meet Apparel:

Official Meet Shirts (T-shirts and Sweatshirts) will be pre-sold to teams. A separate order form will be available approximately November 3, 2008, for pre-ordering specific items. Preorders are due March 6, 2009.

There will be a limited number of shirts available at the meet. Pre-order to be sure you get your shirts and the right sizes. Official Meet Shirts may also be ordered at the meet and will be delivered by mail for an additional charge.

Food: A professionally run concession stand is located on site.

Warm-Up Sessions: All swimmers must be accompanied by a certified coach.

All warm-ups require feet first entry into the pool, except when starts are allowed.

Warm-Up/Cool Down: Lanes are located in the shallow end will be available for quiet warm-up/cool downs during competition. This is not a recreational swim area for your competitors.

Sanction: The meet has been sanctioned by the National YMCA Competitive Swimming & Diving Committee. Sanction number CAQ 08-09 5066.

Meet Workers: 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 1 worker for every 5 swimmers entered in a session. Check the website. <http://www.glzyswim.org> for workers assignments.

Meet Worker Coordinator is Doug Ball. Contact him at doughcherylball@aol.com with workers to fill your designated positions.

Verification of Times:

****For the 2009 Great Lakes zone meet we are relying on the integrity of the coaches and we will not ask for a blanket proof of time. If any times are in question you will be informed and you must bring proof of time to the meet. If you are not informed, you do not need to bring meet results.**

National 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. We will offer the national meet list of events (excluding the 1650). Time Trials will be swum in the following order – 50 yard, 100 yard, 200 yard, relays. In the event that more than one heat is needed we will swim free, back, fly, breast in that order. The fee will be \$5.00 per individual event and \$10.00 per relay.

Deck Passes

Coaches who desire to be on the deck must satisfy the **Coaches Safety Certification requirements**. To simplify this process we have asked the league representatives to collect certifications and send them to Linda Brooks, Toby Boedeker and Ken Posten by January 12, 2009. We will post a list of those coaches who have satisfied this requirement on the web site. If your name appears there, you do not need to send the certification again.

Required Certifications (current through March 22, 2009)
Principles of Competitive Swimming and Diving

Lifeguarding (American Red Cross or YMCA), or Red Cross Safety Training for Swim Coaches or YASA, YISA)
CPR and First Aid

The YMCA recognizes certifications for CPR/AED, First Aid and Oxygen Administration from the following organizations: American Red Cross, American Heart Association, American Safety and Health Institute, National Safety Council.

The YMCA does not currently recognize Ellis certificates

Volunteers will need to pre-register and secure a deck pass to be on deck. Individuals on deck without a deck pass will be escorted from the building.

Emergency Care:

In the event of an accident at the meet, the team coach is responsible for managing the care of the athlete. The Oakland University staff will respond in any emergency. The participating YMCA Association will be responsible for any cost incurred if it is necessary to call 911 or receive care in a hospital emergency room. 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)

Eligibility:

Only certified Associations are eligible to compete in events involving other Associations. An Association is a YMCA unit, which is certified by the National Board, hold an Association branch or unit number, and is eligible for separate listing in the YMCA Directory. A Branch, Department or Center of a Metropolitan Association shall be considered an Association for the purpose of competition.

1. All swimmers or relay teams who have met or surpassed the 2009 qualifying time(s) may enter the Championship events if they have met the above eligibility requirements. **NO TIMES will not be accepted.** Composite times may be used for relay events.
2. Be a member of a local YMCA and must have a full privilege/facility Annual membership for a minimum of ninety days prior to the first day of the Zone Championships.
3. Age Groups are 10 & under; 11 & 12; 13 & 14; and 15 & over. Swimmers 18 – 21 may swim in this meet if they have not represented a scholastic institution beyond grade 12. The age of a Swimmer is his/her age on December 1, 2008.
4. **Senior Events:** Swimmers between ages 12 and 21 as of April 1, 2009 may compete in the senior events.
5. **Relay Events:** An age group relay may consist of two swimmers from that specific age group and two younger swimmers who may move up to fill that relay. This will count as one age group relay for the day.
6. We adhere to the eligibility standards as set forth in the YMCA black book.
7. A swimmer must have competed in three (3) YMCA inter-association meets during the current season (Since September 1, 2008).

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:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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

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.

Parking:

A campus map has been posted on the website.

Order of events for 2009 Great Lakes Zone Swim Meet

All events are Timed Finals

Friday, March 20 Evening			
1 – 2	Senior	400	Individual Medley
3 – 4	Senior	800	Freestyle Relay
5 – 6	Senior	200	Backstroke
7 – 8	Senior	200	Breaststroke
9 – 10	13 – 14	500	Freestyle
11 – 12	15 & Over	500	Freestyle
Saturday, March 21 Morning		Saturday, March 21 Afternoon	
13 – 14	Senior	400	Medley Relay
5 Minute Break			
15 – 16	13 – 14	200	Individual Medley
17 – 18	15 & Over	200	Individual Medley
19 – 20	Senior	50	Breaststroke
21 – 22	13 – 14	100	Butterfly
23 – 24	15 & Over	100	Butterfly
25 – 26	13 – 14	100	Freestyle
27 – 28	15 & Over	100	Freestyle
29 – 30	Senior	50	Backstroke
31 – 32	13 – 14	200	Freestyle Relay
33 – 34	Senior	400	Freestyle Relay
35 – 36	Senior	1000	Free
Sunday, March 22 Morning		Sunday, March 22 Afternoon	
61 – 62	Senior	200	Freestyle Relay
5 Minute Break			
63 – 64	13 – 14	200	Freestyle
65 – 66	15 & Over	200	Free
67 – 68	Senior	50	Butterfly
69 – 70	13 – 14	100	Breaststroke
71 – 72	15 & Over	100	Breaststroke
73 – 74	13 – 14	100	Backstroke
75 – 76	15 & Over	100	Backstroke
77 – 78	Senior	200	Butterfly
79 – 80	13 – 14	50	Freestyle
81 – 82	15 & Over	50	Freestyle
83 – 84	13 – 14	200	Medley Relay
85 – 86	Senior	200	Medley Relay
87 – 88	Senior	1650	Freestyle
		10 minute break	
37 – 38	11-12	200	Freestyle Relay
39 – 40	10 & U	200	Freestyle Relay
41 – 42	11-12	200	Freestyle
43 – 44	10 & U	200	Freestyle
45 – 46	11-12	100	Breaststroke
47 – 48	10 & U	50	Backstroke
49 – 50	11-12	50	Backstroke
51 – 52	10 & U	100	Individual Medley
53 – 54	11-12	100	Individual Medley
55 – 56	10 & U	50	Freestyle
57 – 58	11-12	50	Freestyle
		10 minute break	
59 – 60	11-12	100	Butterfly
		10 Minute Break	
89 – 90	11-12	200	Medley Relay
91 – 92	10 & U	200	Medley Relay
93 – 94	11-12	200	Individual Medley
95 – 96	10 & U	100	Freestyle
97 – 98	11-12	100	Freestyle
99 – 100	10 & U	50	Butterfly
101 – 102	11-12	50	Butterfly
103 – 104	10 & U	50	Breaststroke
105 – 106	11-12	50	Breaststroke
		10 Minute Break	
107 – 108	11-12	100	Backstroke

Devotion and anthem assigned by cluster

Friday	Southwest Ohio
Saturday AM	Southeast OH
Saturday PM	Indiana
Sunday AM	Northwest OH
Sunday PM	Northeast OH

If you are interested in participating, contact your representative.