



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GREAT LAKES ZONE

YMCA SWIMMING CHAMPIONSHIP MEET

March 21-23, 2014

McCorkle Aquatic Pavilion
The Ohio State University
Columbus, Ohio

www.glzyswim.org/zones2014/



YMCA Zones 2014



@YZones14

Dates Summary:

- December 1: Online Team & Coach Registration Due
- December 2: Begin Coaches Certifications Late Fee \$25
- January 15: Coaches Certifications Late Fee increases from \$25 to \$50
- March 17: Entry deadline at 8:00 PM
- March 19: Proof of Times Notification Deadline (if requested)
- March 23: Coaches Certifications must be valid through March 23

Revision Notes:

- 9/1/13: First Release, please check back for a final version.
- 1/4/14: NEW: Teams will need to send Seth Bower an acknowledgement signed by the branch executive attesting to the eligibility of the athletes.

Please participate with the YMCA of Central Ohio in the three areas of focus.

Added a page for the meet photographer.

- 2/17/14: FINAL MEET PACKET with YMCA and USA Sanction Numbers.

STRONGER TOGETHER

2014 Great Lakes Zones Swim Meet opportunities YMCA OF CENTRAL OHIO

The Y is a cause-driven organization that is for youth development, for healthy living and for social responsibility. That's because a strong community can only be achieved when we invest in our kids, our health and our neighbors. To that end, please join us at the 2014 Great Lakes Zones Swim Meet as we look to benefit our community and swimmers through our three areas of focus. Here's how you can be a part of it all!

FOR YOUTH DEVELOPMENT

The YMCA of Central Ohio has a goal to teach every child in Central Ohio to swim through our third grade swim initiative named, "Swim Up." To ensure that every child can participate, we are asking for donations of new and gently-used swimsuits (all sizes), goggles and caps. All donations can be dropped off at the event apparel sales table.

FOR HEALTHY LIVING

Nationwide Children's Hospital has recently partnered with the YMCA of Central Ohio and endorsed our newly-revised swim team program. Our new program emphasizes injury prevention, nutrition for athletes and healthy training for young athletes. Nationwide Children's Hospital is on-site at Zones this weekend to talk with families and swimmers about how they can make sure their swimmer is in the pool for a long time to come!

FOR SOCIAL RESPONSIBILITY

The YMCA of Central Ohio provides the LiveSTRONG® at the YMCA program for free to cancer survivors. This program helps cancer survivors regain their strength and flexibility in a loving, supportive group as they reclaim their bodies and their lives. Through our sale of our "Swim Strong" caps during the event, 100% of the proceeds from the sales will go towards providing this class to more cancer survivors at the YMCA. Caps will be sold at the apparel sales table near the entrance and each cap sells for \$8.



Venue:

The Ohio State University
Bill and Mae McCorkle Aquatic Pavilion
1847 Neil Ave., Columbus, OH 43210-1222

The McCorkle Aquatic Pavilion will be setup as a ten-lane, twenty-five yard competition pool with Colorado timing and full video display.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Due to moveable bulkheads, the course will be re-certified prior to and following each session. Water depth is greater than 7ft. from the starting blocks at both ends of the pool.

“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 202.4.14 (effective January 1, 2012).

Directions:

See web site for Google Maps routing.

Host Teams:

The 10 teams associated with the YMCA of Central Ohio.

Questions:

Jon Reidler, Columbus Hilltop YMCA, (H) 614-751-1234;
zones2014@insight.rr.com
Elissa James, YMCA of Central Ohio, (W) 614-384-2303;
ejames@ymcacolumbus.org
Amy Miller, Columbus Hilltop YMCA, (H) 614-539-1159;
poseidonscoach@ymcacolumbus.org

Meet Website:

<http://www.glzyswim.org> and click on 2014 zones

Entry Deadline:

Monday, March 17, 2014; 8:00 PM Eastern. **This is a computer enforced deadline. Give yourself at least 15 minutes to complete your first submission.**

Entries will only be processed online. A link to the entry site will be posted on the zone website. E-mail, paper and fax entries will not be accepted.

Rules:

Except for rule changes listed in this information packet, the 2013 USA Swimming rules will govern the meet. This meet will be conducted in accordance with the “RULES THAT GOVERN YMCA COMPETITIVE SPORTS.”

Entry Fees:

Individual Event- \$4.00 per individual entry
Relay Event- \$16.00 per relay entry
Swimmer Surcharge- \$2.00 per swimmer

- Make all checks payable to YMCA of Central Ohio; 40 West Long Street; Columbus, OH 43215
- Coaches must deliver the check, check request or purchase order during check-in.
- Do not mail checks to the host.
- Personal checks will be accepted if a YMCA check is not available.
- Once your entry has been accepted you are responsible for payment of entry fees – even if you do not attend the meet.
- Checks will be cashed by March 31, 2014. Checks that are returned for non-sufficient funds will be subject to a \$50 returned check fee.
- 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.

Entry Limits:

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. Swim-ups are not allowed for individual events.

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.

Relay Entries:

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

An age group relay must consist of at least one swimmer from that specific age group. Younger swimmers may move up one age group to fill that relay. This will count as one age group relay for the day.

Relay Only Athletes:

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. Relay names can be changed at the meet.

NOTE: Right clicking and designating swimmers as relay only does not carry over with the online entry system.

Relay only swimmers added at the meet will be CHARGED A \$10 FEE.

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

Online entries will require the submission of the swimmer birth date.

Exception:

A swimmer, who has not been properly entered or incorrectly entered by fault of the host's 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 (per event) to the meet host. The swimmer will be entered in an open lane, if available. The event will not be reseeded.

Entry Times:

December 1, 2013 will determine the age of the swimmer at the meet.

All entry times must be actual times; yards, short course meters, or long course meters, in hundredths of seconds. Times must be achieved from March 1, 2013 up to the entry deadline.

Do not convert entry times. Non-conforming times will be seeded last.

Positive Check-In:

There will be positive check-in for the 1,000 free and 1,650 free events. The sheets will be near the scorer's table.

Seeding:

All events (except the 1000 and 1650) 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. We will do our best to accommodate hearing-impaired swimmers and seed them near the starter.

Depending on the volume of swimmers on Friday, the meet host may elect to swim the 500 free events with the women in one pool and the men in the other. The 800 free relay would compete after the completion of all heats of the 500 free.

The 500, 1000 and 1650 Freestyle will be seeded fastest to slowest and alternating heats of girls and boys.

Admissions:

Spectator admission fee is \$3 per person, per session. "All session" passes will be available at a discounted rate. Athletes, properly certified coaches and pre-registered volunteers will not have to pay admission.

Heat Sheets:

\$5.00 per session available in the lobby of the facility.

Final Results:

Results will be posted behind the bleachers and in the Rec Center Lobby. All results will be considered final thirty (30) minutes after posting. Real-time results will be available at www.glzyswim.org and through Meet Mobile.

Meet Apparel:

Meet apparel will be pre-sold to teams. You can place a pre-order on-line through a link from the 2014 Zones web page. The order deadline is **March 4, 2014**.

There will be a limited number of apparel items available at the meet. Pre-ordering is strongly encouraged.

Food:

A complete concession stand will be available throughout the meet.

Warm-Up Sessions:

Controlled, supervised warm-up sessions will be utilized. Teams will be assigned warm-up times no later than Wednesday, March 19 at noon. There are 28 warm-up lanes (including the diving well) available before the start of each session.

All swimmers must enter the water in accordance with USA Swimming rules, one hand on deck, feet first entry.

Teams will have to share lanes during warm-ups. Lanes will be controlled by the team(s) in that lane. If teams are sharing a lane, it is up to the coaches in that lane to work out general warm-up and sprint times.

Sprints will be open only when the lane has been cleared by the team(s) in the lane. Sprints will be one way. After each sprint, the swimmer will be required to exit the pool and walk around to the starting end of the pool. No paddles, pull-buoys, kick boards or any other equipment may be used during warm-ups.

Warm-Up/Cool Down:

Ten lanes at the scoreboard end of the pool will be available for warm-ups/cool-downs during competition. The diving well will be closed during competition.

YMCA Sanction:

This meet has a sanction from the National YMCA Competitive Swimming & Diving Committee. Sanction # CAQ-2014-OH151078.

USA Observed Meet:

The meet will be an "approved" meet by Ohio Swimming, Inc. Times will be submitted to the SWIMS database following the meet for USA Swimming registered athletes.

Times that meet the USA rules will be transferred to SWIMS (e.g. relays with swim-up athletes are not eligible in USA swimmer and will not transfer). USA numbers must be included in your meet entry file. Ohio Swimming Sanction Number OH-14SC-104AP.

Parking:

Garage Addresses

Tuttle Park Place Garage
2050 Tuttle Park Drive

Lane Avenue Garage
2105 Neil Avenue and Tuttle Park Place

Neil Avenue Garage
1847 Neil Avenue

Friday Morning

Parking will be available at an hourly rate at the Tuttle Park Place Garage and the Lane Avenue Garage.

Friday (after 4:01 p.m.) & All Day Saturday and Sunday

Parking will be available at the Neil Avenue Garage at either an hourly rate or at the rate of \$5 per entry on the way into the garage. Please be prepared with exact change in case pre-paid entry is required to keep traffic moving.

Your Patience Please

There will likely be a line formed to exit, so please exercise patience when exiting the garage. If you did not pay on the way into the garage, please be prepared to pay by credit card when you exit. Paying by credit card will allow transactions to occur more efficiently than cash transactions.

Those who wish to avoid the possibility of experiencing a wait to exit the garage, or who would like to pay a flat rate, should park legally in an A, B, or C parking space in the Ohio Stadium lot (unrestricted spaces only) and pay the Pay-n-Display machine by credit card before parking. Parking cards should be displayed as directed.

Hourly Parking Details and Maps

<http://tp.osu.edu/visitorsmain/parking/garageinfo.shtml>

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 one worker for every five swimmers entered in a session. Check the website for worker assignments. Assignments will be posted by January 1, 2014.

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.

Verification of Times:

For the 2014 Great Lakes zone meet we are relying on the integrity of the coaches and we will not ask for a blanket proof of time. A random selection of teams will be asked to prove times. You will be informed by Wednesday at noon and you must bring proof of time to the meet. If you are not informed, you do not need to bring meet results.

Teams that need to prove times will be listed on the Zone web site on Wednesday March 19, 2014, by noon.

National Anthem / Devotions:

Please contact Kyle Supe by email at hurricanescoach1@ymcacolumbus.org or at the Hilliard YMCA at (614) 334-9622.

Volunteers:

Volunteers need to check in at the meet and secure a deck pass to be on deck. Individuals on deck without a deck pass will be escorted from the building.

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. 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 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.

>>>Swimmers must be within .5 seconds per 50 of a 2014 SC YMCA National Time Standard in order to participate in time trials.

Emergency Care:

In the event of an accident at the meet, the OSU Aquatics staff will respond in any emergency.

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 must 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. A swimmer may not represent more than one YMCA in competitive sports. A swimmer may represent only his/her local YMCA in any open competition during the current season (September 1, 2013 - April 30, 2014). Note: a swimmer may compete in open competition unattached, but may not represent any team other than his/her local YMCA. Swimmers who

attend USA Swimming meets must represent their YMCA at that meet, or swim unattached.

2. All swimmers or relay teams who have met or surpassed the 2014 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.
3. Birth dates are required for meet entries to process through the on-line entry system.
4. 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, 2013.
5. Individual events require the swimmer to compete in their respective age groups. Swim-ups are not allowed for individual events.
6. Senior Events: Senior events are open only to swimmers between ages 12 and 21 as of April 1, 2014 (the start of Short Course Nationals).
7. Relay Events: An age group relay must consist of at least one swimmer from that specific age group. Younger swimmers may move up one age group to fill that relay. This will count as one age group relay for the day.
8. We adhere to the eligibility standards as set forth in the YMCA black book.
9. A swimmer must have competed in three (3) YMCA inter-association meets during the current season (Since September 1, 2013).

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 sixteenth 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.

Deck Passes:

Coaches who desire to be on the deck must satisfy the Coaches Certification requirements and submit their name during the entry process. Only qualified coaches with a National coach certification card AND a meet deck pass will be able to gain access to the pool deck. See certification requirements above. Your non-athlete family members will need to sit in the spectator area.

A list of registered coaches who have satisfied this requirement will be posted on the web site. Volunteers need to check in and secure a session deck pass to be on deck.

- A certified coach must accompany every swimmer while on the deck.
- Swimmers will not be permitted to register until a certified coach has checked in and the team entry fees have been paid. If your coach is not able to attend the meet, you will receive a coaches authorization form for completion by the

- responsible coach. Bring that form with the team entry check to coaches check-in.
- Swimmers & Coaches needing a replacement deck pass will be charged \$10.

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 premises: this includes locker rooms and restrooms of the Natatorium; PENALTY IS 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. Bleachers are available on deck for swimmers. No chairs, blankets, sleeping bags, etc. are permitted on deck.
12. Deck changing is not permitted, and is cause for ejection from the meet.
13. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

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.

Photography:

We will have an on-deck pool photographer taking action pictures during the meet. Sign up for race photos at the Fairfield Photography PHOTO table in the vendor area at least 60 minutes before your race.

Release:

In consideration of acceptance of entry in the meet, I/We hereby, for ourselves, our heirs, administrators and assigns, waive and release any and all claims against the YMCA of Central Ohio, and the named host teams 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 bona fide amateur athletes and eligible to compete in all events entered.

Insurance:

YMCA's attending the 2014 Great Lakes Zones meet will need to provide a Certificate of Insurance (COI). Instructions and contact information is on the 2014 Zones web page under [Certificate of Insurance Required](#).

Eligibility Certification – **NEW FOR 2014:**

In order to get a sanction from the YMCA of the USA, the hosts must collect an acknowledgement signed by the YMCA executive director. You can find the form on the web site, or one can be populated during the entries process. Please e-mail a copy of the signed form to Seth Bower (sbower@ymcacolumbus.org) or FAX it to (614) 340-3199. (Seth is also collecting the Certificate of Insurance forms.)

Rules of Time Standard Verification:

For the 2014 Great Lakes zone meet we are relying on the integrity of the coaches and we will not ask for a blanket proof of time. A random selection of teams will be asked to prove times. You will be informed by Wednesday at noon and you must bring proof of time to the meet. If you are not informed, you do not need to bring meet results.

Teams that need to prove times will be listed on the Zone web site on Wednesday March 19, 2014, by noon.

The following are acceptable as proof of time:

1. 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.
2. Official results from invitational meets or championship meet and YMCA, USA Swimming or High School competitions.
3. The referee or head scorer and both coaches must sign high school dual meet result sheets, except electronic results. The referee or head scorer must hold some type of certification and that must be indicated on the result sheet.
4. Newspaper results are NOT acceptable.
5. Any entry will be scratched if the seed time cannot be verified prior to the start of the individual's session.
6. 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.
7. A Team Manager Top Times Report is not acceptable at the proof of time table.
8. A printout from USA-swimming SWIMS is acceptable.

Schedule of Events

All sessions are timed finals.

This is a tentative schedule. A final meet schedule will be posted on the website by noon on the Wednesday before the meet.

Friday, March 21 <i>11-12, 13-14, 15 & Over, Senior</i>	
Coach Check-In	2:15 PM
Swimmer Check-In	2:45 PM
Pool deck opens	3:30 PM
Warm-up	3:45 PM
Opening Ceremonies	4:50 PM
Competition Begins	5:00 PM
Competition Complete	8:45 PM
Saturday, March 22	
<i>Morning Session ~ 13-14, 15 & Over, Senior</i>	<i>Afternoon Session ~ 10 & Under, 11-12</i>
Building Opens	6:45 AM
Pool deck opens	7:00 AM
Warm-up	7:15 AM
Opening Ceremonies	8:30 AM
Competition	8:40 AM
Time Trials	12:45 PM
	Warm-up (no earlier than): 1:00 PM Opening Ceremonies 2:00 PM Competition 2:10 PM Competition Complete 5:30 PM
Sunday, March 23	
<i>Morning Session ~ 13-14, 15 & Over, Senior</i>	<i>Afternoon Session ~ 10 & Under, 11-12</i>
Building Opens	6:45 AM
Pool deck opens	7:00 AM
Warm-up	7:15 AM
Opening Ceremonies	8:30 AM
Competition	8:40 AM
Time Trials	12:45 PM
	Warm-up (no earlier than): 1:00 PM Opening Ceremonies 2:00 PM Competition 2:10 PM Competition Complete 5:30 PM

Friday, March 21, 2014 Evening				Order of Events			
101-102	Senior	400	Ind. Medley	All events are timed finals.			
103-104	Senior	200	Backstroke				
105-106	Senior	200	Breaststroke				
107-108	11 & Over	*500	Freestyle				
109-110	Senior	800	Freestyle Relay				
Saturday, March 22, 2014 Morning				Saturday, March 22, 2014 Afternoon			
201-202	Senior	400	Medley Relay	225-226	11-12	200	Freestyle Relay
5 Minute Break				227-228	10 & U	200	Freestyle Relay
203-204	13-14	200	IM	229-230	11-12	200	Freestyle
205-206	15 & Over	200	IM	231-232	10 & U	200	Freestyle
207-208	Senior	50	Breaststroke	233-234	11-12	100	Breaststroke
209-210	13-14	100	Butterfly	235-236	10 & U	50	Backstroke
211-212	15 & Over	100	Butterfly	237-238	11-12	50	Backstroke
213-214	13-14	100	Freestyle	239-240	10 & U	100	IM
215-216	15 & Over	100	Freestyle	241-242	11-12	100	IM
217-218	Senior	50	Backstroke	243-244	10 & U	50	Freestyle
219-220	13-14	200	Freestyle Relay	245-246	11-12	50	Freestyle
221-222	Senior	400	Freestyle Relay	10 minute break			
223-224	Senior	1000	Freestyle	247-248	11-12	100	Butterfly

Sunday, March 23, 2014 Morning				Sunday, March 23, 2014 Afternoon			
301-302	Senior	200	Freestyle Relay	329-330	11-12	200	Medley Relay
5 Minute Break				331-332	10 & U	200	Medley Relay
303-304	13-14	200	Freestyle	333-334	11-12	200	IM
305-306	15 & Over	200	Freestyle	335-336	10 & U	100	Freestyle
307-308	Senior	50	Butterfly	337-338	11-12	100	Freestyle
309-310	13-14	100	Breaststroke	339-340	10 & U	50	Butterfly
311-312	15 & Over	100	Breaststroke	341-342	11-12	50	Butterfly
313-314	13-14	100	Backstroke	343-344	10 & U	50	Breaststroke
315-316	15 & Over	100	Backstroke	345-346	11-12	50	Breaststroke
317-318	Senior	200	Butterfly	10 Minute Break			
319-320	13-14	50	Freestyle	347-348	11-12	100	Backstroke
321-322	15 & Over	50	Freestyle				
323-324	13-14	200	Medley Relay				
325-326	Senior	200	Medley Relay				
327-328	Senior	1650	Freestyle				

* The 11 & Over 500's free will swim together but will be scored and awarded separately as 11-12, 13-14, & 15 & Over. They will swim Fastest to Slowest, alternating Girls and Boys.

Team and Coach Registration Instructions:

Registration for the Zone meet will be through the national website. Confirmation of registered teams and coaches will be posted on the meet website starting in late January. All TEAMS and COACHES must register on the national website. Any team/coach that is participating in any YMCA sanctioned meet must be registered. This includes league, conference, sectional, state, zone and national meets.

THE DEADLINE FOR REGISTRATION OF TEAMS IS **DECEMBER 1, 2013.**

To register The TEAM, the head coach should go to:

<http://www.ymcacompetitiveswim.org>

Go to: For Coaches

Select: Register Team

Enter Password: 9622

Select your YMCA by your association number

Complete the form and then follow the directions given to you by the website.

THE DEADLINE FOR COACHES OF TEAMS IS **DECEMBER 1, 2013.**

There is a \$25 late fee for each coach registration between December 1, 2013 and January 15, 2014. There is a \$50 late fee for coach registration after January 15, 2014. Coaches submitting certifications prior to the deadline and taking Principles of YMCA Swimming and Diving after the deadline will have the late fee waived.

To register COACHES, go to: <http://www.ymcacompetitiveswim.org>

Go to: Register Coach

Enter Password: 9622

Select your YMCA by your association number

List expiration dates for each certification

Upload Copies of your certifications to

<http://www.ymcacompetitiveswim.org/default.asp>

The first coach for each team that registers will receive instructions to pay for the team's registration. A \$30 Check will be made payable to: **YMCA of the USA** and sent to (TBA for Michigan, Ohio, & Indiana) or Bill Whatley, Blue Ash YMCA depending upon your regions. Please follow the directions provided in the email.

Required Certifications (current through March 23, 2014)

1. Principles of Competitive Swimming and Diving
2. Lifeguarding (American Red Cross, Ellis, Starfish or YMCA); or Red Cross Safety Training for Swim Coaches; or YASA, YISA
3. On-line Safety Training for Swim Coaches at USA Swimming -
<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1690&Alias=Rainbow&Lang=en>
4. CPR
5. 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.

McCorkle Aquatic Pavilion Coaches Notes

Deck Access – Deck access is restricted to competing athletes, registered coaches, officials and meet workers. No parent, family member or spectator will be allowed on deck except to perform a service or function at the *request of meet officials*.

Banners – One professionally made banner per team may be displayed in the Aquatic Pavilion with the approval of the Facility Manager. Banners should be turned in at the access / credential table. All banners will be hung by the facility staff. Handmade signs may be held, but not hung.

Bulkheads – Caution should be taken when entering the water from the bulkheads. When feet first entries are done one hand should be placed and remain on the bulkhead.

Concession / Food – The concession stand at the McCorkle Aquatic Pavilion will be available throughout the competition. Outside food will not be permitted to be brought into the facility.

Equipment – Swimming equipment (fins, paddles, etc.) is not permitted in the competition pool when timing equipment is in place. Equipment may be used in the adjacent warm-up/cool-down pool.

First Aid / Training Needs – Lifeguards are trained to handle water rescues and first aid on deck. Please report all first aid issues to the Aquatic Staff.

Flash Photography – Flash photography is not permitted at the start of any race.

Locker Rooms and Changing Facilities – Two on-deck changing rooms are located on the west side of the deck. Additional changing space is available north of the pool in the Recreation and Physical Activity Center (RPAC) on the pool deck level (scoreboard end of the pool). Locker space is not available. Belongings may be stored on deck on team benches. The Ohio State University is not responsible for any lost or stolen items.

Lost and Found – Lost and Found for the event is kept at the head swimming table / announcer's area. An additional Lost and Found is kept at the Welcome Center of RPAC which is located adjacent the main entrance to the Aquatic Pavilion.

Prohibited Items – The following items are not permitted in the facility: Glass, Lawn or Camping Chairs, Coolers and Outside Food, Tobacco, Alcohol, Illegal Substances, Helium Balloons, Noise Makers

Recreation and Physical Activity Center (RPAC) – Access to the RPAC is restricted to paid Members of Recreational Sports and daily pass holders.

Team Seating – Team seating is available on a first-come basis by session. Belongings should be removed from the deck between sessions for area cleaning. Teams should place belongings under the bleachers to keep the aisle along the way clear.

Wireless Internet Access – Wireless internet access will be available throughout the meet. A password will be provided at the check-in/credential desk.