



Great Lake Zones

YMCA Swimming Championship Meet

March 20-22, 2015

OU Aquatic Center

Oakland University

Rochester, MI

www.glzyswim.org/zones2015/

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 18:	Proof of Times Notification Deadline (if requested)
March 22:	Coaches Certifications must be valid through March 22

Revision Notes:

9/1/14:	First Release, please check back for a final version.
1/4/15:	Teams will need to send an acknowledgement to Jim Edgar signed by the branch executive attesting to the eligibility of the athletes.
2/16/15:	FINAL MEET PACKET with YMCA sanction and USA approval Numbers.

Venue:**OU Aquatics Center**

Home of the Golden Grizzlies

Opened in 1998, the OU Aquatic Center has quickly earned a reputation as one of the finest of its kind, as, in addition to being the home pool of Oakland University, the state-of-the-art aquatics center often plays host to state and regional meets.

Oakland is a frequent host of The Summit League Swimming and Diving Championship.

The natatorium houses a 50-meter stretch pool with spectator seating for 1,000 and deck space for 600 participants. The pool itself has two bulkheads, which allow a configuration for concurrent swimming and diving. Swimming competition takes place within ten 25-yard lanes, with additional lanes available for warming up. The depth of the pool extends from approximately nine feet at start end to six feet, eight inches at turn end. The system for meet operation is a Colorado System VI with Hytek Meet Manager and Colorado scoreboard.

Oakland University
OU Aquatic Center
2200 N Squirrel Rd, Rochester, MI 48309

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

Depth at start is 14 feet deep and 4 feet at the turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing and scoreboard will be used with 10-lane display. The competition course has not been certified in accordance with 104.2.2C(4).

“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.

Directions: Go to <http://www.oakland.edu/>

Host Teams: Greater Flint YMCA Falcons

Questions: **Meet Director** - Jeff Urbanski, Flint YMCA Falcons, (C) 810-444-5364;
jurbanski@s1eonline.com

Assistant Meet Director - Eric Chorley, Flint YMCA Falcons, (C) 810-955-9067; echorley@comcast.net

Safety Marshal - Patrick Rogers, Flint YMCA Falcons, (C) 248-701-7991;
Patrick@advantageelectric.net

Meet Referee – Fang Liu, fangliu579@yahoo.com

Administrative Official –Jeff Seifert, jseifert000@comcast.net

Official - Brian Gallamore, Flint YMCA Falcons (C) 248-302-4013,
briangallamore@charter.net

Official - David Roberts, Flint YMCA Falcons, (C) 586-864-5020,
david.roberts@gm.com

www.glzyswim.org/zones2015/ or <http://www.flintfalcons.org> and click on 2015 Zones

Entry Deadline:

Tuesday, March 17, 2015; 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 2014 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 Flint YMCA Falcons;
- 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, 2015. 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 would be notified that they must make a change. The team has until noon Tuesday March 17, 2015 to make the changes. If the matter is not addressed, then the swimmer is automatically dropped from the offending event. Psych would not be posted until corrections are made.

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-tek.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 24 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, 2014 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, 2014 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 Freestyle and 1,650 Freestyle 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.

The 800 Freestyle relay will compete after the completion of all heats of the 500 Freestyle. The 500, 1000 and 1650 Freestyle will be seeded fastest to slowest and alternating heats of girls and boys.

Admissions:

Spectator admission fee is \$5 per person, per session. Weekend pass can be purchased for \$15. "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 will be available at the admissions table located on level 3 of the Aquatics Center.

Final Results:

Results will be posted in two locations: Pool deck level – spectator side of the pool deck in front of the dive well. Spectator level – balcony located on the dive well side of the pool. All results will be considered final thirty (30) minutes after posting. Real-time results will be available at www.glzyswim.org/zones2015 and through Meet Mobile.

Meet Apparel:

Meet apparel will be sold at the meet only.

Food:

A complete concession stand will be available throughout the meet located on level 3 of the Aquatic Center.

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.**

There will be 2 warm up groups per session. Each team will be assigned a warm up group. Teams will have to share lanes during warm-ups. Lanes will be controlled by the team(s) in that lane.

The whole competition pool will be open for one way sprints for the last 20 minutes of warm up. The warm up pool will remain open for general warm up. After each sprint, the swimmer will be required to exit the pool and walk around to the starting end of the pool.

Warm-Up/Cool Down:

12 lanes will be available for warm-ups/cool-downs during competition.

YMCA Sanction:

This meet has a sanction from the National YMCA Competitive Swimming & Diving Committee. Sanction # CAQ-2015-MI297727

USA Approved Meet:

The meet will be an “approved” meet by Michigan Swimming, Inc. In granting this approval it is understood and agreed that USA 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 event. 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. Michigan Swimming Approval Number MIAP1415087. Time trial approval number MIAPTT1415087.

Errors and Omissions:

Any errors or omissions in the program will be documented and signed by the meet Referee and available for review at the Clerk of Course for Coaches review. Information will also be covered at the Coaches’ Meeting

Parking:

All Parking is **Free** on Oakland University Campus. There are lots and parking structures found around the pool OU Aquatic Center. Please review the campus map link for parking.

Parking Details and Maps

<http://www.ougrizzlies.com/tickets/oakl-parking.html>

<http://grfx.cstv.com/schools/oakl/graphics/campus-map.gif>

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, 2015.

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 2015 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 18, 2015, by 12:00 PM.

National Anthem / Devotions:

Please contact Jeff Urbanski by email at jurbanski@s1eonline.com or on his cell phone at 810-444-5364

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 Freestyle, Backstroke, Butterfly and Breaststroke – 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 (yards) of a 2015 SC YMCA National Time Standard in order to participate in time trials.

Emergency Care:

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

Emergency Action Plan:

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 at the Clerk of Course.

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, 2014 - April 30, 2015). 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 2015 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, 2014.
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 March 30, 2015 (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, 2014).
10. Fly over's during the meet may be utilized during starts at the discretion of the Meet Director.

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 on the main floor or level 3 of the aquatics center 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 coach's 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 premise: 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. Except where 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.
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.

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 Flint YMCA, 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 2015 Great Lakes Zones meet will need to provide a Certificate of Insurance (COI). Instructions and contact information is on the 2015 Zones web page under Certificate of Insurance Required.

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 20

11-12 13-14 15 & Over, Senior

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 Completes	8:45 PM

Saturday, March 21

Morning Session ~ 13-14, 15 & Over, Senior

Afternoon Session ~ 10 & Under, 11-12

Building Opens	6:45 AM	Warm-up (no earlier than):	1:00 PM
Pool Deck Opens	7:00 AM	Opening Ceremonies	2:00 PM
Warm-Up	7:15 AM	Competition	2:10 PM
Opening Ceremonies	8:30 AM	Competition Complete	5:30 PM
Competition	8:40 AM		
Time Trials	12:45 PM		

Sunday, March 22

Morning Session ~ 13-14, 15 & Over, Senior

Afternoon Session ~ 10 & Under, 11-12

Building Opens	6:45 AM	Warm-up (no earlier than):	1:00 PM
Pool Deck Opens	7:00 AM	Opening Ceremonies	2:00 PM
Warm-Up	7:15 AM	Competition	2:10 PM
Opening Ceremonies	8:30 AM	Competition Complete	5:30 PM
Competition	8:40 AM		
Time Trials	12:45 PM		

Order of Events: ALL EVENTS ON EACH DAY ARE TIMED FINALS

Friday, March 20th							
Event No.	Age Group	Distance	Stroke				
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				

Saturday, March 21st							
Morning				Afternoon			
Event No.	Age Group	Distance	Stroke	Event No.	Age Group	Distance	Stroke
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	Ind. Medley	229-230	11-12	200	Freestyle
205-206	15 & Over	200	Ind. Medley	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	Ind Medley
215-216	15 & Over	100	Freestyle	241-242	11-12	100	Ind Medley
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 22nd							
Morning				Afternoon			
Event No.	Age Group	Distance	Stroke	Event No.	Age Group	Distance	Stroke
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	Ind Medley
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, 2014.

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

1. <http://www.ymcacompetitiveswim.org>
2. Go to: For Coaches
3. Select: Register Team
4. Enter Password: 9622
5. Select your YMCA by your association number
6. Complete the form and then follow the directions given to you by the website.

THE DEADLINE FOR COACHES OF TEAMS IS DECEMBER 1, 2014.

There is a \$25 late fee for each coach registration between December 1, 2014 and January 15, 2015. There is a \$50 late fee for coach registration after January 15, 2015. Coaches submitting certifications prior to the deadline and taking Principles of YMCA Swimming and Diving after the deadline will have the late fee waived.

1. To register COACHES, go to: <http://www.ymcacompetitiveswim.org>
2. Go to: Register Coach
3. Enter Password: 9622
4. Select your YMCA by your association number
5. List expiration dates for each certification
6. Upload Copies of your certifications to
7. <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 depending upon your regions. Please follow the directions provided in the email.

Required Certifications (current through March 24, 2015)

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/>
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.

OU Aquatics Center 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 OU Aquatic Center with the approval of the Meet Director. 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 Oakland 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 – There are two on deck locker rooms. Locker space is not available. Belongings may be stored on deck on team benches. Oakland 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 Information desk located on level 3 of the Aquatics Center which is located adjacent the main entrance to the OU Aquatic Center 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

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.

YMCA Sanctioned Championship Meet Declaration Form

(Return signed form to the Meet Director)

Participating YMCA:

YMCA Address:

Meet Name: 2015 YMCA Great Lakes Zones

Meet Date(s): March 20 – March 22, 2015

Meet Host: Flint YMCA Falcons

Meet Location: Oakland University

We the undersigned attest to the following:

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

COACHES - All coaches representing the YMCA above hold current certifications in CPR Pro, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the 2015 YMCA Great Lakes Zones for the period of travel from our Association to the meet, during the entire period of the meet and return to our Association. 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 2015 YMCA Great Lakes Zones.

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, Flint YMCA Falcons, their agents, representatives or assigns, and Oakland University for any and all injuries which may be suffered by participants at the 2015 YMCA Great Lakes Zones Furthermore we understand that the YMCA of the USA and Flint YMCA Falcons 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.

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee

Great Lakes Zones YMCA Swimming Championship Meet / March 20-22, 2015 / OU Aquatics Center Oakland University