Great Lakes YMCA Zone Championship Swim Meet

March 19 – 21, 2010 Bowling Green State University

Site:

BOWLING GREEN STATE UNIVERSITY / STUDENT RECREATION CENTER / COOPER POOL

Hosts:

DEFIANCE AREA YMCA / YMCA OF GREATER TOLEDO

Questions:

Dave Stannert: dstannert@ymcatoledo.org; 419-691-3523

Todd Hall: yswimteam@defnet.com

Meet Web site:

http://www.glzyswim.org and click on 2010 Zones

Entry Deadline

Monday, March 15, 2010, 8:00 PM. Entries will only be processed online.

A link will be posted on the

E-mail, paper and Fax entries will not be accepted.

Tentative Schedule of Events:

Friday, March 19 Timed Finals Session 13-14, 15 & Over, Senior		
Coaches' Check-In Opens	2:30 PM	Check the web www.glzyswim.org
Swimmers' Check-In Opens	3:00 PM	On Tuesday, March 16 for PM session times
Pool deck opens	3:30 PM	
Warm-up	4:00 PM	
Opening Ceremonies	4:50 PM	
Competition Begins	5:00 PM	
Competition Complete	8:30 PM	

	Saturday	, March 20				
Morning Session ~ 13-14,	15 & Over, Senior	Afternoon Session ~ 10 & Under, 11-12				
Building Open	6:45 AM					
Pool deck opens	7:00 AM	Warm-up	TBA			
Warm-up	7:30 AM	Opening Ceremonies	TBA			
Opening Ceremonies	8:30 AM	Competition	TBA			
Competition	8:40 AM	Competition Complete	5:45 PM			
Time Trials	20:00 after am					
	session ends					
	Sunday,	March 21				
Morning Session ~ 13-14,	15 & Over, Senior	Afternoon Session ~ 10 & Under, 11-12				
Building Open	6:45 AM					
Pool deck opens	7:00 AM	Warm-up	TBA			
Warm-up	7:30 AM	Opening Ceremonies	TBA			
Opening Ceremonies	8:30 AM	Competition	TBA			
Competition	8:40 AM	Competition Complete	5:30 PM			
Time Trials	20:00 after am					
	session ends					

National Anthem / Devotions:

Anyone interested in offering a Devotion or performing the National Anthem during opening ceremonies, please contact Dave Stannert at dstannert@ymcatoledo.org.

Entry Times:

All entry times must be actual times yards, short course meter, or long course meter, in hundredths of seconds. Times must be achieved from March 1, 2009 up to the entry deadline. **Do not convert entry times.** Non-conforming times will be seeded last.

Rules:

Except for rule changes listed in this information packet, the 2009 USA Swimming rules will govern the meet. This meet will be conducted in accordance with the "RULES THAT GOVERN YMCA COMPETITIVE SPORTS."

Team and Coach Registration:

The only 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 a sanctioned meet must be registered. This includes league, conference,
 sectional, state and zone meets.
- THE DEADLINE FOR REGISTRATION IS: DECEMBER 1, 2009.
- There is a \$30 charge for registration.

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

\$30 Check payable to: YMCA of Metropolitan Detroit

Mail to: Linda Brooks, YMCA of Metropolitan Detroit, 1401 Broadway, Detroit, MI 48226

Office: 313 267-5300; lbrooks@ymcametrodetroit.org

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 **Send Copies** of your certifications to:

Mail to: Linda Brooks, YMCA of Metropolitan Detroit, 1401 Broadway, Detroit, MI 48226

Office: 313 267-5300; lbrooks@ymcametrodetroit.org

Required Certifications (current through March 21, 2010)

- 1. Principles of Competitive Swimming and Diving
- Lifeguarding (American Red Cross, Ellis, or YMCA); or Red Cross Safety Training for Swim Coaches; or YASA, YISA
- 3. 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.

Deck Passes:

- A list of registered coaches who have satisfied this requirement will be posted on the web site, and will receive a deck pass.
- Deck Passes will NOT BE ISSUED AT THE MEET.
- A certified coach must accompany every swimmer on the deck.
- 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 contact <u>dstannert@ymcatoledo.org</u> to receive a coach's
 authorization form to designate a coach from another team.

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.
- 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.

Rules of Time Standard Verification

For the 2010 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 by 6:00 PM on the Wednesday before the meet, and you must bring proof of time to the meet. If you are not informed, you do not need to bring meet results.

The following are acceptable as proof of time:

- a. Original, good carbon, or Xeroxed copy signed be 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 seedtime 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

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 Bowling Green State University, The Defiance Area YMCA, and The YMCA of Greater Toledo 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.

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-tekltd.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 Defiance / Toledo 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 <u>not</u> be reseeded.

Relay Entries:

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

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.

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. You can also enter them in event 109 or 110, which are set up to accept relay only swimmers.
- 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.
- RELAY ONLY SWIMMERS ADDED AT THE MEET WILL BE CHARGED A \$10 fee to be registered as a relay only swimmer.

Entry Fees:

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

- Make all checks payable to <u>Defiance Area YMCA Swimming</u>. Your team's coach must deliver the check, check request or purchase order during check-In. Personal Checks will be accepted if a YMCA check is not available.
- Checks will be cashed immediately following the meet. Checks that are returned for nonsufficient 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. Overdue penalty is a payment
 of your normal entry fee payable to the Great Lakes Zone Swim committee, and a payment of
 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.

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_0

Meet Apparel:

Official Meet Shirts (T-shirts and Sweatshirts) will be pre-sold to teams.

A separate order form will be available XXXX, 2010 for pre-ordering specific items.

Preorders are due XXXX, 2010.

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.

Food:

A complete concession stand will be available throughout the meet.

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.

Sprint lanes are ONE WAY ONLY. Swimmers must exit at the diving board end of the pool.

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 #XXXXXXXX.

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 assignment.

Verification of Times:

For the 2010 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 by Wednesday at 6:00 PM 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 order 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. Swimmers must be entered in the meet to participate in time trials.

Volunteers:

Volunteers 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 parents of the athlete are "first responsible," then the team coach is responsible for managing the care of the athlete. The Bowling Green State 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.

- 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.
- All swimmers or relay teams who have met or surpassed the 2010 qualifying time(s) may enter the Championship events if they have met the above eligibility requirements. <u>NO</u> <u>TIMES will not be accepted.</u> Composite times may be used for relay events.
- 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, 2009.
- 4. **Senior Events**: Swimmers between ages 12 and 21 as of April 7, 2010 may compete in the senior events.
- 5. **Relay Events**: An age group relay must consist of at least one swimmer from that specific age group. Younger swimmers 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, 2009).

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. There will not be a charge for parking. Please park in designated parking lots to avoid a ticket or being towed.

Order of events All events are Timed Finals

Friday, M	larch 19, 2	010 Ev	ening						
101-102	Senior	400	Individual Medley						
103-104	Senior	800	Freestyle Relay						
105-106	Senior	200	Backstroke						
107-108	Senior	200	Breaststroke						
109-110	13 – 14	500	Freestyle						
111-112	15 & 0ver	500	Freestyle						
Saturday	, March 20	, 2010	Morning	Saturday	, March 20	, 2010	Afternoon		
201-202	Senior	400	Medley Relay	225-226	11-12	200	Freestyle Relay		
5 Minute B				227-228	10 & U	200	Freestyle Relay		
203-204	13 –14	200	Individual Medley	229-230	11-12	200	Freestyle		
205-206	15 & Over	200	Individual 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	Individual Medley		
215-216	15 & Over	100	Freestyle	241-242	11-12	100	Individual 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 l	oreak		•		
223-224	Senior	1000	Free	247-248	11-12	100	Butterfly		
Sunday	March 21,	2010 M	lorning	Sunday	March 21,	2010 Δ:	fternoon		
301-302	Senior	200	Freestyle Relay	329-330	11-12	200	Medley Relay		
5 Minute B		200	1 1003tyle relay	331-332	10 & U	200	Medley Relay		
303-304	13 – 14	200	Freestyle	333-334	11-12	200	Individual Medley		
305-306	15 & Over	200	Free	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 I					
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						

2010 Zone Qualifying Times

Accepted May 2009

* Indicates change

	Girls			46.2			Boys	
50 Meter	25 Meter	25 Yard		10 & Under		25 Yard	25 Meter	50 Meter
Course	Course	Course				Course	Course	Course
:35.00	:34.02	:30.49		50 Free	*	:31.09	:34.69	:36.15
1:17.56	1:15.65	1:07.79		100 Free	*	1:08.99	1:16.99	1:19.94
2:52.64	2:48.40	2:30.89		200 Free	-	2:33.29	2:51.08	2:57.21
:42.07	:40.05	:35.89		50 Back	*	:36.89	:41.17	:44.17
:42.07	:40.03	:40.19	*	50 Breast	-	:41.99	:41.17	:44.17
:39.55	:38.71	:34.69	•	50 Fly		:35.79	:39.94	:41.23
1:30.29	1:27.37	1:18.29		100 IM		1:19.99	1:29.27	1:33.33
2:51.79	2:46.61	2:29.29		200 M. R.	*	2:35.99	2:54.09	3:01.80
2:30.21	2:26.52	2:11.29		200 M. R. 200 F. R	*	2:33.99	2:30.65	2:36.96
2.30.21	2.20.32	2.11.29		200 F. K		2.14.79	2.30.03	2.30.90
	Girls						Boys	
50 Meter	25 Meter	25 Yard		11 - 12		25 Yard	25 Meter	50 Meter
Course	Course	Course				Course	Course	Course
:31.67	:30.79	:27.59	*	50 Free	*	:27.29	:30.45	:31.73
1:08.98	1:07.28	1:00.29		100 Free	*	1:00.29	1:07.28	1:09.86
2:33.42	2:29.65	2:14.09	*	200 Free	*	2:13.99	2:29.54	2:34.90
:37.73	:35.92	:32.19	*	50 Back		:32.59	:36.37	:39.02
1:21.93	1:18.00	1:09.89		100 Back		1:10.89	1:19.11	1:24.89
:41.36	:40.16	:35.99	*	50 Breast		:36.39	:40.61	:42.51
1:31.13	1:28.49	1:19.29		100 Breast		1:21.59	1:31.06	1:35.31
:34.99	:34.25	:30.69		50 Fly		:30.79	:34.36	:35.47
1:21.85	1:20.12	1:11.79		100 Fly	*	1:13.89	1:22.46	1:25.12
1:20.84	1:18.22	1:10.09		100 IM	*	1:10.39	1:18.56	1:22.13
2:56.57	2:50.85	2:33.09		200 IM	*	2:35.79	2:53.87	3:01.78
2:29.81	2:25.30	2:10.19		200 M. R.		2:16.29	2:32.10	2:38.84
2:12.59	2:08.89	1:55.49		200 F. R		1:58.59	2:12.35	2:17.89
	Girls						Boys	
50 Meter	25 Meter	25 Yard		13 - 14		25 Yard	25 Meter	50 Meter
Course	Course	Course				Course	Course	Course
20.25	20.15	24.20		F 0 F 3		a . = -	25.55	60.05
:30.29	:29.45	:26.39	*	50 Free	*	:24.79	:27.66	:28.82
1:05.89	1:04.27	:57.59	*	100 Free		:53.99	1:00.25	1:02.56
2:23.46	2:19.94	2:05.39	*	200 Free	*	1:58.99	2:12.80	2:17.56
5:05.74	4:57.45	5:39.99	*	500 Free	*	5:25.39	4:44.68	4:54.47
1:17.24	1:13.53	1:05.89	*	100 Back	*	1:03.09	1:10.41	1:15.55
1:27.34	1:24.81	1:15.99	*	100 Breast	*	1:11.79	1:20.12	1:23.86
1:14.67	1:13.09	1:05.49		100 Fly		1:02.79	1:10.07	1:12.33
2:45.15	2:39.81	2:23.19		200 IM		2:16.09	2:31.88	2:38.79
2:23.94	2:19.60	2:05.09		200 M. R.		2:01.29	2:15.36	2:21.36
2:07.77	2:04.20	1:51.29		200 F. R		1:47.19	1:59.63	2:04.63

2010 Zone Qualifying Times Accepted May 2009

* Indicates change

	Girls						Boys	
50 Meter	25 Meter	25 Yard		15 & Over		25 Yard	25 Meter	50 Meter
Course	Course	Course				Course	Course	Course
:29.49	:28.67	:25.69		50 Free	*	:22.99	:25.65	:26.73
1:03.94	1:02.37	:55.89		100 Free	*	:50.09	:55.90	:58.04
2:19.11	2:15.70	2:01.59	*	200 Free	*	1:50.69	2:03.53	2:07.96
4:56.66	4:48.61	5:29.89		500 Free		5:06.09	4:27.79	4:37.00
1:15.36	1:11.75	1:04.29		100 Back		:58.19	1:04.94	1:09.68
1:23.43	1:21.01	1:12.59		100 Breast		1:06.09	1:13.76	1:17.20
1:12.50	1:10.97	1:03.59	*	100 Fly	*	:56.89	1:03.49	1:05.54
2:39.50	2:34.34	2:18.29		200 IM	*	2:07.69	2:22.51	2:28.99

70 M.4	Girls	25 V1		G •		25 X/1	Boys	50 M.A
50 Meter Course	25 Meter Course	25 Yard Course		Senior		25 Yard Course	25 Meter Course	50 Meter Course
10:18.51	10:01.74	11:27.79		1000 Free		10:54.29	9:32.43	9:52.11
19:28.81	18:56.18	18:59.59		1650 Free		18:11.09	18:07.82	18:50.66
:35.27	:33.58	:30.09		50 Back	*	:27.79	:31.01	:33.28
2:41.94	2:34.89	2:18.79		200 Back	*	2:10.49	2:25.63	2:33.69
:38.95	:37.82	:33.89		50 Breast		:31.09	:34.69	:36.32
2:57.77	2:54.20	2:36.09		200 Breast		2:29.09	2:46.39	2:53.76
:33.05	:32.35	:28.99	*	50 Fly		:26.29	:29.34	:30.28
2:42.64	2:39.92	2:23.29		200 Fly		2:17.79	2:33.78	2:39.11
5:46.10	5:38.38	5:03.19		400 IM	*	4:46.99	5:20.30	5:31.78
2:01.80	1:58.40	1:46.09		200 F. R.	*	1:36.99	1:48.24	1:52.77
4:28.98	4:22.37	3:55.09	*	400 F. R.	*	3:33.09	3:57.82	4:06.91
9:55.41	9:40.79	8:40.39		800 F. R.		7:59.99	8:55.70	9:13.62
2:18.19	2:14.02	2:00.09		200 M. R.	*	1:51.99	2:04.98	2:10.52
5:01.94	4:52.51	4:22.09		400 M. R.	*	4:00.49	4:28.40	4:40.94

Conversions from 2008 NCAA rulebook

Great Lakes YMCA Zone Championship Meet Hotel List

The following hotels are sponsoring the Zone Meet. Please use these hotels to thank them for their support.

Rooms Blocked under YMCA Zone Swim Meet

Travelodge, 1550 W. Wooster St., BG, 419-352-5211 \$79.95 + tax/ free continental breakfast Newly Remodeled <5 minutes from the pool

Days Inn, BG – 419-352-1520 \$99 per night + tax, free continental breakfast Newly Remodeled <5 minutes from the pool

Victory Inn & Suites, BG - 419-352-2521 \$49.95 per night + tax <5 minutes from the pool

Candlewood Suites, Rossford - 419-872-6161 \$89 per night + tax 15 minutes from the pool

Country Inn & Suites, Perrysburg – 419-872-9900 \$89 per night + tax, free continental breakfast 15 minutes from the pool

Holiday Inn French Quarter, Perrysburg – 419-874-3111 \$105 per night + tax 15 minutes from the pool

Hilton Garden Inn, Perrysburg – 419-873-0700 \$99 per night + tax 15 minutes from the pool

Drury Inns and Suites, Findlay, OH – 419-422-9700 \$84 per night + tax 25 minutes from pool

To reserve online, go to www.druryhotels.com, click on Book it Fast, then enter group number <u>2073956.</u> Please call 1-800-325-0720 to make your individual group reservations. Please specify the Hotel location (FINDLAY, OH) and reference your Group Name (YMCA ZONE SWIM MEET.)

Holiday Inn Express, BG – 419-353-5500 \$109 per night + tax, all rooms currently booked, free continental breakfast