



**2024 Great Lakes YMCA Zone Championship
March 15-17, 2024**

**2024 Great Lakes YMCA Zone
Championship Swim Meet**

MEET ANNOUNCEMENT

CAQ-2023-OH12203101
Approval: #LE 24058 SA

Date: March 15, 16,17, 2024
Location: C. T. Branin Natatorium, Canton OH
Entry Deadline: Mon, March 11, 2024, 8:00 PM
Hosted by: Powel Crosley Jr. YMCA & Blue Ash YMCA
Meet Director: Jon Saxton
Meet Referee: Hiroshi Tanaka
Website: www.glzyswim.net
Last update: 1/10/2024

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IMPORTANT REMINDERS

Safe Sport requirements for adults and 18 and over swimmers.

All athletes that are 18 years of age or older to complete the three part Athlete Protection Training through www.USAswimming.org.

All meet workers are asked to review the Safesport educational materials available at www.USAswimming.org.

- Coaches Certifications must be valid through the last day of the meet, March 17, 2024
- **March 11 – Entry Deadline 8:00 PM**
- March 12- Insurance Certificate is Due.
- March 12 – Entry Correction Deadline 10:00 PM
- March 13 – Meet Declaration Form is Due.

ABOUT THE CHAMPIONSHIP

This meet is a sanctioned, closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by the Lake Erie Swimming LSC of USA Swimming.

YMCA Sanction number: **CAQ-2024-**

USA-S/Lake Erie Approval number: **#LE 24058 SA**

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: The Championship Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Championship and USA-S Approved meet can be changed.

LOCATION AND FACILITY

Location: CT Branin Natatorium
1715 Harrison Ave NW
Canton, Ohio 44708
330-438-2738

C. T. Branin Natatorium. – C. T. Branin is configured as an 8 lane, 25 yard course. Water depth at start is 12 feet (minimum 5 feet required) and at turn end is 12 feet. Colorado electronic timing system will be used. It has been measured and certified in accordance with USAS section 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Multiple-lane continuous warm-up/warm-down lanes are available outside the competition area.



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CONTACT INFORMATION

Meet Director: Jon Saxton, 2024yzone@gmail.com
Meet Referee: Hiroshi Tanaka, hiroshi.kan.tanaka@gmail.com
Officials Coordinator: Hiroshi Tanaka, hiroshi.kan.tanaka@gmail.com
Volunteer Coordinator: Christy Burke, ac.burke.family@gmail.com
Safety Director: Stacey Tepe, stepe@cincinnatiymca.org
Entry Chair: Claudia Multer, claudia.multer@gmail.com
Entries through swimcloud.com
Coaches contacts: [Mike Leonard](#), [Jeff Stewart](#)

WEB SITE

Meet Information and updates can be found at: www.GLZYswim.net

Meet Mobile will publish Unofficial Results as the meet runs. Official Meet Results will be posted at the end of each session.

MEET TIMELINE

Meet Timeline: (See Appendix A – Order of Events & Schedule)

Warm-up & Start Times are approximate. A revised schedule of events will be posted on the website no later than 8:00 PM on the Wednesday before the meet. Weather Delays / Information will be announced as needed on the meet website.

Friday

Evening Session:

11-12, 13-14, 15 & Over, Senior

- 1:00 PM Coach Check-In Opens
- 1:30 PM Swimmer Check-In Opens, Pool Deck Opens
- 2:45 PM Warm-up begins.
- 4:00 PM Opening Ceremonies
- 4:10 PM Competition Starts
- 9:00 PM Approximate Finish

Saturday & Sunday

Morning Sessions

13-14, 15 & Over, Senior

- 6:45 AM Building Opens
- 7:15 AM Warm-up Begins
- 8:45 AM Opening Ceremonies
- 8:50 AM Competition Starts
- 12:30 PM Finish
- 12:35 PM Time Trials Start

Saturday & Sunday

Afternoon Sessions:

10 & under, 11-12

- 1:30 PM Warm-up Begins
- 2:30 PM Opening Ceremonies
- 2:40 PM Competition Starts
- 5:30 PM Approximate Finish



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ELIGIBILITY

ATHLETE ELIGIBILITY

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Athletes: There is no unattached status in YMCA Swimming.

Age: Swimmers' ages will be determined by their age on **December 1, 2023**. Swimmers over 21 years of age are ineligible to compete in this meet.

YMCA Meet Participation: In order to be eligible to compete, each athlete must have competed in a minimum of 3 closed YMCA inter-association meets since **September 1, 2023**.

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of **January 1, 2023 and the entry deadline**.

Athletes with a Disability: Swimmers with a disability are welcome to attend this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

Technical Suit Ban:

Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.

- For this meet, tech suits are only allowed in the 13-14 or older age groups. An 11-12 age group swimmer competing in a Senior event cannot wear a tech suit if they are 12 years old or younger as of March 13, 2024.

A Technical Suit is one that has the following components:

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.



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COACH ELIGIBILITY

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential:

- BLS (Professional Rescuer CPR)
- First Aid
- Safety Training for Swim Coaches
- Child/Athlete Protection Training
- Principles of YMCA Competitive Swimming and Diving
- Concussion
- Sudden Cardiac Arrest

A list of the acceptable certifications can be found in the Swimming Addendum to the Rules that Govern Competitive Sport.

Return to Play: Ohio's Return to Play Law (ORC 3313.539 and ORC 3314.03) requires that coaches and referees either (1) complete a free online training once every three (3) years in recognizing the symptoms of concussion or (2) hold a pupil-activity program permit from the Ohio State Board of Education. Free online concussion training is offered through the National Federation of State High School Association and Centers of Disease Control. Training links can be found at www.swimohio.com under Safe Sport>Concussion.

Lifeguards - There will be the required number of certified lifeguard(s) on duty at all times at this meet per Ohio Administrative Code 3701-31-04-E-4.

COACH REGISTRATION:

Each coach must have completed the annual YMCA on-line coach registration process prior to the entry deadline. Coaches who are not registered and approved will not be permitted on deck.

TEAM REGISTRATION:

Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee prior to the entry deadline.

INSURANCE:

Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet. In addition, each participating team must require its insurer to name as an Additional Insured on its liability insurance policy "YMCA of Greater Cincinnati, 1105 Elm Street, Cincinnati, OH". Insurance Certificates should be sent to Jon Saxton, 2024yzone@gmail.com.

TEAMS WITHOUT A COACH AT THE MEET:

All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.



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ENTRY INFORMATION

ENTRY DEADLINE:

The **ENTRY DEADLINE is Monday, March 11, 2024, 8:00 PM.**

If your team submits and online entry to the meet, but then decides to not attend the meet you must email 2024yzone@gmail.com to scratch your team and avoid owing entry fees.

Teams are responsible for paying their entry fees based on their last submitted entry, even if they do not participate in the meet, unless the team is properly scratched.

ENTRY LIMITS:

A swimmer may enter a maximum of three (3) individual events (age group & senior) and one (1) age group relay event each day. **Daily event limits do not include time trials.** There is NO limit on Senior Relay entries. There is no limit on the number of entries a team may have in each event provided the time standard has been met. Entries in excess of the limit will be deleted in event number order. The oversubscribed events will be deleted. Coaches will be notified before the correction deadline. Deck Entries will not be accepted at this meet.

QUALIFICATION PERIOD:

The qualification period is **January 1, 2023** through the entry deadline.

USA-S IDs:

USA-S registered athletes should have an ID number in the Meet Entry File if they want their times loaded in the USA Swimming database.

TIME STANDARDS:

Swimmers/Relays must have equaled or bettered the minimum time standard. See Appendix B.

BONUS EVENTS:

Swimmers entered in only one individual event or in only one relay event per day, may enter one bonus event for the same day. This is for Saturday and Sunday's events only. Swimmers may enter a maximum of two Bonus events, one Saturday and one Sunday.

This entry must be marked as a "Bonus" entry in your entry software to be considered for this meet. Otherwise, it will be excluded for not meeting the qualification times.

TIMES:

No Times (NT) are not allowed. Submit entry times in their Actual time (no conversion) in SCY, SCM, or LCM. Entered times must be the swimmer's BEST time achieved during the qualifying period.



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ENTRY FEES:

Individual Events:

\$6 per Individual Event

Relay Events:

\$24 per Relay

Swimmer Surcharge:

\$10 per Swimmer (\$3.00 to Zone Committee, \$7.00 towards facility fees)

ENTRY PROCEDURE:

All entries and entry fees must be submitted through [SwimCloud](#).

You must set up an account in advance, so prepare ahead of time.

A team summary is sent immediately after entries are submitted- this is your confirmation. Mistakes can be corrected by immediately (before the entry deadline) by submitting a corrected entry through the entry platform.

PAYMENT:

All Payments will be paid with a credit card at the time entries are submitted through [Swimcloud](#).

ENTRY 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.

SENIOR EVENTS:

A Swimmer who is 12 by April 2, 2024 and has the qualifying time for a senior event can enter that senior event. The senior events are 200 Back, 200 Breast, 200 Fly, & 400 IM.

Swimmers permitted to swim the Senior 50 events (50 Fly, 50 Back, 50 Breast) must be 13 or over on Dec. 1, 2023

Senior Events will be scored and awarded.

SWIM-UPS:

Swimmers may swim up one age group for relay swims, if the qualifying time is achieved, with that swimmer's time.



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OVER-SUBSCRIPTION:

Teams who submit entries that violate the above entry limits will see this mistake in their confirmation email after submitting entries. Coaches do not get to enter extra events and scratch swimmers from their least desirable events. Teams who submit entries that violate the above entry limits will be notified that they must make changes. The team has until 5 PM on Wednesday, March 13, 2024 to make changes. If the matter is not addressed, then the swimmer is automatically dropped from the offending event.

VOLUNTEERS/OFFICIALS/TIMERS

TIMERS:

All teams will be assigned worker positions according to last year's entries. Each team must fulfill their assigned worker positions to participate in the meet. Check the website for worker assignments. Assignments will be posted before February 15, 2024.

Names of volunteers must be submitted via the google form (which will be linked to the YMCA Great Lakes Zones Team Unify page). All names for a team should be submitted together by one individual. The form should be submitted no later than March 3, 2024.

Volunteers should enter through the volunteer door and check-in upon arrival at the meet. TIMERS will receive free entry for the sessions in which they are registered. They cannot split their sessions with other volunteers. Under no circumstances may a parent volunteer bring a non-competing child on deck or into any athlete area. All children not competing must remain in the spectator area with another adult. Volunteers should not use the youth designated locker rooms.

Additional individuals interested in volunteering in excess of a team's requirements may be welcome. A separate google form will be available for those individuals to complete prior to March 3, 2024.

The penalty for not fulfilling a worker's 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 2024yzone@gmail.com who will attempt to adjust the assignments as necessary.



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OFFICIALS:

All YMCA and/or USA Swimming Certified Officials willing to volunteer shall fill out and submit the 2024 Great Lakes YMCA Zone Championship Application to Officiate at <https://onl.la/2YEiJGP>. The link to "Application" will also be available on the Great Lakes YMCA Zone Championship Meet website (www.glzyswim.net) on February 1, 2024.

We would appreciate it if you could stay for an additional session if you are able.

Official's uniform will be short sleeve solid white collared polo/golf shirt over navy blue shorts/long pants (men or women), Capri pants or modest length skirts (women) for all sessions. White tennis shoes/sneakers are preferred footwear on deck for comfort and safety for all sessions.

Please contact Hiroshi Tanaka, Meet Referee, for any questions. (hiroshi.kan.tanaka@gmail.com). Officials Meeting times and locations will be available on the Meet website early March.

CHECK-IN PROCEDURE

MEET CHECK-IN:

Coaches must check in before swimmers are allowed on deck.

COACHES:

Coaches will need the following items at Team check-in.

- Check for Entry Fees (if you have not paid online)
- Proof of certifications (if not on the Certified Coaches List)
- Signed Declaration form (If you have not emailed it earlier)

Coaches will check-in at the table in the lobby and receive their team packet with bag tags and lanyards for their swimmers. Coaches are responsible for distributing their bag tags to their team. Coach Deck Passes will be issued to individual coaches.

Swimmers should have their bag tag to access the pool deck, unless when getting the pass from their coach.

Positive check-in, heat sheets and relay change forms will be available on deck at the start of each session at the scorer's table.

EVENT CHECK-IN:

There will be positive check-in for the 500 Free, 1000 Free, 1650 Free and 800 Free Relay events (Relays are checked in through the relay sheets). **The check in sheets will be at the scorer's table and check in is required by 30 minutes before the start of the session.**

Swimmers who do not check-in and then show up for the event will be allowed to swim only if space is available. New heats will not be created after the positive check-in time has passed.



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RELAY CHECK-IN PROCEDURE:

Relay forms will be in the coach's packets. Please check for accuracy, make changes to that form and turn into the scorer's table before the start of the sessions with a coach's signature on the form. All forms need to be turned in with a signature even if changes are not being made.

COACHES MEETING/SCRATCH MEETING:

There will not be a coaches meeting unless necessary. Please read the pre-meet information before arriving at the meet for specific details about the meet.

OFFICIALS AND TIMERS MEETING:

Officials and Timers meetings will be scheduled before the start of each session. Details will be announced before the meet on the website.

SWIMMER'S CHECK-IN PROCEDURE:

Swimmers will receive their deck pass from their coach. Coaches should plan to distribute these to swimmers.

OFFICIALS AND TIMERS:

Officials and Timers should check-in at the volunteer table in the lobby.

Officials will meet 45 minutes prior to the start of each session.

Timers will meet 20 minutes prior to the start of the session.



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CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE:

The Meet Committee will consist of the Meet Director, Meet Referee, and Present Members of the Zone Committee.

RULES:

The meet will run under Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA Competitive Sports, and USA Swimming Technical Rules.

MEET FORMAT:

The meet will be swum using a Timed Finals format. A swimmer's age will be determined as of December 1, 2023.

All heats of the 500 Free will swim together but will be scored and awarded separately.

EVENT SEEDING:

Events will be pre-seeded, except the 500/1000/1650 Free and 800 Free Relay, which will be positive check-in and deck seeded. Should a swimmer need special consideration in seeding, please send a note to the meet hosts separate from your entry file. Seeding order is Short Course Yards (Y), then Long Course Meters (L) then Short Course Meters (S). Events will be seeded Slowest to Fastest except the 500/1000/1650 Freestyle and 800 Free Relay events which will be seeded Fastest to Slowest.

SCRATCH PROCEDURES:

An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.

DECLARED FALSE START:

An athlete may also withdraw from a heat by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

NO SHOW:

There will not be a penalty for an athlete who is seeded in an event and fails to compete (i.e., a "no show"). That event still counts toward the athlete's total number of events for the meet.



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TIME TRIALS:

Time Trials will be offered 15 minutes after each MORNING session on Saturday and Sunday as time permits. Eligible swimmers must be 12 on the first day of 2024 YMCA Nationals and a 2024 YMCA Zone Meet participant to enter time trials. The fee will be \$25.00 per individual event and \$50.00 per relay. Swimmers must be attempting to achieve a YMCA National qualifying time. Swims in Time Trials do not count towards the daily 3 Individual Events limit but only 1 Time Trial event is allowed per swimmer per day.

Swimmers must supply 2 timers for time trials.

WARM-UP SAFETY PROCEDURES:

Each team's coach will be responsible for maintaining a safe warm-up for their swimmers. An approved coach must be on deck and observing their swimmers at all times while their swimmers are in the water.

Teams will be assigned lanes for warm-ups. Teams will need to share lane space and work cooperatively in reflection of the YMCA values and sportsmanship.

During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

STARTS:

'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke) should remain in the water at the completion of their race until the next heat has begun.

SWIM-OFFS:

Swim offs will not be conducted at this meet.

SWIMS (USA-S):

This meet will be approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry.

RESULTS: Any results displayed on the scoreboard and on Meet Mobile are unofficial until final results are published. Official Meet Results will be posted on the meet website following each session.



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PROTEST PROCEDURE: Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. Any protest must be in writing. The Championship committee will arbitrate protests, eligibility issues, safety rules and other issues.

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final (USA-S Rule 102.23).

CONDUCT AND RESTRICTIONS:

- To provide a safe and fun swimming environment for athletes, coaches, volunteers, and spectators, your 2024 Great Lakes YMCA Swimming Championship hosts have embraced Safe Sport. The February 14, 2018 passing of Public Law 115-126 Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017 identifies additional policies & procedures that will allow us to continue to strengthen our ability to protect our athletes from all forms of abuse. We thank you in advance for familiarizing your team athletes, coaches and volunteers with the following policies & procedures:
- Deck access is limited to only pre-registered and approved coaches, swimmers, and volunteer meet workers.
- Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Glass and Chairs are not permitted on the deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms, or behind the blocks.
- Photographs are not allowed to be taken behind the block during competition.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Shaving is not permitted in any area of the facility.
- Locker Rooms are only available to use as a restroom.
- Adults should not use the designated Athlete Restrooms.
- Rubdowns and massages are not allowed except by a Licensed Massage Therapist or other certified professional who is not a coach. Inappropriate touching between an athlete and an adult is prohibited. Massage Tables are not permitted in the building.
- Swimmers are not allowed to sit on the laps of any coach or other non-athlete member that is not part of their family (parents/siblings).



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GOOD SPORTSMANSHIP:

Good sportsmanship is expected at all times. Bullying or taunting is prohibited at all times. Bullying is defined as any severe word, act or gesture directed at someone that a reasonable person believes has the effect of causing harm, the fear of harm or a hostile environment. Disorderly conduct will not be tolerated. Vandalism of any nature will be just cause for team disqualification. A designated person shall be responsible for the supervision and conduct of their team members and to safely maintain their team areas until the end of each session.

The Meet Committee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate/unacceptable conduct/behavior.

AWARDS AND RECOGNITION

AWARDS:

Medals will be awarded to the first through eight places; ribbons will be awarded to the ninth through sixteenth places. There will be age group team awards (10 & under; 11 & 12; 13 & 14; 15 & over) for first place boys and first place girls. There will be awards for overall team scores, first through third.

Awards will not be mailed. Please pick them up at the end of the meet. Awards will be available until 30 minutes after the final session on Sunday. Do not leave until you have picked up your awards.

SCORING:

The Top-16 Places will be scored using the traditional 16 place scoring methods.

ATKINSON AWARD SCHOLARSHIP:

Please see the website for information and application for the Atkinson Award Scholarship.



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SPECTATORS

ADMISSION FEE:

Look for information on the website as the meet approaches. We will use an online ticketing system. Fees will be \$7 per person, per session.

HEAT SHEETS/PROGRAMS:

Heat sheets will be available for no charge through scan codes at the meet and internet links which will be made available.

CONCESSION STAND:

A concession stand will be available throughout the meet and will be located on the pool deck for swimmers and top of the spectators seating area for spectators.

MEET VENDORS:

Check the website for updates on our Official Meet Vendors.

Meet Apparel will be available throughout the meet. They will be set up in the vendor area on the second floor.

SEAT SAVING POLICY:

We expect the spectator seating will be very crowded, especially at the beginning of the afternoon sessions. Please do not save seats.

PARKING:

Parking will be available for free all weekend. Please park only in designated areas.

HANDICAP SEATING:

Swimmers and Spectators with special needs are encouraged to contact the meet director 30 days before the start of the meet if any special needs or accommodation are necessary. Email 2024yzone@gmail.com for special arrangements.

NATIONAL ANTHEM & DEVOTIONS:

If you are interested in offering a devotion or performing the National Anthem prior to the start of each session of the meet, please email 2024yzone@gmail.com.

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

PUBLIC POSTING OF NAMES:

By entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

PHOTOGRAPHY RELEASE:

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or OSI website or social media or in public broadcast of the



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event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

LIABILITY LIMITS:

- In granting of the USA-S/Lake Erie Swimming, Inc. approval, it is understood and agreed that USA Swimming and Lake Erie Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- In granting the YMCA Sanction it is understood and agreed that YMCA of the USA, and the YMCA of Greater Cincinnati shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

EMERGENCIES:

The facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

LIGHTNING POLICY:

This meet will follow the established guidelines set by the YMCA of the USA as best practice.

SEVERE WEATHER POLICY:

The meet may be delayed or postponed in the case of severe weather. Information will be posted on the meet website regarding any delays or cancellations.

DRONES:

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.



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APPENDIX A: ORDER OF EVENTS

Friday, March 15, 2024 Evening

101	Senior	400	IM	102
103	12 & under	200	IM	104
105	Senior	200	Backstroke	106
107	Senior	200	Breaststroke	108
109	11 -Over	500	Freestyle #	110
111	Senior	800	Freestyle Relay	112

Saturday, March 16, 2024 Morning

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

Saturday, March 16, 2024 Afternoon

251	11-12	200	Free Relay	252
253	10 & U	200	Free Relay	254
255	11-12	100	Backstroke	256
257	10 & U	100	Backstroke	258
259	11-12	100	IM	260
261	10 & U	100	IM	262
263	11-12	100	Freestyle	264
265	10 & U	100	Freestyle	266
267	11-12	50	Butterfly	268
269	10 & U	50	Butterfly	270
271	11-12	100	Breaststroke	272
273	10 & U	100	Breaststroke	274

Sunday, March 17, 2024 Morning

301	Senior	200	Free Relay	302
5 Minute Break				
303	13 - 14	200	Freestyle	304
305	15 & over	200	Freestyle	306
307	Senior	50	Butterfly	308
309	13 - 14	100	Breaststroke	310
311	15 & over	100	Breaststroke	312
313	13 -14	100	Backstroke	314
315	15 & over	100	Backstroke	316
317	Senior	200	Butterfly	318
319	13 - 14	50	Freestyle	320
321	15 & over	50	Freestyle	322
323	13 - 14	200	Medley Relay	324
325	Senior	200	Medley Relay	326
327	Senior	1650	Freestyle *	328

Sunday, March 17, 2024 Afternoon

351	11-12	200	Medley Relay	352
353	10 & U	200	Medley Relay	354
355	11-12	200	Freestyle	356
357	10 & U	200	Freestyle	358
359	11-12	50	Breaststroke	360
361	10 & U	50	Breaststroke	362
363	11-12	50	Freestyle	364
365	10 & U	50	Freestyle	366
367	11-12	100	Butterfly	368
369	10 & U	100	Butterfly	370
371	11-12	50	Backstroke	372
373	10 & U	50	Backstroke	374

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

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



2024 Great Lakes YMCA Zone Championship March 15-17, 2024

APPENDIX B: QUALIFYING TIMES

[Click Here for the Qualifying Times](#)

Qualifying times are posted at the link above and at www.glzyswim.net.

2024 Great Lakes YMCA Zone Qualifying Times

Approved Nov. 16, 2023

* Changed from 2023 Qualifying Times

Girls			10 & Under	Boys		
50 Meter Course	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
:36.21	:35.50	:31.99	50 Free *	:31.79	:35.28	:35.98
1:22.06	1:20.46	1:12.49	100 Free *	1:11.29	1:19.13	1:20.71
3:01.92	2:58.36	2:40.69	200 Free *	2:38.69	2:56.14	2:59.66
:42.89	:42.05	:37.89	50 Back *	:38.79	:43.05	:43.91
1:34.29	1:32.45	1:23.29	100 Back *	1:24.09	1:33.33	1:35.19
:49.12	:48.16	:43.39	50 Breast *	:43.99	:48.82	:49.79
1:48.67	1:46.54	1:35.99	100 Breast *	1:37.99	1:48.76	1:50.93
:41.53	:40.72	:36.69	50 Fly *	:36.39	:40.39	:41.19
1:41.87	1:39.88	1:29.99	100 Fly *	1:30.49	1:40.44	1:42.44
1:33.61	1:31.78	1:22.69	100 IM *	1:22.99	1:32.11	1:33.95
3:25.92	3:21.89	3:01.89	200 IM *	3:01.29	3:21.23	3:25.25
2:53.55	2:50.15	2:33.29	200 M. R.	2:34.49	2:51.48	2:54.90
2:34.40	2:31.38	2:16.38	200 F. R.	2:17.09	2:32.16	2:35.20

Girls			11 - 12	Boys		
50 Meter Course	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
:32.25	:31.62	:28.49	50 Free *	:27.99	:31.06	:31.68
1:09.83	1:08.47	1:01.69	100 Free *	1:01.99	1:08.80	1:10.17
2:37.01	2:33.94	2:18.69	200 Free *	2:13.99	2:28.72	2:31.69
5:27.98	5:21.55	6:07.49	500 Free *	5:59.99	5:14.99	5:21.28
:37.00	:36.28	:32.69	50 Back *	:33.39	:37.06	:37.80
1:21.38	1:19.79	1:11.89	100 Back *	1:12.59	1:20.57	1:22.18
:42.10	:41.28	:37.19	50 Breast *	:37.19	:41.28	:42.10
1:33.72	1:31.89	1:22.79	100 Breast *	1:21.99	1:31.00	1:32.82
:35.42	:34.73	:31.29	50 Fly *	:31.29	:34.73	:35.42
1:22.63	1:21.01	1:12.99	100 Fly *	1:12.99	1:21.01	1:22.63
1:21.04	1:19.46	1:11.59	100 IM *	1:11.29	1:19.13	1:20.71
2:59.88	2:56.36	2:38.89	200 IM *	2:33.09	2:49.92	2:53.31
2:27.73	2:24.84	2:10.49	200 M. R. *	2:13.99	2:28.72	2:31.69
2:11.88	2:09.30	1:56.49	200 F. R.	1:56.29	2:09.08	2:11.66

Girls			13 - 14	Boys		
50 Meter Course	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
:30.10	:29.51	:26.59	50 Free *	:24.19	:26.85	:27.38
1:05.53	1:04.25	:57.89	100 Free *	:53.89	:59.81	1:01.00
2:22.18	2:19.40	2:05.59	200 Free *	1:58.09	2:11.07	2:13.69
5:02.54	4:56.61	5:38.99	500 Free *	5:18.49	4:38.67	4:44.24
1:14.03	1:12.58	1:05.39	100 Back *	1:00.69	1:07.36	1:08.70
1:26.37	1:24.68	1:16.29	100 Breast *	1:10.29	1:18.02	1:19.58
1:13.80	1:12.36	1:05.19	100 Fly *	1:00.29	1:06.92	1:08.25
2:42.34	2:39.16	2:23.39	200 IM *	2:13.79	2:28.50	2:31.47
2:20.26	2:17.51	2:03.89	200 M. R. *	1:57.09	2:09.96	2:12.55
2:03.16	2:00.75	1:48.79	200 F. R.	1:43.79	1:55.20	1:57.50

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2024 Great Lakes YMCA Zone Championship

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2024 Great Lakes YMCA Zone Qualifying Times

Approved Nov. 16, 2023

* Changed from 2023 Qualifying Times

Girls				Boys		
50 Meter Course	25 Meter Course	25 Yard Course	15 & Over	25 Yard Course	25 Meter Course	50 Meter Course
:28.74	:28.18	:25.39	* 50 Free	* :22.69	:25.18	:25.68
1:02.59	1:01.37	:55.29	* 100 Free	* :49.29	:54.71	:55.80
2:17.21	2:14.52	2:01.19	* 200 Free	1:48.99	2:00.97	2:03.38
4:58.44	4:52.59	5:34.39	500 Free	5:06.59	4:28.26	4:33.62
1:09.72	1:08.36	1:01.59	* 100 Back	* :55.99	1:02.14	1:03.38
1:21.04	1:19.46	1:11.59	* 100 Breast	* 1:03.09	1:10.02	1:11.42
1:10.74	1:09.36	1:02.49	* 100 Fly	* :55.09	1:01.14	1:02.36
2:38.48	2:35.38	2:19.99	* 200 IM	* 2:04.99	2:18.73	2:21.50

Girls			Boys			
50 Meter Course	25 Meter Course	25 Yard Course	Senior	25 Yard Course	25 Meter Course	50 Meter Course
10:24.73	10:12.49	11:39.99	1000 Free	10:54.29	9:32.50	9:43.95
19:39.64	19:16.51	19:19.99	* 1650 Free	* 18:29.99	18:26.66	18:48.79
:34.29	:33.62	:30.29	* 50 Back	* :26.99	:29.95	:30.54
2:35.88	2:32.83	2:17.69	* 200 Back	2:07.99	2:22.06	2:24.90
:38.25	:37.50	:33.79	50 Breast	:30.19	:33.51	:34.18
2:57.17	2:53.70	2:36.49	200 Breast	2:20.99	2:36.49	2:39.61
:33.04	:32.40	:29.19	* 50 Fly	* :25.59	:28.40	:28.96
2:44.38	2:41.16	2:25.19	* 200 Fly	* 2:14.59	2:29.39	2:32.37
5:44.16	5:37.42	5:03.99	400 IM	4:38.79	5:09.45	5:15.63
1:58.52	1:56.20	1:44.69	200 F. R.	1:34.49	1:44.88	1:46.97
4:19.71	4:14.62	3:49.39	400 F. R.	3:30.39	3:53.53	3:58.20
9:35.93	9:24.64	8:28.69	800 F. R.	7:58.99	8:51.67	9:02.30
2:11.77	2:09.19	1:56.39	200 M. R.	1:47.09	1:58.86	2:01.23
4:45.97	4:40.37	4:12.59	400 M. R.	3:53.39	4:19.06	4:24.24

Qualifying Period for the 2024 Zone Meet is January 1, 2023 through the entry deadline.

Conversions from Hy-tek

- 1.11 SC Meters to/from Yards
- 2% SC Meters to/from LC Meters
- 0.875 400/500 and 800/1000 Meters to Yards
- 0.997 1500 Meters to/from 1650 Yards

Swimmers entered in only one individual event or in only one relay event per day, may enter one bonus event for the same day. This is for Saturday and Sunday's events only. These swimmers may enter a maximum of two Bonus events, one Saturday and one Sunday.

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2024 Great Lakes YMCA Zone Championship March 15-17, 2024

APPENDIX C: YMCA SANCTIONED MEET DECLARATION FORM

(Return signed form to the meet director)

Participating YMCA: [YMCA_NAME]

YMCA Address: [YMCA_ADDRESS]

Meet Name: 2024 Great Lakes Zone YMCA Swimming Championship

Meet Date(s): March 15 to March 17, 2024

Meet Host: Powel Crosley Jr. YMCA and Blue Ash YMCA

Meet Location: C. T. Branin Natatorium, Canton, Ohio

We the undersigned attest to the following:

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

- All swimmers aged 18 and older have completed Child/Athlete Protection Training within the past 12 months.

COACHES - All coaches representing the YMCA above have completed the annual YMCA coach registration and hold current certifications in:

- BLS (Professional Rescuer CPR)
- Child/Athlete Protection Training
- Concussion
- First Aid
- Lindsay’s Law
- Principles of YMCA Competitive Swimming and Diving
- Safety Training for Swim Coaches

INSURANCE - Our Association has insurance coverage for representative(s) including participants, coaches, volunteers and leadership who will be in attendance at the 2024 Great Lakes Zone YMCA Swimming Championship for the entire period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our participants, coaches, volunteers and leadership during their participation in the 2024 Great Lakes Zone YMCA Swimming Championship.

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, Greater Cincinnati YMCA, Powel Crosley Jr. YMCA, Blue Ash YMCA. their agents, representatives or assigns, and the C. T. Branin Natatorium for any and all injuries which may be suffered by participants at the 2024 Great Lakes Zone YMCA Swimming Championship. Furthermore, we understand that the YMCA of the USA, YMCA of Greater Cincinnati, Powel Crosley Jr. YMCA, and Blue Ash YMCA 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.

Printed Name and Signature of Head Coach

Printed Name and Signature of YMCA CEO or Executive Director



2024 Great Lakes YMCA Zone Championship March 15-17, 2024

APPENDIX D: SAFE SPORT TRAINING FOR 18 & OVER ATHLETES

Safe Sport training, for athletes, 18 or older, must be completed. Please be sure your swimmers complete this training.

Below are the specific steps for 18 years of age or older athletes to access the Athlete Protection Training. You will need to create a USA Swimming Account first, as noted below: Go to <https://www.usaswimming.org/learn>.

Sign in by using your first name, last name, and date of birth. Signing in with this information automatically connects you to your USA Swimming account and will allow all of your training to be tracked.

Your name and YMCA should pop up. If it does not, try typing in another name you go by.

1. Click "Continue"
2. Once you hit continue, you will be taken to your main page.
3. Scroll down until you see the "Athlete Protection Training" section.
4. If you are under 18 you will need to check the box that says you have parental consent to take the course.
5. Hit "Start"
6. If you have not made a USA Swimming Account, you will need to do so by entering your email, your LSC (Lake Erie Swimming) and your club (YMCA).
7. After creating an account, go back to the "Athlete Protection Training" section and hit "Start."
8. After hitting start, it will say you do not have any courses. Hit the "Courses" button.
9. Scroll down to "Safe Sport for Athletes" and hit "Add to Cart." This is a free course so it will not cost your parents anything.
10. Enter in all of your information. Again, this is a FREE course. You will not need to pay for anything.
11. After you enter in all your information, you are able to begin the course. You are able to take the course over multiple days and the website should save your progress.
12. After you complete the training take a picture or screenshot of your certificate and email it to your Coach.

Please direct any Safe Sport questions/concerns to the Meet Director or Meet Referee.

THANK YOU for helping us create a SAFE YMCA Zone Championship for ALL.



2024 Great Lakes YMCA Zone Championship March 15-17, 2024

APPENDIX E: COACH ONLINE TRAINING LINKS

Certifications must be valid through the last day of the meet (March 17, 2024)

[Principles of Swimming and Diving](#)

[Safesport Training](#) from USA Swimming

[Safety Training for Swim Coaches Online Version](#)

Note, this must be paired with a Lifeguard Certification, or You must also complete the in water skills for the full certification.

[Concussion Training](#) [Cardiac Arrest Training](#)