

2019 YMCA Pennsylvania Central District Championship

MEET ANNOUNCEMENT

About the Championship

Date: March 8-10, 2019

Location: Graham Aquatic Center

Entry Deadline: March 4, 2019

Hosted by: YMCA of York and York County

Meet Director: Heather Uhlin htuhlin@gmail.com

Web Site: www.swimyorky.org

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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 Middle Atlantic of USA Swimming.

YMCA Sanction number: xxxxxxxx.

USA-S/MA Approval number MA 1934AP.

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.

MEET TIMELINE: Warm-up and start times for all sessions are subject to change depending on the size of the meet

SESSION	WARM-UP TIMES	MEET STARTS
Friday PM Distance	5:00pm	6:30pm
Saturday AM, 13-14	7:30am	9:00am
Saturday PM, 15&Over	12:30pm	2:00pm
Sunday AM, 10&Under	730am	9:00am
Sunday PM, 11-12	12:30pm	2:00pm

INCLEMENT WEATHER / CANCELATION: A meet jury will convene to decide a course of action.

LOCATION AND FACILITY

Location: Graham Aquatic Center
543 N. Newberry St.
York, PA 17404

Emergency Phone Number: 717-676-1335

The Graham Aquatic Center is configured as a 8 lane, 25 yard course. Water depth at start is 6 feet (minimum 5 feet required) and at turn end is 5 feet. Daktronic



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electronic timing system will be used. The competition course **has not** been certified in accordance with 104.2.2C (4).

There is an additional 6 lane 25 yard pool available for continuous warm up/warm downs with 5feet water depth at both ends.

Permanent bleacher seating for 750+.

Concession area with promenade overlooking competitive pool; with free Wi-Fi. Free parking is available; capacity 550.

WEB SITE

Meet Information can be found at: www.swimYorky.org

Online Meet Results: Meet mobile will be available using the name of the meet. Real time results will be posted at www.swimYorky.org/realtime.

CONTACT INFORMATION

Meet Director: Heather Uhlin- htuhlin@gmail.com

Entry Chairperson: Heather Uhlin- htuhlin@gmail.com

Meet Referee: Eric Harnish - eharnish1@comcast.net

Administrative Official: Nikki Hunt – nlh4672@aol.com

Officials Coordinator: Ed Speed – speedo1328@gmail.com

Safety Director: Heather Uhlin - htuhlin@gmail.com

NOTICES – PARKING IS AVAILABLE IN LOWER LOT, AND ON STREET. HANDICAP ONLY, IS AVAILABLE IN DROP OFF ZONE. CHURCH LOT IS NOT AVAILABLE FOR MEET PARKING ON SUNDAY.

ELIGIBILITY

ATHLETE

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



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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: An athlete must not be older than twenty-one (21) years of age on the first day 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, 2018**.

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of **September 1, 2018 through March 4, 2019**.

Athletes with a Disability: Swimmers with a disability are welcome to enter 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.

COACH

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered and approved will not be permitted on deck.

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



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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.

TEAM

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.

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.

ENTRY INFORMATION

ENTRY LIMITS: Swimmers are restricted to a maximum of 4 events (max 3 individual events). Friday night's events count towards the total.

Relays will be limited to one (1) relay team per association per event.

Time Trials count towards the daily limit and will be swam at the Meet Director's discretion.

QUALIFICATION PERIOD: The qualification period is **September 1, 2018** through the March 4, 2019.

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File.

TIME STANDARDS: Swimmers/Relays must have equaled or bettered the minimum time standard: Appendix 1.

TIMES: No Times (NT) are not allowed. Submit entry times in Actual time (no conversion). Entered times must be the swimmer's BEST time achieved during the qualifying period.

ENTRY FEES: \$6.00 per individual event, \$24.00 per relay. There will be a \$5.00 surcharge per athlete. Time Trials are \$12.00/individual event and \$24.00/relay.

OTHER: Vendors will be on-site, selling meet t-shirts and swimming equipment. To ensure your swimmers have an opportunity to purchase a commemorative T-Shirt, please use the Pre-order form in this packet. The T-Shirt graphic will be posted on the York Y Aquatics' web site: www.swimyorky.org.



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ENTRY DEADLINE: March 4, 2019 at 5:00pm

ENTRY PROCEDURE: Electronic entries shall be submitted using Hy-Tek (or Team Unify) software. Electronic entries shall be emailed to htuhlin@gmail.com. Payment and meet summary sheets should be mailed to:

Heather Uhlin
1227 E Newport Rd
Lititz, PA 17543

Checks made payable to The York YMCA Aquatic Club

VOLUNTEERS / OFFICIALS / TIMERS

OFFICIALS AND TIMERS: Each team is responsible for providing at least two (2) timers per session. Each team will also be required to provide at least one (1) seeding volunteer with a maximum of two (2) for the 10 & under sessions. Additional volunteers are also welcome. All volunteers will receive free admission and a wrist band at the admission table. Volunteer lists should be emailed to Kendra Hilty at kjhilty42@verizon.net.

SIGN-UP PROCEDURE: Check-in for all volunteers will be at the front desk.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Coaches and volunteers will check in at the front desk. Wrist bands will be issued to everyone who will have deck access. No one, without approval to be on deck, will be allowed to enter the pool deck.

EVENT CHECK-IN: Friday Evening distance events will be positive check-in events. There will be a scratch table on the start end of the pool behind block #1. The event will not be seeded until 15 minutes after the start of warm-ups.

COACHES MEETING / SCRATCH MEETING: There will be a short scratch meeting 1 hour and 15 minutes before the start of each session.

OFFICIALS AND TIMERS MEETING: Officials will meet 1 hour before the meet start time. Timers will meet 45 minutes prior to start time.



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CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, Regional Rep, if attending, League Rep, if appropriate.

RULES: The meet will run under Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA Competitive Sports, USA-S Technical Rules.

MEET FORMAT: The meet will be swum using a Timed finals format. Swimmer's age will be determined as of December 1, 2018.

EVENT SEEDING: Events will be seeded Slowest to Fastest, except for the following events: Distance events on Friday evening will swim Fastest to Slowest and will alternate between boys and girls. Swimmers for Friday's events will need to provide their own timers and/or counters. The Meet Referee/Administrative Official reserve the right to combine heats.

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 or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off 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: An athlete who is seeded in an event and fails to compete (i.e., a "no show") will be allowed to swim in further individual or relay events with no penalty. A no-show will be counted in the maximum number of events allowed for each athlete.

WARM-UP SAFETY PROCEDURES: Teams will not be assigned lanes for warm-ups. No team has exclusive rights to any pool lanes during warm up period, during or before the start of the meet. 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



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on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

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

SWIM-OFFS: In the event a swim-off is necessary, the meet referee will set a time for the swim-off which will not be any later than 45 minutes after the last heat of any event in which any of the swimmers in the swim-off is competing. (USA Swimming Rule 102.5.2)

SWIMS (USA-S): This meet has been 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 are unofficial until final results are published. Results will be posted on hallway to the right of main entrance.

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

- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- Deck Changes are prohibited
- Glass, Food, and Chairs are not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the block during competition.



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- Operation of a drone, or any 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. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.
- 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.
- Swimmers are not permitted in the spectator stands
- Shaving is not permitted in any areas of the facility.
- **ANY SWIMMER OBSERVED SWIMMING UNDER THE BULKHEAD BY AN OFFICIAL OR SAFETY MONITOR AT THE MEET WILL BE DISQUALIFIED FROM THAT SWIMMER'S NEXT INDIVIDUAL EVENT, OR FROM THE REMAINDER OF THE MEET, AS DETERMINED BY THE MEET REFEREE. THIS POLICY WILL BE STRICTLY ENFORCED.**
- **NO SPECTATORS WILL BE ALLOWED ON THE POOL DECK AT ANY TIME.** Swimmers are not permitted to be in the spectator seating at any time. Swimmers and parents may meet in the café area of the building.

AWARDS AND RECOGNITION

SCORING: Scoring will be as follows:

Individual Events: 16-13-12-11-10-9-7-5-4-3-2-1

Relays: 32-26-24-22-20-18-14-10-8-6-4-2

AWARDS: For all events, medals will be awarded to the swimmers who finish in the top six (6) overall. Ribbons will be awarded for places 7 – 12.

Team trophies will be given to the winner and the second place men's' and women's' team in each age group only.

Separate team swimming banners shall be given to the first three place men's and women's teams according to overall cumulative point totals.

A first place banner shall be awarded to the team with the highest combined team score.

SPECTATORS

ADMISSION FEE: Admission will be \$5.00 per session per person per day. Children under 5 admitted free. Free admission to all volunteers. Friday distance session \$2.00.



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HEAT SHEETS/PROGRAMS: Session heat sheets will be available for \$5.00

SEAT SAVING POLICY: Spectators should be respectful of others. No seat saving will be allowed. When your swimmer has swum, please exit the bleachers and allow others to watch their swimmers.

HANDICAP SEATING: There is space available on the pool deck behind the rope line for wheel chairs and/or handicap seating.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races. At no time should photography or video be taken behind the blocks.
- No personal chairs are allowed in the spectator area
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Spectators are not permitted on deck
- No smoking, drugs, or alcohol are permitted in the swimming complex.

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. Appendix 3 must be signed by each association participating in the meet.

LIABILITY LIMITS:

- In granting of the USA-S/MA approval, it is understood and agreed that USA Swimming and Middle Atlantic 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 Sanctioning, it is understood and agreed that YMCA of the USA 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.



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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.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

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.

EVACUATION PROCEDURE: Evacuation procedure is on file for YMCA Personnel to execute. All exits have safety zones identified for grouping after exiting the building during an emergency. Announcements will be made during the meet informing spectators where to look for their safety zones when exiting the building due to an emergency.



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DIRECTIONS

Note: The following directions will lead you directly to the Graham Aquatic Center, which is where swimmers may be dropped off. However, parking for the facility is located on Parkway Boulevard. There will be additional parking available at Met-Ed, and along the streets. There is easy access to the facility from the parking area via a pedestrian path and bridge. The address of the facility is 543 North Newberry Street, York, PA 17404.

From northbound Interstate 83:

Take Interstate 83 north to PA Exit 21 B (US Route 30 West). At the end of the ramp, merge onto US Route 30. Proceed on Route 30 west to the first traffic signal at North George Street. Turn left onto George and proceed for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.

From southbound Interstate 83:

Take Interstate 83 south to PA Exit 22 (North George Street). At the end of the ramp, turn right onto George Street. ***NOTE:*** *Follow signs for Route 30. The first right towards the end of the ramp will be Lightner Road. Go past Lightner, and turn right at the traffic light onto George.* Proceed on George across US Route 30 and continue for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.



From eastbound US Route 30:

Follow US Route 30 east into the light cycle in York. After you pass several Apple car dealerships on the right, you will come to a traffic signal at Roosevelt Avenue. There will be a Denny's on the left corner. Turn right and follow Roosevelt approximately a half mile to Parkway Boulevard. Turn left onto Parkway and continue for about a half mile until you proceed through a traffic signal and pass Kiwanis Lake on the right. Immediately after you pass the lake, turn right onto North Newberry Street. The pool will be on the left; Kiwanis Lake will still be on the right.

From westbound US Route 30:

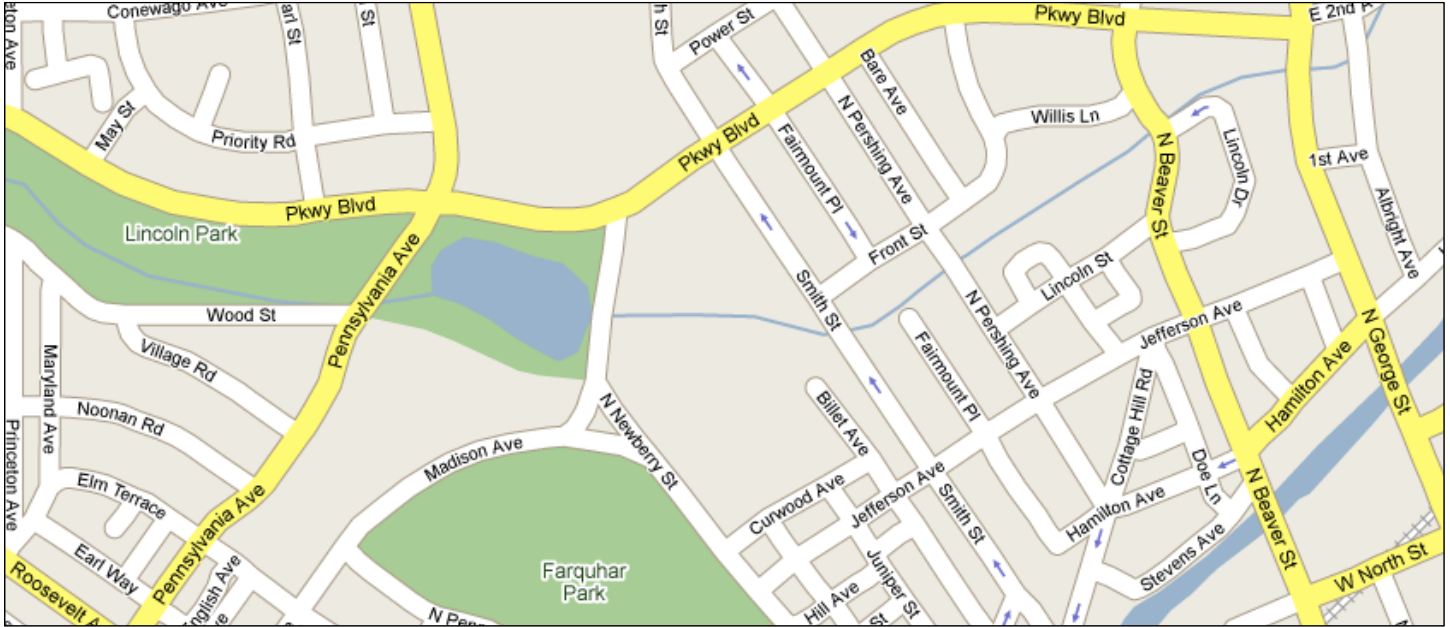
Follow US Route 30 west into the light cycle in York. The first traffic signal after you pass under Interstate 83 will be North George Street. Turn left onto George and continue for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.

From southbound PA Route 74:

Follow PA Route 74 south past US Route 30 and continue until you pass the York Fair on the right. At the first traffic signal immediately after the fairgrounds, turn left onto Madison Avenue. Proceed on Madison until it ends at North Newberry Street. Farquhar Park will be to the right of the intersection. Turn left onto Newberry. The pool will be on the right; Kiwanis Lake will be on the left.



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LODGING



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APPENDIX 1: ORDER OF EVENTS

Event List with Qualifying Times

SESSION #1

Friday, March 8, Jr/Sr Distance (13 and Over)

Maximum 4 events with no more than 3 individuals Distance events count towards the limit

Girls	Qualifying Time	Event Description	Qualifying Time	Boys
101	5:43.99	13-14 400 Yard Individual Medley	5:36.99	102
103	6:10.99	13-14 500 Yard Freestyle	5:51.99	104
105	5:33.99	15 & Over 400 Yard Individual Medley	5:14.99	106
107	5:55.99	15 & Over 500 Yard Freestyle	5:34.99	108

SESSION #2

Saturday Morning, March 9, (13-14)

Girls	Qualifying Time	Event Description	Qualifying Time	Boys
201	2:20.99	13-14 200 Yard Medley Relay	2:19.99	202
203	2:14.99	13-14 200 Yard Freestyle	2:12.99	204
205	0:28.49	13-14 50 Yard Freestyle	0:27.49	206
207	1:11.49	13-14 100 Yard Backstroke	1:11.99	208
209	1:21.49	13-14 100 Yard Breaststroke	1:18.49	210
211	2:42.99	13-14 200 Yard Butterfly	2:36.99	212
213	1:00.99	13-14 100 Yard Freestyle	0:59.99	214
215	2:34.49	13-14 200 Yard Backstroke	2:28.99	216
217	2:54.99	13-14 200 Yard Breaststroke	2:47.99	218
219	1:12.99	13-14 100 Yard Butterfly	1:12.99	220
221	2:37.99	13-14 200 Yard Individual Medley	2:39.99	222
223	2:06.49	13-14 200 Yard Freestyle Relay	2:02.99	224

SESSION #3

Saturday Afternoon, March 9, (15&Over)

*Swimmers up to 21 years old are allowed if they are not swimming college

Girls	Qualifying Time	Event Description	Qualifying Time	Boys
301	2:18.49	15 & Over 200 Yard Medley Relay	2:15.49	302
303	2:10.49	15 & Over 200 Yard Freestyle	1:59.99	304
305	0:27.99	15 & Over 50 Yard Freestyle	0:24.99	306
307	1:08.99	15 & Over 100 Yard Backstroke	1:04.99	308
309	1:19.49	15 & Over 100 Yard Breaststroke	1:11.49	310
311	2:32.99	15 & Over 200 Yard Butterfly	2:24.99	312
313	0:59.99	15 & Over 100 Yard Freestyle	0:53.99	314
315	2:30.99	15 & Over 200 Yard Backstroke	2:18.99	316
317	2:54.49	15 & Over 200 Yard Breaststroke	2:37.99	318
319	1:07.99	15 & Over 100 Yard Butterfly	1:01.99	320
321	2:31.99	15 & Over 200 Yard Individual Medley	2:18.99	322
323	4:19.99	15 & Over 400 Yard Freestyle Relay	3:59.99	324

SESSION #4

Sunday Morning, March 10, (10 & Under)

Girls	Qualifying Time	Event Description	Qualifying Time	Boys
401	2:44.99	10 & Under 200 Yard Medley Relay	2:49.99	402
403	2:43.99	10 & Under 200 Yard Freestyle	2:45.99	404
405	0:34.99	10 & Over 50 Yard Freestyle	0:35.99	406
407	0:40.99	10 & Under 50 Yard Backstroke	0:43.49	408
409	0:45.99	10 & Under 50 Yard Breaststroke	0:48.49	410
411	1:34.99	10 & Under 100 Yard Butterfly	1:34.99	412
413	1:18.99	10 & Under 100 Yard Freestyle	1:21.49	414
415	1:26.99	10 & Under 100 Yard Backstroke	1:29.99	416
417	1:37.99	10 & Under 100 Yard Breaststroke	1:39.99	418
419	0:40.49	10 & Under 50 Yard Butterfly	0:43.49	420
421	1:27.99	10 & Under 100 Yard Individual Medley	1:29.99	422
423	2:27.99	10 & Under 200 Yard Freestyle Relay	2:28.99	424



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SESSION #5
Sunday Afternoon, March 10, (11-12)

s	Qualifying Time	Event Description	Qualifying Time	Boys
501	2:25.99	11-12 200 Yard Medley Relay	2:31.99	502
503	2:25.49	11-12 200 Yard Freestyle	2:32.49	504
505	0:30.99	11-12 50 Yard Freestyle	0:31.99	506
507	0:36.49	11-12 50 Yard Backstroke	0:38.49	508
509	0:39.99	11-12 50 Yard Breaststroke	0:42.99	510
511	1:19.99	11-12 100 Yard Butterfly	1:18.99	512
513	1:07.49	11-12 100 Yard Freestyle	1:10.49	514
515	1:17.99	11-12 100 Yard Backstroke	1:17.99	516
517	1:24.99	11-12 100 Yard Breaststroke	1:27.99	518
519	0:34.49	11-12 50 Yard Butterfly	0:37.99	520
521	2:42.99	11-12 200 Yard Individual Medley	2:53.99	522
523	2:10.49	11-12 200 Yard Freestyle Relay	2:13.99	524



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APPENDIX 3: YMCA SANCTIONED MEET DECLARATION FORM

(Note: Return signed Declaration form to the meet director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: _____

Meet Date(s): _____

Meet Host: _____

Meet Location: _____

We the undersigned attest to the following:

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

COACHES - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the YMCA Central District Meet for the 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 coaches and swimmers during their participation in the YMCA Central District meet.

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, YMCA of York and York County, their agents, representatives or assigns, and the Graham Aquatic Center for any and all injuries which may be suffered by participants at the YMCA Central District Meet. Furthermore, we understand that the YMCA of the USA and the YMCA of York and York County 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

This is the last page of the Meet Announcement