

2019 PA YMCA EAST DISTRICT CHAMPIONSHIP MEET

MEET ANNOUNCEMENT

About the Championship

Date: MARCH 9 & 10, 2019

Location: GCIT 1360 Tanyard Road Sewell NJ 08080

Entry Deadline: MONDAY, MARCH 4th, 2019 (12:00 PM)

Hosted by: Upper Main Line YMCA

Meet Director: Eric Burns ericcburns@hotmail.com

Web Site: www.swimumly.com

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ABOUT THE CHAMPIONSHIP

This 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 USA-S/MA approved.

YMCA Sanction number: **CAQ-2018-PA11236228**

USA-S/MA Approval number: **MA 1920 AP**

In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

RESERVE THE RIGHT TO MAKE CHANGES: The Meet Referee and Meet Director 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. Changes will be communicated as far in advance as possible. None of the required elements of a sanctioned meet may be changed.

WEB SITE

Meet Information and results can be found at: www.swimumly.com

LOCATION AND FACILITY

Location: Gloucester County Institute of Technology (GCIT) 1360 Tanyard Road, Sewell NJ 08080

Emergency Phone Number: 856-468-1445 ext 2659

The GCIT Natatorium is configured as an 8 lane short course pool. Water depth at start is 10 ½ feet and at turn end is 10 feet. Colorado electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C (4)



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We will have 16 lanes available for warm-up before the meet starts and 8 lanes of warm-down throughout the meet.

Spectator seating for 450.

Deck seating for swimmers is for 1000. Teams will be assigned seating.

CONTACT INFORMATION

Meet Director: Eric Burns 203-521-0065 and ericcburns@hotmail.com

Entry Chairperson: Lou Petto lpetto@ymcagbw.org

Meet Referee: Andrew Goddard argodd1@gmail.com

Administrative Official: Shelly Hunt marymichelle1@gmail.com

Officials Coordinator: Andrew Goddard argodd1@gmail.com

MEET TIMELINE

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

SATURDAY, MARCH 9th:

13/14 8:00 AM Warm-up, 9:00 AM Start

15/overs & 13/14's Distance events 12:00 PM Warm-up, 12:45 PM Start

15/overs - 3:00 PM Warm-up, 4:00 PM Start

SUNDAY, MARCH 10th:

10/unders 9:00 AM Warm-up, 10:00 AM Start

11/12's 2:00 PM Warm-up, 3:00 PM Start

REMEMBER THAT DAYLIGHT SAVINGS BEGINS ON SUNDAY MARCH 10th!

DISTANCE EVENTS: All distance swimmers MUST provide their own timer as well as a counter for the 500 yard freestyle.



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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, and 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' age is as of December 1, 2018. Swimmers who are 21 and under and have not represented a post-high school institution in closed or open competition are eligible to participate.

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.

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters.

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



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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: Deck Credentials: Each coach must have completed the annual YMCA on-line team and coach registration process.

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.

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 may enter a total of four (4) events with a maximum of three (3) individual events.

Qualification Period: The qualification period is September 1, 2018 through the entry deadline.

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

TIME STANDARDS: Swimmers/Relay must have equaled or bettered the minimum time standard that is in Appendix 2.



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TIMES: No Times (NT) are not allowed. Submit entry times in Actual Time. Failure to submit the swimmer's BEST time in the event or to falsify a time may lead to disciplinary actions.

ENTRY FEES: \$5.00 swimmer surcharge. \$6.00 per individual event. \$24.00 per relay. \$10 for time trials (if time permits).

OTHER: T-shirts will be for sale in advance as well as on site. Spectator entry fees will be \$5.00 per person, regardless of age. The meet will be on Meet Mobile and programs are available for \$3.00 per session.

MEET MOBILE DISCLAIMER: Meet Mobile will be functional for this meet. All users should be aware that Meet Mobile publishes unverified raw data which cannot be relied upon until the official results have been published and posted.

ENTRY DEADLINE: Entries are due by 12:00 PM on MONDAY, MARCH 4th, 2019

ENTRY PAYMENTS: Checks payable to Upper Main Line YMCA STPC, C/O Eric Burns 1225 Sugartown Road Berwyn PA 19312. All payments must be received prior to the meet starting.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: Officials are needed. Teams will be contacted to sign up in advance. Timing assignments will be sent out the week of the meet based upon swimmers per team per session.

Officials should sign up at the Google Form located [here](#)

CHECK-IN PROCEDURE

COACHES MEETING/SCRATCH MEETING: Will take place 45 minutes prior to each session.

OFFICIALS MEETING: Will take place 60 minutes prior to each session.

TIMERS MEETING: Will take place 45 minutes prior to each session.



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DISTANCE EVENTS: All distance swimmers MUST provide their own timer as well as a counter for the 500 yard freestyle.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, Regional Rep (if attending), a Coach, and a Senior Swimmer if appropriate. This committee will arbitrate protests, eligibility issues, safety rule, and other issues except the swimming technical rules covered by the responsibilities of the Deck Referee

QUALIFYING FOR PA YMCA STATE CHAMPIONSHIP MEET:

Swimmers who have entered in a district meet shall be eligible for the State Championship on the following basis:

1. Individual Events: The six fastest swimmers from each District for each event shall be eligible for the similar event in the State Meet. In addition, the next 6 fastest swimmers from across the 3 districts shall also be eligible for events that will field four heats in the State meet.
2. Relays: The six fastest relay teams from each district shall be eligible for the similar event in the State Meet. In addition, the next 6 fastest relays from across the 3 districts shall be eligible for events that will field four heats in the State meet.
3. Top 6 qualifiers shall be announced at the District Meet. Coaches shall be alerted to the fact that their swimmers have qualified and subsequent replacements notified should swimmers decide against attending.
4. The "next six fastest swimmers & relays" list along with the alternate lists will be announced no later than Wednesday, March 13, 2019.
5. Swimmers shall compete in the events for which they have qualified in the State Meet.
6. Contestants shall declare NOT to intent to compete in the State Meet no later than 30 minutes AFTER the session they compete in.

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



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MEET FORMAT: The meet will be swum a Timed Finals format. Swimmers age will be determined as of December 1st, 2018. This also is applicable for relays. Swimmers can only swim relays that are in their age group.

EVENT SEEDING: Events will be seeded Slowest to Fastest.

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.

TIME TRIALS: There will be individual time trials following the session for individual events offered during the meet if time permits. Time trial entry fee is \$10 per event. A time trial does not count towards the maximum number of events allowed for each athlete.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups. 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.

READY BENCH: 11/12's and 10/unders will be using the ready bench system which will be located behind the blocks of the shallow end of the pool.



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STARTS: This Meet will be conducted using the No Recall false start rule. This Meet will also use the whistle command starting procedure. '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. Wedges will be available on the starting blocks for all age groups and all sessions.

RELAYS: Relays will be limited to 1 relay team per association per event.

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)

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 USA-S protest procedures (Rule 102.23) will be followed. 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.

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, locker rooms or behind the starting blocks.
- 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



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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: Medals awarded to the top 6 in each event. Ribbons awarded for 7-12.

RECOGNITIONS: New for this year- an awards ceremony for the top 12 in each event. In addition to this an awards ceremony will take place for the top 2 boys & girls teams at the conclusion of each ceremony.

SPECTATORS

ADMISSION FEE: \$5.00 per person per session regardless of age. Doors open 30 minutes before each warm-up session. There is no charge for the distance events on Saturday.

HEAT SHEETS/PROGRAMS: \$3.00 per session.

CONCESSION STAND: Will be available.

ATHLETE APPAREL: Fine Designs will be selling a variety of championship meet apparel during each session.

DISTANCE EVENTS: All distance swimmers MUST provide their own timer as well as a counter for the 500 yard freestyle. Swimmers must check in at the admissions table prior to entering the facility. There is no admission charge for distance swimmer spectators.

CONDUCT AND RESTRICTIONS:

- No Flash Photograph at the start of competition races due to electronic timing system being used.
- 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.



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- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Deck changes are prohibited
- 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 and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.
- 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 travel from their Association to the meet, during the entire period of the meet and return to their Association. 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 MA 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.

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



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DIRECTIONS

1360 Tanyard Road, Sewell, NJ 08080. Use this address for GPS devices.

LODGING

There are several hotels within a 10-20 minute radius of the GCIT facility.

PARKING

Please park in designated parking spots at the GCIT facility. GCIT will ticket vehicles that are not in designated parking spots.



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APPENDIX 1: ORDER OF EVENTS

Session 1: 13/14 Saturday, March 9th. 8:00 AM Warm-up. 9:00 AM Start.

Girls	Event	Boys
101	200 Medley relay	102
103	200 Free	104
105	50 Free	106
107	100 Back	108
109	100 Breast	110
111	200 Fly	112
113	100 Free	114
115	200 Back	116
117	200 Breast	118
119	100 Fly	120
121	200 IM	122
123	200 free Relay	124

Session 2: 13/14 & 15/over Distance. Saturday, March 9th. 12:00 PM Warm-Up. 12:45 PM Start

201	15/over 400 IM	202
203	15/over 500 Free	204

205	13/14 400 IM	206
207	13/14 500 Free	208



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Session 3: 15/over: SATURDAY, MARCH 9th. 3:00 PM Warm-Up. 4:00 PM Start.

301	200 Medley relay	302
303	200 Free	304
305	50 Free	306
307	100 Back	308
309	100 Breast	310
311	200 Fly	312
313	100 Free	314
315	200 Back	316
317	200 Breast	318
319	100 Fly	320
321	200 IM	322
323	400 free Relay	324

Session 4: 10/Under. Sunday, March 10th. 9:00 AM Warm-Up 10:00 AM Start

401	200 Medley Relay	402
403	200 Free	404
405	50 Free	406
407	50 Back	408
409	50 Breast	410
411	100 Fly	412
413	100 Free	414
415	100 Back	416
417	100 Breast	418
419	50 fly	420
421	100 IM	422
423	200 Free relay	424



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Session 5: 11/12. Sunday, March 10th. 2:00 PM Warm-Up. 3:00 PM Start

501	200 Medley Relay	502
503	200 Free	504
505	50 Free	506
507	50 Back	508
509	50 Breast	510
511	100 Fly	512
513	100 Free	514
515	100 Back	516
517	100 Breast	518
519	50 fly	520
521	200 IM	522
523	200 Free relay	524



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APPENDIX 2: QUALIFYING TIMES

15 & Over

	Girls	Boys
400 Yard Individual Medley	5:33.99	5:14.99
500 Yard Freestyle	5:55.99	5:34.99
200 Yard Medley Relay	2:18.49	2:15.49
200 Yard Freestyle	2:10.49	1:59.99
50 Yard Freestyle	27.99	24.99
100 Yard Backstroke	1:08.99	1:04.99
100 Yard Breaststroke	1:19.49	1:11.49
200 Yard Butterfly	2:32.99	2:24.99
100 Yard Freestyle	59.99	53.99
200 Yard Backstroke	2:30.99	2:18.99
200 Yard Breaststroke	2:54.99	2:37.99
100 Yard Butterfly	1:07.99	1:01.99
200 Yard Individual Medley	2:31.99	2:18.99
400 Yard Freestyle Relay	4:19.99	3:59.99

13-14

	Girls	Boys
400 Yard Individual Medley	5:43.99	5:36.99
500 Yard Freestyle	6:10.99	5:51.99
200 Yard Medley Relay	2:20.99	2:19.99
200 Yard Freestyle	2:14.99	2:12.99
50 Yard Freestyle	28.49	27.49
100 Yard Backstroke	1:11.49	1:11.99
100 Yard Breaststroke	1:21.49	1:18.49
200 Yard Butterfly	2:42.99	2:36.99
100 Yard Freestyle	1:00.99	59.99
200 Yard Backstroke	2:34.49	2:28.99
200 Yard Breaststroke	2:54.99	2:47.99
100 Yard Butterfly	1:12.99	1:12.99
200 Yard Individual Medley	2:37.99	2:39.99
200 Yard Freestyle Relay	2:06.49	2:02.99



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11-12

	Girls	Boys
200 Yard Medley Relay	2:25.99	2:31.99
200 Yard Freestyle	2:25.49	2:32.49
50 Yard Freestyle	30.99	31.99
50 Yard Backstroke	36.49	38.49
50 Yard Breaststroke	39.99	42.99
100 Yard Butterfly	1:19.99	1:18.99
100 Freestyle	1:07.49	1:10.49
100 Yard Backstroke	1:17.99	1:17.99
100 Yard Breaststroke	1:24.99	1:27.99
50 Yard Butterfly	34.49	37.99
200 Yard Individual Medley	2:42.99	2:53.99
200 Yard Freestyle Relay	2:10.49	2:13.99

10 & Under

	Girls	Boys
200 Yard Medley Relay	2:44.99	2:49.99
200 Yard Freestyle	2:43.99	2:45.99
50 Yard Freestyle	34.99	35.99
50 Yard Backstroke	40.99	43.49
50 Yard Breaststroke	45.99	48.49
100 Yard Butterfly	1:34.99	1:34.99
100 Yard Freestyle	1:18.99	1:21.49
100 Yard Backstroke	1:26.99	1:29.99
100 Yard Breaststroke	1:37.99	1:39.99
50 Yard Butterfly	40.49	43.49
100 Yard Individual Medley	1:27.99	1:29.99
200 Yard Freestyle Relay	2:27.99	2:28.99



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APPENDIX 3: YMCA Sanctioned Meet Declaration Form *-must be signed and returned to 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 **2019 PA EAST DISTRICTS CHAMPIONSHIPS** for the period of travel from our Association to the meet, during the entire period of the meet and return to our Association. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their travel to and from and during their participation in the **2019 PA EAST DISTRICTS CHAMPIONSHIPS**. The YMCA of the USA must be named the Certificate Holder and also names the YMCA of the USA as an additional insured as it relates to this meet.



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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, **UPPPER MAIN LINE YMCA/GREATER BRANDYWINE YMCA** their agents, representatives or assigns, and the **GCIT** for any and all injuries which may be suffered by participants at the **2018 PA EAST DISTRICTS CHAMPIONSHIPS** Furthermore we understand that the YMCA of the USA and **UPPER MAIN LINE YMCA/GREATER BRANDYWINE 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.

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee