

Pennsylvania YMCA Districts – EAST 2024

MEET ANNOUNCEMENT



About the Championship

Date: March 8-10, 2024

Location: NL Aquatic Center

Entry Deadline: February 26, 2024

Hosted by: Ridley Area & Upper Main Line YMCAs

Meet Director: Erik Nelson – enelson@cyedc.org

Web Site: <https://www.gomotionapp.com/team/ymcapa/page/home>

Click on 2024 Championship Meets Link

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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 USA-S Middle Atlantic Swimming.

YMCA Sanction number: CAQ-2024-PA01267636

USA-S/MA Approval number MA 2434 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.

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 FORMAT WAIVER: The Meet Host has the right to change the format of the meet, and reserves the right to identify a committee of coaches and officials to assist in making changes to ensure a more efficient meet.

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

REMINDER THAT DAYLIGHT SAVINGS BEGINS ON SUNDAY, MARCH 10.

Friday, March 8 – NL Aquatic Center

	Session 1	Session 2	Session 3
Age Groups	11-12 Timed Finals	13-14 Timed Finals	15-21 Timed Finals
Warm-up Start	9:40am	1:00pm	5:00pm
Coaches Meeting	10:10am	1:45pm	5:25pm
Officials Meeting	10:15am	1:50pm	5:30pm
Timers Meeting	10:30am	2:05pm	5:45pm
Start of Session	11:00am	2:35pm	6:15pm



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Saturday, March 9 – NL Aquatic Center

	Session 4	Session 5	Session 6
Age Groups	11-12 & 10 & U Timed Finals	13-14 Timed Finals	15-21 Timed Finals
Warm-up Start	7:55am	1:00pm	5:15pm
Coaches Meeting	8:40am	1:45pm	5:35pm
Officials Meeting	8:45am	1:50pm	5:40pm
Timers Meeting	9:00am	2:05pm	5:55pm
Start of Session	9:30am	2:35pm	6:25pm

Sunday, March 10 – NL Aquatic Center

	Session 7	Session 8	Session 9
Age Groups	11-12 & 10 & U Timed Finals	13-14 Timed Finals	15-21 Timed Finals
Warm-up Start	7:55am	1:00pm	5:30pm
Coaches Meeting	8:40am	1:45pm	5:50pm
Officials Meeting	8:45am	1:50pm	5:55pm
Timers Meeting	9:00am	2:05pm	6:10pm
Start of Session	9:30am	2:35pm	6:40pm

DISTANCE EVENTS: All distance swimmers MUST provide their own timer as well as a counter for the 1000 & 1650 Freestyle.

INCLEMENT WEATHER/CANCELTION: In the event of inclement weather that results in the cancelation of the championship, the championship will be rescheduled for March 15-17 at the NL Aquatic Center each session will be then timed finals.

LOCATION:

NL Aquatic Center in Voorhees, NJ

Emergency Phone Number: 856-355-3007

The NL Aquatic Center is an 10 lane 25-yard pool with an automatic timing system and non-turbulent lane lines. The pool uses Colorado timing system. The facility boasts seating for 350 spectators, a handicap seating area, and a pool deck area that holds 250 swimmers. Parking for 500.



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The water depth at the start end of the pool 6.7 feet and the water depth at the turn end of the pool is 4.7 feet.

Swimmers will be housed in the Voorhees Coliseum LLC Gym.

To access the pool swimmers will be admitted at the spectator entrance and go to the pool deck. You will be able to bring chairs, blankets, mats and should also bring warm clothes for the gym.

WEB SITE

Meet Information can be found at:

<https://www.gomotionapp.com/team/ymcapa/page/championship-meets/2024-championship-meets>

Online Meet Results: Will be available through Meet Mobile.

Meet will NOT be live streamed.

CONTACT INFORMATION

Meet Director:	Erik Nelson	email: enelson@cyedc.org
Entry Chairperson:	Erik Nelson	email: enelson@cyedc.org
Meet Referee:	Rick Carson	email: rickcarson209@gmail.com
Admin Referee:	Carl Sandoe	email: carl.sandoe@gmail.com
Administrative Official:	Bruce Cooper	email: bcooper450@msn.com
Officials Coordinator:	Meg Sargent	email: sargenthome@yahoo.com
Safety Director:	Erik Nelson	email: enelson@cyedc.org



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NOTICES

COVID-19 RELATED PROTOCOLS: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND MID ATLANTIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

MEET HOST'S ASSUMPTIONS OF RISK DISCLAIMER: The Community YMCA of Eastern Delaware County, has taken enhanced health and safety measures – for all athletes, coaches and volunteers. You must follow all posted instructions while attending the PENNSYLVANIA YMCA DISTRICTS – EAST 2024. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending PENNSYLVANIA YMCA DISTRICTS – EAST 2024, you voluntarily assume all risks related to exposure to COVID-19.

ATHLETE PROTECTION (MAAPP): All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP policy is a condition of participation in the conduct of this competition.



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TECH SUIT POLICY: The following rule will take effect SEPTEMBER 1, 2020.
102.8 SWIMWEAR .1 Design F. No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

RACING START CERTIFICATION: Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. A copy of the Racing Start Certification Checklist, signed by a USA Swimming member coach, must be given to the referee prior to the start of the meet.

DISABLED SWIMMERS: 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.

PROTESTS: A meet jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be in writing to the Meet/Deck Referee. The Meet Jury will consist of the Meet Director, an Athlete and a Coach. Additional members including an official may be added for a jury of five. The Meet Referee will act as a mediator.

PHOTOGRAPHY: Middle Atlantic Swimming PHOTOGRAPHY/VIDEOGRAPHY STATEMENT In compliance with USA Swimming Rules and Regulations; Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additionally, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, PDA's, etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and warm down periods. Unless approved in advance by the MAS Board and stated in the meet announcement, photographers /videographers are not permitted on deck at any time. As an approved exception, USA Swimming registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training subject to the location restrictions of this statement so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes.



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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. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.

DECK CHANGING: Deck changes are prohibited.

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 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: 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 September 1, 2023, and the entry deadline.



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COACH

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

- Safety Training for Swim Coaches
- Basic Life Support (Professional Rescuer CPR)
- First Aid
- Principles of YMCA Competitive Swimming and Diving
- Child/Athlete Protection Training

A list of the acceptable certifications can be found in the CERTIFICATION REQUIREMENTS FOR SWIM COACHES or SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA COMPETITIVE SPORTS

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.

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 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.



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ENTRY INFORMATION

ENTRY LIMITS:

All swimmers 11-12, 13-14, & 15-21 may swim no more than 3 individual events per session with a max of 6 total individual events, relays not included.

All swimmers 10 & Under may swim no more than 4 individual events per session with a max of 8 total individual events, relays not included.

Max Individual Events per day is 5 including Time Trials.

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

QUALIFICATION PERIOD: The qualification period is September 1, 2023, through the entry deadline.

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File. Please provide the Meet Director a list of swimmers non USA-S registered.

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. Entered times must be the swimmer's BEST time achieved during the qualifying period. Failure to submit the swimmer's BEST time in the event or to falsify a time may lead to disciplinary action.

ENTRY FEES: Swimmer Individual Event: \$10.00. Relay Event: \$40.00. There will be a \$20.00 Swimmer surcharge which includes \$10.00 per swimmer surcharge, in lieu of daily admission fees. Deck entries will not be permitted. \$20.00 for time trials (if time permits). There are no fees for coaches attending with their team.

APPAREL: Can be pre-ordered online thru Fine Designs or onsite.

ENTRY DEADLINE: The initial entry deadline will be at 1:00 PM on Monday, February 26, 2024. Entries for the 1000 & 1650 will not be accepted after February 26, 2024. If you have swimmers competing the weekend of March 1-3, 2024, you may submit an updated file by 1:00pm on Monday, March 4, 2024. No late entries will be excepted.

ENTRY PROCEDURE: All entries must be done using the Online Meet Entry thru SwimCloud – no exceptions. See Appendix 3.

PAYMENT: Entry fees are due at or prior to the date of the Championship. Check should be made payable to: Community YMCA and mailed to: Ridley Area YMCA Attn: Erik Nelson, 900 South Avenue, Secane, PA 19018.



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VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: Officials & Timers are needed. Timer slots will be based on entries per team and teams will be contacted with their slots after entries are received.

SIGN-UP PROCEDURE: OFFICIALS - Online sign-up at:

<https://www.signupgenius.com/go/20F0F4CAFAB2EA57-46996314-ymca>

ATTIRE: Officials should wear white Oxford or polo shirt and navy long pants, shorts, skorts, skirts, or capris and display their current certification patch.

MEET CHECK-IN PROCEDURE: All officials and timers must check in at the table in the entryways to receive deck access bracelets.

EVENT CHECK-IN: Positive check in for the 400 IM, 500, 1000, and 1650 Freestyle by start of their sessions.

COACHES MEETING/SCRATCH MEETING: Please see the meet timeline on pages 2 and 3 for detailed information.

OFFICIALS AND TIMERS MEETING: Please see the meet timeline on pages 2 and 3 for detailed information.

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.

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. Top 6 swimmers in each Individual Event from each of the 3 Districts + next 6 from At Large for a total of 24 swimmers in each Individual Event with several exceptions listed below:
 - a. 13 and over (13-14 + 15-21 separate age groups) 1000, 1650 will have Top 2 from each District + 2 from At Large which is 8 total swimmers racing at the State Meet in these events in a Timed Final format
 - b. 11-12 500 Free will have Top 2 from each District + 2 from At Large which is 8 total swimmers racing at the State Meet in these events in a Timed Final format



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2. All Relays at the State Meet will be swum at the beginning of the Finals session each evening in a Timed Finals format (relays only swim once) – We will have 2 heats of each Relay at the State Meet Relays– Top 4 from each District + next 4 from At Large for a total of 16 Relays
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 fastest swimmers & relays” list along with the alternate lists will be announced no later than Wednesday, March 15, 2023.
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 Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA Competitive Sports, and 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, 2023.

- Swimmers can only swim relays that are in their age-group. Each team may only enter 1 relay per event.
- 1000 & 1650 Free:
 - The 16 fastest qualifying times for the 1000 & 1650 Freestyle Events (311, 312, 323, 324, 411, 412, 423, 424) will be entered into the meet.
 - Teams will be sent out a psych sheet of swimmers once entries are due to inform teams of entry participants.
 - If an entered swimmer does not initially make the Top 16 fastest swimmers at the entry deadline, the swimmer may choose to withdraw the entry and enter another event.
 - Coaches have 24 hours following the posting of the distance event entries to declare their swimmer's intent to withdraw from the distance event and choose another qualified event. If they remain entered in the event, but do not swim, the event will count as one of their daily entries.
- A positive check-in is required for Events 311, 312, 323, 324, 411, 412, 423, and 424 no later than the start of the session containing the event.



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EVENT SEEDING: Events will be seeded Slowest to Fastest, except for the following events: the 1000 & 1650 Freestyle.

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.

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a "no show") shall 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 only if time permits. Time trial entry fee is \$20.00 per event. The maximum number of individual event swims per session is 5, including time trials.

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.

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

READY BENCH: There will be NO ready bench but we will have stagers behind the blocks for each session. However, swimmers are still responsible to be at the blocks for the start of their race.

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.



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RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted on meet mobile, in the Pool Area, and in the Gym.

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. The following Conduct Rules shall apply:

- Coaches are responsible for the conduct of their swimmers. Swimmers are not allowed to roam the facility unattended.
- Glass, Food, and Chairs are not permitted on deck.
- 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 areas of the facility.
- Swimmers are requested to wear sandals and towel off before traveling the corridors.
- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator area.
- No smoking, drugs, or alcohol are permitted in the facility.
- The Meet Director has the discretion to remove any person whose conduct is inconsistent with the core values of the YMCA.
- DECK PRIVLEDGES: ONLY currently credentialed coaches, athletes and essential meet personal will be permitted on deck.
- MEET/DECK REFEREE: The meet/deck referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The meet/deck referee has final judgement for any issues that arise that day during the course of the meet.
- MEET MARSHALLS: Meet Marshalls have full authority through the Meet Referee & Safety Director for safety and good order throughout the venue at all times. Swimmers, coaches, and spectators may be removed from the



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deck/venue for noncompliance with procedures or non-cooperation with Marshals' instructions.

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.

Team trophies will be given to the winner and the second place girls and boys team in each age group only.

Separate team swimming banners shall be given to the first three place girls and boys teams according to overall cumulative point totals.

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

TIME TRIALS

FORMAT AND FEE: Time Trials are open only to athletes entered in the Championship meet.

An athlete may only swim the stroke being contested in a Time Trials event, e.g. an athlete may not swim backstroke in a breaststroke event in Time Trials. Time trial entry fee is \$20.00 per event.

TIME TRIAL LIMITS: The maximum number of individual event swims per session is 5, including time trials. This is per USA-S rules limit the total number of individual event swims (Rule reference 102.2.2 and 102.2.7).

- A swimmer may swim no more than 5 individual events per day in a timed finals meet
- Time trial events must count as a part of this daily total.

TIME TRIAL ENTRIES: Will be due prior to the start of the final event of each session.

TIME TRIAL PROCEDURE: Coaches will need to let the meet director through the time trial forms that can be found in their meet packets or at the scorer's table.



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SPECTATORS

Spectators will be permitted in the stands of the NL Aquatic Center & in the Voorhees Coliseum LLC Gym.

HEAT SHEETS/PROGRAMS: FREE Heat sheets will be able at <https://www.gomotionapp.com/team/ymcapa/page/championship-meets/2024-championship-meets> and on Meet Mobile.

CONCESSION STAND: Will be available.

ATHLETE APPAREL: Will be available online and onsite thru Fine Designs.

SEAT SAVING POLICY: Seat Saving is NOT allowed.

HANDICAP SEATING: Contact the Meet Director for any needs.

LOST AND FOUND: Will be located on the pool deck.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- 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 facility.

LIVE STREAMING: Meet will NOT be live streamed.

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. The Declaration Form must be signed by each YMCA participating in the meet.

LIABILITY LIMITS:

- 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.
- 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



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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.

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.



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DIRECTIONS

Please use 333 Preston Ave., Voorhees, NJ 08043 your GPS device to get point-to-point directions to this facility.

LODGING

Hampton Inn Cherry Hill Voorhees
121 Laurel Oak Rd
Voorhees, NJ, 08043
(866) 573-4235
1.4 Miles from NL Aquatic Center

Wingate by Wyndham Voorhees/Mt. Laurel
1000 Laurel Oak Rd
Voorhees, NJ, 08043
(866) 678-6350
2.1 Miles from NL Aquatic Center

Fairfield Inn by Marriott Deptford
1160 Hurffville Rd
Deptford, NJ, 08096 (866) 538-9298
4.1 Miles from NL Aquatic Center

(These hotels have not been inspected or endorsed by the Ridley Area or Upper Main Line YMCAs)

PARKING

Parking is available on site.



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APPENDIX 1: ORDER OF EVENTS

Session 1: Friday, March 8 Age Group 11-12 9:40am Warm-up - 11:00am Start

Girls	Event	Boys
201	11-12 200 Butterfly	202
203	11-12 50 Backstroke	204
205	11-12 100 Breaststroke	206
207	11-12 50 Freestyle	208
209	11-12 100 Individual Medley	210
211	11-12 400 Freestyle Relay	212

Session 2: Friday, March 8 Age Group 13-14 1:00pm Warm-up - 2:35pm Start

Girls	Event	Boys
301	13-14 200 Butterfly	302
303	13-14 100 Breaststroke	304
305	13-14 50 Freestyle	306
307	13-14 400 Individual Medley	308
309	13-14 400 Freestyle Relay	310
311	13-14 1650 Freestyle	312

Session 3: Friday, March 8 Age Group 15-21 5:00pm Warm-up - 6:15pm Start

Girls	Event	Boys
401	15-21 200 Butterfly	402
403	15-21 100 Breaststroke	404
405	15-21 50 Freestyle	406
407	15-21 400 Individual Medley	408
409	15-21 400 Freestyle Relay	410
411	15-21 1650 Freestyle	412



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Session 4: Saturday, March 9 Age Groups 10 & Under and 11-12

7:55am Warm-up – 9:30am Start

Girls	Event	Boys
101	10 & Under 50 Freestyle	102
213	11-12 200 Freestyle	214
103	10 & Under 100 Breaststroke	104
215	11-12 50 Breaststroke	216
105	10 & Under 50 Backstroke	106
217	11-12 200 Backstroke	218
107	10 & Under 50 Butterfly	108
219	11-12 100 Butterfly	220
109	10 & Under 200 Individual Medley	110
221	11-12 200 Individual Medley	222
111	10 & Under 100 Freestyle	112
223	11-12 200 Medley Relay	224
113	10 & Under 200 Medley Relay	114

Session 5: Saturday, March 9 Age Group 13-14

1:00pm Warm-up – 2:35pm Start

Girls	Event	Boys
313	13-14 200 Freestyle	314
315	13-14 200 Backstroke	316
317	13-14 100 Butterfly	318
319	13-14 200 Individual Medley	320
321	13-14 200 Medley Relay	322
323	13-14 1000 Freestyle	324

Session 6: Saturday, March 9 Age Group 15-21

5:15pm Warm-up – 6:25pm Start

Girls	Event	Boys
413	15-21 200 Freestyle	414
415	15-21 200 Backstroke	416
417	15-21 100 Butterfly	418
419	15-21 200 Individual Medley	420
421	15-21 200 Medley Relay	422
423	15-21 1000 Freestyle	424



Pennsylvania YMCA Districts – EAST 2024

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Session 7: Sunday, March 10 Age Group 10 & Under and 11-12

7:55am Warm-up – 9:30am Start

Girls	Event	Boys
115	10 & Under 100 Individual Medley	116
225	11-12 100 Freestyle	226
117	10 & Under 200 Freestyle	118
227	11-12 50 Butterfly	228
119	10 & Under 100 Backstroke	120
229	11-12 100 Backstroke	230
121	10 & Under 50 Breaststroke	122
231	11-12 200 Breaststroke	232
123	10 & Under 100 Butterfly	124
233	11-12 500 Freestyle	234
125	10 & Under 200 Freestyle Relay	126
235	11-12 200 Freestyle Relay	236

Session 8: Sunday, March 10 Age Group 13-14

1:00pm Warm-up – 2:35pm Start

Girls	Event	Boys
325	13-14 100 Freestyle	326
327	13-14 100 Backstroke	328
329	13-14 200 Breaststroke	330
331	13-14 500 Freestyle	332
333	13-14 200 Freestyle Relay	334

Session 9: Sunday, March 10 Age Group 15-21

5:30pm Warm-up – 6:40pm Start

Girls	Event	Boys
425	15-21 100 Freestyle	426
427	15-21 100 Backstroke	428
429	15-21 200 Breaststroke	430
431	15-21 500 Freestyle	432
433	15-21 200 Freestyle Relay	434



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APPENDIX 2: QUALIFYING TIMES

AGE GROUP: 10 & Under

Stroke	Girls	Boys
50 Yard Freestyle	35.99	35.99
100 Yard Freestyle	1:19.99	1:20.99
200 Yard Freestyle	2:56.99	2:47.99
50 Yard Backstroke	41.99	42.99
50 Yard Breaststroke	46.99	48.99
50 Yard Butterfly	41.99	42.99
100 Yard Backstroke	1:29.99	1:29.99
100 Yard Breaststroke	1:44.99	1:41.99
100 Yard Butterfly	1:38.99	1:46.99
100 Yard Individual Medley	1:30.99	1:29.99
200 Yard Individual Medley	3:15.99	3:13.99
200 Yard Medley Relay	2:46.99	2:50.99
200 Yard Freestyle Relay	2:34.99	2:34.99

AGE GROUP: 11-12

Stroke	Girls	Boys
50 Yard Freestyle	30.99	31.99
100 Yard Freestyle	1:07.99	1:10.99
200 Yard Freestyle	2:28.99	2:32.99
500 Yard Freestyle	6:38.99	6:38.99
50 Yard Backstroke	36.99	38.99
50 Yard Breaststroke	39.99	42.99
50 Yard Butterfly	34.99	37.99
100 Yard Backstroke	1:17.99	1:17.99
100 Yard Breaststroke	1:26.99	1:27.99
100 Yard Butterfly	1:19.99	1:18.99
200 Yard Backstroke	2:43.99	2:43.99
200 Yard Breaststroke	3:06.99	3:06.99
200 Yard Butterfly	2:47.99	2:47.99
100 Yard Individual Medley	1:17.99	1:18.99
200 Yard Individual Medley	2:46.99	2:53.99
200 Yard Medley Relay	2:39.99	2:39.99
200 Yard Freestyle Relay	2:11.99	2:15.99
400 Yard Freestyle Relay	4:39.99	4:51.99

AGE GROUP: 13-14

Stroke	Girls	Boys
50 Yard Freestyle	29.99	27.99
100 Yard Freestyle	1:02.99	1:00.99
200 Yard Freestyle	2:17.99	2:12.99
500 Yard Freestyle	6:18.99	5:58.99
1000 Yard Freestyle	13:01.99	12:23.99
1650 Yard Freestyle	21:43.99	20:43.99
100 Yard Backstroke	1:11.99	1:11.99
100 Yard Breaststroke	1:21.99	1:18.99
100 Yard Butterfly	1:12.99	1:12.99
200 Yard Backstroke	2:34.99	2:28.99
200 Yard Breaststroke	2:56.99	2:47.99
200 Yard Butterfly	2:42.99	2:36.99
200 Yard Individual Medley	2:37.99	2:39.99
400 Yard Individual Medley	5:43.99	5:36.99
200 Yard Medley Relay	2:20.99	2:19.99
200 Yard Freestyle Relay	2:07.99	1:59.99
400 Yard Freestyle Relay	4:19.99	4:11.99

AGE GROUP: 15-21

Stroke	Girls	Boys
50 Yard Freestyle	28.99	24.99
100 Yard Freestyle	1:00.99	55.99
200 Yard Freestyle	2:13.99	2:01.99
500 Yard Freestyle	6:11.99	5:39.99
1000 Yard Freestyle	12:49.99	11:57.99
1650 Yard Freestyle	21:26.99	20:02.99
100 Yard Backstroke	1:08.99	1:03.99
100 Yard Breaststroke	1:19.99	1:11.99
100 Yard Butterfly	1:08.99	1:01.99
200 Yard Backstroke	2:30.99	2:18.99
200 Yard Breaststroke	2:54.99	2:37.99
200 Yard Butterfly	2:32.99	2:24.99
200 Yard Individual Medley	2:34.99	2:19.99
400 Yard Individual Medley	5:33.99	5:14.99
200 Yard Medley Relay	2:10.99	2:09.99
200 Yard Freestyle Relay	1:59.99	1:43.99
400 Yard Freestyle Relay	4:07.99	3:47.99



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APPENDIX 3: **ENTRY PROCESS**

In order to submit your team's entries, your submitter must be a registered SwimCloud user. Registration is free.

Link to meet on SwimCloud: <https://www.swimcloud.com/results/258992/times/>

The 2024 YMCA PA EAST DISTRICT CHAMPIONSHIP will use the SwimCloud system for meet entry processing. All entries will be submitted through the SwimCloud system before February 26 (1 PM), 2024.

Does the person who will be submitting your entries already have a SwimCloud account?

If YES, then there is no immediate action to take. Be on the alert for messages which announce the availability of entry procedures and training opportunities.

If NO, then don't delay in registering for an account. Once the submitter has requested an account there is an approval process which can take up to several days. Register now so your submitter will be ready to proceed without delay.

Registration is free.

Below are some helpful tips:

- In order to submit your entry on Swimcloud, you need to have a SwimCloud coach account. [Click here to register for a SwimCloud coach account.](#)
- Be sure to submit all of your team's meet results to results@swimcloud.com throughout the season so your entry times can be validated. [Here's how.](#)
- SwimCloud documentation about importing your entry files from TeamUnify or Team Manager, click [here](#).
- Email confirmation will be sent though the email account you used for registration. If you do not receive confirmation, check your spam folder and whether the submission status beside your team says 'Submitted' or 'Not Submitted'.



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ENTRY WARNING MESSAGE

When you enter a swimmer into a bonus event or if you enter a time from a meet that does not have results in SWIMS or in the SwimCloud database (e.g. dual meet, intra squad meet, etc) you will see a warning message (see image below).

'Ineligible Time'.

13-14	1:09.49	▼	Ineligible Time: Does not meet qualifying standards (2023: 1:08.79 SCY)
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Your swimmer(s) **will be** entered into the meet and reviewed by Meet Admin.

Helpful Support Links: (will need to be registered to access links 2 - 5)

1. [Coach Account Registration](#)
2. [Adding an existing swim meet to your schedule](#)
3. [Submitting Entries into SwimCloud](#)
4. [Importing Entries into SwimCloud from Hytek, TeamUnify, or Splash](#)
5. [Warning messages after entry import](#)

Entry Problems:

If you experience problems while using the SwimCloud system you can Request Help by emailing: support@swimcloud.com or enelson@cyedc.org.



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APPENDIX 4: YMCA SANCTIONED MEET DECLARATION FORM

(Note: Return signed Declaration form to the Meet Director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: YMCA PA East Districts - 2024

Meet Date(s): March 8-10, 2024

Meet Host: Ridley Area & Upper Main Line YMCAs

Meet Location: NL Aquatic Center, Voorhees, NJ

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 BLS (Professional Rescuer CPR), First Aid, Safety Training for Swim Coaches, Child/Athlete Protection Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

INSURANCE - Our Association has insurance coverage for representative(s) including participants, coaches, volunteers, and leadership who will be in attendance at the YMCA PA East District Meet 2024 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 YMCA PA East District Meet 2024.

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, Community YMCA of Eastern Delaware County, their agents, representatives or assigns, and the NL Aquatic Center in Voorhees, NJ for any and all injuries which may be suffered by participants at the YMCA PA East District Meet 2024. Furthermore, we understand that the YMCA of the USA and Community YMCA of Eastern Delaware 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



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This is the last page of the Meet Announcement