



## 2024 YMCA NATIONAL LONG COURSE SWIMMING CHAMPIONSHIP

**COMPETITION DATES:** Tuesday, July 30, 2024 – Saturday, August 3, 2024  
**LOCATION:** Florida Aquatics Swimming & Training  
4635 SW 67th Ave Road  
Ocala, FL 34476  
(352)820-4222  
**ENTRY DEADLINE:** Monday, July 22, 2024 – 9:00 pm ET  
**HOSTED BY:** YMCA of the USA  
**MEET WEB PAGE:** <https://www.gomotionapp.com/team/yusa/page/ymca-nationals/2024-national-ymca-long-course-swimming-championship>  
**PARADE THEME:** Out of This World

The YMCA National Long Course Championship celebrates athlete's achievements, promotes positive relationships, and creates a sense of belonging for athletes, coaches, volunteers, and families.

### **SANCTION/APPROVAL**

This meet is Sanctioned by YMCA of the USA as a closed YMCA inter-association championship Meet.

This meet is Approved by USA Swimming/Florida Swimming LSC.  
Championship Approval # **FL-A-6744**  
Time Trial Approval # **FL-A-6744-TT**

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 event.

The meet will be conducted under the Rules that Govern YMCA Competitive Sports, the Swimming Addendum to the Rules that Govern YMCA Competitive Sports, and USA-S Technical Rules.

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

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

Use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks or in changing areas, rest rooms or locker rooms.

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) at any time athletes, coaches, officials, or spectators are present.

## **SCHEDULE**

Monday, July 29, 2024

7:00 AM – 7:00 PM Pool opens for warm-up and warm-down

12:00 PM – 6:00 PM Meet Check-In

3:00 PM – 6:00 PM Pre-meet Meetings (new coaches, officials)

Tuesday, July 30, 2024

7:00 AM – 8:45 AM Warm-up

9:00 AM Preliminaries begin

*Not before 12:00 PM* Time Trials begin 30 minutes after conclusion of Preliminaries

4:00 pm – 4:50 PM Warm-up

4:50 PM Opening Ceremonies and Parade of Athletes

5:15 PM Finals begin

Wednesday, July 31, 2024 – Saturday, August 3, 2024

7:00 AM – 8:45 am Warm-up

9:00 AM Preliminaries begin

*Not before 12:00 PM* Time Trials begin 30 minutes after conclusion of Preliminaries

4:00 PM – 5:00 PM Warm-up

5:15 PM Finals begin

### Pool Specifications

Certified 50-meter, 10 lane pool with continuous non-turbulent lane lines, bottom lane markers and backstroke flags. There is a separate outdoor pool for warm-ups and warm downs. Water depth at starting end is 9'10"; Pool certification is on file with USA Swimming and Florida Swimming.

Outdoor pool with 5 50-meter lanes and 6 25-yard lanes will be available for warm-up.

### Medical

Lifeguards are on duty with an Automated External Defibrillator (AED) device available.

### Timing Equipment and Starting Blocks

The facility uses a Colorado Timing Systems Gen7 timing system. Starting blocks are Paragon Track Start Plus equipped with foot wedge. Backstroke ledges are Spectrum / Colorado Timing. Colorado Timing relay judging pads with speedlights are installed on each block.

## MEET MANAGEMENT

### Championship Meet Committee

YMCA of the USA authorizes the Championship Meet Committee, led by the Meet Director, to plan, operate and manage this national championship meet.

### Adjustments To the Meet Announcement

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 National Championship and USA-S Approved meet can be changed.

### Health and Safety Protocol

For the health and safety of everyone involved in this event, all protocols and procedures as required by local and state health authorities, YMCA of the USA, the Florida Aquatics Swimming and Training, and the Florida Swimming LSC will be followed. Changes to protocols and procedures will be communicated promptly.

## KEY CONTACTS

Meet Director: Jon Saxton, [jps@rendigs.com](mailto:jps@rendigs.com)

Meet Referee: Judy Sharkey, [jmsharkey@aol.com](mailto:jmsharkey@aol.com)

Administrative Referee: Nancy Pressly, [pressly@me.com](mailto:pressly@me.com)

Coaches Representative: Mike Leonard, [Mleonard@cincinnatiymca.org](mailto:Mleonard@cincinnatiymca.org)

Officials Coordinator: Ted Rauth, [tedrauth@aol.com](mailto:tedrauth@aol.com)

Eligibility Chair: Jim Ryan, [jim.ryan@ymca.net](mailto:jim.ryan@ymca.net)

Entry Chairperson: Steve Lyons, [apupa56@gmail.com](mailto:apupa56@gmail.com)

Florida Aquatics Swimming & Training: Kevin Milak, [Kevin\\_Milak@floridafast.com](mailto:Kevin_Milak@floridafast.com)

## ELIGIBILITY

### Athlete Eligibility

- YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA the athlete represents for a period of at least 90 days prior to the first day of the meet.
- Representation: 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 interscholastic 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 be at least twelve (12) years of age, and not older than twenty-one (21) years of age on the first day Meet.
  - Athlete's age is determined by their age on the first day of the meet.
- YMCA Meet Participation: Since September 1, 2023, each athlete must have competed in a minimum of -
  - three (3) closed YMCA inter-association meets
    - The Tom Warrick YMCA Annual Virtual Invitational Meet may be counted as one of the inter-association meets.
  - one (1) sanctioned YMCA championship meet

- **Note:** a sanctioned YMCA championship meet cannot be counted as both the sanctioned meet required and one of the inter-association meets required.
  - Refer to the current version of the [https://www.gomotionapp.com/yusa/UserFiles/Image/QuickUpload/rulesthatgovernfinal-9-2021\\_057325.pdf](https://www.gomotionapp.com/yusa/UserFiles/Image/QuickUpload/rulesthatgovernfinal-9-2021_057325.pdf) for requirements and definitions of YMCA inter-association and sanctioned championship meets.
- Qualifying Times: An athlete must have achieved the minimum qualifying time standard, during the period of July 1, 2023 through the entry deadline, for each event in which the athlete enters. Refer to Appendix B for meet qualifying times.
- Athletes with Disability:
  - Must meet the Can-Am Para Swim time standards.
  - All other YMCA eligibility requirements (Y membership, meet participation, representation) apply.
- YMCA with No Swim Team: If a YMCA does not sponsor a competitive swimming team, an eligible athlete from that YMCA may participate in the National Championship Meet representing the athlete's own YMCA, provided the entry is approved by that YMCA's executive director or CEO, the regional representative in that region and by the Championship Meet Eligibility Committee.
- Eligibility Questions: Questions concerning athlete eligibility should be directed to Jim Ryan (jim.ryan@ymca.net), Chair of the Meet Eligibility Committee.
- Eligibility Waiver Requests: Submit online [https://yusa.formstack.com/forms/ymca\\_competitive\\_swimming\\_eligibility\\_waiver\\_request\\_form](https://yusa.formstack.com/forms/ymca_competitive_swimming_eligibility_waiver_request_form) as soon as possible and no later than the entry deadline.
- Eligibility Protest: Coaches should be prepared to provide proof of their athletes' meet participation and qualifying times if a protest is filed.

### Coach Eligibility

- Each coach must hold current certifications in -
  - BLS or Professional Rescuer CPR (updated annually)
  - First Aid
  - Safety Training for Swim Coaches Online Course
  - Lifeguard or Safety Training for Swim Coaches (In-Water)
  - Child/Athlete Protection Training
  - Principles of YMCA Swimming and Diving
- \*A list of the acceptable certifications can be found at <https://www.gomotionapp.com/team/yusa/page/system/res/77261#coach>
- Complete <https://www.gomotionapp.com/YmcaRegPortal.jsp?team=yusa#/registration> prior to July 1, 2024. (This will not be available on-site.)
- Clear a background screening within the past 2 years. This background screening is the responsibility of the coach and the athlete's YMCA. Currently registered members of USA-S will have already met this requirement.
- Enter the meet as a coach during the team entry process through Swimcloud.

### Teams without a coach at the meet

All athletes and teams must have at least one certified and credentialed YMCA coach designated as responsible for their supervision at the competition venue. 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. Use the Coach Authorization form, which will be posted on the meet web page.

### Team Eligibility

- Complete the <https://www.gomotionapp.com/team/yusa/page/legacy?url=%2FYmcaRegPortal.jsp%3Fteam%3Dyusa#/registration>
  - Note: This is required for participation in YMCA sanctioned meets so this should have been completed by December 1, 2023 so that the team's swimmers could meet eligibility requirements.
- Each YMCA has a current and correct Certificate of Liability Insurance, in effect through the last day of the meet, on file with the YMCA of the USA.

## **ENTRY INFORMATION**

**Entry Deadline: Monday, July 22, 2024, 9:00 PM ET**

### Official Entry

- All entries must be made through the Swimcloud ON-LINE MEET ENTRY system.
- Relay-only swimmers (not entered in an individual event), must pay the athlete surcharge. Athletes without an individual entry must swim in at least one relay.
- Instructions available: <https://www.Swimcloud.com/results/301151/>

### Event Limits

- Each athlete may compete in a maximum of five (5) individual events and five (5) relay events. This does not include Time Trials.
- There is no limit to the number of events the athlete may enter.
- Each team may only have one entry in each relay event.
- A swimmer may swim no more than 3 individual events per day in a Prelims/Finals meet. Time Trial events count toward this daily total. (USA-S rule 102.2.2 and 102.2.7)

### Entry Times

- No Times (NT) are not accepted.
- Enter the athlete's or relay's fastest time achieved during the current qualifying period. (USA Swimming Rule 207.9.4.A)
- Events will be seeded with long course meter entry times as the fastest times followed by short course meter entry times and then yard entry times.
- Time conversion is not permitted.
- High school times used for meet entry must have been achieved at USA-S observed high school meets.

Entries For The 50 Meter Backstroke, Breaststroke and Butterfly: To compete in the 50-Meter Backstroke, Breaststroke or Butterfly, a swimmer must have achieved the qualifying time for the 100- or 200-Meter distance in that stroke.

- If the swimmer is not entered in the 100- or 200-Meter distance for that stroke in the meet, then the coach must be able to prove that 100 or 200 Meter qualifying time at Meet Check-in.

- Entry time for the 50 must be a 50-Meter or 50-Yard time, not a 100 or 200 time.
- Coach must be able to prove the entry time using:
  - an actual time achieved in the stroke and distance during the qualifying period or
  - a time achieved in the initial leg of a relay or
  - a time achieved over an initial distance in a longer race.

### Relay Entries

Relay teams and times may be entered in one of the following ways -

- Intact Relay from the current season (time achieved between September 1, 2023, and entry deadline) – The time belongs to the team and may be entered without additional qualifications.
- Intact Relay with time achieved between July 1, 2023 and entry deadline – All athletes on the relay team that achieved that entry time must be eligible to compete at the 2024 YMCA National Long Course Championship Meet and all four swimmers must be entered in the meet.
- Composite Relay – Each athlete comprising the relay entry must be eligible to compete at the 2024 YMCA National Long Course Championship Meet and their names must appear on the team entry. The times used must have been achieved during the qualifying period.

Athletes entered as relay only swimmers must swim in at least one relay event.

### Athletes With a Disability

- See *Athlete Eligibility* section for eligibility requirements.
- Use Online Meet Entry system through Swimcloud. You will get an error message saying that your athlete's time does not meet the time standard. Contact the entry chairperson to have your entry accepted. When possible, your athlete will be seeded in the slowest heat of the event.
- At Meet Check-in, let the Meet Referee and Administrative Referee know that you have an athlete(s) with a disability on your team.
- Inform the appropriate Deck Referee prior to your swimmers' individual events.
- If your athlete has a chance to set an American Record, please note that possibility with your entry and inform meet management and the announcer prior to the event. If a record is achieved, please follow up with meet management to complete the necessary reporting process.
- If your athlete needs additional support (i.e., S4 classification or lower) with warm-up space or other accommodations when racing, let the deck referee know what accommodations might be required.

### Additional Entries

- Permitted ONLY according to these requirements:
  - New qualifying times achieved at sanctioned USA Swimming meets contested between Monday, July 22, 2024 and Sunday, July 28, 2024. This includes new swimmers and new events for an entered swimmer.
  - Athlete must have already met all eligibility criteria except Qualifying Time.
  - Teams must have already submitted and paid for team entry by the meet entry deadline.
  - Updated entry times for events already entered are NOT allowed.
- Send email to [ynatsentries@gmail.com](mailto:ynatsentries@gmail.com) by Sunday, July 28, 2024 with swimmer name(s), new event(s), and time(s).
- Coach must present meet results (prove times) and submit payment for events at Meet Check-in. Payment will be made by credit card through an invoice created in Swimcloud.
- Athlete/Parent must complete all required forms online *prior to* Meet Check-in.

### Entry Fees

Athlete surcharge:	\$20.00 per entered athlete (including Relay-only swimmers)
Individual event fee:	\$20.00 per event
Time Trials	\$25.00 per event
Relay Event Fee:	\$50.00 per entered relay
Coach Deck-pass:	\$30 per identified coach at on-line entry time
Number of coaches permitted per team:	
1-10 Swimmers	2 coaches
11-20 Swimmers	4 coaches
21-25 Swimmers	5 coaches
26 -35 Swimmers	7 coaches
36 and over swimmers	8 Coaches

- Payment by credit card or bank draft at the time of final team entry submission.
- Checks and cash are NOT accepted.
- **Do not mail checks to YMCA of the USA.**

### Required Forms and Attestations

The following are completed electronically and are required by Friday, July 26, 2024. These will be available on the meet web page.

- CEO/Executive Director Declaration Form – Verifies YMCA membership of athletes, coaches' background checks, coaches' certifications, YMCA insurance coverage.
- Athlete/Parent Attestation – Code of Conduct, General Liability Waiver, Photo/Video Release, Concussion Awareness. Adult athletes (18 and over) must provide proof of completing Athlete Protection Training within the past 12 months, uploaded with their attestation.
- Coach Attestation – Code of Conduct, General Liability Waiver, Photo/Video Release, Concussion Awareness.
- Certificate of Insurance – Must be on file with Y-USA and valid through August 3, 2024. See *Team Eligibility* section.

### Coach's Meet Entry Checklist

- Annual YMCA Team & Coach Registrations completed by July 1, 2024
- Each coach has valid certifications through August 3, 2024
- Each coach has cleared a background check within the last two (2) years
- Each coach is entered and paid with the team entry on Swimcloud
- YMCA's Certificate of Insurance is on file at the YMCA of the USA and valid through August 3, 2024
- Championship Meet Entries submitted prior to 9:00 pm ET on Monday, July 22, 2024
- Time Trials Meet Entries submitted prior to 9:00 pm ET on Thursday, July 25, 2024
- Additional entries must be submitted by 9:00 pm ET on Sunday, July 28, 2024
- All Meet entry fees (Championship Meet and Time Trials) paid by Friday, July 26, 2024
- CEO/Executive Director Declaration Form submitted electronically by Friday, July 26, 2024
- All Attestation documents – Coaches, Adult (18 and Over) Athletes, Parents of Minor (Under 18) Athletes – submitted electronically by Friday, July 26, 2024
- Graduating Seniors information submitted for team by Friday, July 19, 2024

### Psych Sheets

- Available on the National Championship web page.
- Address any entry time issues at Meet Check-in.
- Do not contact the Meet Director or Entry Chairperson prior to Meet Check-in.

### Proof Of Times

- 15% of entry times not reconciled against the USA Swimming SWIMS database will be selected for Proof of Times, to be completed during Meet Check-In.
- The teams randomly selected will be notified via email within 3 days after the Entry deadline.

### **MEET CHECK-IN**

- Refer to Schedule of Activities for time and location.
- Head coach (or coach in charge) of each team completes Meet Check-In prior to competition.
  - Receives routing sheet with any outstanding meet requirements indicated (forms, payments, proof of times)
  - Resolves outstanding issues, if necessary
  - Receives team's meet packet
  - May submit scratches during Meet Check-In on Monday, July 29, 2024

### New Coaches Meeting

- All coaches welcome, especially those new to YMCA National Championship Meet.
- See Schedule of Activities for time and location.

### Coaches Meeting

- The coaches meeting will be a Zoom meeting Wednesday, July 24, 2024 at 8:00 pm EDT.
- At least one coach from each team should attend.
- There will be a video recording of the meeting.
- An in-person meeting for new coaches to YMCA Nationals will be held on Monday, July 29, 2024. See event schedule for time and place.

### **ATHLETE AREAS AND SEATING**

- There is athlete seating for 800 persons on deck.
- Additional space for 650 athletes in the area outside around the warm up and warm down pool is available, partially in shade.



## AWARDS AND RECOGNITION

### Scoring

Place	Individual Events	Relay Events
1	24	48
2	21	42
3	20	40
4	19	38
5	18	36
6	17	34
7	16	32
8	15	30
9	14	28
10	13	26
11	11	22
12	9	18
13	8	16
14	7	14
15	6	12
16	5	10
17	4	8
18	3	6
19	2	4
20	1	2

### Event Awards

1<sup>st</sup> – 8<sup>th</sup> Places - Medals

9<sup>th</sup> – 20<sup>th</sup> Places - Ribbons

Plaques will be awarded to winning relay teams.

Plaques/trophies will be awarded to the three high point scoring teams for men's and women's swimming teams. A combined point award will be given to the team combining the highest total number of points from both men's and women's events (a team must have scored in both the men's and women's events in order to place for the combined award). The top team for men, women and combined also receives a banner.

### Award Presentations

- Awards are presented for each event on the evening that the event is swum in Finals.
- **Award presentations will not wait for all athletes to report.**
- Individual Awards:
  - Awards are presented immediately following the D-Final heat of the Men's individual event. (Women swim, Men swim, Women awards, Men awards)
  - Athletes in the B and A Final heats report to the awards staging area immediately after competing.
- Relay Awards:
  - Awards are presented immediately following the A-Final heat of the Men's relay event. (Women's relays swim, Men's relays swim, Women's relays are awarded, Men's relays are awarded.)
- If a swimmer is unable to participate in the ceremony, a substitute swimmer may stand in; however, any switching of swimmers should not interfere with the presentation of awards.
- To maintain a level of decorum appropriate for YMCA National Competition, it is expected that all award recipients be attired suitably for a National Awards Ceremony. Appropriate team attire

would cover the body from the neck to thighs, include a shirt with sleeves or team jacket-zipped. No caps, towels, water bottles, costumes, or theme attire are permitted on the awards stand.

- The coach of the winning swimmer will present the awards to all swimmers unless there is a celebrity presenter; in this case, the coach will co-present to the winning swimmer and the celebrity presenter will present to places two through twenty.

#### Graduating Senior Recognition

- Played on video board prior to the Prelims session on Thursday, August 1, 2024.
- Submit photo and future plans for video board by Friday, July 19, 2024 to [ymcalongcourseseniorinfo@gmail.com](mailto:ymcalongcourseseniorinfo@gmail.com).

#### Larry Lyons Coach of The Meet Award

(Given in memory of Larry Lyons, a former coach of the M. E. Lyons YMCA swim team).

- Recognizes extraordinary team performance at the meet.
- Coaches vote for recipient through Prelims on Saturday, August 3, 2024.
- Winner announced prior to Finals on Saturday, August 3, 2024.

### **SPECIAL EVENTS**

#### Parade Of Athletes

- Prior to Tuesday Finals, athletes and officials will assemble and parade around the pool for Opening Ceremonies. Athletes are encouraged to wear YMCA appropriate and respectful team attire related to the Parade theme.
- Coaches and team leaders are responsible for ensuring that the parade remains a mature, tasteful, respectful and YMCA-appropriate activity.

### **TIME TRIALS**

- Open only to athletes entered in the Championship meet.
- Time Trial Sessions begin approximately 30 minutes after conclusion of Prelims each day. Each athlete may enter up to five (5) Time Trials events for the meet.
- Fee is \$25 per event entered. No refunds.
- No qualifying standards for Time Trials.
- Events offered each day include the events swum during that day's Prelim session and the events to be swum during the next day's Prelim session.
- Results posted on Meet Mobile as a separate meet from the Championship Results.

#### Time Trial Limits

- The 1500 free and 800 Free Time Trials are limited to 2 heats of 10 entries of the fastest seeded swimmers per gender. The 400 Free and 400 IM Time Trials are each limited to 5 heats of 10 entries of the fastest seeded swimmers per gender.
- Time Trial entries may be limited so that the Time Trial session will be complete by 2:45 PM each day.
- We reserve the right to terminate the Time Trial session if not completed by 3:00 PM. This is necessary to ensure an orderly transition to the evening Finals Session.
- A swimmer may swim no more than 3 individual events per day in a Prelims/Finals meet (USA-S Rule reference 102.2.2 and 102.2.7). This includes Time Trials.
- 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.
- Regardless of the stroke(s) used, times achieved in freestyle events can be recorded only as freestyle times (USA-S Rule 102.23.1a(2)).

### Time Trial Entries

- Online entry:
  - On line entries must be made through the Swimcloud ON-LINE MEET ENTRY system.
  - Strongly encouraged and will be given priority in the event of time restrictions.
  - Deadline for on-line entry is Thursday, July 25, 2024.
  - Separate meet entry from the Championship meet entry.
  - Payment is made at time of entry by credit card only.
- Onsite entry:
  - Entry forms available at the HELP Desk or the Time Trial Desk.
  - Coach's signature required.
  - Teams will be invoiced through Swimcloud for all Time Trial entries made during the meet. A report will be available for each team.
  - No cash accepted at the meet.
- An athlete may switch Time Trial events, without incurring an additional fee, prior to the close of Time Trial entries for the day.

### Scratching From Time Trials

Please inform the Time Trials Desk in order to accommodate other athletes and to increase the efficiency of the Time Trials.

### Time Trial Procedure

- 10:00 AM each day – Entries close for that day's events.
- Approximately 10:10 AM each day - Psych sheet posted.
  - Coaches should review the psych sheet to ensure entries are correct.
  - Report errors immediately to the Time Trials Desk.
- Approximately 30 minutes before time trials start – Time Trials heat sheets will be available at the HELP desk.
- Time Trials will start approximately 30 minutes after the conclusion of preliminaries, but no sooner than 12:00 noon.

## **LIABILITY, SAFETY AND EMERGENCY PROCEDURES**

### Insurance

Each YMCA Association participating in this meet is required to have insurance coverage for their 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. Insurance certificates must be on file at YMCA of the USA. See *Team Eligibility* section for sample and instructions. They cannot be accepted via e-mail or on paper at Meet Check-In.

### Florida Aquatics Swimming and Training Policies

It is a violation for any patron to not comply with any written or oral rules, regulations, or requirements imposed by FAST personnel. Personal conduct in and around the aquatic facilities must be such that the safety of self and others is not jeopardized. Any such violation may result in immediate removal from the facility.

### Emergencies

FAST personnel will respond to all emergencies during the meet.

Any coach, athlete or volunteer who recognizes an emergency should immediately inform the facility's personnel and then make sure the vicinity is clear for the emergency personnel to respond.

### Concussion Awareness

- This meet will follow the [https://www.teamunify.com/yusa/UserFiles/Image/QuickUpload/sports-national-championship-concussion-memo-2022\\_093908.pdf](https://www.teamunify.com/yusa/UserFiles/Image/QuickUpload/sports-national-championship-concussion-memo-2022_093908.pdf)
- All coaches, adult athletes, parents of minor athletes and all volunteers are required to read the Concussion protocol and attest to it during entry/registration.

### Lightning Policy

- This meet will follow the YMCA Sports National Championship Lightning Policy.
- During the event, the on-site support team will follow all safety precautions and evacuation plans that may be implemented by the facility due to weather concerns.

## **VOLUNTEERS/OFFICIALS/TIMERS**

### Requirements of Federal Safe Sport Law

All volunteers must have cleared a background screening (through USA Swimming or YMCA of the USA) in the last two years and complete approved athlete protection training (through USA Swimming or the YMCA) within the past year. See Appendix D for more details.

### Certified Swim Officials

- YMCA Level I, YMCA Level II and USA-S certified officials are needed for all sessions - Prelims, Finals and Time Trials.
- Officials are asked to work as many sessions as possible, but at least four sessions over the course of the week.
- Officials working at Prelims sessions will receive breakfast and lunch in the Hospitality Room.
- Complete the application form available on the meet web page.
- Complete or update <https://datacollectionhub.ymca.net/login> (once annually).
- Register onsite at Meet Check-In to receive credentials and shirts. See schedule in *Schedule of Activities*. Officials will be provided with instructions and schedule prior to the meet.
- Attend mandatory meeting on Monday, July 29, 2024 as well as meetings prior to the start of each meet session in which the official is working.
  - Officials working at the YMCA National Championship Meet for the first time will have a New Officials Meeting on Monday, July 29, 2024.
- Attire:
  - Prelims - Designated meet shirt (provided at officials' registration) and khaki slacks/pants, shorts, skorts or skirts (no shorter than 4" above the knee).
  - Finals - White Oxford or polo shirt and long navy-blue pants. No shorts, skorts or skirts.
- Official's credentials must be displayed at all times. Officials are only admitted to the deck for sessions that they are working.

### Timers

- Should be sixteen years or older and have experience timing at a YMCA meet.
- Timers who sign up and work at least four (4) separate meet sessions will receive:
  - Meet shirt.
  - Meet credential that will allow access to the spectator seating area for sessions when you are not timing.
- Complete the application form available on the meet web page.
- Complete or update <https://datacollectionhub.ymca.net/login> (once annually).

- Register onsite at Meet Check-In to receive credentials and shirt. See schedule in *Schedule of Activities*.
- Attend mandatory meeting on Monday, July 29, 2024 (if possible) as well as timer’s meetings prior to the start of each meet session in which the timer is working.

Officials Training

The following courses will be offered prior to the start of the meet:

- YMCA Swim Officials Trainer
- YMCA Facilitation Skills for Trainers
- YMCA Swim Officials Level I
- YMCA Swim Officials Level II
- YMCA Swim Officials Administrative Official

More information is available on the <https://www.gomotionapp.com/team/yusa/page/ymca-nationals/2024-national-ymca-long-course-swimming-championship> of the YMCA Swimming and Diving website or in the YMCA’s Learning and Career Development Center (<https://lcdc.yexchange.org>).

**LODGING**

- Hotel booking is through MCI, a nationally recognized company, and the housing partner for this national YMCA event. Follow this link to book or modify hotel reservations for individuals or teams - <https://www.mcievents.com/ymca2024/>
- Reserve rooms by **July 27, 2024** for reduced rates.

**SPECTATORS**

Spectator Seating Area

- Spectator seating of 1,250 permanent seats in an elevated grandstand is available.
- All seating is General Admission.

Handicap Seating

- There are designated handicap areas available in the spectator seating area. There is elevator access available to that level.

Admission Fees

Online Purchases for spectator tickets will be made through Hometown Tickets. See the meet web site for details and relevant QR codes.

<b>ALL SESSION PASSES</b>	<b><u>Standard</u></b>	<b><u>Early Bird</u></b>
Adult	\$ 128	\$ 100
Child (8-18, under 8 free)	\$ 66	\$ 55

<b>ONSITE PASSES</b>	<b>Daily</b>	<b>Single Session</b>
Available at	Prelim and Finals sessions	
Adult	\$ 29	\$ 16
Child (8-18, under 8 free)	\$ 12	\$ 7

Heat Sheets

Heat sheets will be available to spectators at no cost.

### Seat Saving

Spectators for whom seats are being saved must be in their seats by 8:45 AM.

### Metro Swim Shop Onsite

- Metro Swim Shop is the designated provider of meet apparel, swimsuits, goggles, general apparel, and other merchandise.
- Metro Swim Shop will be available from the beginning of check-in and throughout the competition.

### Concessions

Concessions will be available at the aquatic center's concession area inside the complex.

Lost and Found - Any found item deemed of value (e.g., cell phone, tablet, or watch) will be turned over to the announcer.

### Conduct And Restrictions

- Camcorder operators' equipment is not permitted to take up seats in the spectator area.
- No flash photography will be allowed at the START of the race.
- The use of audio or visual recording devices, including a cell phone camera, is prohibited in changing areas, restrooms or locker rooms.
- **THERE IS NO SMOKING, ALCOHOL OR DRUGS IN THE AQUATIC CENTER COMPLEX.** If you must smoke, please do so only in the designated smoking areas outside.
- Spectators are not allowed on the pool deck.
- Chairs may not be brought into FAST for participants, coaches, or spectators.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- No coolers or outside food/beverages are allowed in the Facility. Exceptions: Meet participants may bring small snack items that are stored in their backpacks/swim bags. Participants, coaches and volunteers may bring refillable water bottles.

## **PARKING AT FLORIDA AQUATICS SWIMMING & TRAINING**

Free parking will be available at the facility. Spaces will be provided for team vans and buses.

### **Appendices:**

- A. Order of Events – Championship Meet & Time Trials**
- B. Time Standards**
- C. Championship Procedures & Operations**
- D. Volunteer Requirements**
- E. Championship Committee**