

2025 YMCA NATIONAL LONG COURSE SWIMMING CHAMPIONSHIPS HANDBOOK PART 1



The YMCA National Long Course Swimming Championships celebrate athletes' achievements, promote positive relationships, and create a sense of belonging for athletes, coaches, volunteers, and families.

OUTLINE

- Key Information
- Lodging
- Basic Conduct of the Meet
- Meet Management
- Attestations
- Eligibility
- Entries
- Time Trials
- Awards and Recognition
- Volunteers / Officials / Timers
- Check-in
- Facility Information
- Spectators

KEY INFORMATION

- Meet Begins: Tuesday, July 29, 2025
- Meet Ends: Saturday, August 2, 2025
- Meet location:
Florida Aquatics Swimming & Training
4635 SW 67th Ave
Ocala, FL 34476
(352) 820-4222
- **Championship Meet Entry Deadline: 9:00 PM ET Monday, July 21, 2025**
- **Time Trials Online Entry Deadline: 9:00 PM ET Thursday, July 24, 2025**
- **Attestations, CEO Declaration Forms, and Certificates of Liability Insurance: 11:59 PM, Friday, July 25, 2025**
- Meet host: YMCA of the USA (Y-USA)
- Meet web page: <https://www.gomotionapp.com/team/yusa/page/ymca-nationals/2025-ymca-national-long-course-championship>

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- USA Swimming sanctions:
Championship approval: #FL-A-XXXX
Time Trial approval: #FL-A-XXXX-TT
- Parade theme: Pirates

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/ymca2025/>
- Hotel rebates from this reservation system help subsidize our Athlete Travel Assistance program.

BASIC CONDUCT OF THE MEET

- This is a closed YMCA competition.
- Meet Format
 - Individual and relay events are in a prelims/finals format meet with designated distance events being contested as timed finals.
 - Seeding will be in the order of conforming times (LCM) followed by non-conforming time (SCM, SCY).
 - Flyover starts will be permitted for preliminaries and time trials.
 - Combining distance events heats will be permitted.
- YMCA Requirements
 - This meet will be conducted under the "Rules that Govern YMCA Competitive Sports" and the "Swimming Addendum to the Rules that Govern YMCA Competitive Sports."
- USA Swimming Requirements
 - In granting their approval, it is understood and agreed that Florida Swimming and 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.
 - USA Swimming technical rules will be used.
 - The host will ensure that the course meets the required dimensions.
 - Technical Suits are prohibited for 12-under swimmers.
 - 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.
 - Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms, or behind the starting blocks.
 - Deck changes are prohibited.
 - Shaving is not permitted on site.
 - Smoking, vaping, or the use of other tobacco products is prohibited in all areas of the venue, except in limited designated smoking areas.
 - Alcoholic beverages or the recognition of alcohol sponsors are prohibited in all areas of the venue.
- Emergency Procedures

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- 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.
- The YMCA Sports national championship lightning policy along with local and facility procedures in the event of lightning will be followed.
- The YMCA of the USA Swimming Procedures for Concussions will be followed for any suspected head injury.

MEET MANAGEMENT

- Championship Planning Committee
 - YMCA of the USA and the YMCA National Swimming and Diving Advisory Committee authorizes the Championship Planning Committee, led by the Meet Director, to plan, operate, and manage this national championship meet.
 - The Championship Planning Committee reserves the right to make any adjustments to the Meet Handbook deemed necessary to ensure the fair and efficient running of the meet 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 Swimming approved meet can be changed.
- Health and Safety Requirements
 - All health and safety protocols required by state, local, facility, YMCA, and USA Swimming procedures will be followed.

ATTESTATIONS

- All adult athletes, parents of minor athletes, coaches, volunteers, and vendors are required to read and electronically sign the legal attestation forms provided by the YMCA of the USA for participation in this event.
- Adult athletes (age 18 and older) will include proof of completion of Athlete Protection Training since Saturday, August 3, 2024 with their attestation. The attestations will be provided to adult athletes, parents of minor athletes, and coaches with the entry confirmation sent to the coach or administrator who submits the team's entry.
- Volunteers will sign their attestation in the YMCA of the USA National Youth Event Volunteer Registration system.
- Deadline for all signed attestations, CEO Declaration Forms, and Certificates of Liability Insurance are due by 11:59 PM, Friday, July 25, 2025. Any of these items not submitted by the deadline will require proof of electronic submission at Check-in and will delay the check-in process.

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ELIGIBILITY

- Team Eligibility
 - All teams must be currently registered through the YMCA annual team and coach registration system. This is a prerequisite for any team to participate in YMCA meets.
 - Each team must have a current and correct certificate of liability insurance on file with the YMCA of the USA effective beyond the last day of the meet.
 - Teams without a coach present at the meet will need to complete the Coach Authorization form which will designate a certified and credentialed coach who will be responsible to supervise the affected athletes.
- Coach Eligibility
 - Each coach must hold current certifications in:
 - Basic Life Support or Professional Rescuer CPR
 - 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
 - Annual coach registration must be completed by Tuesday, July 1, 2025. This will not be available on site.
 - Each coach must complete a background check on or after Saturday, August 3, 2023.
 - Each coach must enter the meet as a coach during the team entry process.
- Athlete Eligibility
 - An athlete must be a YMCA member in good standing who holds an annual, full membership at the YMCA the athlete 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 interscholastic competition.
 - An athlete may have not represented a college, university, or other post-high school institution in any competition.
 - An athlete may not have accepted pay or compensation for competing as a swimmer.
 - An athlete must be at least 12 years of age, and not older than 21 years of age, on the first day of the meet. An athlete's age is determined on the first day of the meet.
 - There is no unattached status in YMCA swimming.
 - Since September 1, 2024, each athlete must have competed in a minimum of:
 - Three (3) closed YMCA inter-association meets, of which the Tom Warrick YMCA Annual Virtual Invitational Meet may be counted as one; and
 - One (1) sanctioned YMCA championship meet which cannot be one of the inter-association meets required above.

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- For each event the athlete enters, the athlete must have achieved the qualifying time standard during the period Monday, April 1, 2024 through the entry deadline.
- If a YMCA does not sponsor a competitive swimming team, an eligible athlete from that YMCA may participate representing that YMCA provided the entry is approved by that YMCA's Executive Director or CEO, the applicable regional representative, and the Championship Meet Eligibility Committee.
- Waiver requests should be submitted online using the form available on the web site.

ENTRIES

- Entry Portal Opens: Monday, June 30, 2025
- Championship Meet Entry Deadline: 9:00 PM ET Monday, July 21, 2025
- Time Trials Online Entry Deadline: 9:00 PM ET Thursday, July 24, 2025
- Official Entry
 - All entries must be made through the Swimcloud On-Line Meet Entry system.
 - No times (NT) are not accepted.
 - Converted times are not accepted.
 - See the meet web page for instructions.
- Event Limits
 - There is no limit to the number of events an athlete may enter.
 - Each athlete may compete in a maximum of five (5) individual events and five (5) relay events for the Championship meet.
 - In a prelims/finals meet, each athlete is limited to participating in 3 individual events per day. This includes Championship and Time Trial events.
 - Each team may have one (1) relay entry per relay event.
- Individual Entry Times
 - Enter the athlete's fastest time achieved during the qualifying period which is Thursday, April 1, 2024 through the meet entry deadline.
 - Acceptable meets are: YMCA dual / tri meets, YMCA Invitational meets, YMCA Championship meets, USAS sanctioned and approved meets, and high school USAS observed meets.
- Relay Entry Times
 - Intact Relay During Current Season:
 - Enter the fastest time achieved during the current season (Sunday, September 1, 2024 through the meet entry deadline).
 - This time belongs to the team and no additional qualifications are required.
 - Intact Relay During Extended Period:
 - Enter the fastest time achieved during the extended qualifying period (Thursday, April 1, 2024 through Saturday, August 31, 2024).
 - All athletes must be eligible to compete at the meet and all swimmers must be entered in the meet.
 - Composite Relay:
 - Each athlete comprising the relay entry must be eligible to compete in the meet and must be entered into the meet.

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- Only times achieved during the individual qualifying period may be used for the composite qualifying time.
 - For the 200 Medley Relays and 200 Freestyle Relays, the team may use 400 Medley Relay and 400 Freestyle Relay qualifying times, respectively as described above, and will be treated as nonconforming entry times.
 - Relay only swimmers (swimmers that are not entered in any individual events) must swim in at least one relay in the championship meet. This can be a preliminary heat, a finals heat, or a timed finals heat.
- Entries for the 50 Meter Backstroke, Breaststroke, and Butterfly Events
 - To compete in the 50-Meter Backstroke, Breaststroke or Butterfly, a swimmer must have achieved the qualifying time for the 100-Meter or 200-Meter distance in that stroke.
 - If the swimmer is not entered in the 100-Meter or 200-Meter distance for that stroke in the meet, then the coach must be able to prove that 100-Meter or 200-Meter qualifying time at Meet Check-in.
 - Entry time for the 50-Meter event 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.
- Entries for the 800 Meter Freestyle and 1500 Meter Freestyle
 - Athletes who qualify in one of the freestyle distance events (800 Meter Freestyle and 1500 Meter Freestyle) may enter the other event without the qualifying time.
 - Entry time must be a provable time.
 - Non-qualifying time will be seeded as a bonus event.
- Athletes with Physical Disabilities
 - All eligibility requirements must be met except the meet qualifying time.
 - An athlete with a disability must meet the Can-Am Para Swim time standard.
 - Use the Online Meet Entry system through Swimcloud to enter the athlete. If a message appears that the qualifying standard is not met, contact the entry chairperson to have the entry accepted.
 - At check-in, advise the Meet Referee and Administrative Referee of any special requirements, especially special warm-up, seeding, or special assistance. Also, advise the deck referee what accommodations might be required.
 - If the athlete has a chance of setting an American record, please note that possibility with your entry and inform meet management and the announcer prior to the event.
 - At finals, all para-swimmers will swim in one heat of mixed gender, mixed events. This heat will be swum before the final relays. The heat will consist of the events swum that day. All para-athletes will automatically qualify for that heat if they swam in preliminaries. Athletes who do not wish to swim in the finals heat are requested to scratch prior to the end of preliminaries. Declining to swim at finals will not be subject to any penalty. There will be no points or awards given.

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- Additional Entries
 - Permitted ONLY according to these requirements:
 - New qualifying times achieved at sanctioned USA Swimming meets contested between Monday, July 21, 2025 and 9:00 PM, Sunday, July 27, 2025. 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 by 11:59 PM, Sunday, July 27, 2025 with swimmer name(s), new event(s), and time(s).
 - Coach must present meet results (prove times) and submit payment for unpaid 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.
- Proof of Times
 - Fifteen percent (15%) of times not reconciled against the USA Swimming SWIMS database will be selected for proof of times.
 - Teams will be randomly selected and notified via e-mail within three (3) days after the meet entry deadline.
 - Coaches should be prepared to prove the times selected.
- Misstated Times
 - If a time is misstated in an event, the proven time will be accepted provided proof can be shown that the athlete's time is at or below the Time Standard for that event.
 - A penalty fee for misstated times will be \$25.00 per individual event and \$50.00 for relays.
 - There will be no penalty fee for misstated letters (Y, S or L).
- Entry Fees
 - Entry fees:

Athlete surcharge	\$20.00 per athlete
Relay only athlete surcharge	\$20.00 per athlete
Individual event fee	\$20.00 per event
Time Trials entry fee	\$25.00 per event
Relay event fee	\$50.00 per relay
Coach deck pass	\$30.00 per 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

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- Payment will be made by credit card or bank draft at the time of final team entry submission.
- Cash, checks, and Venmo are not accepted. Do not send checks to YMCA of the USA.
- Onsite additional charges will be billed at the end of the meet.

TIME TRIALS

- Basic Requirements
 - Open only to athletes entered in the Championship meet.
 - Relay only swimmers may swim in Time Trials. Note the requirement to swim in at least one relay at some point during the championship meet.
 - There are no qualifying standards for Time Trials.
 - The available events are listed on the meet web page.
 - Swimmers may only swim the stroke(s) and distance being contested in that event.
- Time Trial Limits
 - Each athlete may enter up to five (5) Time Trial events. The limit of three (3) total individual events (including Championship and Time Trial events) per day applies.
 - The 1500 Freestyle and 800 Freestyle events may be limited to two (2) full heats of each gender.
 - The 400 Freestyle and 400 Individual Medley events may be limited to five (5) full heats of each gender.
 - Time Trial entries may be limited so the session will be completed by 2:30 PM each day.
 - The Time Trial Referee reserves the right to terminate the session at 3:00 PM.
- Time Trial Entry Procedure
 - Online Entries
 - Online entries are made via Swimcloud. Note that Time Trials is treated as a separate meet from the Championship meet.
 - Online entries will be given priority in the event of time restrictions.
 - Payment is made via credit card at the time of entry.
 - Onsite Entries
 - See Handbook Part 2 for details regarding onsite entries.

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AWARDS AND RECOGNITION

- Scoring will be as follows:

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
 - Medals will be awarded for places one (1) through ten (10).
 - Ribbons will be awarded for places eleven (11) through twenty (20).
- Team Awards
 - Plaques or trophies will be awarded to the three (3) high point 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 competition to be eligible.
 - The top team for men's, women's, and combined will also receive a banner.
- Individual Awards
 - Swimmer of the Meet for men and women.
- See the web site for details regarding submission and voting for the following:
 - Graduating seniors.
 - Coach of the meet.
 - Remembering those who have passed.

VOLUNTEERS / OFFICIALS / TIMERS

- Volunteer Requirements
 - Volunteers will be required to register with the YMCA National Youth Event Volunteer Registration system.

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- Volunteers will be required to have a background check dated on or after Thursday, August 3, 2023.
- Volunteers will be required to have completed athlete protection training (APT) on or after Saturday, August 3, 2024.
- Current USA Swimming membership showing background check and athlete protection training current through the end of the meet satisfies this requirement.
- Certified Swim Officials
 - YMCA Level I, YMCA Level II, and USA Swimming certified officials are needed for all sessions of preliminaries, finals, and time trials.
 - Application can be made through the link on the web site.
 - There is a mandatory meeting on Monday, July 28, 2025. In addition, there is a meeting before each preliminary and final session. See the Schedule of Activities for time and place.
 - Officials are asked to work as many sessions as possible, but at least five (5) sessions during the week.
 - Registration of officials will be held at check-in where officials will receive the meet shirts and credentials.
 - Requested attire for the preliminaries will be designated meet shirt (provided at registration), navy-blue slacks, pants, shorts, skorts or skirts (no shorter than four (4) inches above the knee) with white shoes.
 - Requested attire for the finals will be a white oxford or polo shirt and long navy-blue pants. Ladies may wear "Capri" style pants.
 - Officials working at prelims will receive breakfast and lunch.
 - Officials' credentials will be valid for deck entry only for the sessions they are working but allow spectator access for other sessions.
- Timers
 - Timers should be 16 years or older and have experience timing at a YMCA meet.
 - Application can be made through the link on the web site.
 - There is a meeting before each preliminary and final session. See the Schedule of Activities for time and place.
 - Timers who sign up and work at least five (5) sessions will receive:
 - A meet shirt.
 - Credentials allowing deck entry for the sessions they are working and allow spectator access for other sessions.
 - Registration of timers will be held at check-in where officials will receive the meet shirts and credentials.
- 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 Administrative Official
 - Registration is available on the YMCA Learning and Career Development Center (LCDC) web site.
 - See the Schedule of Activities for specific time and place of training.

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CHECK-IN

- See the Schedule of Activities for specific time and location.
- The Head Coach (or Lead Coach) of each team will complete the check-in process prior to the start of the meet or prior to participating in the meet if they check in after Monday, July 28, 2025. At that time, the coach:
 - Receives a routing sheet with any outstanding meet requirements:
 - Required forms.
 - Proof of times.
 - Outstanding payments.
 - Receives the team packet.
 - Receives an exception report for oversubscribed swimmers.
 - May submit any scratches.
 - Identify any swimmers with special needs.
- Proof of electronic submission of any attestation forms, CEO Declaration Forms, and Certification of Liability Insurance if not submitted by the deadline.

FACILITY INFORMATION

- Pool Specifications
 - Certified 50-meter, 10 lane pool with continuous non-turbulent lane lines, bottom lane markers and backstroke flags. Water depth at starting end is 9'10".
 - Outdoor pool with five (5) 50-meter lanes and six (6) 25-yard lanes will be available for warm-up and warm down.
 - Starting blocks are Paragon Track Start Plus equipped with foot wedge. Backstroke ledges are Spectrum / Colorado Timing.
 - Prior to each session of competition, the facility host shall examine the bulkhead and shall confirm to the Meet Referee that the bulkhead is stable, straight, and properly positioned and anchored.
- Timing System
 - The facility uses a Colorado Timing Systems Gen7 timing system. Colorado Timing relay judging pads with speedlights are installed on each block.
- 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.

SPECTATORS

- Seating
 - Balcony off-deck seating is available for 1,250 spectators in an elevated grandstand.
 - Handicap seating is available. Elevator access is available to that level.
 - All seating is general admission.
 - Spectators for whom seats are being saved must be in their seats by 8:45 AM.

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- Camcorder operators' equipment is not permitted to take up seats in the spectator area.
- Concessions
 - Concessions will be available at the aquatic center's concession area inside the complex.
- Merchandise
 - Metro Swim Shop is the official provider of meet apparel, swimsuits, goggles, general apparel, and other merchandise.
 - Purchases can be made from the beginning of check-in and throughout the competition.
 - Online purchases can be made prior to the meet.
- Prohibitions
 - See USA Swimming Requirements for certain restrictions.
 - There is no flash photography at the start of any race. Strobe lights are being used for backup timing purposes and to aid hearing impaired athletes.
 - There is no smoking, alcohol, or drugs in the aquatic center. Smoking is permitted only in the outside designated areas.
 - Spectators are not allowed on the pool deck.
 - Chairs may not be brought in 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. Meet participants are allowed to bring small snack items that are stored in their backpacks or bags.
 - Participants, coaches, and volunteers may bring refillable water bottles. Refilling stations are available.
 - Massage tables are prohibited.
 - Team banners can only be hung on the outdoor fencing.
- Admission Fees
 - Online ticket purchases will be through Hometown Tickets.
 - Prices shown do not include processing fees.

ALL SESSION PASSES	Early Bird (Purchase before 12 AM, 7/23/2025)	Standard (Purchase 7/23/25 through 7/30/25)
Adult	\$110	\$145
Child (8-18)	\$65	\$75
Child Under 8	Free	Free

- Online purchases at the meet.

Online Passes Available at the Box Office	Daily Prelims and Finals	Single Session
Adult	\$35	\$18
Child (8-18)	\$17	\$9
Child Under 8	Free	Free

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