

2026 YMCA State Championships **Coaches Notes #1 Jan15, 2025**

Dear Coaches,

Please review the following important dates, eligibility requirements, and event guidelines as you prepare for the 2026 YMCA State Championships.

Key Dates

- **Entry Deadline: January 12, 2026**
- **Mandatory Coaches Zoom Meeting: January 13, 2026 | 7:00 PM**
(Zoom link)

Coach & Team Eligibility

- Teams and coaches **must be registered annually with the YMCA online registration system prior to the entry deadline.**
- **Coaches who are not registered will not be permitted on deck.**

Swimmer Eligibility

All athletes must meet the following requirements:

- **Be a YMCA member for at least 90 days**
- **Must have participated in a minimum of two (2) YMCA-sanctioned meets since March 1, 2025**
- **Have a Concussion Awareness Form on file**
- **Be entered with a verified seed time (NT entries are not permitted)**
- **Athletes 18 & over** must provide certification of **Safe Sport Training** (USA Swimming Athlete Protection Training – APT)
- **Meet qualifying time standards for events 200 yards/meters and longer**

Event Limitations

- Athletes may enter **up to three (3) individual events and two (2) relays**
- Teams may enter **up to three relays (A/B/C)** per relay event

Additional meet information will be shared at the Coaches Meeting Jan 13. Please ensure all eligibility requirements are met prior to submitting entries.

Thank you for your continued support and preparation. We look forward to a successful championship meet.

BYST/GH2O/MFY