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Y SWIMMING NEWS – JULY 2024

Monthly highlights, updates and reminders for YMCA Swimming coaches, volunteers and supervisors.

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YMCA National Long Course Championship Meet

The 2024 YMCA National Long Course Championship Meet is July 30 – August 3 in Ocala, Florida.



- **Entry Deadline** – July 22 at 9:00 pm Eastern Time.
- **Senior Recognition** – [submissions](#) due July 19.
- **Moment of Remembrance** – [submit](#) by July 19.
- **Athlete Volunteers** (Devotions, National Anthem) – [applications](#) due July 22.
- **Athlete Travel Assistance** – [applications](#) due July 22.
- **State Sign Carriers** – [applications](#) due July 22. First come-first served by state.
- **CEO Declarations and Coach/Parent/Adult Athlete Attestations** – due July 26. **IMPORTANT NOTE:** For Parent, Adult Athlete and Coach Attestations, *please* ask them to use the same exact name on the attestation that is used on the meet entry so that there is no delay at check-in for unsubmitted attestations.
- **NEW – Online Coaches Meeting** – Wednesday, July 24 at 8:00 pm Eastern Time. This is THE general coaches meeting for the meet. The only onsite coaches meeting will be for new coaches attending YMCA Nationals for the first time. The general coaches meeting will be recorded and posted on the meet site. Find the Microsoft Teams link to the meeting on the [meet site](#).
- **Insurance Certificates** must be up-to-date and on file with Y-USA by July 26. Check the current list [here](#). Note that all certificates must be uploaded by your YMCA's CEO or MOYP Administrator. E-mailed or paper copies cannot be accepted.
- **Timers and Officials NEEDED.** Because ten (10) competition lanes will be used, there is a greater need for Timers especially. Those who work at least five sessions receive spectator access for the balance of the meet. Encourage your parents to sign up early in order to secure their spots and to complete the volunteer requirements for national events. Find information and sign-up forms [here](#).
 - There are 150 timer slots between Prelims, Finals and Time Trials. In order to fill all slots, teams are asked to provide timers based on the number of swimmers they have competing in the meet:
 - 50+ swimmers – 10 Timer slots
 - 40-49 swimmers – 7 Timer slots
 - 30-39 swimmers – 5 Timer slots
 - 10-29 swimmers – 3 Timer slots

- **NEW – Spectator Ticket Sales** will be purchased online ONLY. The HomeTown Tickets link will be posted to the meet site. All sales are online. There will be no on-site vendor for spectator tickets. Wristbands, required for admission, may be picked up at the aquatic center.
- **Parade Theme: *Out of This World***

Congratulations, YMCA Olympians and Paralympians!

For the first time in history, five (5) swimmers with YMCA Swimming backgrounds have earned spots on the U.S. Olympic Team.

- **Jack Alexy** - Greater Somerset County YMCA (NJ) - 100 Freestyle, 4 x 100 Freestyle Relay and 4 x 50 Freestyle Relay
- **Hunter Armstrong** - Tuscarawas County YMCA (OH) - 100 Backstroke, 4 x 100 Freestyle Relay
- **Matt Fallon** - Greater Somerset County YMCA (NJ) - 200 Breaststroke (American record)
- **Thomas Heilman** - Cavalier Aquatics - Piedmont Family YMCA (VA) - 200 Butterfly and 100 Butterfly
- **Ryan Held** - Springfield Area YMCA (IL) - 4 x 100 Freestyle Relay

Hannah Aspden, formerly with the YMCA of the Triangle Area (NC) made her third U.S. Paralympic Team

Congratulations also to all of the YMCA-affiliated swimmers who competed at the U.S. Olympic and Paralympic Team Trials. See [the list](#) on the YMCA Swimming and Diving website.

YMCA Swim Coaches Forum

- 3rd Tuesday each month, 11:30 am – 12:30 pm ET, on Microsoft Teams and recorded.
- All coaches, aquatics directors and supervisors are welcome to participate in discussion, information-sharing and updates.
- July 16 Topic: Long Course Nationals, including SwimCloud's Scott Kitzman and Meet Director Jon Saxton; guest presentation from SwimWarrior
- Have a topic suggestion? Please e-mail [Meredith Griffin](#) or [Mike Gobrecht](#).

2024 YMCA Annual Tom Warrick Virtual Invitational

Local competitions may take place October 4 – November 3, with alternate dates of December 6-15 for those states with high school representation restrictions. Meet information and event file will be available later this summer.

*This meet is the only virtual meet that may count as a closed YMCA inter-association meet. The minimum number of certified YMCA officials must be used and the event file may not be changed.

2024-25 Team and Coach Registration

The YMCA team and coach registration system opens for the 2024-25 season on September 1. Please do not submit team or coach registrations for the new season prior to September 1. The system will be refreshed on August 31 and you will need to resubmit.

Submit Meet Results for YMCA Top 16

Remember to submit your meet results to SwimCloud. The YMCA Top 16 lists are compiled from the meets in the SwimCloud database.