



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PSSA MEET ANNOUNCEMENT

<b>Meet Name:</b>	
<b>Meet Date(s):</b>	
<b>Meet Hosted by:</b>	
<b>ENTRY DEADLINE: (NO LATE ENTRIES ACCEPTED)</b>	<b>Time:</b> _____ <b>Date:</b> _____
<b>Positive Check In:</b>	<input type="checkbox"/> <b>YES</b> (see Order of Events) <input type="checkbox"/> <b>NO</b>

### MEET SCHEDULE INFORMATION

<b>Doors Open:</b>		<b>Coaches' meeting:</b>	
<b>Warm-ups:</b>		<b>Officials meeting:</b>	
<b>Competition begins:</b>		<b>Timers' meeting:</b>	
<b>Deck Scratches &amp; Relay Changes Due:</b>	<b>30 minutes prior to start of meet</b>		

### CONTACTS

	<b>Name</b>	<b>Email Address</b>
<b>Meet Director:</b>		
<b>Meet Referee:</b>		
<b>Administrative Official:</b>		
<b>Other key contact(s):</b>		

**Coaching and Official credentials will be required to be on deck. Certifications must be current.**

### WEB SITE

- Meet information including meet file can be found at [PSSA website](#).
- Meet results will be emailed after times have been certified and after the conclusion of the meet to coaches. Results will also be posted on the [PSSA website](#). Some meets may use applications like Meet Mobile to post live results. This will vary meet by meet.

## FACILITY INFORMATION

<b>Location:</b>	
<b>Competition pool:</b>	<p>Pool is:</p> <p><input type="checkbox"/> ___ lanes by 25 yards</p> <p><input type="checkbox"/> ___ lanes by 25 meters</p> <p>Pool is ___ to ___ feet deep throughout the course.</p> <p><input type="checkbox"/> Pool has NOT been certified in accordance with 104.2.2C(4).</p> <p><input type="checkbox"/> Pool IS certified in accordance with 104.2.2C(4)</p>
<b>Timing System:</b> (Check one)	<p><input type="checkbox"/> Electronic timing system with watch timers*</p> <p><input type="checkbox"/> Watch Timers only</p> <p><b>*Note: In the event of an electronic system failure, 3 watch timers per lane will be implemented.</b></p>
<b>Spectator Viewing:</b>	
<b>Concessions:</b>	<p><input type="checkbox"/> Available</p> <p><input type="checkbox"/> <b>NOT</b> available this meet</p>
<b>Hospitality:</b>	Hospitality will be available for Coaches and Officials
<b>Heat sheets (check one):</b>	<p><input type="checkbox"/> Emailed by Meet Host before Meet</p> <p><input type="checkbox"/> \$2.00 each for sale in Concessions area.</p>
<b>Guests:</b>	<p>YMCA guests that are not members of our Association need to have proof of ID and sign a facility waiver located at the Welcome Center.</p> <p>Events not held at YMCA facilities will follow all entry requirements of that facility, including but not limited to, entry fees, spectator viewing, etc.</p>

## MEET RULES

- All events will be pre-seeded, timed finals and swum slow-to-fast. Positive check in events will be noted in the Order of Events and at the top of the Meet Announcement.
- Qualifying times and/or other event limitations will be noted in the Order of Events.
- Current YMCA and USA Swimming technical rules govern throughout the meet.
- All participating swimmers must be under the supervision of a YMCA coach and may not enter the water at any time unless under said supervision. Coaches are responsible for their team's swimmers throughout the meet, including warm-ups and cool-downs.
- Coaches are responsible for notifying Clerk of Course/AO Table for scratches and relay changes 1 hour prior to start of the meet.
- **Meet Entry Limits: \_\_\_\_\_ Individual Events; \_\_\_\_\_ Relays; \_\_\_\_\_ swimmers**
- **Event Entries due by: \_\_\_\_\_**
- **Deck scratches and relay changes are due to the Clerk of Course/AO desk 30 min before the start of the meet.**

## ENTRY INFORMATION

<b>Event Limits:</b>	A swimmer may swim a maximum of: _____ <b>Individual Events</b> and _____ <b>Relays</b> _____ <b>Maximum Swimmers for the event (if applicable)</b>
<b>Swimmer Age:</b>	The swimmer's age the day of the meet will be used for entry submission.
<b>Entries DUE No Later Than:</b>	<b>Date:</b> _____ <b>Time:</b> _____
<b>Participating Teams:</b>	<ul style="list-style-type: none"> <li>• At least two (2) teams from different YMCA associations (different association numbers) take part.</li> <li>• At least six (6) competitors from at least two (2) team are required to participate. Additional teams with less than six (6) competitors are eligible to participate.</li> </ul>
<b>Send Entries to:</b>	
<b>Entry Fee(s):</b>	<input type="checkbox"/> Invite/Dual Meets = \$10 per swimmer <input type="checkbox"/> Challenge Meets = \$15 per swimmer <input type="checkbox"/> Y State - ~\$40-45 (TBD as approved by PSSA)  Each participating team is expected to pay PSSA League directly <b>NO LATER THAN 30 DAYS</b> after the end of the meet. All fees must be sent to the PSSA Treasurer: Marilyn Grindrod 31661 Night Owl Ave NE Kingston, WA 98346
<b>AWARDS &amp; RECOGNITION</b>	

## ATHLETE ELIGIBILITY

- **YMCA Membership:** An athlete must be a YMCA member in good standing who holds a full privilege membership at the YMCA he/she represents for a period of at least 30 days prior to the date of the competition. An athlete may have only represented that YMCA team in competition since September 1, 2021 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 six (6) years of age, and not older than twenty-one (21) years of age on the first day of the meet. High school post- graduate swimmers are eligible as long as they have not represented a post- high school institution

## SAFETY EXPECTATIONS

- For everyone's safety, please respect the lifeguards and comply with their requests.
- Medical supervision will be available to all athletes participating in the meet. Lifeguards with current lifeguarding, first aid, and CPR/AED certification will be on duty throughout warm-ups and competition. In addition, each coach's credentials include current lifeguarding, first aid, and CPR/AED certification.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Recording devices (cell phones, cameras, PDAs, etc.) are not permitted behind the starting blocks during the entire meet. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding.
- Operation of a drone, or any other flying apparatus, is prohibited inside or over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- Garment changing on deck changes is prohibited.
- No flash photography at any time in the pool area.
- Glass containers are not allowed anywhere in the pool building, including lobbies and locker rooms.
- Youth participants 18 years of age or older are required to complete Safe Sport/Youth Protection Training.
- No diving from bulkheads at any time. No diving from the blocks or sides of pool except for designated sprint lanes during designated times during warm ups.
- Jumping into the pool is not allowed.
- Backstroke swimmers enter the water feet first in rotation; no diving over persons in the water.
- Deck Referees have the authority to remove any swimmer, coach, or club who does not follow the safety rules during warm-ups or the meet.
- Coaches are responsible for their team's swimmers throughout the meet, including warm-ups and warm-downs.
- All participating swimmers must be under the supervision of a coach and may not enter the water at any time unless under the supervision of said coach. The Meet Director or Meet Referee may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to make arrangements prior to the start of warm-ups and to so notify the Meet Referee.
- Only authorized volunteers and working personnel can be on deck. All others are not allowed in the designated racing venue unless timing for an event or volunteering with the management of the meet. Authorized volunteers may need to wear an ID badge or receive a lanyard from the Clerk of Course.
- In order to be on deck and serve in their official capacity, all officials shall visibly display their membership credentials, including current certification(s), at all times.
- All persons acting in any coaching capacity must be coach members of Y-USA Swimming and must be ready to show proof of current coaching credentials when checking in for the meet.
- Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue.
- Any act of theft, vandalism or similar action will result in immediate disqualification from the meet and the loss of any points accumulated toward team standings by the individual.
- Team Areas: Please keep your area clean, and pick up all trash before leaving each session.
- It is understood and agreed that the PSSA League and its members 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.

**We expect a great YMCA meet with support from our YMCA teams!**

