

# COACHES MEETING AGENDA

Y STATE CHAMPIONSHIP MEET

January 2026

## IMPORTANT DATES:

- Monday January 13<sup>th</sup> - Entry Deadline by 5 p.m.
- **Tuesday January 20<sup>th</sup> - Coaches mandatory Zoom meeting 7 PM at the following link:**

<https://us02web.zoom.us/j/88612044639?pwd=5wrCafBppIzTxjqQh8wyDiLiZOVmIL.1>

## SUMMARY OF THE JANUARY 24<sup>TH</sup> Y STATE CHAMPIONSHIP TIMELINE

Details about this timeline will be discussed as part of the January 20<sup>th</sup> Coaches meeting agenda (below).

- 7:45 AM - Doors Open / Check in
- 8:00 AM - Coaches' Meeting
- 8:15 AM - Team & Official Staging (for recognition)
- 8:30 AM - Team Recognition / Awards
- 9:00 AM - Warmups
- 9:00 AM - Positive check-in closes at 9:00AM.
- 9:15 AM - Officials' Meeting
- 9:30 AM - First Shift Timers' Meeting
- 10:00 AM - Start of Competition
- 12:30 PM - Second Shift Timers' Meeting (Switch to occur at 1 PM)
- 5:00 PM - Meet should end no later than 5 p.m.

## MEET STATUS & PRE-MEET ITEMS

The psych sheet, timeline, and team rosters have been sent. Heat sheets will be arriving shortly and should be distributed to your teams once received.

- Team Payments are due by **Jan 24, 2026. Invoices will be sent to teams for processing**
- Heat sheets will be available for purchase in the lobby for \$2.00
- Meet programs (with heat sheets) will be available for \$5.00

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## COACHES INFORMATION

Doors Open: 7:45 AM

Meet Start: 10:00 AM

Coach Check-In & Meetings

- Sign in at the Coaches Table in the lobby to receive credentials and team packets.
- Proceed to assigned team tables on deck.
- Coaches Meeting: 8:00AM in the hospitality room.

Entry limitations:

- Swimmers may enter 3 individual events
- Relays teams are limited to 3 per team (A,B,C), per event.

## Positive Check-In & Scratches

- Positive check-in required for 200 & 500 events at Clerk of Course.
- Positive check-in closes at 9:00AM.
- Scratches must be submitted using the entry list in the coaches packet and turned into the AO no later than 9:00 AM.

## Warm-Ups

- Begin 9:00-9:50 AM in assigned lanes.
- No diving during warm-ups — 3-point or feet-first entry only.
- Coaches are responsible for opening starting blocks when swimmers are ready. One way traffic with swimmers exiting at the bulkhead.

## Starts

- Fly-over starts will be used except for:
  - 8 & Under events which are starting on the bulkhead
  - Backstroke events
- Starting blocks are tall; swimmers uncomfortable on blocks may:
  - Start from the side, or
  - Perform in-water starts.

## Coaches and officials hospitality:

Located in the hospitality room on the girls locker room side of the pool near dive tank. Breakfast and lunch will be served.

There are drinking fountains for swimmers and coaches to refill their water bottles.  
(Jan can add info here if needed.)

Restroom for coaches and officials located adjacent to hospitality or upstairs in the pool looby.

Maybe a note about swim apparel ?

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## AWARDS CEREMONY

Time: Approximately 8:30 am

- YMCA song to kick off the celebration.
- Value Awards presented first (alphabetical order).
  - Coaches will distribute awards to their swimmers on the pool deck gutters in front of their assigned tables.
- Recognition of:
  - Graduating Seniors staged in the awards room by teams and announced as they walk out to dive tank starting blocks
  - YMCA National Swimmers staged at the dive tank starting blocks
  - Toles Award recipients at the dive tank starting block
  - Volunteers (officials and meet support staff) step forward on to the gutter at both sides of the pool.
- Awards Pickup
  - Please allow up to 30 minutes after the meet to collect awards.
  - Awards will not be mailed after the event.

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## **SWIMMER GUIDELINES**

- All events must have a seed time. NT not allowed  
There are qualifying times for 200 and 500 FR events.
- Staging will be used throughout the meet at both ends of the pool.
- Dive tank pool will be primarily 12 and Under swimmers
- Scoreboard end will primarily 13/O swimmers events EXCEPT the following events 45/46 200 BR, #51/52 200 BK and # 59/60 200 FL are 11-21 age groups.
- 8 & Under 25s:
  - Either dive off the bulkhead or perform an in water start.
  - Swimmers will be staged and escorted by officials.
- Warm-up/cool-down lanes available in the dive tank:
  - Coach supervision required.
  - Not a play area; monitored by deck marshals.
  - Misuse will result in removal and return to coach for further monitoring.
- Appropriate swim attire required.
  - 12 & Under swimmers may not wear tech suits.
  - Shirts or suits below the knee are not permitted unless a waiver has been approved by YMCA Nationals.

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## **PROTESTS & MISSED EVENTS**

- If a swimmer misses an event:
  - Immediately escort the swimmer to the Deck Referee.
  - If an empty lane exists, the swimmer may be allowed to compete.
- To discuss a DQ:
  - Immediately speak with the Deck Referee.
  - Bring the DQ slip and calmly explain the concern.
  - Relays require dual confirmation by officials.
- Formal protests may only be reviewed by the Meet Referee.
  - Decisions are final per USA-S Rule 102.23.1.

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## **PARENT & SPECTATOR INFORMATION**

- Doors Open: 7:45 AM
- Volunteer check-in and credentials available in the lobby.
- Swim apparel pick-up located in the lobby.
- Spectator seating available on the balcony — no reserved seating.
- No glass allowed on deck or in spectator areas.
- Pool deck access limited to:
  - Approved coaches
  - Swimmers
  - Working officials
  - Authorized volunteers
- Parents must supervise children in spectator areas.

- Restrooms are located in the lobby.

## FINAL REMINDERS

- scratches/relay changes: Due by 9:30 AM

## WARM-UPS & LANE ASSIGNMENTS

- 9-9:50AM

### SCOREBOARD POOL

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Group 1								
Group 2								

### DIVE TANK END POOL

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Group 1								
Group 2								

### DIVE TANK POOL

	Lane 1	Lane 2	Lane 3	Lane 4
Group 1				



