

# 2010 St. Louis YMCA District Swim Championships

## March 6-7, 2010

**Hosted by JCAY Barracudas**  
**Mizzou Aquatic Center, Columbia, Missouri**  
**YMCA Sanction: CAQ 09-2010 8048**  
**USA Swimming Sanction:**

### **Hosted By:**

JCAY Barracudas Swim Team

### **Location:**

Mizzou Aquatic Center, Columbia, Missouri

### **Travel Directions:**

The Mizzou Aquatic Center is located in Columbia, Missouri, on the University of Missouri Campus

From the west, take I-70 to the Stadium Drive Exit South (in Columbia), turn left on Providence, and turn right on Rollins. The parking facility and recreation center are on the right.

From the east, take I-70 to the Highway 63 Exit South (in Columbia) to the Stadium Drive exit. Turn right on College, left on Rollins. The parking facility and recreation center

### **Facility:**

The meet will be held at the Mizzou Aquatic Center. The facility features two eight-lane, 25 yard pools with non-turbulent lane lines. A fully automatic timing system will be utilized, with 2 manual timers per lane serving as a backup. The facility includes a diving well that will be available for swimmer warm up/warm down during the meet. No diving will be permitted. Swimmers **MUST** be quiet during starts. **Abuses of these rules will result in the pool being closed for the duration of the meet.**

Seating is available for 1,000+ spectators in the mezzanine area above the pools. **No lawn chairs, coolers or swimmers will be allowed in the spectator area. NO camping out in the spectator area.** No spectators will be allowed on the pool deck. No flash cameras may be used **at any time** during the meet. Locker rooms will be available for changing. No shaving will be allowed on meet premises. No video recorders or cell phones with video cameras will be allowed in the locker rooms.

Each team will be given a designated area in the team area for their team. Space will be allotted as to number of District Swimmers. In the gym the upper track is off limits along with any area marked as off limits. Lawn chairs may be brought into each team's designated area. Food concessions will be available during all sessions. Vendors will also be selling merchandise in the team area.

There will be areas of the Mizzou Recreation Complex marked as off limits. Please ensure that all swimmers and visitors adhere to these signs and partitions that will be in place.

No smoking is allowed in any area of the building. Medical personnel will be on duty at all times during the meet.

## **Coaches:**

Per Illinois/Missouri Area rules, only certified coaches and meet officials will be permitted on the main pool deck during the meet. Coaches must receive coaches' clearance of certification from Jeanette Mix. **Deck passes will only be issued to qualified coaches that meet all certification requirements.** There will be a hospitality room for coaches and meet officials only.

## **Swimming Schedule:**

Championship Meet Format, with prelims being swam Saturday and Finals Sunday. The exception being the Time Trial events will be swam on Saturday following session 1. Prelims will consist of championship seeding using 8 lanes for all swimmers. Swimmers who place in the top 16 of each event on Saturday will qualify for finals or consolation finals on Sunday. In the event that an alternate advance to the finals, swimmers from consolation finals will be moved into finals, however, there will be no alternates moved up for the consolation heat. Alternates will not be penalized for a "no show" if called upon to participate in finals.

Dive blocks will be available on both ends of the West pool during finals on Sunday.

Time trials for qualification for YMCA Nationals will be held on Saturday 30 minutes following the conclusion of session 1. **Swimmers in these events must provide their own timers and lap counter (if needed). See attached information related to time trials.**

## **Bull Pen:**

There will be a bullpen for each pool in the crash area.

## **Entries:**

The entries, entry fees, time trials form, summary of fees form and officials list must be received by **February 24, 2010**. The entries must be submitted electronically and may be provided on computer disc or electronically via e-mail to the Entry Chair. Submission format is Hytek Commlink file, as per district rules. A printed copy may also be sent, but the electronic file is the official team entry. It is the responsibility of each team to check their entries for errors. There will be no additions or changes once the entry deadline has passed. No deck or late entries will be permitted. Updated times will be accepted through March 2<sup>nd</sup>.

For time trials please email the form along with your entries to entries email at JCAY@live.com.

All coaches be advised that further entry information and reports will be emailed once the entry deadline has passed.

Per the district by-laws, all entry fees and required forms must accompany the official entry. A late fee of \$100 will be assessed to any team that does not meet the entry deadline. The late fee will be made payable to the St. Louis District Swim Committee.

Exhibition swimming is prohibited. Swimmers may compete in four events, only three of which may be individual events. Each association may enter two (2) relay teams per relay event. Only the "A" relay is eligible to advance to the Area Meet. There is no limit on the number of swimmers that may be entered in each individual event per team, but coaches must designate area entry by fastest times only. Time Trial events do not count against the number of official events a swimmer may compete in.

A swimmer's age as of **December 1, 2009** determines the age group for competition. Swimmers must meet all Area eligibility requirements including YMCA full privilege membership in good standing, required meet participation, and amateur status rules. In individual events, a swimmer may only swim in one competitive age group. In relay events, a swimmer may swim up one age group (or two age groups for 11-12's only). The 8 & under and 9-10 age groups can not swim up 2 age groups. No swimmer may compete in more than one relay event per relay cluster (e.g. only one free or medley relay).

**Official scratch sheets will be provided at the meet and must be turned in regardless of whether or not a team has scratches for that session.** Scratch sheets must be turned in to the meet referee 30 minutes before the start of the session. A no-show for an event removes the swimmer from the balance of the meet. Declared false starts may only be used in prelims and swim-offs. The declared false start must be in writing to the Meet Referee or Deck Referee before the heat for which the declaration is being made is called to the blocks

This will be an USA Swimming approved meet (USA swimming, Missouri Valley Swimming sanction number \_\_\_\_\_). Those teams that want their swimmers swims observed and times recorded in the USA Swimming data base (SWIMS) must provide the name (first, middle, last), date of birth, and USA Swimming athlete registration number with their meet entries. Please do not build an ID in Team Manager if the swimmers are not registered with USA Swimming as this will delay the process of getting times submitted into SWIMS.

There will be a \$5.00 entry fee into the Aquatic center for all non-swimmers ages 18 and over. This fee will cover the entire weekend along with entering them in a drawing for some fantastic door prizes.

### **Entry Fees:**

Entry fees are \$4.00 per individual event and \$16.00 per relay. There is also a \$12.00 swimmer surcharge. Entry fees **must** accompany entry file. Please turn in the team entry fee sheet with checks made out to "STPA". Entries must arrive by Wednesday, **February 24, 2010**. Entries may be hand-delivered to the Jefferson City Area YMCA Knowles Facility no later than 7:30 p.m. Wednesday, **February 24, 2010**. Coach's hand-delivering entries should contact Don Beck (C) 573-690-7553 (H) 573-896-9759 to make arrangements for receipt of hand-delivered entries.

### **Entry Submission:**

Mail check, summary of fees form, time trials form and an email contact to:

Jefferson City YMCA-Knowles Center  
C/O Barracuda Swim Team-Districts  
P.O. Box 104176  
Jefferson City, Mo 65110  
E-mail: [JCAY@live.com](mailto:JCAY@live.com)  
Entry Team Contact: Allison Gohring  
Cell: 573-220-2598  
Home: 573-642-9629

The Meet Entry Hytek file may also be submitted by e-mail at the address shown above. Note that entry submission will not be considered complete until all materials, including payment, are received.

## **Officials:**

Meet Referee: Ron Marion  
Meet Director: STPA Board-Mike Nanneman  
Safety Marshall: Pat Duncan

**Each team is required to supply certified officials for the District Swim Championships.** A separate form related to officials is attached and must be sent to:

Ron Marion  
210 Molly CT  
O'Fallon, IL 62269  
618-632-1723 (home)  
314-853-5682 (cell)

**E-mail submissions for officials will be accepted in lieu of the paper form. Officials' submissions via e-mail should be made to [ronmarion25@aol.com](mailto:ronmarion25@aol.com)**

The officials form must be received by Ron Marion, no later than **February 24, 2010** or your team will be subject to the \$100.00 late fee for the District Meet. Failure to return this form will result in your team not being entered in the District Meet.

## **Timers:**

**Timers will be required from all teams. Number of timers required from participating teams will be based on number of swimmers attending. Timers will report to the blocks when the first event (8:45 AM) is called to the staging area at the start of each day.**

We will have two shifts of timers for the East Pool events and two shifts of timers for West pool events in session 1 on Saturday, and two shifts of timers for Sunday's finals. **There will be a fifteen minute break in each session** at which time the replacement timers will need to report to the blocks.

**Swimmers competing in the 500 freestyle events will need to provide their own lap counters**

**The timer assignment schedule along with the Team Area Parents schedule will be posted once entries are submitted. Please e-mail the completed timer assignment and Team Area Parents schedule to [JCAY@live.com](mailto:JCAY@live.com) ASAP once it is posted.**

**SWIMMERS COMPETING IN TIME TRIAL EVENTS MUST PROVIDE THEIR OWN TIMERS AND COUNTERS IF NEEDED.**

## **Swimmers Conduct:**

It is expected that all swimmers and spectators alike will exhibit courteous sportsmanship at all times. Running, ball-throwing, horseplay and vandalism will not be permitted in any area of the facility. Radios, CD/MP3 players, etc. will be permitted with **HEADPHONES ONLY**. No food or drink is allowed in the team area.

Parental supervision of the swimmers in all areas is a requirement for team participation. Each team is required to have two (2) parents with their team at all times in the team area.

All swimmers are required to report to the bullpen when the event is called.

**These rules will be strictly enforced. Any violation of these rules or codes of conduct may result in the disqualification of a swimmer or an entire team by the District Committee.**

### **Awards & Scoring:**

Points and awards will be rewarded to the top 16 finishers in each event on Sunday.

### **Scoring:**

Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

### **Awards:**

Individual & Relays

1st-8th place Championship Medals

9th-16th place Consolation Medals

### **Age Group Awards:**

1st-3rd place Team Trophies, separate boys/girls

### **Team Awards:**

1st-6th place Team Trophies, boys/girls combined

1st-3rd place Team Trophies, boys/girls separate

All age group and team trophies will be presented after the conclusion of finals on Sunday. Coaches or a pre-designated parent only may pick up individual awards following the completion of finals.

All teams will receive one copy of total meet results on Sunday. Teams may bring 1 disk/thumb drive for computer results of the meet to pick up Sunday with awards. **Please be sure to label your device for pick up.**

During the meet, results of each event will be posted in the team area for spectators and swimmers and on deck for coaches.

### **Rules:**

District and Area Championships shall be governed by current Illinois/Missouri Area YMCA Bylaws, St. Louis YMCA District Bylaws, National YMCA "Rules that Govern Competitive Sports," and the current USA Swimming Technical rules.

### **Liability:**

The Jefferson City Area YMCA, the University of Missouri, Mizzou Aquatic Center and the St. Louis District Swim Committee do not assume any responsibility for injury and lost or stolen articles.

### **Hospitality:**

A Hospitality Room will be available for coaches and meet officials.

### **Heat Sheets:**

Heat Sheets will not be sold at the meet. Once entries have been submitted the heat sheet will be available online at [jc-barracudas.com](http://jc-barracudas.com). All parents will need to print out their own copy if needed. The heat sheets will also be posted around the crash area and spectator viewing area for anybody who forgets. We will also have a limited number available for sale at the meet for those who would like to purchase one.

Heat Sheets for Finals will be available on Sunday morning

Complete Finals      \$3.00

### **District T-Shirts:**

T-shirts commemorating the 2010 District Championships will be available for sale at the meet on both Saturday and Sunday or until supplies run out. We will have both T-shirts and Sweatshirts. The shirt design can be viewed at [www.jc-barracudas.com](http://www.jc-barracudas.com).

### **Swim Supplies:**

Action Accents will be at the meet both Saturday and Sunday

### **Photography:**

Stl. Digital Photography will be on site on Saturday during the meet.

### **Concessions:**

Concessions will be available in the team crash area during both Prelims and Finals. The complete menu and pricing will be available on the JC Barracudas website.. The concession pricing will be kept reasonable.

### **Additional Information:**

Visit the JCA Y Barracudas Swim Team website at <http://www.jc-barracudas.com> up-to-date information about districts, including meet information, meet results, timer assignments and related information.

### **Lodging:**

Please mention "Jefferson City Barracuda Swim Team" when making reservations to get the guaranteed rate. All lodging is in Columbia, Missouri.

**Please book through the hotel blocks. The Columbia Visitors Bureau is assisting in funding this meet. Future meets will not be funded if we do not track hotel stays and reserve rooms under the blocks.**

#### **Wingate Inn**

3101 Wingate Ct  
573-817-0500  
\$89.00 ( 28 rooms)  
Group #G00018-35

#### **Stoney Creek Inn**

2601 S. Providence Rd  
573-442-6400  
\$88.00 (25 rooms)

#### **Best Western Columbia Inn**

3100 I-70 Drive SE  
I-70 Exit 128A at US Hwy 63  
573-474-6161  
\$72.00 (25 rooms)

#### **Quality Inn**

1612 North Providence Road  
I-70 Exit 126  
573-449-2491  
\$79.00 (70 rooms)  
Group #104190

Drury Inn  
I-70 & Stadium Blvd  
573-445-1800  
\$104.00 (10 King rooms)  
Group #2069261  
Marriott Courtyard

573-443-8000  
\$104.00 (30 rooms)  
Group Code JCB

Hilton Garden Inn  
3300 Vandiver Dr  
573-814-5464  
\$99.00 (37 rooms)  
Group code BSC  
Candlewood Suites  
3100 Wingate Dr

573-817-0525  
\$69.00 (24 rooms)

## **Time Schedule:**

### Session #1 Prelims Sat., March 5, 2006

6:45 A.M. Mandatory Coaches Meeting

All Age Groups

7:30-8:30 A.M. Warm Up (see schedule)

8:00 A.M. Officials Meeting

8:00 A.M. Scratches Due

8:45 A.M. 1st Event Called

9:00 A.M. Meet Begins

<p><b>Official scratch sheets will be provided at the meet and must be turned in regardless of whether or not a team has scratches for that session.</b></p>
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30 Minutes Following First Session—YMCA National Time Trials

### Session #2 Finals Sunday, March 6, 2006

All Age Groups

7:30-8:30 A.M. Warm Up (see schedule)

8:00 A.M. Officials Meeting

8:45 A.M. 1st Event Called

9:00 A.M. Meet Begins

**NOTE: The timeline may be adjusted as necessary depending on number of entries received.**

## **Warm Up Schedule:**

The lane distribution for warm up is based on the number of entered swimmers in each age group/session. Two officials will be on deck to monitor swimmers for safety. Per National YMCA rules, there will also be one lifeguard per 25 swimmers at all times.

**Warm up schedules and lane assignments will be posted after entries are known.**

## Event List:

### Saturday Prelims

#### **WEST POOL**

<b>Girls</b>	<b>Events</b>	<b>Boys</b>
3	13-14 200 Freestyle	4
5	15-21 200 Freestyle	6
7	8 & Under 100 Medley Relay	8
13	13-14 200 Medley Relay	14
15	15-21 200 Medley Relay	16
17	8 & Under 100 Individual Medley	18
23	13-14 200 Individual Medley	24
25	15-21 200 Individual Medley	26
27	8 & Under 25 Freestyle	28
33	13-14 50 Freestyle	34
35	15-21 50 Freestyle	36
37	8 & Under 25 Butterfly	38
43	13-14 100 Butterfly	44
45	15-21 100 Butterfly	46
47	8 & Under 50 Freestyle	48
53	13-14 100 Freestyle	54
55	15-21 100 Freestyle	56
57	13-14 500 Freestyle	58
59	15-21 500 Freestyle	60
61	8 & Under 25 Backstroke	62
67	13-14 100 Backstroke	68
69	15-21 100 Backstroke	70
71	8 & Under 25 Breaststroke	72
77	13-14 100 Breaststroke	78
79	15-21 100 Breaststroke	80
81	8 & Under 100 Freestyle Relay	82
87	13-14 200 Freestyle Relay	88
89	15-21 200 Freestyle Relay	90

#### **EAST POOL**

<b>Girls</b>	<b>Events</b>	<b>Boys</b>
1	11-12 200 Freestyle	2
9	9-10 200 Medley Relay	10
11	11-12 200 Medley Relay	12
19	9-10 100 Individual Medley	20
21	11-12 200 Individual Medley	22
29	9-10 50 Freestyle	30
31	11-12 50 Freestyle	32
39	9-10 50 Butterfly	40
41	11-12 50 Butterfly	42
49	9-10 100 Freestyle	50
51	11-12 100 Freestyle	52
63	9-10 50 Backstroke	64
65	11-12 50 Backstroke	66
73	9-10 50 Breaststroke	74
75	11-12 50 Breaststroke	76
83	9-10 200 Freestyle Relay	84
85	11-12 200 Freestyle Relay	86
	<b>Time Trials in West Pool</b>	
101	400 Medley Relay	102
103	400 I.M.	104
105	50 Freestyle	106
107	200 Butterfly	108
109	200 Backstroke	110
111	200 Breaststroke	112
113	200 Free Relay	114
115	1650 Freestyle	116



**St. Louis District Swimming Championships**  
 Officials for District Championships 2010

Each team is **required** to supply Certified Officials for the District Swim Championships. This completed form is part of your team's entry process. Without this form, your team is **NOT CONSIDERED ENTERED** into the District Championships and you are subject to the \$100 late fee for the District Meet.

Officials needed by each team:

Team: \_\_\_\_\_

Officials' Names	Sessions(s) Available (1 or 2)	Available to Start?/Session(s)
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		

Thank you.

Please return this form to:

Ron Marion  
 210 Molly CT  
 O'Fallon, IL 62269  
 618-632-1723 (home)  
 314-853-5682 (cell).  
 E-mail: ronmarion25@aol.com

**This form must be received by Wednesday February 24th, 2010.**

St. Louis District YMCA Championships  
March 6-7, 2010  
University of Missouri Aquatic Center, Columbia, Missouri

Complete this form and mail with your entry file and fees with check made payable to STPA to:

Jefferson City YMCA-Knowles Center  
C/O Barracuda Swim Team-Districts  
P.O. Box 104176  
Jefferson City, MO 65110

Summary of Fees:

# Individual Entries \_\_\_\_\_ x \$4.00 = \_\_\_\_\_

# Relay Entries \_\_\_\_\_ x \$16.00 = \_\_\_\_\_

# Swimmers \_\_\_\_\_ x \$12.00 = \_\_\_\_\_

Total: \_\_\_\_\_

Name of Team: \_\_\_\_\_ Code: \_\_\_\_\_

Head Coach: \_\_\_\_\_ Phone: \_\_\_\_\_

Email Contact: \_\_\_\_\_

Certified Coaches Attending the Meet:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

In consideration of this entry and its acceptance, I intending to be legally bound, hereby cosign, waive and release any and all rights and claims for damages which may occur against the St. Louis District Swim Committee, Jefferson City Area YMCA, University of Missouri, JCAY Barracudas Swim Team, their representatives, employees, volunteers, or successors for any and all injuries suffered by me or any contestants or spectators or representatives in said meet, as a representative of my club and/or association.

\_\_\_\_\_  
Executive Director

\_\_\_\_\_  
Date

\_\_\_\_\_  
Head Coach

\_\_\_\_\_  
Date

