

2017 SC YSSC USRY Championships

MEET ANNOUNCEMENT

About the Championship

Date: March 23-26, 2017

Location: Y-Spartaquatics Swim Club, Duncan, SC

Entry Deadline: March 16, 2017

Hosted by: Y-Spartaquatics Swim Club – Middle Tyger YMCA

Meet Director: Mike Jann – mikejann68@gmail.com

Web Site:

https://www.teamunify.com/SubTabGeneric.jsp?team=scsyssc&_stabid_=138050



2017 SC YSSC USRP Championships March 23-26, 2017

ABOUT THE CHAMPIONSHIP

This meet is a sanctioned, closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by the South Carolina LSC of USA Swimming.

YMCA Sanction number: CAQ-2017-SC02247358

USA-S/SCLSC Approval number SC1797SCAP

USA-S/SCLSC Time Trial Approval number SC1798TT

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: The Championship Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Championship and USA-S Approved meet can be changed.

MEET TIMELINE: Warm-up and start times for all sessions are subject to change depending on the size of the meet.

<u>Day</u>	<u>Age Group</u>	<u>Warm-Up Start</u>	<u>Meet Start</u>
Thursday, March 23rd	All - Timed Finals	4:00 PM	5:00 PM
Friday, March 24th	13 & Older Preliminaries	6:30 AM	8:30 AM
Friday, March 24th	12 & Under Time Finals	Not Before 11 AM	Not Before 12 PM
Friday, March 24th	13 & Over Finals	5:00 PM	6:00 PM
Saturday March 25th	13 & Older Preliminaries	6:30 AM	8:30 AM
Saturday March 25th	12 & Under Time Finals	Not Before 11 AM	Not Before 12 PM
Saturday March 25th	13 & Over Finals	5:00 PM	6:00 PM
Sunday March 26th	13 & Older Preliminaries	6:30 AM	8:30 AM
Sunday March 26th	12 & Under Time Finals	Not Before 11 AM	Not Before 12 PM
Sunday March 26th	13 & Over Finals	4:00 PM	1 Hour After Start of Warm-Up

INCLEMENT WEATHER/CANCELATION: Inclement weather, or other unforeseen problems, may warrant cancelation of the meet with approval of the championship committee. Entry fees for events having yet to be swum may be refunded in part, or whole, upon discretion of the championship meet committee.



2017 SC YSSC USRP Championships March 23-26, 2017

LOCATION AND FACILITY

Location: Middle Tyger YMCA, 720 Shoals Road, Duncan, SC 29334

Emergency Phone Number: (864) 433-9623

The Middle Tyger YMCA Pool is configured as a 20-lane, short-course pool. Water depth at start is six feet (minimum 5 feet required) and at turn end is four feet. Colorado Timing System electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C (4)

Pool is bottom striped, wall targeted, has non-turbulent lane lines, a fully automatic Colorado Timing System with backup and a 12-line scoreboard. Up to 12 lanes will be used for competition, and course set-up will be determined based on the number of entries. Continuous warm-up / warm-down area is available.

Up to seven lanes of the competition pool, and four lanes of the warm-up pool, will be designated for warm-up/warm-down.

Bleacher seating for spectators will be available around the deck. Spectators may bring chairs, but the chairs may not be used to reserve seats between sessions and may not be placed in front of the bleachers.

Swimmers will be seated in the gym with covered access to the pool. Swimmers would be advised to bring their own chairs to sit on although they may sit on the floor.

WiFi is unavailable in the pool deck area.

WEB SITE

Meet Information can be found at:

https://www.teamunify.com/SubTabGeneric.jsp?team=scsyssc&_stabid_=138050

Online Meet Results: Meet mobile will be used for results. Results can also be found on the website.



2017 SC YSSC USRP Championships March 23-26, 2017

CONTACT INFORMATION

Meet Director: Mike Jann – mikejann68@gmail.com – (864) 354-1965

Entry Chairperson: Mike Jann – palmettoprotiming@gmail.com – (864) 354-1965

Meet Referee: William Brown – william.brown@nelsonmullins.com – (864) 884-0771

Administrative Official: Mike Jann – palmettoprotiming@gmail.com – (864)-354-1965

Officials Coordinator: Eddie Hughes – cehughes@spinxco.com – (864) 230-5428

Safety Director: - Lanie Peden – tpeden2846@charter.net – (864) 415-2756

NOTICES

ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic 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 eight years of age, and not older than twenty-one (21) years of age on the first day Meet.

YMCA Meet Participation: In order to be eligible to compete, each athlete must have competed in a minimum of three closed YMCA inter-association meets since September 1, 2016.

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of September 1, 2016 and the entry deadline.



2017 SC YSSC USRP Championships March 23-26, 2017

Athletes with a Disability: YSSC welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the meet director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit YSSC's ability to accommodate all requests.

COACH

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered and approved will not be permitted on deck.

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

TEAM

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.



2017 SC YSSC USRP Championships March 23-26, 2017

ENTRY INFORMATION

ENTRY LIMITS: 13-14 and Senior Swimmers will be allowed to compete in a maximum of eight (8) individual events and four (4) relay events during the meet with a limit of a maximum of 3 individual events in one day. 12 & Under swimmers will be allowed to compete in a maximum of nine (9) individual events for the meet with a limit of a maximum of 4 individual events in one day. Any swimmer who is 12 & Under and chooses to compete in a Senior event must meet the Senior time standard for the event and will be permitted to compete in a maximum of three (3) individual events on any day in which they compete in a Senior event. A time trial event **WILL** count toward the daily total entry limit but **WILL NOT** count toward the total meet individual entry limit.

QUALIFICATION PERIOD: The qualification period is September 1, 2016 through the entry deadline.

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File.

TIME STANDARDS: Swimmers/Relays must have equaled or bettered the minimum time standard: Appendix 1.

TIMES:. No Times (NT) are not allowed. Submit entry times as actual times (no conversion) in SCY. Entered times must be the swimmer's BEST time achieved during the qualifying period.

ENTRY FEES:

- \$3.50 per individual event
- \$7.00 per swimmer facility surcharge
- \$2.00 per swimmer SCLSC Travel Fund/Program Fee
- \$2.00 per swimmer SCLSC Sports Development Fee
- \$2.00 per swimmer Out-of-State SCLSC Travel Fund/Program Fee
- \$8.00 per relay event

Time Trials:

- \$10.00 per individual time trial
- \$25.00 per relay time trial.

Checks should be made payable to **Y-Spartaquatics Swim Club**. No refunds will be given.

ENTRY DEADLINE: March 16, 2017



2017 SC YSSC USRP Championships March 23-26, 2017

ENTRY PROCEDURE: .sd3 entry files should be e-mailed to palmettoprotiming@gmail.com. Hard-copy materials must still be received at the appropriate address no later than two days after the entry deadline. All express or overnight entries must be sent with a signature waiver. ***No faxed entries will be accepted.*** All entry times must be short course yards (25-yard times).

PAYMENT: Checks should be made payable to Y-Spartaquatics Swim Club or Middle Tyger YMCA.

OVER-SUBSCRIPTION: The meet host and Upper Southeast Region may refuse entries from outside the Region to keep the timeline for each session at a management size.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: The Y-Spartaquatics YMCA Swim Team welcomes the participation of parent volunteers who are currently certified as USA Swimming and/or YMCA certified officials as well as those who are willing to help as timers.

SIGN-UP PROCEDURE: Officials should contact Eddie Hughes (meet referee) directly at cehughes@spinxco.com. Those wishing to help as timers should see the clerk of course before each session begins.

BACKGROUND CHECK POLICY: All coaches who wish to be on the pool deck at the USRY Championship Meet must have the following safety certifications: Principles of YMCA Swimming & Diving, Current CPR, Standard First Aid, and either Lifeguard or Safety Training for Swim Coaches. If a coach has a Lifeguard certification, he/she must also pass the online Safety Training for Swim Coaches test. **Coaches wishing to be on deck in a coaching capacity must have registered online with the YMCA of the USA.** Since this is also a USA-S sanctioned meet, coaches should also provide current USA Swimming credentials.

ATTIRE: Attire for those wishing to officiate is white shirt, dark blue pants, shorts, or skirt, and white shoes for preliminaries. Finals attire is the same other than blue pants should be worn in lieu of shorts or skirts.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Coaches should check in with the clerk of course with the proper credentials. Officials should check in with the meet referee. There will be a sign-up sheet in the hospitality room.



2017 SC YSSC USRP Championships March 23-26, 2017

EVENT CHECK-IN: All events 400 yards and longer will be positive check-in. Positive check-in sheets will be located near the clerk of course. Positive check-in for each session will conclude thirty minutes before session start time. If a swimmer isn't scratched thirty minutes before session start, they'll be expected to swim that event.

COACHES MEETING/SCRATCH MEETING: There will be a coaches meeting fifteen minutes prior to the start of the Friday morning session. The location of this meeting is to be determined and will be announced.

OFFICIALS AND TIMERS MEETING: There will be an officials meeting one hour before the start of each session. This meeting will be held in the hospitality room.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, LSC Athlete Representative, Regional Rep (if attending), and a League Rep (if attending).

RULES: The meet will run under YMCA Rules that Govern Competitive Sports, Swimming Addendum to the YMCA Rules that Govern Competitive Sports, USA-S Technical Rules.

MEET FORMAT: The meet will be swum using a preliminary/finals format for 13 & Overs. Preliminaries will be swum together while finals will be broken out into 13/14 and Senior events. 12 & Unders will be timed finals. Swimmer's age will be determined as of the first day of the meet (March 23, 2017).

EVENT SEEDING: Events will be seeded Slowest to Fastest, except for the following events:

- 400 IM
- 500 Freestyle
- 1000 Freestyle
- 1650 Freestyle

These four events will be swum fastest to slowest and alternate girl's and boy's heats.

The Administrative Official reserves the right to combine heats where possible.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless he or she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.



2017 SC YSSC USRP Championships March 23-26, 2017

DECLARED FALSE START: An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

NO SHOW: An athlete who is seeded in a positive check-in or finals event and fails to compete (i.e., a "no show") will be scratched from his/her next event. An athlete who is seeded in a preliminary or time finals event and fails to compete will not receive further penalty for that specific "no show". The meet referee will have the discretion to allow a swimmer who misses their event to swim in an open lane of a different heat.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups. No team has exclusive rights to any pool lanes during warm up period, during or before the start of the meet. Teams will need to share lane space and work cooperatively in reflection of the YMCA values and sportsmanship.

During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

STARTS: 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

SWIM-OFFS: In the event a swim-off is necessary, the meet referee will set a time for the swim-off which will not be any later than 45 minutes after the last heat of any event in which any of the swimmers in the swim-off is competing. (USA Swimming Rule 102.5.2)

SWIMS (USA-S): This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry.



2017 SC YSSC USRP Championships March 23-26, 2017

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Unofficial results will be posted on the Meet Mobile app. Final results will be posted in the hallway leading to the pool deck.

PROTEST PROCEDURE: Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The Championship committee will arbitrate protests, eligibility issues, safety rules and other issues

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final USA-S Rule 102.23).

CONDUCT AND RESTRICTIONS: The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct

- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Glass is not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the block during competition.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Shaving is not permitted in any areas of the facility.



2017 SC YSSC USRP Championships March 23-26, 2017

Other Information:

- Competition for 13 & older swimmers shall consist of a preliminaries session and a finals session for all events except the relays, the 1000 free and 1650 free. The 13/14 and senior age groups will be combined in the preliminary sessions and swum separately during the finals sessions. The finals session shall include a championship heat and a consolation heat for all 13/14 and senior events. Those swimmers placing 1st-12th in the preliminary heats of each event shall swim in the championship final for that event. Those swimmers placing 13th-24th in the preliminary heats of each event shall swim in the consolation final. The consolation heat shall precede the championship heat. Exceptions for the 1000 and 1650 free events are noted below.
- Competition for 12 & under swimmers will consist solely of timed finals.
- All senior events will be pre-seeded except for the 500 free, 1000 free, 1650 free and 400 IM. A positive check-in will be required for these deck-seeded events.
- Each team may enter unlimited relay teams per relay event but only the highest placing relay team from each YMCA team will score points. All relays will be swum as timed finals. On Friday and Saturday, the 13/14 and Senior 200 Free & 200 Medley relays will be contested during finals. On Saturday, the top twelve seeded 13-14 & Senior 400 Free relays will swum in finals, all others will swim in prelims. On Sunday, ALL 13/14 and senior relays will be swum during the preliminary session.
- The Senior 1650 free is a timed final event. It will be limited to the fastest thirty-six (36) female entrants and the fastest thirty-six (36) male entrants. All swimmers entering the 1650 free must submit proof of time with their entry. Swimmers will have the option to swim the 1650 free in the AM or PM session. The fastest heat of 12 women selecting the PM session and the fastest heat of 12 men selecting the PM session will swim in the finals session on Sunday. The remaining heats will be swum fastest to slowest, alternating girl's then boy's heats, as the last preliminary event on Sunday, following relays. A positive check-in will be required prior to 8:00 a.m. on Sunday. Heats will be posted by 9:00 a.m.
- The Senior 1000 free is a timed final event. It will be limited to the fastest thirty-six (36) female entrants and the fastest thirty-six (36) male entrants. All swimmers entering the 1000 free must submit proof of time with their entry. The event will be contested fastest to slowest, alternating girl's then boy's heats as a timed final event on Thursday. A positive check-in will be required prior to 4:30 p.m. on Thursday. Heats will be posted by 4:45 pm.



2017 SC YSSC USRP Championships March 23-26, 2017

- The Senior 500 free and 400 IM will be prelim/final events and will require positive check-in. The event will be seeded fast to slow, alternating girl's then boy's heats.
- The Administrative Official reserves the right to combine heats where possible.
- The 12 & Under 500 free and 11-12 400 IM will be positive check-in events and will be deck seeded. These events will be contested fastest to slowest alternating girl's then boy's heats.
- The meet host reserves the right to adjust the warm-up & start times of each session as needed for meet management.

AWARDS AND RECOGNITION

SCORING:

- Individuals – 1st – 12th
- Relays – 1st – 12th
- Teams shall be limited to only one scoring relay team for each relay event. Teams may enter unlimited relay teams in a relay event but only the highest placing team will score points.

AWARDS:

- **Teams:** Top Three (3) Overall Teams
- **Individuals:** 1st – 3rd Medals
 - o 4th – 12th Ribbons
- **Relays:** 1st – 3rd Medals
- **Team Age Group** awards for top 10/U, 11-12, 13-14, Senior for each gender

TIME TRIALS

FORMAT AND FEE: Time Trials are open only to athletes entered in the Championship meet.

An athlete may only swim the stroke being contested in a Time Trials event, e.g. an athlete may not swim backstroke in a breaststroke event in Time Trials.

- \$10.00 per individual time trial
- \$25.00 per relay time trial

There will be no time trial refunds.

TIME TRIAL LIMITS: USA-S rules limit the total number of individual event swims (Rule reference 102.2.2 and 102.2.7).



2017 SC YSSC USRP Championships March 23-26, 2017

- A swimmer may swim no more than 3 individual events per day in a prelims/finals meet
- Time trial events must count as a part of this daily total.

TIME TRIAL ENTRIES: Those wishing to participate in a time trial should sign up and pay at the clerk of course table.

TIME TRIAL PROCEDURE: Time Trials may be offered at the conclusion of any session at the discretion of the meet referee. Time Trial participants must be entered in the meet. Time trial registration will end approximately one hour before the end of each session to provide the Administrative Official time to properly seed the entries.

SPECTATORS

ADMISSION FEE: None

HEAT SHEETS/PROGRAMS: Heat sheets will be sold in the lobby during warm-ups up until ten minutes prior to the start of each session. At that point, heat sheets will be available at the concession stand.

CONCESSION STAND: A concessions stand will be available for swimmers and spectators and will open ten minutes prior to the start of each session.

ATHLETE APPAREL: Augusta Swim Supply will be at the meet Thursday, Friday, and Saturday.

SEAT SAVING POLICY: Seat saving between sessions is not permitted.

HANDICAP SEATING: Handicapped seating will be provided upon request.

LOST AND FOUND: Please see the front desk of the Middle Tyger YMCA for lost and found.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- No smoking, drugs, or alcohol are permitted in the swimming complex.



2017 SC YSSC USRP Championships March 23-26, 2017

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. Appendix 3 must be signed by each association participating in the meet.

LIABILITY LIMITS:

- In granting of the USA-S/SC-LSC approval, it is understood and agreed that USA Swimming and SC-LSC 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 meet.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA 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 meet.

EMERGENCIES: the facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.



2017 SC YSSC USRP Championships March 23-26, 2017

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

DIRECTIONS

Middle Tyger YMCA, 720 Shoals Road, Duncan, SC 29334

LODGING

Hampton Inn

<http://hamptoninn3.hilton.com/en/hotels/south-carolina/hampton-inn-and-suites-greenville-spartanburg-i-85-GSPHSHX/index.html>

Holiday Inn & Suites

<http://www.ihg.com/holidayinnexpress/hotels/us/en/duncan/spadc/hoteldetail>

PARKING

Parking is only available in the front parking lots (opposite side from the pool) of the YMCA. **Parking at the other end of the YMCA is for coaches and meet officials only.**



2017 SC YSSC USRP Championships March 23-26, 2017

APPENDIX 1: ORDER OF EVENTS

THURSDAY, MARCH 23, 2017 – TIMED FINALS

TIMED FINALS WARM-UP – 4:00 PM

TIMED FINALS – 5:00 PM

GIRLS	EVENT	BOYS
1	Senior 1000 Freestyle	2
3	12 & Under 500 Freestyle	4

FRIDAY, MARCH 24, 2017 – PRELIMINARIES

PRELIMINARIES WARM-UP – 6:30 AM

PRELIMINARIES – 8:30 AM

GIRLS	EVENT	BOYS
5	Senior 50 Freestyle	6
7	Senior 200 Butterfly	8
9	Senior 100 Backstroke	10
11	Senior 200 Breaststroke	12
	5-Minute Break	
13	Senior 500 Freestyle	14

**13-14 and Senior swimmers will swim together during preliminaries but will compete and score separately in Finals



2017 SC YSSC USRP Championships March 23-26, 2017

FRIDAY, MARCH 24, 2017 – TIMED FINALS

TIMED FINALS WARM-UP – NOT BEFORE 12:00 PM

TIMED FINALS – NOT BEFORE 1:00 PM

GIRLS	EVENT	Boys
19	11-12 200 Medley Relay	20
21	10 & Under 200 Medley Relay	22
23	11-12 200 Butterfly	24
25	11-12 50 Breaststroke	26
27	10 & Under 50 Breaststroke	28
29	11-12 100 Freestyle	29
31	10 & Under 100 Freestyle	32
33	11-12 100 Backstroke	34
35	10 & Under 100 Backstroke	36
37	11-12 400 Individual Medley	38



2017 SC YSSC USRP Championships March 23-26, 2017

FRIDAY, MARCH 24, 2017 – FINALS

FINALS WARM-UP – 5:00 PM

FINALS – 6:00 PM

GIRLS	EVENT	Boys
15	13-14 200 Freestyle Relay	16
17	Senior 200 Freestyle Relay	18
	5-Minute Break	
13	13-14 500 Freestyle	14
13	Senior 500 Freestyle	14
	5-Minute Break	
5	13-14 50 Freestyle	6
5	Senior 50 Freestyle	6
7	13-14 200 Butterfly	8
7	Senior 200 Butterfly	8
9	13-14 100 Backstroke	10
9	Senior 100 Backstroke	10
11	13-14 200 Breaststroke	12
11	Senior 200 Breaststroke	12

SATURDAY, MARCH 25, 2017 – PRELIMINARIES

PRELIMINARIES WARM-UP – 6:30 AM

PRELIMINARIES – 8:30 AM

GIRLS	EVENT	Boys
39	Senior 200 Freestyle	40
41	Senior 100 Breaststroke	42
43	Senior 100 Butterfly	44
47	*13-14 400 Freestyle Relay	48
49	*Senior 400 Freestyle Relay	50
	5-Minute Break	
45	Senior 400 Individual Medley	46

*Top heat swims with finals



2017 SC YSSC USRP Championships March 23-26, 2017

SATURDAY, MARCH 25, 2017 – TIMED FINALS

TIMED FINALS WARM-UP – NOT BEFORE 12:00 PM

TIMED FINALS – NOT BEFORE 1:00 PM

GIRLS	EVENT	Boys
55	11-12 50 Backstroke	56
57	10 & Under 50 Backstroke	58
59	11-12 200 Individual Medley	60
61	10 & Under 200 Individual Medley	62
63	11-12 100 Butterfly	64
65	10 & Under 100 Butterfly	66
67	11-12 100 Breaststroke	68
69	10 & Under 100 Breaststroke	70
71	11-12 200 Freestyle	72
73	10 & Under 200 Freestyle Relay	74
75	11-12 200 Freestyle Relay	76

SATURDAY, MARCH 25, 2017 – FINALS

FINALS WARM-UP – 5:00 PM

FINALS – 6:00 PM

GIRLS	EVENT	Boys
51	13-14 200 Medley Relay	52
53	Senior 200 Medley Relay	54
	5-Minute Break	
39	13-14 200 Freestyle	39
39	Senior 200 Freestyle	39
41	13-14 100 Breaststroke	41
41	Senior 100 Breaststroke	41
43	13-14 100 Butterfly	43
43	Senior 100 Butterfly	43
	5-Minute Break	
45	13-14 400 Individual Medley	45
45	Senior 400 Individual Medley	45
47	13-14 400 Freestyle Relay	48
49	Senior 400 Freestyle Relay	50



2017 SC YSSC USRP Championships March 23-26, 2017

SUNDAY, MARCH 26, 2017 – PRELIMINARIES

PRELIMINARIES WARM-UP – 6:30 AM

PRELIMINARIES – 8:30 AM

GIRLS	EVENT	Boys
77	Senior 200 Backstroke	78
79	Senior 100 Freestyle	80
81	Senior 200 Individual Medley	82
85	*13-14 400 Individual Medley Relay	86
87	*Senior 400 Individual Medley Relay	88
83	**Senior 1650 Freestyle	84

**All relays to be swum in prelims as timed finals*

***Top 12 swimmers declaring the PM option will swim at finals and will be combined 13-14 and Senior*

SUNDAY, MARCH 26, 2017 – TIMED FINALS

TIMED FINALS WARM-UP – NOT BEFORE 12:00 PM

TIMED FINALS – NOT BEFORE 1:00 PM

GIRLS	EVENT	Boys
89	11-12 100 Individual Medley	90
91	10 & Under 100 Individual Medley	92
93	11-12 200 Backstroke	94
95	10 & Under 50 Freestyle	96
97	11-12 50 Freestyle	98
99	11-12 200 Breaststroke	100
101	10 & Under 50 Butterfly	102
103	11-12 50 Butterfly	104
105	10 & Under 200 Freestyle	106



2017 SC YSSC USRP Championships March 23-26, 2017

SUNDAY, MARCH 26, 2017 – FINALS

FINALS WARM-UP – NO LATER THAN 4:00 PM

FINALS – ONE HOUR AFTER BEGINNING OF WARM-UPS

GIRLS	EVENT	BOYS
77	13-14 200 Backstroke	78
77	Senior 200 Backstroke	78
83	Senior 1650 Freestyle	
79	13-14 100 Freestyle	80
79	Senior 100 Freestyle	80
	Senior 1650 Freestyle	84
81	13-14 200 Individual Medley	82
81	Senior 200 Individual Medley	82



2017 SC YSSC USRP Championships March 23-26, 2017

APPENDIX 2: QUALIFYING TIMES

USY Regional Members Qualifying Times: Virginia, South Carolina, North Carolina and Tennessee teams

11-12 Girls	10 & U Girls		10 & U Boys	11-12 Boys
31.09	35.69	50 free	34.99	30.69
1:08.09	1:19.79	100 free	1:19.39	1:06.69
2:29.69	2:54.39	200 free	2:50.19	2:25.99
6:38.59	7:39.49	500 free	7:32.59	6:32.79
36.09	42.59	50 back	43.19	36.09
1:19.29	1:33.29	100 back	1:30.79	1:17.49
2:46.69	X	200 back	X	2:42.79
40.29	46.49	50 breast	47.49	40.29
1:28.69	1:43.09	100 breast	1:41.99	1:28.29
3:11.09	X	200 breast	X	3:05.99
34.59	42.39	50 fly	41.39	34.69
1:19.39	1:40.39	100 fly	1:39.39	1:17.59
1:17.19	1:31.79	100 IM	1:30.39	1:17.89
2:49.39	X	200 fly	X	2:45.39
2:49.49	3:17.29	200 IM	3:16.29	2:47.39
6:00.89	X	400 IM	X	5:52.99

13-14 Girls	Open Girls	Events	Open Boys	13-14 Boys
29.29	27.89	50 free	25.09	27.39
1:02.89	1:00.19	100 free	54.49	59.49
2:17.29	2:10.59	200 free	1:59.39	2:06.59
5:56.19	5:41.49	500 free	5:15.79	5:39.39
11:51.79	11:51.79	1000 free	11:16.69	11:16.69
19:42.39	19:42.39	1650 free	18:54.59	18:54.59
1:14.19	1:10.19	100 back	1:03.29	1:10.29
2:32.89	2:26.29	200 back	2:12.99	2:24.99
1:24.29	1:19.39	100 breast	1:11.79	1:19.79
2:53.99	2:45.19	200 breast	2:33.99	2:45.59
1:12.79	1:07.99	100 fly	1:01.09	1:08.09
2:31.79	2:26.99	200 fly	2:16.99	2:24.99
2:33.19	2:26.99	200 IM	2:15.69	2:21.39
5:20.19	5:04.99	400 IM	4:39.39	5:03.39

Out of Region Time Standards are "A" times for 12 & under events. Below are the 13 & over Out of Region Qualifying time standards.

13-14 Girls	Open Girls	Events	Open Boys	13-14 Boys
28.69	27.39	50 free	24.59	26.29
1:01.89	59.99	100 free	53.89	57.39
2:13.79	2:09.39	200 free	1:57.39	2:05.29
5:52.99	5:36.49	500 free	5:10.79	5:35.19
11:46.79	11:46.79	1000 free	11:07.19	11:07.19
19:42.39	19:42.39	1650 free	18:47.99	18:54.59
1:08.49	1:06.59	100 back	1:01.09	1:04.19
2:27.29	2:23.89	200 back	2:10.99	2:18.19
1:17.59	1:15.69	100 breast	1:08.89	1:12.09
2:46.79	2:42.79	200 breast	2:30.09	2:36.29
1:07.79	1:06.29	100 fly	1:00.09	1:02.89
2:28.59	2:24.19	200 fly	2:11.19	2:20.29
2:30.49	2:24.99	200 IM	2:14.09	2:19.89
5:12.79	5:00.89	400 IM	4:37.49	4:56.49



2017 SC YSSC USRP Championships
March 23-26, 2017

MEET ENTRY SUMMARY SHEET:

Team Entry Summary Sheet:

Team Name: _____

Sponsoring YMCA: _____

Team Code: _____ Email: _____

Phone: _____

Address: _____

Head Coach: _____

Assistant Coaches: _____
(attending meet)

Entry Summary:

Number of Swimmers: _____ X \$7.00 Facility Surcharge = \$ _____

Individual Events: _____ X \$3.50 per event = \$ _____

SCLSC Travel Fund/Program Fee (# of USA-registered swimmers)
_____ X \$2.00 = \$ _____

SCLSC Sports Development Fee (# of USA-registered swimmers)
_____ X \$2.00 = \$ _____

Out-of-State SCLSC Travel Fund/Program Fee:
(# of out-of-SC – USA-registered swimmers) X \$2.00 = \$ _____

Relays: _____ X \$8.00 = \$ _____

Total (Payable to Middle Tyger YMCA) = \$ _____

Head Coach's Signature _____



2017 SC YSSC USRP Championships March 23-26, 2017

APPENDIX 3: YMCA SANCTIONED MEET DECLARATION FORM

(Note: Return signed Declaration form to the meet director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: _____

Meet Date(s): _____

Meet Host: _____

Meet Location: _____

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

COACHES - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the 2017 SC YSSC USRY Championships for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the 2017 SC YSSC USRY Championships.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, Middle Tyger YMCA, their agents, representatives or assigns, and the Middle Tyger YMCA for any and all injuries which may be suffered by participants at the 2017 SC YSSC USRY Championships. Furthermore, we understand that the YMCA of the USA and Middle Tyer YMCA are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee



2017 SC YSSC USRP Championships
March 23-26, 2017

This is the last page of the Meet Announcement