

**Eastern MA YMCA Swim League  
2016 District Championships  
Kennedy School Somerville, MA**

Session Schedule

#1	January 30, 2016	Class B Girls	9:00 a.m
#2	January 30, 2016	Class B Boys	2:00 p.m.
#3	January 31, 2016	Class A Boys and Girls	9:00 a.m.
#4	January 31, 2016	Class C Boys	2:00 p.m.
#5	February 6, 2016	Class D Girls	8:50 a.m.
#6	February 6, 2016	Class C Girls	2:00 p.m.
#7	February 7, 2016	Class E Girls	8:50 a.m.
#8	February 7, 2016	Class E & D Boys	1:20 p.m.

Rules

2016 USA Technical Rules will be followed.  
Eastern MA YMCA Swimming and Diving League and YMCA National Rules will govern.

Eligibility

See Attachment #1 for Swimmer Eligibility rules as stated in the YMCA of the USA Competitive Swimming Black Book.

Eastern MA YMCA District Championship Meet shall be a closed competition as that term is defined in the Rules That Govern YMCA Competitive Sports.

All swimmers entered into the meet must have previously represented their YMCA in 2 closed competition meets.

All teams must be currently registered through the YMCA Online Team Registration system in order to participate in the meet.

All coaches must show current certifications in the following safety courses in order to be permitted on deck at a YMCA Sanctioned Championship Meet:

First Aid

CPR

Safety Training for Swim Coaches or

Lifeguard Certification plus the online Red Cross Safety Training for Swim Coaches test

YMCA Principles of Competitive Swimming and Diving

**Coaches may show either their current YMCA Coaching pass, or current USA Swimming Coach Pass with Y imprinted on it.**

Teams

Teams must be accompanied by a certified coach. **All teams must carry a First Aid kit with them.** Minor first aid should be given by the coach.

Spectators

All spectators are expected to sit in the gallery during the meet, Parents are not allowed in the locker rooms.

Entry Fees

Electronic Entries: \$5.00 per individual entry \$15.00 per relay

Hand Entries: \$6.00 per individual entry \$16.00 per relay

Checks should be mailed to Barbara Damon and should be made out to *Eastern MA YMCA Swim League*.

### Entry Limitations

Each swimmer may enter 5 events – **2 relays and 3 individual events.**

Each team may enter any number of qualifying swimmers per individual event, only 4 of whom may score points. Swimmers who place will receive the award, but not score points.

Each team may enter any number of relay teams per relay event. Relays shall be designated as A, B, C etc.

Only one relay will be allowed to score points. If the other relays place, the award for that place will be presented, but no points will be awarded.

### Scratches

No Show Rule: Anyone who fails to present themselves at the blocks at the time of the event will be scratched from that event. There will be no further penalty.

**Positive Check-in is required for all 500 yd. Freestyle Swimmers.** Coaches should verify their swimmer's presence in the pool office.

### Scoring

Individual events: 16-13-12-11-10-9-7-5-4-3-2-1

Relay events: 32-26-24-22-20-18-14-10-8-6-4-2

### Awards

Medals will be awarded for the 1<sup>st</sup> 6 places in individual and relay events.

Ribbons will be awarded to 7<sup>th</sup>-12<sup>th</sup> place winners in individual and relay events.

Team trophies will be awarded to the highest scoring team in each class.

### Entry Deadline

All entries must be received by January 17, 2016. Late entries will not be accepted. Mail or hand deliver all packets to Barbara Damon. Keep a copy of your entries. If you have swimmers who qualify for Districts on January 17<sup>th</sup>, email the names and times to Barbara that night. [barbdamon@netzero.net](mailto:barbdamon@netzero.net)

### Officials

YMCA Sanctioned Championship Meets must be run under USA Swimming Technical Rules. It is also recommended that they also follow the USA-S Administrative Regulations of Competition in Part Two of the Rulebook, modified to adapt to local conditions.

It is expected that YMCA sanctioned Championship Meets will obtain "Approved Meet" status from the local USA-LSC and enter the results into the USA Swims data base.

YMCA Sanctioned Championship Meets must be officiated by YMCA certified officials. USA certified officials may assist in the officiating and should be encouraged to do so, however the Meet Referee must be YMCA certified and 2 additional YMCA certified officials must be on deck at all times one of whom must be the deck referee. A copy of the Meet Referee's YMCA Certified Officials' card must be submitted with the sanction request.

**Level II officials please dress in navy blue shorts and white shirt.**

### Meet entry Sheets

Seed times should be based on a 25 yd. pool. All events will be pre-seeded and seeding will be published in the program. It is the responsibility of each competitor to be in her/his lane at the time the heat is called.

### Relay Declarations

All relays must be declared before the event. Coaches may pick up relay declaration sheets at the meet office before each session. The sheets must be completely filled out and turned into the computer table before the event. Each swimmer's full name must be on the sheet.

Send the following to **Barbara Damon, 25 Central Ave, Danvers, MA 01923**

1. Entry Sheets from Hy-Tek, (as a Word or PDF)
2. Officials Roster
3. Entry Fees (Check)
4. District Patch Order (with Check)

Hy-Tek Instructions for Districts:

1. Email Richard Whitworth at [richardwhitworth@live.com](mailto:richardwhitworth@live.com) and ask for an event file for Hy-Tek Team Manager. Subject Ea. MA Districts.
2. Email your entry to Whit. **Be sure to include relay entries.**

## **Attachment #1**

### **ELIGIBILITY**

The Rules That Govern YMCA Competitive Sports must be followed at all levels of YMCA competition. Some, but not all, of those rules are referenced below. Coaches, athletes and YMCA supervisors are responsible for knowing and abiding by the complete Rules That Govern document.

#### ***Swimmer Eligibility***

##### **YMCA Membership**

A Swimmer must be a YMCA member who, after due application, is enrolled by the association as a member, entitled to full privileges, activities, and services of that association. This means that members of YMCA competitive teams must have full-privilege YMCA memberships that entitle them to the same activities and services as other full privilege YMCA members, not special limited-access memberships available only to swim team members.

A swimmer must be a member in good standing of his/her YMCA for **30 days** prior to competing for that YMCA in a meet. The swimmer must be a member in good standing of his/her YMCA for **90 days** prior to representing that YMCA in a district, regional, state or national championship meet. (Rules That Govern, Rule II Sec.1a) The membership status must be valid through the end of the competition. A swimmer may represent his/her YMCA *only* (in competition) for at least 90 days prior to the YMCA National Championship Meet entry deadline in order to compete in that meet. The National Advisory Committee recommends that local, district, regional and state leagues and committees adopt the same rule for their championship meets.

##### **Dual Representation and Membership Transfer**

Swimmers who wish to change their membership from one YMCA to another may do so through **Transfer by Consent**. An athlete may transfer from one YMCA team to another YMCA team and be eligible to compete for his/her new YMCA team immediately upon the written consent of the YMCA that he/she previously represented. This includes transfer from one metropolitan branch to another. The membership transfer shall be completed **BEFORE** the individual competes for the new association or branch. This written consent must be in the form of a letter from the executive director of the YMCA association or branch that he/she previously represented. However, the athlete must still be a full privilege member of a YMCA - any YMCA - for 30 days prior to competing in any YMCA meet and be a full privilege member of a YMCA - any YMCA - for at least 90 days prior to competing in a YMCA district, regional, state or national championship meet. Once an individual transfers by consent to another YMCA, that person cannot transfer back and compete for the YMCA unit he/she previously represented for one year from the date of the original transfer. (Rules That Govern, Rule 2 Sec. 2)

Swimmers who wish to **transfer from a non-YMCA team** (USA Swimming team) to a YMCA team during the current season must observe the YMCA membership rules as stated above and in the Rules That Govern. To be eligible to compete in the YMCA National Championship meets a swimmer must not have represented any organization other than his/her YMCA team (high school excepted) for at least 90 days prior to the YMCA National Championship entry deadline. A swimmer must also have met the additional eligibility requirements for YMCA Nationals as stated below.

**EASTERN MASS. Y.M.C.A.**  
**DISTRICT CUT-OFF TIMES**  
**January 30 & 31, 2016 Kennedy School, Somerville**  
**February 6 & 7, 2016 Kennedy School, Somerville**

<u>GIRLS</u>		<u>BOYS</u>
<b><u>CLASS E</u></b>		
1:50	100 yd. IM	1:53
:23	25 yd. FREE	:23
:25	25 yd. FLY	:27
:50	50 yd. FREE	:50
:26	25 yd. BACK	:26
:27	25 yd. BREAST	:29
<b><u>CLASS D</u></b>		
1:38	100 yd. IM	1:38
:38	50 yd., FREE	:40
:45	50 yd. FLY	:50
1:28	100 yd. FREE	1:28
:47	50 yd. BACK	:48
:49	50 yd. BREAST	:52
<b><u>CLASS C</u></b>		
2:44	200 yd. FREE	2:44
3:06	200 yd. IM	3:06
:35	50 yd. FREE	:36
:38	50 yd. FLY	:42
1:16	100 yd. FREE	1:17
:42	50 yd. BACK	:42
:44	50 yd. BREAST	:45
<b><u>CLASS B</u></b>		
2:32	200 yd. FREE	2:32
2:45	200 yd. IM	2:45
:32	50 yd. FREE	:30
1:25	100 yd. FLY	1:25
1:11	100 yd. FREE	1:11
6:20	500 yd. FREE	6:15
1:24	100 yd. BACK	1:24
1:27	100 yd. BREAST	1:27
<b><u>CLASS A</u></b>		
2:27	200 yd. FREE	2:12
2:50	200 yd. IM	2:31
:31	50 yd. FREE	:27
1:18	100 yd. FLY	1:13
1:08	100 yd. FREE	:59
6:24	500 yd. FREE	6:00
1:20	100 yd. BACK	1:13
1:28	100 yd. BREAST	1:16